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> Armitron Sport Women's Digital Chronograph Watch Model 45/7135PBH User Manual

Armitron 45/7135PBH

Armitron Sport Women's Digital Chronograph Watch

Model: 45/7135PBH

Brand: Armitron

INTRODUCTION

This manual provides detailed instructions for the operation, maintenance, and care of your Armitron Sport Women's Digital Chronograph Watch, Model 45/7135PBH. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your watch.

PRODUCT OVERVIEW

The Armitron Sport Digital Chronograph Watch features a matte beige resin case with a rose gold-tone top ring, complemented by a blush pink resin strap. It is designed for everyday wear with practical digital functions.





Image: Front view of the Armitron Sport Digital Chronograph Watch, Model 45/7135PBH, showing the digital display and button layout.

Key Features:

- Matte beige resin case with a rose gold-tone top ring.
- LCD display showing time, seconds, day, and date.
- Functions include chronograph (stopwatch), daily alarm, and backlight.
- Matte blush pink resin strap with a secure buckle closure.
- Water resistant to 165 feet (50 meters).



Image: The Armitron Sport Digital Chronograph Watch worn on a wrist, demonstrating its size and fit.

SETUP INSTRUCTIONS

Your watch comes with a pre-installed battery. Follow these steps to set the time and date.

Button Functions:

MODE: Cycles through display modes (Time, Chronograph, Alarm).

RESET: Used to reset values or select settings during adjustment.

ST/SP (Start/Stop): Used to start/stop chronograph or adjust values.

EL (Electroluminescent): Activates the backlight.

Setting Time and Date:

1. From the normal time display, press the **MODE** button three times to enter the time setting mode. The seconds digits will begin to flash.
2. Press the **RESET** button to cycle through the settings: seconds → hour → minute → month → date → day of week. The currently adjustable value will flash.
3. Use the **ST/SP** button to increase the flashing value. Hold **ST/SP** to advance rapidly.
4. Once all settings are adjusted, press the **MODE** button to return to the normal time display.

OPERATING INSTRUCTIONS

Chronograph (Stopwatch) Function:

1. From the normal time display, press the **MODE** button once to enter chronograph mode. The display will show "00:00:00".
2. Press **ST/SP** to start the chronograph.
3. Press **ST/SP** again to stop the chronograph.
4. Press **RESET** to reset the chronograph to "00:00:00".
5. Press **MODE** to return to the normal time display.

Alarm Function:

1. From the normal time display, press the **MODE** button twice to enter alarm setting mode. The hour digits will flash.
2. Press **ST/SP** to adjust the hour.
3. Press **RESET** to move to the minute setting. The minute digits will flash.

4. Press **ST/SP** to adjust the minutes.
5. Press **MODE** to confirm the alarm time and return to the normal time display.
6. To turn the alarm ON/OFF: In normal time display, press and hold **RESET**, then press **ST/SP**. An alarm icon will appear/disappear to indicate status.

Backlight (EL) Function:

Press the **EL** button at any time to illuminate the display for a few seconds, improving visibility in low-light conditions.

Water Resistance:

This watch is water resistant to 165 feet (50 meters). This rating means the watch is suitable for short periods of recreational swimming, but it is not designed for diving or snorkeling. Avoid operating buttons while the watch is submerged in water.

WATER RESISTANT CHART	
 NOT WATER RESISTANT	NOT WATER RESISTANT
 ACCIDENTAL SPLASHES	WATER RESISTANT TO 30M (100FT): In general, withstands splashes or brief immersion in water, but not suitable for swimming or bathing
 SWIMMING	WATER RESISTANT TO 50M (165FT): In general, suitable for short periods of recreational swimming, but not diving or snorkeling
 SNORKELING	WATER RESISTANT TO 100 M (330 FT): In general, suitable for swimming and snorkeling, but not scuba diving

Image: A chart illustrating different levels of watch water resistance. This watch is rated for 50M (165FT), suitable for swimming.

MAINTENANCE

Cleaning Your Watch:

- Wipe the watch case and strap with a soft, damp cloth.
- For the resin strap, use mild soap and water to clean any dirt or stains. Rinse thoroughly and dry completely. Avoid harsh chemicals or abrasive cleaners, as these can damage the resin material.

Battery Replacement:

The watch uses 1 product-specific battery. 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.

Storage:

When not in use, store your watch in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or depleted battery.	Replace the battery.
Time/Date is incorrect.	Incorrectly set or reset.	Refer to the "Setting Time and Date" section to re-adjust.
Buttons are unresponsive.	Watch may be in a locked mode or internal issue.	Try pressing all buttons firmly. If issue persists, a battery reset (removal and re-insertion) by a professional may be needed.
Alarm does not sound.	Alarm is turned off or set incorrectly.	Ensure the alarm is activated (alarm icon visible) and the time is set correctly.

SPECIFICATIONS

- Model Number:** 45/7135PBH
- Case Material:** Resin
- Strap Material:** Resin
- Display Type:** Digital LCD
- Movement:** Quartz
- Water Resistance:** 50 meters (165 feet)
- Battery:** 1 Product Specific battery (included)
- Package Dimensions:** 4.21 x 3.9 x 3.27 inches
- Item Weight:** 3.53 ounces
- Manufacturer:** Armitron Sport
- Date First Available:** July 28, 2020

WARRANTY AND SUPPORT

For warranty information or technical support regarding your Armitron Sport watch, please refer to the warranty card included with your purchase or visit the official Armitron website. Contact details for customer service can typically be found on the manufacturer's website.