

FILA 38-105

FILA Digital Quartz Watch Model 38-105-005 User Manual

Model: 38-105-005

1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your FILA Digital Quartz Watch, Model 38-105-005. This digital watch features a durable ABS case, a comfortable silicone strap, and is designed for everyday use with 5 ATM water resistance. It includes functions such as time, date, and world time, along with an EL backlight for visibility. Please read this manual carefully to ensure proper use and to maximize the lifespan of your watch.





Figure 1: FILA Digital Quartz Watch Model 38-105-005 (Front View)

This image shows the front of the FILA Digital Quartz Watch, Model 38-105-005, featuring a white case and a red and blue silicone strap. The digital display shows the date (26 JUL) and time (10:38 AM DST).

2. KEY FEATURES

- **Digital Display:** Clear digital readout for time, date, and other functions.
- **World Time:** Displays time for 25 cities with 3-letter abbreviations.
- **EL Backlight:** Provides illumination for visibility in low-light conditions.
- **5 ATM Water Resistance:** Suitable for splashes, rain, and brief immersion in shallow water (up to 50 meters for 10 minutes). Not suitable for diving or prolonged water activities.
- **Durable Construction:** Features a white ABS case and a comfortable silicone strap.



WORLD TIME



BACKLIGHT



Waterproof



Silicone Strap



Figure 2: Key Features Overview

This image highlights the main features of the FILA Digital Quartz Watch, including World Time (globe icon), Backlight (lightbulb icon), Waterproof (swimmer icon), and Silicone Strap (strap icon).

3. WATCH COMPONENTS



Figure 3: Watch Components and Button Functions

This diagram illustrates the button layout of the FILA Digital Quartz Watch. The top left button activates the Back Light. The top right button controls World Time functions. The bottom left and bottom right buttons are used for Mode Selection and adjustments.

- **Top Left Button:** Back Light activation.
- **Top Right Button:** World Time function.
- **Bottom Left Button:** Mode Selection / Adjustment.
- **Bottom Right Button:** Mode Selection / Adjustment.

4. SETUP AND BASIC OPERATION

4.1 Setting Time and Date

1. Press the **Bottom Left Button** repeatedly to cycle through modes until the time setting mode is displayed (usually indicated by flashing digits).
2. Use the **Bottom Right Button** to adjust the flashing digit (hours, minutes, year, month, day).
3. Press the **Bottom Left Button** again to move to the next setting parameter.
4. Once all settings are complete, press the **Bottom Left Button** to exit the setting mode.

4.2 Using the Backlight

To illuminate the display in low-light conditions, press the**Top Left Button**. The backlight will remain active for a few seconds.

4.3 World Time Function

To access the World Time feature, press the**Top Right Button**. Repeated presses will cycle through the 25 pre-programmed city times. To return to the home time display, continue pressing the **Top Right Button** until your desired home city is shown, or switch modes using the**Bottom Left Button**.

5. MAINTENANCE

- **Cleaning:** Wipe the watch case and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Water Resistance:** The watch is 5 ATM water resistant. This means it can withstand splashes, rain, and brief immersion in shallow water. Do not operate buttons while the watch is wet or submerged. Avoid hot water, steam, and prolonged exposure to water.
- **Battery Replacement:** When the display dims or functions become erratic, the battery may need replacement. This should be performed by a qualified watch technician to ensure water resistance is maintained.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or depleted battery.	Replace the battery.
Buttons are unresponsive.	Watch may be in a locked mode or internal malfunction.	Try resetting the watch (if applicable, refer to specific model reset instructions) or contact support.
Time is incorrect.	Time not set correctly or accidental adjustment.	Refer to Section 4.1 "Setting Time and Date" to re-adjust.
Condensation inside display.	Exposure to extreme temperature changes or water ingress.	Avoid extreme temperature changes. If condensation persists, seek professional service.

7. SPECIFICATIONS

- **Model Number:** 38-105
- **Type:** Digital Quartz Watch
- **Case Material:** ABS (White Resin Case)
- **Case Thickness:** 10 mm
- **Case Diameter:** 36 mm
- **Strap Material:** Silicone (White)
- **Crystal Material:** Mineral Crystal Glass
- **Water Resistance:** 5 ATM (50 meters)



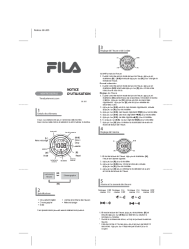

- **Backlight:** EL Backlight
- **Product Dimensions:** 7.62 x 1.27 x 1.27 cm
- **Product Weight:** 91 g
- **Manufacturer:** Orologio

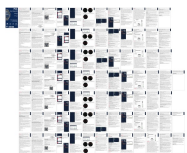
8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided at the time of purchase or visit the official FILA website. Keep your proof of purchase for any warranty claims.

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Related Documents - 38-105

	<p>FILA Smart Watch F52 (SW-52) User Manual: Setup, Features, Safety & Warranty</p> <p>Comprehensive user manual for the FILA Smart Watch F52 (SW-52), covering setup, app pairing, features like heart rate, GPS, notifications, safety guidelines, maintenance, and warranty information.</p>
	<p>FILA SW-26P Smart Watch User Manual and Guide</p> <p>Comprehensive user manual for the FILA SW-26P Smart Watch, covering setup, charging, app connection, features like heart rate, blood pressure, SpO2, sleep tracking, training modes, specifications, safety warnings, and warranty information.</p>
	<p>Notice d'utilisation montre digitale FILA 38-205</p> <p>Manuel d'utilisation détaillé pour la montre digitale FILA modèle 38-205. Apprenez à régler l'heure, la date, l'alarme, utiliser le chronographe et découvrez les spécifications et conseils d'entretien.</p>
	<p>FILA Smart Watch F29 User Manual</p> <p>User manual for the FILA Smart Watch F29, covering setup, features, maintenance, and precautions for optimal use.</p>



[FILA Smart Watch F90 User Manual](#)

Comprehensive user guide for the FILA Smart Watch F90, detailing setup, features, app connectivity, maintenance, safety precautions, and warranty information.



[FILA Smart Watch F60 User Manual - Features, Setup, and Safety](#)

Comprehensive user manual for the FILA Smart Watch F60 (SW/60). Learn about setup, features like heart rate monitoring, sports tracking, notifications, charging, maintenance, and safety guidelines.