Luminox XS.3001.F

Luminox Original Navy Seal Military Dive Watch

Model: XS.3001.F

Introduction

This manual provides essential information for the proper use, care, and maintenance of your Luminox Original Navy Seal Military Dive Watch, Model XS.3001.F. Developed in collaboration with the US Navy SEALs, this timepiece is engineered for durability and precision in demanding environments. It features a Swiss Made quartz movement, Luminox Light Technology for constant visibility, and robust CARBONOX case construction.





Image: Front view of the Luminox Original Navy Seal Military Dive Watch, showcasing its black dial, white numerals, and robust design.

Setup and Initial Use

Unboxing and Inspection

Upon receiving your Luminox watch, carefully remove it from its packaging. Inspect the watch for any visible damage. The watch comes in a durable black case, accompanied by an instruction manual and warranty information.



Image: The Luminox watch presented in its protective black case, alongside the instruction manual and warranty card.

Setting Time and Date

1. **Unscrew the Crown:** Locate the crown on the right side of the watch case. Gently unscrew it counter-clockwise until it pops out to position 1.
2. **Set the Date:** Pull the crown out further to position 2. Turn the crown clockwise or counter-clockwise to adjust the date. Stop when the correct date is displayed.
3. **Set the Time:** Pull the crown out to position 3. Turn the crown to move the hour and minute hands. To ensure accurate time setting, synchronize with a reliable time source. Push the crown back in to position 1.
4. **Secure the Crown:** While gently pushing the crown inwards, screw it clockwise until it is fully tightened against the watch case. This ensures water resistance.

Note: Always ensure the crown is fully screwed in before exposing the watch to water to maintain its water resistance rating.

Operating Your Watch

Luminox Light Technology (LLT)

Your Luminox watch features self-powered Luminox Light Technology (LLT), providing constant glow for up to 25 years without needing external light exposure or battery power for illumination. This system uses tiny micro gas light sources embedded in the hands and hour markers.



Image: A detailed diagram illustrating the components and function of Luminox Light Technology (LLT), showing the glass housing, phosphorescent powder, and glowing gas.





Image: The Luminox watch dial in low light, demonstrating the bright and constant glow provided by the Luminox Light Technology on the hour markers and hands.

Unidirectional Rotating Bezel

The watch is equipped with a uni-directional rotating bezel. This bezel is primarily used for timing events, especially during dives. To use it:

- Align the luminous dot on the bezel with the minute hand at the start of your timed event.
- Read the elapsed time by observing where the minute hand points on the bezel's scale.

The bezel rotates only counter-clockwise to prevent accidental increases in timed duration, which is a critical safety feature for divers.

Water Resistance

Your Luminox watch is water-resistant to 200 meters (660 feet / 20 ATM). This makes it suitable for professional marine activity and serious surface water sports, but not for saturation diving. Always ensure the crown is fully screwed in before any water exposure.



Image: A Luminox watch worn on a person's wrist, demonstrating its practical size and fit for daily wear.

Maintenance and Care

- **Cleaning:** Clean your watch regularly with a soft, damp cloth. For rubber straps, mild soap and water can be used. Rinse thoroughly and dry with a soft cloth.
- **Avoid Chemicals:** Do not expose your watch to harsh chemicals, solvents, or detergents, as these can damage the

case, strap, or seals.

- **Temperature Extremes:** Avoid exposing the watch to extreme temperatures (hot or cold) for prolonged periods, as this can affect the movement and battery life.
- **Battery Replacement:** The watch is powered by an LR44 battery. Battery replacement should be performed by an authorized Luminox service center to ensure proper sealing and maintain water resistance.
- **Storage:** When not in use, store your watch in a cool, dry place, away from direct sunlight and strong magnetic fields.

Troubleshooting

Problem	Possible Cause	Solution
Watch stops or runs intermittently	Low battery; impact damage; internal malfunction.	Replace battery at an authorized service center. If issue persists, contact support.
Date does not change at midnight	Time is set to AM/PM incorrectly.	Advance the time by 12 hours.
Condensation under crystal	Water ingress due to open crown or damaged seal.	Immediately take to an authorized service center for inspection and repair.
Luminox Light Technology appears dim	Normal perception in bright light; eyes not adjusted to darkness.	LLT is self-powered and constant. Its brightness is most apparent in complete darkness after eyes have adjusted.

Specifications



Image: A detailed diagram highlighting key specifications of the Luminox watch, including case material, movement, water resistance, and dimensions.

Feature	Detail
Model Number	XS.3001.F
Movement	Swiss Quartz (Ronda 515)
Case Material	CARBONOX™
Case Diameter	45 mm (Product Title) / 43 mm (Description/Specs) - *Note: Official specifications list 43mm, product title lists 45mm. Refer to official Luminox documentation for definitive size.*
Case Thickness	13 mm

Feature	Detail
Bezel	Uni-directional rotating
Crystal Glass Material	Hardened Mineral Crystal (550-650 Vickers)
Crown	Screw-in, double security gasket, crown protected
Water Resistance	200 meters / 660 feet / 20 ATM
Strap Material	Genuine Rubber
Lug Width	21 mm
Weight	50 g
Lighting Technology	Luminox Light Technology (LLT) - Constant glow for up to 25 years (Green and orange on dial ring, bezel dot, hands)
Functions	Time, Date
Battery Type	1 LR44 battery required

Warranty and Support

Luminox watches are manufactured to high standards and come with a manufacturer's warranty. The standard warranty period is typically two years from the date of purchase, covering manufacturing defects. Please refer to the warranty card included with your watch for specific terms and conditions, as warranty coverage may vary based on the point of purchase.
For warranty claims, repairs, or technical assistance, it is recommended to contact an authorized Luminox service center or the official Luminox customer support. Using unauthorized service providers may void your warranty.
You can find more information and locate authorized service centers by visiting the official Luminox website or contacting their customer service department directly.

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