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Armitron 45/7012

Armitron Sport 45/7012 Digital Chronograph Watch User Manual

Model: 45/7012

Introduction

This manual provides detailed instructions for the Armitron Sport Women's Digital Chronograph Resin Strap Watch, model 45/7012. Please read these instructions carefully to ensure proper use and maintenance of your watch.




RESET
ST/STP
TU 29
PM
2:04
29
MODE
EL
WR330FT



Image: Armitron Sport Women's Digital Chronograph Watch 45/7012 in Grey/Pink color variant.

Product Overview

The Armitron Sport 45/7012 is a digital chronograph watch designed for active lifestyles. It features a durable resin case and strap, an LCD display, and multiple functions including time, seconds, day, and date. The watch is water resistant to 100 meters (330 feet).

Key Features:

- Matte grey resin case with silver-tone top ring.
- LCD display showing time, seconds, day, and date.
- Matte grey resin strap with a secure buckle closure.
- Water resistant to 330 feet (100 meters).
- Designed for exercise and fitness activities.

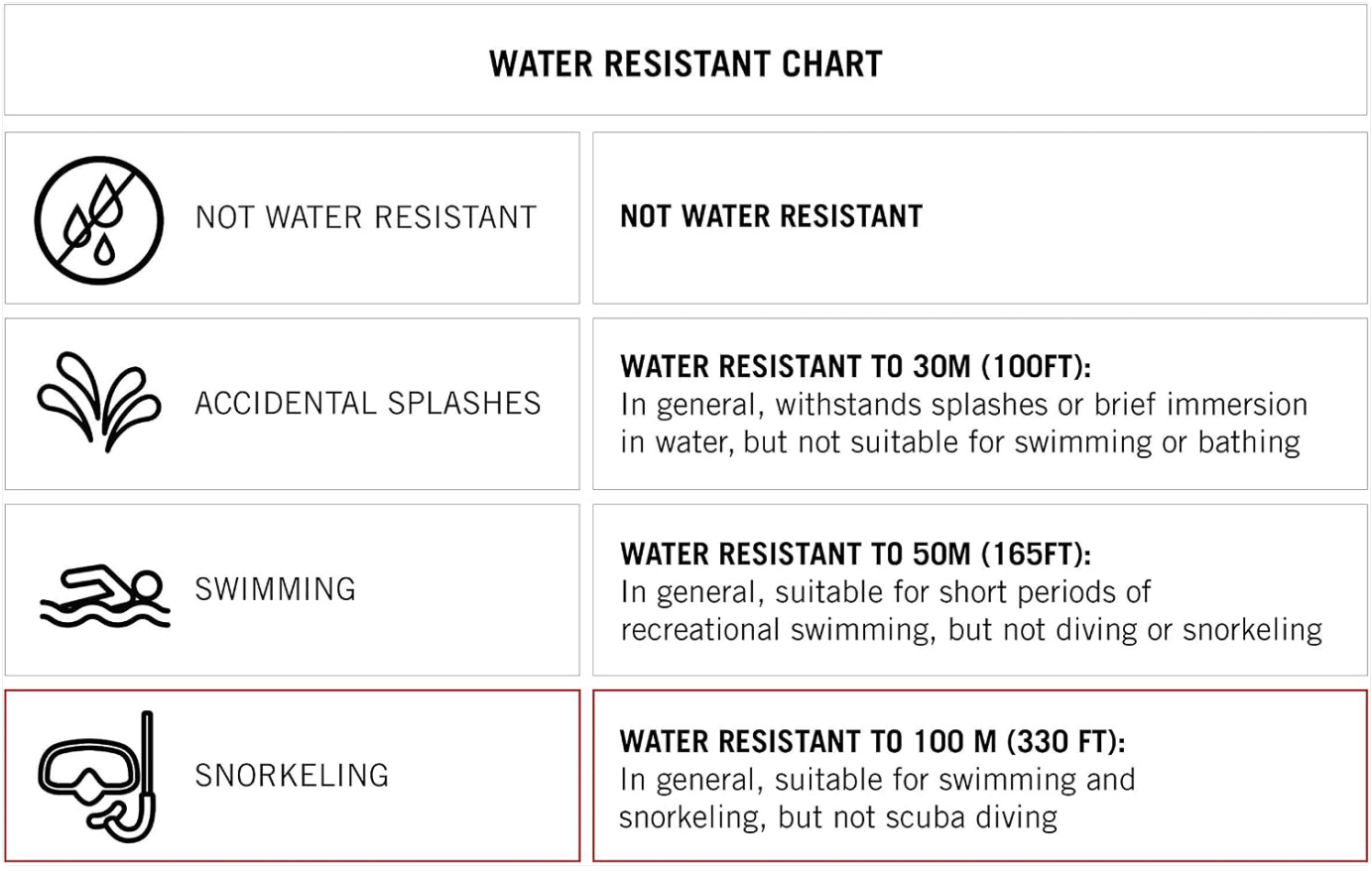


Image: Side view of the Armitron Sport 45/7012 watch on a wrist, highlighting the resin strap and case.



