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- › [Armitron](#) /
- › [Armitron Sport Digital Chronograph Watch 45/7086 User Manual](#)

Armitron 45/7086

Armitron Sport Digital Chronograph Watch 45/7086 User Manual

Model: 45/7086

[Overview](#) [Setup](#) [Operating Modes](#) [Maintenance
Warranty &
Support](#) [Troubleshooting](#) [Specifications](#)

1. PRODUCT OVERVIEW

The Armitron Sport Digital Chronograph Watch, model 45/7086, is designed for active individuals. It features a clear digital display, a durable resin strap, and multiple functions including a chronograph, alarm, and dual time zone capability. This watch is water-resistant up to 330 feet (100 meters), making it suitable for various water activities.



Figure 1: Front view of the Armitron Sport Digital Chronograph Watch in translucent blue.

Your browser does not support the video tag.

Video 1: An overview of the Armitron Digital Chronograph Watch, highlighting its features and design. Note: The watch shown in the video may be a different color variant.

2. INITIAL SETUP

Your Armitron Sport watch features four buttons: **MODE** (bottom left), **RESET** (top left), **ST/STP** (top right), and **EL** (bottom right, for backlight).

2.1 Setting Time and Date

1. In normal time display mode, press the **MODE** button repeatedly until the seconds begin to flash. This indicates you are in setting mode.
2. Press the **ST/STP** button to cycle through the settings: seconds, hour, minute, month, date, day of the week.
3. Use the **RESET** button to adjust the flashing value. Hold it down to change values quickly.
4. Once all settings are correct, press the **MODE** button to exit the setting mode.

2.2 Setting the Alarm

1. From normal time display, press the **MODE** button until 'AL' (Alarm) appears on the display and the alarm hour flashes.
2. Press the **RESET** button to adjust the alarm hour.
3. Press the **ST/STP** button to move to the alarm minute setting.
4. Press the **RESET** button to adjust the alarm minute.
5. Press the **MODE** button to confirm and exit alarm setting mode.
6. To activate/deactivate the alarm, press the **RESET** button while in alarm display mode. An alarm icon will appear/disappear.

3. OPERATING MODES

3.1 Chronograph (Stopwatch)

1. Press the **MODE** button until 'ST' (Stopwatch) appears.
2. Press **ST/STP** to start the stopwatch.
3. Press **ST/STP** again to pause/resume.
4. Press **RESET** to reset the stopwatch to zero.

3.2 Dual Time (T2)

This feature allows you to set and view a second time zone.

1. Press the **MODE** button until 'T2' appears.
2. Press and hold the **RESET** button until the hour flashes.
3. Use **ST/STP** to select the hour or minute.
4. Use **RESET** to adjust the flashing value.
5. Press **MODE** to exit T2 setting mode.

3.3 Backlight (EL)

Press the **EL** button (bottom right) at any time to illuminate the display for easy viewing in low-light conditions.

Your browser does not support the video tag.

Video 2: A detailed review of the Armitron Pro Sport Chronograph Alarm Digital Watch, demonstrating its various functions and how to operate them. Note: The watch shown in the video may be a different color variant.

4. CARE AND MAINTENANCE

4.1 Water Resistance

This watch is water-resistant to 330 feet (100 meters). This means it is suitable for swimming and snorkeling, but not for scuba diving. **Important: Do not press any buttons while the watch is submerged in water, as this can compromise the 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, illustrating different levels of water resistance and their corresponding activities.

4.2 Cleaning

To clean your watch, wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the resin case and strap.

4.3 Battery Replacement

The watch uses a product-specific battery. Battery replacement should ideally be performed by a qualified watch technician to ensure proper sealing and maintain water resistance.

5. TROUBLESHOOTING

5.1 Display is Blank or Faint

- The battery may be low or depleted. Replace the battery.
- Ensure the watch is not exposed to extreme temperatures.

5.2 Buttons are Unresponsive

- Ensure the watch is not in a locked mode (if applicable, refer to specific model features).
- If the watch was recently submerged, ensure it is completely dry.

5.3 Time is Incorrect

- Follow the instructions in Section 2.1 to reset the time and date.
- Check if the watch is in 12-hour or 24-hour format and adjust as desired.

6. SPECIFICATIONS

Feature	Detail
Model Number	45/7086
Display Type	Digital
Watch Movement Type	Quartz
Power Source	Battery Powered (1 Product Specific battery included)
Case Material	Resin
Band Material	Plastic (Resin)
Water Resistance Depth	330 Feet (100 Meters)
Case Diameter	37.5 Millimeters
Case Thickness	12.5 Millimeters
Band Width	16 Millimeters
Item Weight	0.12 Kilograms (approx. 4.2 ounces)
Closure Type	Buckle
Crystal Material	Acrylic

7. WARRANTY AND SUPPORT

7.1 Limited Warranty

This Armitron watch comes with a limited warranty. For specific details regarding coverage, duration, and terms, please refer to the warranty card included with your product or visit the official Armitron website.

7.2 Customer Support

For further assistance, technical support, or service inquiries, please visit the official Armitron website or contact their customer service department. You can find more information at the [Armitron Store on Amazon](#).

