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› Armitron Sport Women's Digital Chronograph Watch User Manual

Armitron 45/7086NVY

Armitron Sport Women's Digital Chronograph Watch User Manual

Brand: Armitron | Model: 45/7086NVY

PRODUCT OVERVIEW

The Armitron Sport Women's Digital Chronograph Watch, model 45/7086NVY, features a durable 37.5mm navy blue resin case with vibrant teal and lime green accents. Its clear LCD displays the day, date, time, and seconds. This versatile timepiece includes essential functions such as a chronograph with alarm, lap time, dual time, military time, and a convenient backlight for low-light conditions. The watch is secured with a comfortable navy blue resin strap and a stainless steel buckle closure. Powered by a reliable quartz movement, it is designed for an active lifestyle, offering water resistance up to 100 meters (330 feet), making it suitable for swimming and snorkeling, but not for diving.



Image: Front view of the Armitron Sport Women's Digital Chronograph Watch in Navy Blue, displaying the digital time and

INITIAL SETUP

Setting Time and Date

1. **Enter Setting Mode:** Press and hold the **MODE** button until the time display begins to flash, indicating you are in setting mode.
2. **Adjust Values:** Use the **RESET** button to cycle through the adjustable fields (e.g., hours, minutes, year, month, day).
3. **Change Values:** Press the **ST/STP** button to increase the selected value. Hold to rapidly advance.
4. **Confirm Settings:** Once all desired settings are adjusted, press the **MODE** button again to exit the setting mode and save your changes.



Image: The Armitron Sport watch worn on a wrist, demonstrating its fit and appearance during use.

OPERATING YOUR WATCH

Chronograph Function (Stopwatch)

- From time display, press **MODE** repeatedly until "CHRONO" or "STW" appears.
- Press **ST/STP** to start the stopwatch. Press again to pause.
- Press **RESET** to reset the stopwatch to zero when paused.
- To record lap times, press **RESET** while the stopwatch is running. The lap time will display briefly before returning to the running stopwatch.

Alarm Function

- Press **MODE** until "ALARM" or "AL" appears.
- Press **RESET** to toggle the alarm on/off.
- To set the alarm time, hold **MODE** until the alarm time flashes. Use **RESET** to select hours/minutes and **ST/STP** to adjust.
- Press **MODE** to confirm and exit.

Dual Time (Second Time Zone)

- Press **MODE** until "DUAL TIME" or "DT" appears.
- Hold **MODE** to enter setting mode for the second time zone.
- Use **RESET** to select hours/minutes and **ST/STP** to adjust.

- Press **MODE** to confirm and exit.

Backlight

- Press the **EL** (Electroluminescent) button to illuminate the display for easy viewing in low-light conditions. The backlight will remain on for a few seconds.

WATER RESISTANCE AND MAINTENANCE

Your Armitron Sport watch is water resistant to 100 meters (330 feet). This rating means it is generally suitable for swimming and snorkeling. However, it is not designed for scuba diving. Avoid pressing buttons underwater, as this can compromise the water resistance seal.

WATER RESISTANT CHART	
 NOT WATER RESISTANT	NOT WATER RESISTANT
 ACCIDENTAL SPLASHES	WATER RESISTANT TO 30M (100FT): In general, withstands splashes or brief immersion in water, but not suitable for swimming or bathing
 SWIMMING	WATER RESISTANT TO 50M (165FT): In general, suitable for short periods of recreational swimming, but not diving or snorkeling
 SNORKELING	WATER RESISTANT TO 100 M (330 FT): In general, suitable for swimming and snorkeling, but not scuba diving

Image: A chart illustrating different levels of watch water resistance, indicating that 100M (330FT) is suitable for swimming and snorkeling.

Care Instructions

- **Cleaning:** Wipe the watch with a soft, damp cloth. For resin straps, mild soap and water can be used. Avoid harsh chemicals or abrasive cleaners.
- **Temperature:** Avoid exposing the watch to extreme temperatures (hot or cold) for prolonged periods, as this can affect battery life and internal components.
- **Impact:** While durable, avoid dropping the watch or subjecting it to strong impacts.
- **Battery Replacement:** When the display dims or functions become erratic, it may be time for a battery replacement. It is recommended to have this done by a professional to ensure water resistance is maintained.



Image: Two Armitron Sport watches, one navy blue and one teal, partially submerged in water, demonstrating their water-resistant design.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or dead battery.	Replace the battery. Consult a professional watch repair service.
Buttons are unresponsive.	Watch may be in a locked mode or internal issue.	Try pressing all buttons firmly. If issue persists, a reset may be needed (refer to specific model instructions if available) or seek professional service.
Time is incorrect after setting.	Incorrect setting procedure or accidental button press.	Re-set the time and date carefully following the "Setting Time and Date" instructions.

Problem	Possible Cause	Solution
Condensation inside the watch.	Water resistance compromised.	Stop using the watch immediately and take it to a professional for inspection and repair to prevent further damage.

PRODUCT SPECIFICATIONS

Model Number: 45/7086NVY

Case Diameter: 37.5mm

Case Material: Resin

Strap Material: Resin

Movement: Quartz Digital

Water Resistance: 100 meters (330 feet)

Functions: Chronograph, Alarm, Lap Time, Dual Time, Military Time, Backlight, Day, Date, Time, Seconds

Battery: 1 Lithium Metal battery (included)

Package Dimensions: 3.98 x 3.39 x 2.8 inches

Item Weight: 2.82 ounces

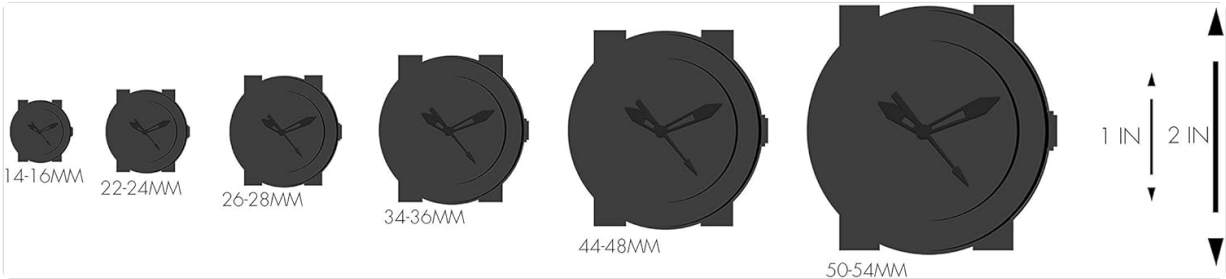


Image: A visual guide comparing different watch case sizes in millimeters, providing context for the 37.5mm diameter of this watch.

WARRANTY AND CUSTOMER SUPPORT

Armitron watches are manufactured to high-quality standards. For specific warranty details regarding your Armitron Sport watch, please refer to the warranty card included with your purchase or visit the official Armitron website. The warranty typically covers manufacturing defects for a specified period from the date of purchase.

For technical assistance, troubleshooting not covered in this manual, or warranty claims, please contact Armitron Customer Support. Contact information can usually be found on the official Armitron website or on your product packaging.

Online Resources:

- Official Armitron Website: www.armitron.com
- Product Support Page (if available): Check the website for a dedicated support section for your model.

