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> Armitron Sport Unisex Digital Chronograph Nylon Strap Watch, 45-7004 Green - Instruction Manual

Armitron 45/7004DGN

Armitron Sport Unisex Digital Chronograph Watch Instruction Manual

Model: 45/7004DGN

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, maintenance, and troubleshooting of your Armitron Sport Unisex Digital Chronograph Watch, model 45/7004DGN. Please read this manual thoroughly to ensure proper use and longevity of your watch.





Figure 1: Front view of the Armitron Sport Digital Chronograph Watch. This image displays the watch face, showing the digital time, day, and date. The watch features a military green resin case, a black top ring, and a black nylon strap. The buttons for 'RESET', 'MODE', 'ST/STP', and 'EL' are visible on the sides.

SETUP

Before using your watch, it is recommended to set the correct time, date, and any desired alarms.

Initial Time and Date Setting

1. **Enter Setting Mode:** Press the **MODE** button repeatedly until the time setting mode is displayed. Typically, the seconds will begin to flash.
2. **Adjust Values:** Use the **RESET** button to cycle through the values (seconds, hours, minutes, month, date, day of week).
3. **Change Values:** Use the **ST/STP** button to increase the flashing value. Hold the button to advance rapidly.
4. **Exit Setting Mode:** Press the **MODE** button to confirm settings and return to the normal time display.

Battery Information

Your Armitron Sport watch comes with one product-specific battery included and pre-installed. The battery is designed for long-lasting performance. When the display dims or functions become erratic, it may indicate a low battery. Battery replacement should ideally be performed by a qualified watch technician to ensure water resistance integrity is maintained.

OPERATING INSTRUCTIONS

Your watch features multiple functions accessible via its buttons. Familiarize yourself with the button layout:

- **MODE:** Cycles through different modes (Time, Chronograph, Alarm, Dual Time).
- **RESET:** Used for resetting values or cycling through setting options.
- **ST/STP (Start/Stop):** Used for starting/stopping functions or adjusting values.
- **EL (Electroluminescent):** Activates the backlight for visibility in low light conditions.

Chronograph Function

The chronograph measures elapsed time.

1. **Enter Chronograph Mode:** Press **MODE** until "CHRONO" or "STOPWATCH" appears.
2. **Start/Stop:** Press **ST/STP** to start timing. Press again to stop.
3. **Reset:** While stopped, press **RESET** to clear the chronograph to zero.
4. **Lap Time:** While the chronograph is running, press **RESET** to display the lap time. The chronograph continues to run in the background. Press **RESET** again to return to the running chronograph display.

Alarm Function

Set a daily alarm to sound at a specific time.

1. **Enter Alarm Mode:** Press **MODE** until "ALARM" is displayed.
2. **Set Alarm Time:** Press **RESET** to select hours or minutes. Use **ST/STP** to adjust the flashing value.
3. **Activate/Deactivate Alarm:** In alarm mode, press **ST/STP** to toggle the alarm ON/OFF. An alarm icon will appear on the display when active.
4. **Exit Alarm Mode:** Press **MODE** to return to normal time display.

Dual Time Function

Track a second time zone.

1. **Enter Dual Time Mode:** Press **MODE** until "DUAL TIME" or "T2" is displayed.
2. **Set Dual Time:** Press **RESET** to select hours or minutes. Use **ST/STP** to adjust the flashing value.
3. **Exit Dual Time Mode:** Press **MODE** to return to normal time display.

Military Time (24-Hour Format)

Your watch supports both 12-hour (AM/PM) and 24-hour (military) time formats. To switch between formats, typically in the time setting mode, pressing the **ST/STP** button while the hour is flashing will toggle between 12H and 24H display.

Backlight (EL)

Press the **EL** button to illuminate the display for a few seconds, enhancing visibility in dark environments.

Water Resistance

This watch is water resistant to 330 feet (100 meters). This rating makes it suitable for swimming and snorkeling, but it is not designed for scuba diving. Avoid pressing buttons underwater to maintain water resistance.

