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Timex TW4B240009J

Timex Expedition Shock XL Watch Instruction Manual

Model: TW4B240009J

INTRODUCTION

This manual provides comprehensive instructions for the Timex Expedition Shock XL Vibrating Alarm 50mm Watch. It covers initial setup, operational procedures, maintenance guidelines, and troubleshooting tips to ensure optimal performance and longevity of your timepiece. Please read this manual thoroughly before using your watch.

KEY FEATURES

- Adjustable 22mm resin strap, suitable for wrists up to 8 inches.
- 100-hour chronograph for precise timing.
- 24-hour countdown timer.
- Three customizable vibrating and audible alarms (daily, weekday, or weekend).
- Shock resistant construction, meeting I.S.O. standards.
- 24-hour military time mode.
- Ability to track three distinct time zones.
- Occasion reminders for important dates.
- Hydration timer.
- Month, day, and date calendar display.
- Durable 50mm resin case with an acrylic lens.
- Positive digital display for clear readability.
- Indiglo light-up watch dial for low-light conditions.
- Water resistant to 200 meters (660 feet).

WATCH OVERVIEW

The Timex Expedition Shock XL features a robust design with clearly labeled buttons for easy navigation and function access.



Figure 1: Front view of the Timex Expedition Shock XL watch. Displays current time, date, and indicates 'VIBRATION ALARM'.

SET Button (Top Left): Used to enter and exit setting modes.

MODE Button (Bottom Left): Cycles through different watch modes (Time, Chronograph, Timer, Alarms, etc.).

START/SPLIT Button (Top Right): Initiates or splits timing functions.

INDIGLO Button (Middle Right): Activates the Indiglo night-light.

STOP/RESET Button (Bottom Right): Stops timing functions or resets values.

SETUP INSTRUCTIONS

1. Initial Time and Date Setting

1. In Time mode, press and hold the **SET** button until the display flashes.
2. Press the **MODE** button to cycle through setting options (seconds, hour, minute, year, month, day).
3. Use the **START/SPLIT** and **STOP/RESET** buttons to adjust the flashing value.
4. Press **SET** to confirm and exit the setting mode.

2. Setting Alarms (A1, A2, A3)

1. From Time mode, press **MODE** until "ALARM" appears.
2. Press **SET** to select an alarm (A1, A2, or A3) and enter setting mode.
3. Use **MODE** to select hour, minute, AM/PM, and alarm type (daily, weekday, weekend).
4. Use **START/SPLIT** and **STOP/RESET** to adjust values.
5. Press **SET** to save and exit.
6. To activate/deactivate an alarm, in Alarm mode, press **START/SPLIT**. An alarm icon will appear when active.

3. Setting Time Zones (T1, T2, T3)

1. From Time mode, press **MODE** until "T-ZONE" appears.
2. Press **SET** to select a time zone (T1, T2, or T3) and enter setting mode.
3. Use **MODE** to select hour, minute, AM/PM.
4. Use **START/SPLIT** and **STOP/RESET** to adjust values.
5. Press **SET** to save and exit.

OPERATING INSTRUCTIONS

1. Basic Time Display

The watch defaults to Time mode, displaying the current time, day of the week, and date. Press **INDIGLO** for illumination in low light.

2. Using Indiglo Night-Light

Press the **INDIGLO** button (middle right) to illuminate the watch display for approximately 3 seconds. This feature is designed for visibility in dark environments.

3. Chronograph (Stopwatch) Function

1. Press **MODE** until "CHRONO" appears.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** again to record a split time (lap time). The main timer continues running.
4. Press **STOP/RESET** to pause the chronograph.
5. Press **STOP/RESET** again to reset the chronograph to zero.

4. Countdown Timer

1. Press **MODE** until "TIMER" appears.
2. Press **SET** to enter setting mode. Use **MODE** to select hours, minutes, seconds.
3. Use **START/SPLIT** and **STOP/RESET** to adjust values.

4. Press **SET** to save.
5. Press **START/SPLIT** to start the countdown.
6. Press **STOP/RESET** to pause/resume. Hold **STOP/RESET** to reset.

5. Water Resistance

The Timex Expedition Shock XL is water resistant to 200 meters (660 feet). This rating makes it suitable for professional marine activity and serious surface water sports. It is **not** suitable for scuba diving.

To maintain water resistance, ensure the crown is fully pushed in (if applicable) and **do not press any buttons underwater** unless the watch is specifically rated for 200 meters and designed for such operation. This model is rated for 200 meters, but pressing buttons underwater is generally not recommended unless explicitly stated otherwise for specific functions.

