

FILA 38-205-004

FILA Digital Chronograph Watch Model 38-205-004 User Manual

Model: 38-205-004

INTRODUCTION

Thank you for choosing the FILA Digital Chronograph Watch, Model 38-205-004. This multi-function digital watch features a chronograph and a comfortable silicone strap, designed for everyday use. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your watch to ensure optimal performance and longevity.

SAFETY INFORMATION

- Avoid exposing the watch to extreme temperatures (hot or cold) or sudden temperature changes.
- Do not press buttons underwater, even if the watch is water-resistant.
- Keep the watch away from strong magnetic fields.
- Clean the watch with a soft, dry cloth. Avoid harsh chemicals.
- Battery replacement should ideally be performed by a qualified watch technician to maintain water resistance.

PRODUCT OVERVIEW

The FILA Digital Chronograph Watch Model 38-205-004 is equipped with a digital display and several functions. Familiarize yourself with the watch's components:



Image: Front view of the FILA Digital Chronograph Watch Model 38-205-004. The watch features a round case, a rose-colored silicone strap, and a blue digital display. The time is clearly visible, and the watch has a sporty, casual design.

Key Features:

- Digital Time Display
- Chronograph (Stopwatch) Function
- Alarm Function
- Backlight for low-light conditions
- Water Resistance up to 100 Meters (10 ATM)
- Durable Silicone Strap

Button Functions (Typical Layout):

While specific button labels may vary, most digital watches follow a similar pattern:

- **MODE Button:** Cycles through different modes (Time, Alarm, Chronograph).

- **SET/ADJUST Button:** Used to enter and confirm settings.
- **START/STOP Button:** Activates/deactivates functions like chronograph or alarm.
- **LIGHT Button:** Activates the backlight.

SETUP

Initial Power On:

Your watch comes with a pre-installed battery. If the display is blank, press any button to activate it. If it remains blank, the battery may need replacement (refer to Maintenance section).

Setting Time and Date:

1. From the normal time display, press the **MODE** button repeatedly until you reach the Time Setting mode (often indicated by flashing digits).
2. Press the **SET/ADJUST** button to select the digit you wish to change (e.g., seconds, hours, minutes, year, month, day). The selected digit will flash.
3. Use the **START/STOP** button to increase the value of the flashing digit. Hold the button to advance rapidly.
4. Continue pressing **SET/ADJUST** to move to the next setting (e.g., from hours to minutes, then to year, month, day).
5. Once all settings are correct, press the **MODE** button to exit the Time Setting mode and return to the normal time display.
6. **Note on 12/24 Hour Format:** During time setting, you may encounter an option to switch between 12-hour (with AM/PM indicator) and 24-hour formats. Use the **START/STOP** button to toggle this setting.

OPERATING INSTRUCTIONS

Using the Chronograph (Stopwatch):

1. Press the **MODE** button until "STOP" or "STW" appears on the display.
2. Press the **START/STOP** button to start the stopwatch.
3. Press the **START/STOP** button again to pause the stopwatch.
4. To resume, press **START/STOP** again.
5. To reset the stopwatch to zero, ensure it is paused, then press the **SET/ADJUST** button.
6. Press the **MODE** button to return to the normal time display.

Setting and Using the Alarm:

1. Press the **MODE** button until "ALARM" or "AL" appears on the display.
2. Press the **SET/ADJUST** button to select the hour digit. It will flash.
3. Use the **START/STOP** button to set the desired alarm hour.
4. Press **SET/ADJUST** again to select the minute digit and use **START/STOP** to set the desired alarm minute.
5. Press **MODE** to exit alarm setting.
6. To activate/deactivate the alarm, while in Alarm mode, press the **START/STOP** button. An alarm icon (e.g., a bell) will appear/disappear on the display.
7. When the alarm sounds, press any button to stop it.

Using the Backlight:

Press the **LIGHT** button (usually located on the top left) to illuminate the display for a few seconds in dark conditions.

MAINTENANCE

Cleaning Your Watch:

Wipe the watch case and strap regularly with a soft, slightly damp cloth. For the silicone strap, mild soap and water can be used, but ensure the watch is thoroughly dried afterwards. Avoid using solvents or harsh detergents.

Water Resistance (100 Meters / 10 ATM):

Your watch is water-resistant up to 100 meters, making it suitable for swimming and snorkeling. However, it is not recommended for scuba diving. To maintain water resistance:

- Do not operate buttons while the watch is submerged in water.
- Avoid exposing the watch to hot water, steam, or sudden temperature changes (e.g., going from a hot sauna into cold water), as this can compromise seals.
- If the watch is exposed to saltwater, rinse it thoroughly with fresh water and dry it completely.

Battery Replacement:

The watch uses 1 Lithium-ion battery. When the display becomes dim or the watch stops functioning, the battery may need replacement. It is highly recommended to have the battery replaced by a professional watch technician to ensure the watch's water resistance is maintained after the case back is opened.

TROUBLESHOOTING

- **Watch display is blank or dim:**
The battery may be depleted. Replace the battery as described in the Maintenance section. If the issue persists after battery replacement, contact customer support.
- **Time is incorrect or not advancing:**
Re-set the time according to the "Setting Time and Date" instructions. Ensure you have correctly set the AM/PM indicator if using 12-hour format. If the time continues to be inaccurate, the watch movement may require service.
- **Buttons are unresponsive:**
Ensure the watch is dry. If buttons are pressed underwater, it can cause issues. If the watch has been exposed to water, allow it to dry completely. If the problem persists, there might be a mechanical issue.
- **Alarm does not sound:**
Check if the alarm function is activated (look for the alarm icon on the display). Re-set the alarm time to ensure it is correctly configured.
- **Water inside the watch:**
Despite its water resistance, extreme conditions or damage can lead to water ingress. If you notice condensation or water droplets inside the watch, stop using it immediately and seek professional service to prevent further damage.

SPECIFICATIONS

Model Number	38-205-004
Brand	FILA
Display Type	Digital
Movement Type	Quartz

Special Features	Chronograph
Water Resistance Depth	100 Meters (10 ATM)
Clasp Type	Buckle
Item Shape	Round
Band Color	Rose
Dial Color	Blue
Item Weight	70 Grams
Case Diameter	32 Millimeters
Band Width	13 Millimeters
Case Thickness	14 Millimeters
Dial Window Material Type	Plastic
Battery Type	1 Lithium-ion (included)
Age Range Description	Child

WARRANTY AND SUPPORT

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

If you require further assistance or have questions not covered in this manual, please contact FILA customer service.

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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