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› Armitron Sport Women's Digital Chronograph Watch User Manual

Armitron 45/7088NVY

Armitron Sport Women's Digital Chronograph Watch User Manual

Model: 45/7088NVY

PRODUCT OVERVIEW

The Armitron Sport Women's Digital Chronograph Watch, model 45/7088NVY, is a versatile timepiece designed for active lifestyles. It features a durable resin case and strap, an easy-to-read LCD display, and a range of digital functions.





Front view of the Armitron Sport Women's Digital Chronograph Watch in Navy Blue, showing the digital display and control buttons.

Key features include a chronograph for timing events, an alarm, hourly chime, countdown timer, military time display, dual time zone capability, and a backlight for low-light conditions. The watch is powered by a reliable quartz movement and is water resistant up to 50 meters (165 feet).

SETUP AND INITIAL CONFIGURATION

Battery Installation

This watch comes with a pre-installed Lithium Metal battery. No user battery installation is typically required upon purchase. If battery replacement is needed, it is recommended to seek professional watch repair services to ensure water resistance is maintained.

Setting Time and Date

1. Press the **MODE** button repeatedly until the time setting mode is displayed (often indicated by flashing digits).
2. Use the **RESET** button to select the digit or setting you wish to adjust (e.g., hours, minutes, year, month, day).

3. Use the **ST/STP** button to increase the selected value. Hold the button to advance rapidly.
4. Once all settings are correct, press the **MODE** button again to exit the setting mode and return to the normal time display.

12/24 Hour Format

While in the time setting mode, you can typically toggle between 12-hour (AM/PM) and 24-hour (military time) formats by pressing the **ST/STP** button when the hour digits are flashing.

OPERATING INSTRUCTIONS

Mode Navigation

Press the **MODE** button to cycle through the different functions: Time Display → Chronograph → Alarm → Countdown Timer → Dual Time.

Chronograph (Stopwatch)

1. Navigate to the Chronograph mode using the **MODE** button.
2. Press **ST/STP** to start the stopwatch.
3. Press **ST/STP** again to stop the stopwatch.
4. Press **RESET** to reset the stopwatch to zero.
5. To record lap times, press **RESET** while the stopwatch is running. The lap time will display briefly, and the stopwatch will continue running in the background. Press **ST/STP** to stop, then **RESET** to view total time or reset.

Alarm Setting

1. Navigate to the Alarm mode using the **MODE** button.
2. Press **RESET** to select the hour or minute digits for adjustment.
3. Use **ST/STP** to adjust the selected value.
4. Press **MODE** to save and exit.
5. To activate/deactivate the alarm, press **ST/STP** while in Alarm mode. An alarm icon will appear/disappear on the display.

Hourly Chime

While in Alarm mode, press the **RESET** button to toggle the hourly chime on or off. A chime icon will indicate its status.

Countdown Timer

1. Navigate to the Countdown Timer mode using the **MODE** button.
2. Press **RESET** to select the hour, minute, or second digits for adjustment.
3. Use **ST/STP** to adjust the selected value.
4. Press **MODE** to save the set time.
5. Press **ST/STP** to start or pause the countdown.
6. Press **RESET** to reset the timer to its initial set value.

Dual Time

- 1. Navigate to the Dual Time mode using the **MODE** button.
- 2. Press **RESET** to select the hour or minute digits for adjustment.
- 3. Use **ST/STP** to adjust the selected value for the second time zone.
- 4. Press **MODE** to save and exit.

Backlight

Press the **EL** (Electro-Luminescent) button, typically located on the side of the watch, to illuminate the display for a few seconds in low-light conditions.

MAINTENANCE AND CARE

Cleaning Your Watch

To clean your watch, wipe it gently with a soft, damp cloth. Avoid using harsh chemicals, solvents, or abrasive cleaners, as these can damage the resin case and strap or affect the watch's water resistance.

Water Resistance

This watch is water resistant to 50 meters (165 feet). This rating means it is suitable for short periods of recreational swimming. It is *not* suitable for diving, snorkeling, or high-impact water sports. Avoid pressing buttons underwater, as this can compromise the water 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	

A chart illustrating different levels of watch water resistance and their corresponding activities. This watch is rated for "Swimming" (50M/165FT).

Storage

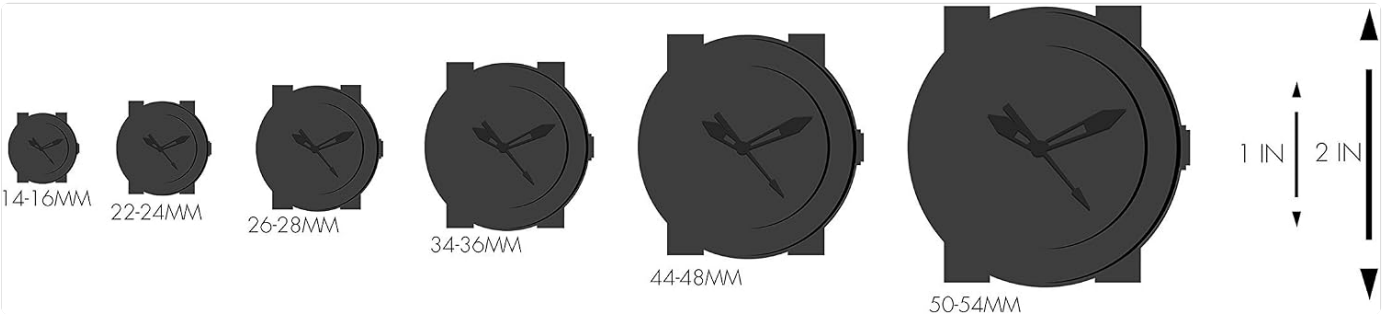
When not in use, store your watch in a cool, dry place away from direct sunlight and extreme temperatures. Prolonged exposure to direct sunlight can cause the resin material to degrade over time.

TROUBLESHOOTING

- Display is blank or dim:** The battery may be low or depleted. Replace the battery (professional service recommended).
- Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, though not a common feature for this model). If the issue persists, a reset may be needed (consult professional service if no clear reset procedure is in manual).
- Time is incorrect:** Re-enter the time setting mode and adjust the time and date as per the "Setting Time and Date" section. Check if the 12/24 hour format is set correctly.
- Water inside the watch:** Immediately cease use and take the watch to a qualified watch repair professional. Do not attempt to dry it yourself, as this can cause further damage.

SPECIFICATIONS

Feature	Detail
Model Number	45/7088NVY
Case Diameter	33.5mm
Material	Resin (Case and Strap)
Movement	Quartz
Water Resistance	50 meters (165 feet)
Functions	Chronograph, Alarm, Hourly Chime, Countdown Timer, Military Time, Dual Time, Backlight
Battery Type	1 Lithium Metal (included)
Approx. Weight	2.4 ounces



A visual guide comparing different watch case diameters, illustrating how various sizes appear.

WARRANTY AND SUPPORT

Armitron watches typically come with a limited warranty covering manufacturing defects. For specific warranty details, including duration and coverage, please refer to the warranty card included with your purchase or visit the official Armitron website.

For customer support, service, or repair inquiries, please contact Armitron directly through their official channels. Keep your proof of purchase and model number (45/7088NVY) readily available when contacting support.

You can find more information and contact details on the official Armitron website:www.armitron.com

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question