

## Fastrack 38045Pp03, 38045Pp01

# Fastrack Men's Digital Watch Combo Instruction Manual

Models: 38045Pp03 & 38045Pp01

## INTRODUCTION

Welcome to the instruction manual for your new Fastrack Men's Digital Watch Combo, featuring models 38045Pp03 and 38045Pp01. This guide provides essential information on setting up, operating, and maintaining your watches to ensure optimal performance and longevity. These watches are designed with a digital display and durable silicone bands, offering both functionality and style.

## PRODUCT OVERVIEW

Your Fastrack digital watches come equipped with various features including time display, stopwatch, and alarm functions. The robust plastic case and silicone band ensure comfort and durability for daily wear. Each watch features a clear digital display protected by an acrylic dial glass.



Image: The Fastrack Digital Watch Combo, showcasing both the black and red dial variants.



Image: Front view of the Fastrack digital watch (Model 38045Pp03) with a black dial, displaying time and day indicators.



Image: Front view of the Fastrack digital watch (Model 38045Pp01) with a vibrant red dial, showing the digital time display.





Image: Rear view of the watch, highlighting the stainless steel case back with engraved details including the Fastrack logo and '100M WR' indicating water resistance.

### Key Features:

- Digital display with time, day, and date functions.
- Stopwatch functionality for timing events.
- Alarm feature for daily reminders.

- Backlight for visibility in low-light conditions.
- Durable plastic case and comfortable silicone band.
- Buckle lock mechanism for secure fit.

## SETUP INSTRUCTIONS

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### Setting Time and Date:

1. Press the **MODE** button repeatedly until the time setting mode is activated (usually indicated by flashing digits).
2. Use the **RESET** button to select the digit you wish to adjust (e.g., hours, minutes, year, month, day).
3. Press the **ST/STP** (Start/Stop) button to increase the selected digit. Hold it down for faster adjustment.
4. Once all settings are correct, press the **MODE** button again to exit the setting mode and return to the normal time display.

## OPERATING INSTRUCTIONS

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### Mode Selection:

Press the **MODE** button to cycle through the different functions: Time Display → Stopwatch → Alarm → Time Display.

### Stopwatch Function:

1. From the Time Display mode, press **MODE** once to enter Stopwatch mode. The display will show '00:00:00'.
2. Press **ST/STP** to start the stopwatch.
3. Press **ST/STP** again to pause the stopwatch.
4. Press **RESET** to clear the stopwatch to '00:00:00'.
5. Press **MODE** to return to the Time Display.

### Alarm Function:

1. From the Time Display mode, press **MODE** twice to enter Alarm mode. The alarm time will be displayed.
2. Press **RESET** to select the hour or minute digits for adjustment (flashing).
3. Press **ST/STP** to adjust the selected digit.
4. To activate or deactivate the alarm, press **ST/STP** while in Alarm mode (without any digits flashing). An alarm icon will appear/disappear.
5. Press **MODE** to return to the Time Display.

### Backlight:

Press the **LIGHT** button to illuminate the display for a few seconds, enhancing visibility in dark environments.

## CARE AND MAINTENANCE

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- **Cleaning:** Wipe the watch regularly with a soft, dry cloth. For silicone bands, a damp cloth with mild soap can be used, followed by thorough drying.
- **Water Resistance:** These watches are generally water-resistant (e.g., 100M WR as indicated on the case).

back). This means they are suitable for everyday use and can withstand splashes, rain, and brief immersion in water. However, they are not suitable for hot water activities, diving, or prolonged underwater use. Do not operate buttons while the watch is wet or submerged.

- **Temperature:** Avoid exposing the watch to extreme temperatures, both hot and cold, as this can affect battery life and watch performance.
- **Chemicals:** Keep the watch away from solvents, detergents, perfumes, and cosmetics, as these can damage the case, band, or seals.
- **Battery:** The watch uses a standard watch battery. When the display dims or functions become erratic, it may be time for a battery replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and water resistance.

## TROUBLESHOOTING

Problem	Solution
Display is blank or dim.	The battery may be low or depleted. Replace the battery.
Time is incorrect.	Refer to the "Setting Time and Date" section to reset the time. Ensure the watch is not in a setting mode.
Buttons are unresponsive.	Ensure the watch is dry. If the issue persists, the watch may require servicing.
Alarm does not sound.	Check if the alarm function is activated (look for the alarm icon on the display). Ensure the alarm time is set correctly.

## SPECIFICATIONS

Feature	Detail
Brand	Fastrack
Model Numbers	38045Pp03, 38045Pp01
Display Type	Digital
Movement Type	Quartz
Case Material	Plastic
Case Diameter	16 Millimetres (thickness)
Case Width (3H-9H)	51 mm
Case Length (6H-12H)	56 mm
Dial Glass Material	Acrylic
Band Material	Silicone






Feature	Detail
Band Color	Black
Lock Mechanism	Buckle
Department	Men

## WARRANTY AND SUPPORT

Fastrack watches typically come with a manufacturer's warranty covering defects in materials and workmanship. Please refer to the warranty card included with your purchase for specific terms, conditions, and duration. For any service, repairs, or further assistance, please contact Fastrack customer support or visit their official website. You can find more information and support by visiting the official Fastrack store online: [Fastrack Store](#)

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### Related Documents - 38045Pp03, 38045Pp01

	<p><a href="#">OY22E Smart Watch User Manual: Setup, Features, and Safety</a></p> <p>Comprehensive user manual for the OY22E Smart Watch by Fastrack. Learn how to set up, pair, use features like Bluetooth calls, health tracking, and understand safety guidelines and specifications.</p>
	<p><a href="#">Fastrack S06 Smartwatch User Manual</a></p> <p>Comprehensive user manual for the Fastrack S06 Smartwatch, covering setup, features, maintenance, and safety information.</p>
	<p><a href="#">Fastrack Reflex Play Smartwatch User Manual: Setup, Features, and Troubleshooting</a></p> <p>Comprehensive user manual for the Fastrack Reflex Play smartwatch, covering setup, app connection, features like fitness tracking, heart rate monitoring, notifications, and troubleshooting guides.</p>
	<p><a href="#">Fastrack Reflex Beat+ Smartwatch User Manual: Features, Pairing &amp; Setup</a></p> <p>Comprehensive user manual for the Fastrack Reflex Beat+ Smartwatch. Learn about its features, app installation, watch pairing, health tracking, and technical specifications.</p>
	<p><a href="#">Fastrack FPods FT7 Truly Wireless Earpods Quick Start Guide</a></p> <p>Get started with your Fastrack FPods FT7 Truly Wireless Earpods. This guide covers setup, controls, features like 3C NitroFast Charge, Quad Mic ENC, and low latency gaming mode.</p>





### [Fastrack FPods FZ100 Truly Wireless Earbuds Quick Start Guide](#)

Learn how to set up, use, and care for your Fastrack FPods FZ100 Truly Wireless Earbuds. This guide covers pairing, controls, features like gaming mode and voice assistant, charging, and specifications.