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## Luminox XB.3761

# Luminox 3761 Men's Bear Grylls Survival Air GMT Watch User Manual

Model: XB.3761

## Introduction

This manual provides essential information for the proper use, setup, and maintenance of your Luminox 3761 Men's Bear Grylls Survival Air GMT Watch. Designed for durability and precision, this timepiece features a quartz movement, GMT functionality, and Luminox Light Technology for constant visibility.






Figure 1: Front view of the Luminox 3761 Watch. This image displays the watch face with its black dial, white hour markers, and hands, including the orange GMT hand. The black nylon strap and silver stainless steel case are also visible.

## Key Features

- **Quartz Movement:** Ensures accurate timekeeping.
- **GMT Functionality:** Allows tracking of a second time zone.
- **Luminox Light Technology (LLT):** Provides constant glow for up to 25 years in any light condition, without requiring external light source or battery push to glow.
- **Water Resistance:** Rated for 200 meters (20 ATM), suitable for swimming and diving.
- **Durable Construction:** Features a silver stainless-steel case and a robust black nylon strap.
- **Fixed Bezel with City Names:** Provides reference for various time zones globally.






Figure 2: The Luminox Light Technology (LLT) in action. This image shows the watch dial illuminated in low light conditions, highlighting the green and orange tritium tubes on the hour markers and hands, ensuring visibility.

## Setup and Operation

The Luminox 3761 watch features a single crown for setting time and date. The crown is located on the right side of the watch

case.




Figure 3: Close-up view of the watch crown. The orange textured crown, used for adjusting the watch settings, is prominently displayed on the side of the watch case.

## Setting the Time and Date

1. **Pull the Crown to Position 2:** Gently pull the crown out to the second click position. This position allows you to set the time.
2. **Set the Time:** Rotate the crown clockwise or counter-clockwise to move the hour and minute hands to the desired time. Ensure the 24-hour GMT hand also moves correctly relative to the main time.
3. **Pull the Crown to Position 3:** Pull the crown out to the third click position. This position allows you to set the date.
4. **Set the Date:** Rotate the crown to adjust the date. The date changes when the hour hand passes midnight.
5. **Push the Crown Back:** Once the time and date are set, push the crown back fully into Position 1 (normal operating position) to engage the movement and ensure water resistance.




Figure 4: Detailed view of the watch dial. This image highlights the date window at the 3 o'clock position and the orange-tipped GMT hand, which indicates the second time zone on the inner 24-hour scale.

### Reading the GMT/Second Time Zone

The orange-tipped GMT hand completes one rotation every 24 hours and points to the inner 24-hour scale on the dial. The fixed outer bezel with city names can be used as a reference to quickly determine the time in different global cities relative to your set GMT time.

## Maintenance

### Cleaning Your Watch

To maintain the appearance of your Luminox watch, regularly wipe the case and crystal with a soft, damp cloth. For the nylon strap, a mild soap solution and a soft brush can be used, followed by rinsing with clean water and air drying. Avoid using harsh chemicals or abrasive materials.

### Water Resistance

Your Luminox 3761 watch is water resistant to 200 meters (20 ATM). This rating makes it suitable for professional marine activity and serious surface water sports, but not for saturation diving. Always ensure the crown is fully pushed in before exposing the watch to water. Do not operate the crown while the watch is submerged.

## Battery Replacement

The watch is powered by one LR44 battery. When the battery needs replacement, it is highly recommended to have this service performed by an authorized Luminox service center or a qualified watchmaker. This ensures proper sealing and maintains the watch's water resistance and warranty.




Figure 5: Rear view of the watch case. This image displays the engraved case back, which includes the Luminox logo, Bear Grylls signature, the motto 'NEVER GIVE UP', and technical specifications such as 'STAINLESS STEEL CASE', 'SAPPHIRE CRYSTAL', and 'WATER RESISTANT 200 METERS'.

## Troubleshooting

- **Watch Not Running:**
  - Check if the crown is fully pushed in (Position 1).
  - The battery may need replacement. Refer to the 'Battery Replacement' section.
- **Incorrect Time/Date:**
  - Follow the 'Setting the Time and Date' instructions carefully.

- Ensure the crown is fully pushed in after setting.

- **Condensation Under Crystal:**
  - Small amounts of condensation may appear temporarily with sudden temperature changes but should dissipate quickly.
  - If condensation persists or appears as large droplets, this indicates a loss of water resistance. Immediately take the watch to an authorized service center to prevent further damage.

## Specifications

| Feature | Detail |
|---|---|
| Model Number | XB.3761 |
| Movement | Quartz |
| Case Material | Stainless Steel |
| Case Diameter | 45mm |
| Strap Material | Black Nylon |
| Dial Color | Black |
| Water Resistance | 200 meters (20 ATM) |
| Battery Type | 1 x LR44 |
| Product Dimensions | 20 x 1.5 x 10 cm |
| Weight | 250 g |

## Warranty and Support

Your Luminox watch is covered by a manufacturer's warranty against defects in materials and workmanship. For specific warranty terms, duration, and to register your product, please refer to the official Luminox website or the warranty card included with your purchase. For technical support, service, or warranty claims, please contact Luminox customer service or an authorized service center.
For more information, visit the official Luminox website: luminox.com

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