Image: Top view of the Armitron Sport 45/7012 watch on a wrist, showing the digital display.

Button Functions

Your Armitron Sport watch typically features four buttons for operation. While exact labeling may vary, their general functions are as follows:

- **MODE (Top Left):** Cycles through different modes (Time, Chronograph, Alarm, Timer).
- **SET/ADJUST (Bottom Left):** Used to select items to adjust in setting modes.
- **START/STOP (Top Right):** Starts and stops the chronograph, adjusts values upwards in setting modes.
- **LIGHT (Bottom Right):** Activates the backlight for visibility in low light conditions.

Your browser does not support the video tag.

Video: An official product video demonstrating the Armitron Sport Women's 45/7012 Digital Chronograph Watch, showcasing its design and basic functions.

Setup Instructions

Setting Time and Date:

1. In normal time display mode, 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 or setting you wish to change (e.g., hours, minutes, year, month, day).
3. Use the **START/STOP** button to increase the selected value. Hold it down for faster adjustment.
4. Continue pressing **SET/ADJUST** and **START/STOP** until all time and date settings are correct.
5. Press the **MODE** button to exit the setting mode and return to normal time display.

Setting the Alarm:

1. Press the **MODE** button until you reach the Alarm mode (often indicated by "AL" or an alarm icon).
2. Press the **SET/ADJUST** button to select the hour digits.
3. Use the **START/STOP** button to set the desired alarm hour.
4. Press **SET/ADJUST** again to select the minute digits.
5. Use the **START/STOP** button to set the desired alarm minutes.
6. Press **MODE** to exit the alarm setting mode.
7. To activate/deactivate the alarm, typically press the **START/STOP** button while in Alarm mode. An alarm icon will appear/disappear on the display.

Operating Instructions

Using the Chronograph (Stopwatch):

1. Press the **MODE** button until you reach the Chronograph mode (often indicated by "ST" or "CH").
2. Press the **START/STOP** button to start the stopwatch.
3. Press **START/STOP** again to pause the stopwatch.
4. Press **START/STOP** once more to resume.
5. To reset the stopwatch, press the **SET/ADJUST** button while the stopwatch is paused.
6. Press **MODE** to return to normal time display.

Activating the Backlight:

Press the **LIGHT** button (Bottom Right) to illuminate the display for a few seconds. This feature is useful in dark environments.

Maintenance

Water Resistance:

Your Armitron Sport watch is water resistant to 100 meters (330 feet). This means it is suitable for swimming and snorkeling, but not for scuba diving. Avoid pressing buttons underwater to prevent water entry.



Image: Detailed chart explaining various levels of watch water resistance and their suitability for activities like splashes, swimming, and snorkeling.

Battery Replacement:

The watch uses 1 product-specific battery (included). When the display dims or functions become erratic, it may be time to

replace the battery. It is recommended to have battery replacement performed by a qualified watch technician to ensure proper sealing and maintain water resistance.

Cleaning:

Clean your watch regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the resin case or strap.

Troubleshooting

- **Blank Display:** If the display is blank or very dim, the battery may need replacement. See the "Battery Replacement" section.
- **Incorrect Time/Date:** Refer to the "Setting Time and Date" section to re-adjust. Ensure you are in the correct 12-hour or 24-hour format if applicable.
- **Buttons Not Responding:** If buttons are unresponsive, try a soft reset by holding all buttons simultaneously for a few seconds (if applicable for your model). If the issue persists, a battery replacement might be necessary, or contact support.
- **Water Entry:** If water appears inside the watch, immediately take it to a qualified technician. Do not attempt to open the watch yourself, as this will void the warranty and compromise water resistance.

Specifications

Feature	Detail
Brand	Armitron
Model Name	45/7012
Item Model Number	45/7012PGY
Display Type	Digital
Watch Movement Type	Quartz
Case Material	Resin
Band Material Type	Resin
Case Diameter	27 millimeters
Case Thickness	11 millimeters
Band Width	12 millimeters
Water Resistance Depth	330 feet (100 meters)
Power Source	Battery Powered (1 Product Specific battery included)
UPC	086702677320

Warranty and Support

Your Armitron Sport watch is covered by a manufacturer's warranty. For specific warranty details, including coverage

period and terms, please refer to the documentation included with your purchase or visit the official Armitron website.
For technical support, service, or inquiries regarding your watch, please contact Armitron customer service directly.
Contact information can typically be found on the manufacturer's website or in the packaging materials.
You can visit the official Armitron store on Amazon for more information:Armitron Store

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