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

Figure 2: Water Resistance Chart. This chart illustrates various water resistance ratings, indicating that 100M (330FT) is suitable for swimming and snorkeling, but not for scuba diving.

MAINTENANCE

Proper care will extend the life and appearance of your Armitron Sport watch.

Cleaning

Wipe the watch case and strap regularly with a soft, damp cloth. For the nylon strap, a mild soap solution can be used, followed by rinsing with clean water and air drying. Avoid harsh chemicals or abrasive materials.

Water Resistance Care

After exposure to saltwater, rinse the watch with fresh water and dry it thoroughly. Do not operate buttons while the watch is wet or submerged. Ensure the watch is completely dry before storing.

Storage

Store your watch in a cool, dry place away from direct sunlight and extreme temperatures. If storing for an extended period, consider removing the battery to prevent leakage, though this watch uses a sealed battery compartment.

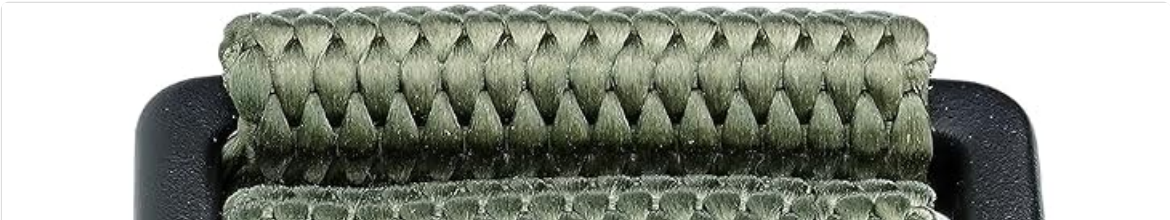






Figure 3: Back view of the watch and strap. This image highlights the durable nylon strap with its hook-and-loop closure, designed for a secure and adjustable fit. The Armitron branding is visible on the strap.

TROUBLESHOOTING

If you encounter issues with your watch, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery.	Replace the battery. Consult a professional watch technician.
Buttons are unresponsive.	Watch is wet or submerged; internal malfunction.	Ensure watch is dry. If issue persists, seek professional service.
Time is inaccurate.	Incorrect setting; extreme temperature exposure.	Re-set the time according to the "Initial Time and Date Setting" section. Avoid extreme temperatures.
Alarm does not sound.	Alarm is not activated; incorrect alarm time.	Verify alarm is set and activated (check for alarm icon). Re-set alarm time.

SPECIFICATIONS

Key technical specifications for the Armitron Sport Unisex Digital Chronograph Watch, model 45/7004DGN:

Model Number: 45/7004DGN

Case Material: Resin

Strap Material: Nylon with hook-and-loop closure

Display Type: LCD Digital

Functions: Chronograph, Lap Time, Alarm, Dual Time, Military Time, Backlight

Water Resistance: 330 feet (100 meters)

Battery: 1 Product Specific battery (included)

Approximate Package Dimensions: 4.02 x 3.54 x 2.76 inches

Approximate Item Weight: 4.16 ounces

Department: Unisex-adult

Manufacturer: Armitron Sport





Figure 4: Side view of the watch. This image provides a perspective on the watch's profile, showcasing the robust resin case and the woven texture of the nylon strap.

WARRANTY AND SUPPORT

For information regarding warranty coverage, product support, or service, please refer to the warranty card included with your purchase or visit the official Armitron website. Keep your proof of purchase for warranty claims.

For additional assistance, you may also contact Armitron customer service directly. Contact details are typically provided in the product packaging or on the manufacturer's official support pages.

