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› [Timex](#) /

› [Timex Men's M79 Automatic 40mm Watch Instruction Manual](#)

Timex TW2U83400ZV

Timex Men's M79 Automatic 40mm Watch Instruction Manual

Model: TW2U83400ZV

INTRODUCTION

Welcome to the Timex Men's M79 Automatic 40mm Watch. This manual provides essential information for the proper setup, operation, and maintenance of your new timepiece. Please read these instructions carefully to ensure optimal performance and longevity of your watch.

PRODUCT FEATURES

- Silver-tone 18mm woven stainless steel bracelet, adjustable to fit up to an 8-inch wrist circumference.
- Black diver-inspired dial with full markers, featuring a day-date window at 3 o'clock.
- Red & black unidirectional rotating aluminum top ring.
- 21-jewel automatic movement with a 40-hour power reserve.
- Silver-tone 40mm stainless steel case with an acrylic domed crystal.
- Luminant hands for visibility in low light conditions.
- Water resistant to 50 meters (165 feet), suitable for short periods of recreational swimming, but not for diving or snorkeling.

SETUP

1. Initial Winding

Your Timex M79 watch features an automatic movement. Before wearing for the first time or after a period of inactivity, manually wind the watch by rotating the crown clockwise approximately 20-30 times. This builds up the initial power reserve. The watch will then continue to wind itself through the motion of your wrist while worn.

2. Setting Time and Date

1. Pull the crown out to the first position to set the date and day. Rotate the crown to adjust.

2. Pull the crown out to the second position to set the time. Rotate the crown to move the hands. Push the crown back in to start the watch.
3. **Important:** Avoid setting the date or day between 9 PM and 3 AM, as this can damage the movement. If you need to set the date during these hours, first set the time outside this range (e.g., to 6 AM), then adjust the date, and finally set the correct time.

3. Adjusting the Bracelet

The stainless steel bracelet features a sliding clasp for adjustment. To resize:

- Locate the small lever on the clasp.
- Use a small tool (like a screwdriver or spring bar tool) to lift the lever, which will unlock the clasp from its position on the bracelet.
- Slide the clasp along the bracelet to the desired length.
- Press the lever back down firmly to secure the clasp in place. Ensure it snaps securely between the links to prevent accidental opening.



Image: Front view of the Timex M79 Automatic 40mm Watch, showcasing its black dial, luminescent hands, and red and black unidirectional bezel. The watch is worn on a wrist, demonstrating its appearance.

Automatic Movement

Your M79 watch is powered by an automatic mechanical movement. This means it does not require a battery. The movement is powered by the natural motion of your wrist. When fully wound, it has a power reserve of approximately 40 hours. If the watch stops, simply wear it for a few hours or manually wind it as described in the "Initial Winding" section.

Unidirectional Rotating Bezel

The watch features a red and black unidirectional rotating bezel. This bezel is designed to rotate only in one direction (counter-clockwise) to prevent accidental changes that would indicate a longer elapsed time. It can be used to measure elapsed time, such as dive times or other timed events. Align the bezel's zero marker with the minute hand at the start of an event, then read the elapsed time from the bezel as the minute hand progresses.

Water Resistance

The Timex M79 is water resistant to 50 meters (165 feet). This rating means the watch is suitable for short periods of recreational swimming. It is **not** recommended for diving, snorkeling, or high-impact water sports. Always ensure the crown is fully pushed in before any contact with water. Avoid operating the crown while the watch is wet or submerged.

MAINTENANCE

Cleaning Your Watch

To clean your watch, wipe the case and bracelet with a soft, damp cloth. For stainless steel, a mild soap solution can be used, followed by rinsing with clean water and drying thoroughly. Avoid using harsh chemicals or abrasive materials, which can damage the finish or crystal.

Care and Storage

- Avoid exposing your watch to extreme temperatures (hot or cold) or sudden temperature changes.
- Keep the watch away from strong magnetic fields, as these can affect the accuracy of the automatic movement.
- Store your watch in a dry, safe place when not in use, preferably in its original box or a watch case.
- The acrylic domed crystal is durable but can be susceptible to scratches. Handle with care to preserve its appearance.

Servicing

For optimal performance, mechanical watches typically benefit from periodic servicing every 3-5 years. This involves cleaning, lubricating, and adjusting the movement. Contact an authorized Timex service center for professional maintenance.



Image: Rear view of the Timex M79 Automatic 40mm Watch, displaying the transparent case back that allows visibility of the intricate automatic mechanical movement and engraved specifications.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch has stopped or is running slowly.	Insufficient power reserve (automatic movement needs motion).	Manually wind the watch by rotating the crown clockwise 20-30 times. Wear the watch regularly for several hours to allow the automatic movement to fully wind.
Date or day is incorrect.	Date/day was set during the restricted hours (9 PM - 3 AM) or not adjusted correctly.	Refer to "Setting Time and Date" instructions. Avoid setting date/day between 9 PM and 3 AM. If necessary, adjust time outside this range first, then set date, then set correct time.
Bracelet clasp opens unexpectedly.	Clasp not securely fastened or adjusted incorrectly.	Ensure the sliding clasp lever is firmly pressed down and secured between the bracelet links after adjustment. Check for any damage to the clasp mechanism.

Problem	Possible Cause	Solution
Watch crystal is scratched.	Acrylic crystal is susceptible to scratches from impact or abrasive contact.	Minor scratches on acrylic crystals can sometimes be polished out with specialized acrylic polish. For deep scratches or significant damage, contact an authorized service center for crystal replacement.

SPECIFICATIONS

Model Number	TW2U83400ZV
Movement	Automatic (21-jewel)
Case Material	Stainless Steel
Case Diameter	40 mm
Case Thickness	14.5 mm
Band Material	Stainless Steel
Band Width	18 mm
Dial Color	Black
Dial Window Material	Acrylic Domed Crystal
Bezel Material	Aluminum (Red & Black)
Bezel Function	Unidirectional
Calendar	Day-Date
Water Resistance	50 Meters (165 Feet)
Clasp Type	Sliding Clasp
Item Weight	3.84 ounces

WARRANTY AND SUPPORT

Your Timex M79 Automatic Watch is covered by a manufacturer's warranty. For detailed warranty information and to register your product, please refer to the official Timex website or the warranty card included with your purchase. For technical support, service, or parts, please contact Timex customer service directly.

You can find more information regarding the product warranty by visiting the [Timex Warranty Page](#).