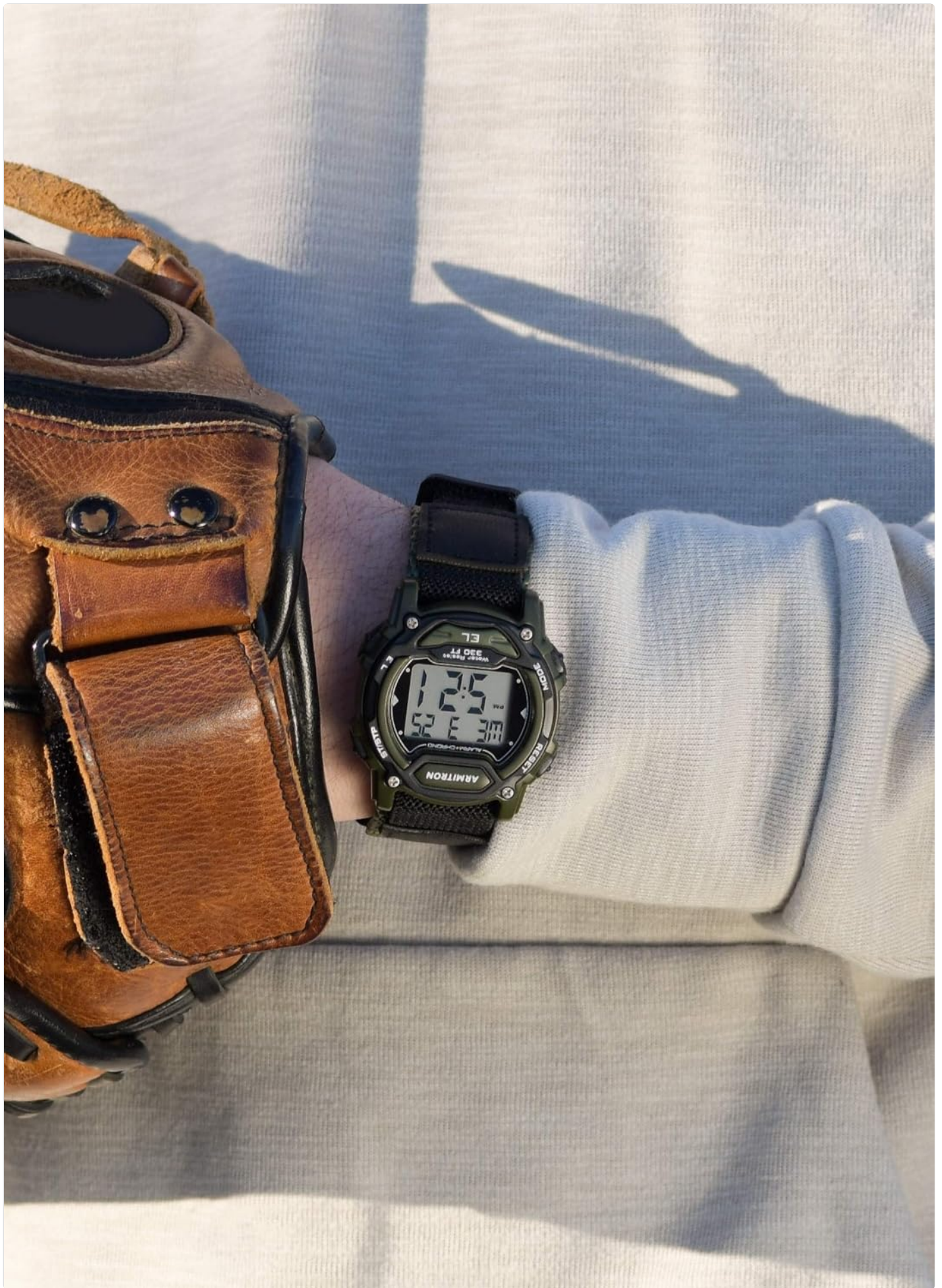


Figure 5: Watch on wrist. This image demonstrates how the watch appears when worn, highlighting its size and the comfortable fit of the nylon strap. The digital display is clearly visible.

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

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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