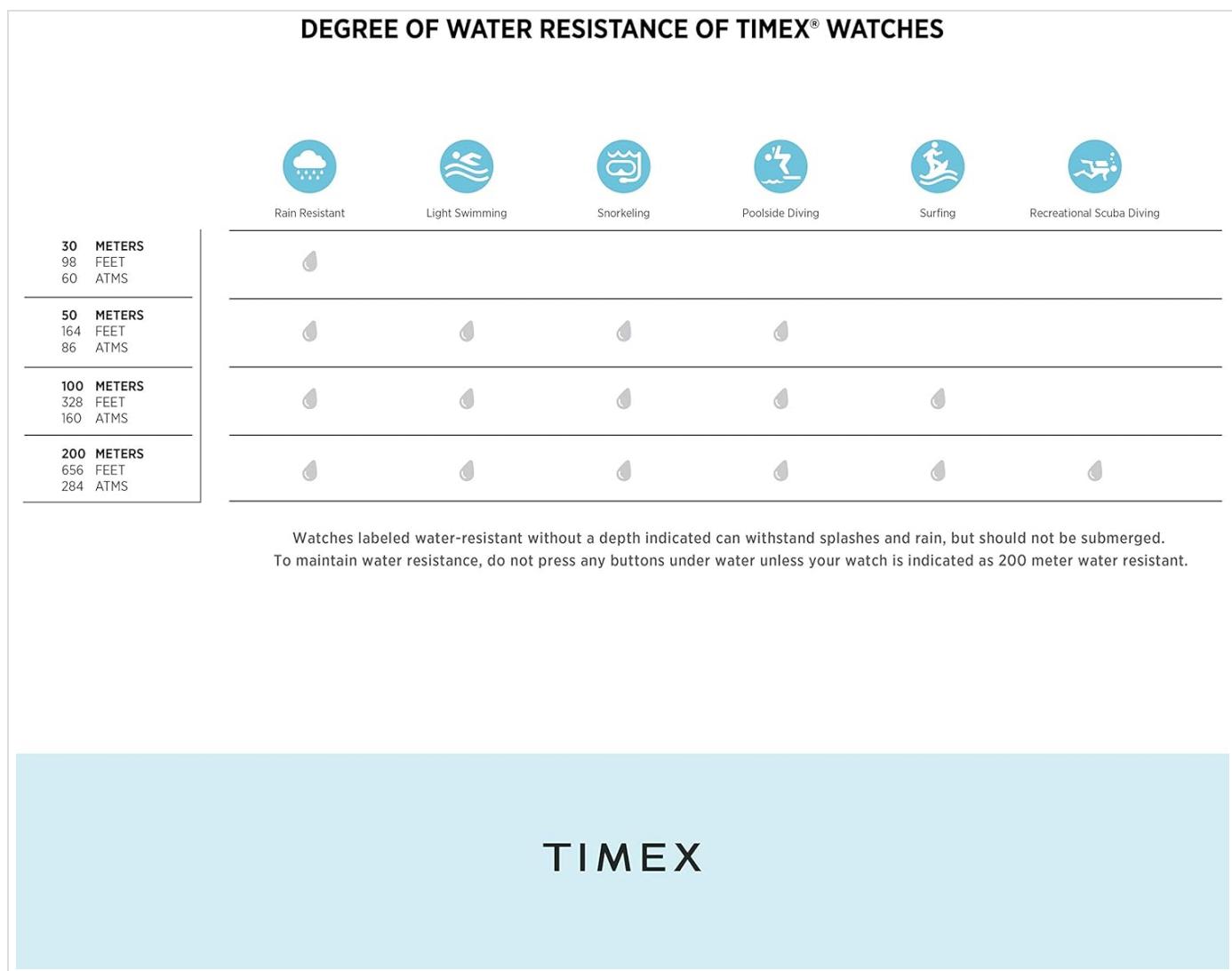


Figure 2: Timex Water Resistance Chart. Illustrates activities suitable for different water resistance ratings.

MAINTENANCE

1. Cleaning Your Watch

Regularly clean your watch with a soft, damp cloth. For resin straps, mild soap and water can be used. Avoid harsh chemicals or abrasive materials that could damage the case or strap.

2. Battery Information

Your watch uses one Lithium Metal battery (included). When the display becomes dim or functions become erratic, it may

be time for a battery replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and maintain water resistance.

3. Strap Care

The resin strap is designed for durability. Avoid prolonged exposure to direct sunlight or extreme temperatures, which can cause material degradation. If the strap becomes damaged, seek a suitable replacement to ensure secure wear.

4. Water Resistance Care

While your watch is water resistant, avoid exposing it to hot water, steam, or sudden temperature changes, as this can compromise the seals. After exposure to saltwater, rinse the watch with fresh water and dry it thoroughly.

TROUBLESHOOTING

- Display is blank or dim:** The battery may be low or depleted. Replace the battery.
- Watch not keeping accurate time:** This could indicate a low battery. If the battery is new, a watch reset may be necessary. Consult customer support if the issue persists.
- Alarm not sounding/vibrating:** Ensure the alarm is activated in the Alarm mode. Check volume/vibration settings if available.
- Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable). If unresponsive, a soft reset (removing and reinserting the battery) might resolve the issue, but this should be done by a professional to preserve water resistance.

SPECIFICATIONS

Product Dimensions	1.57 x 3.94 x 2.36 inches
Item Weight	2.72 ounces
Model Number	TW4B240009J
Department	Men's
Battery Type	1 Lithium Metal battery (included)
Water Resistance	200 meters (660 feet)
Case Material	Resin
Lens Material	Acrylic

Note: Specifications are subject to change without notice.

WARRANTY INFORMATION

Timex watches are covered by a manufacturer's warranty against defects in materials and workmanship. The duration and terms of the warranty may vary by region. Please refer to the official Timex website or the warranty card included with your purchase for specific details regarding your watch's warranty coverage.

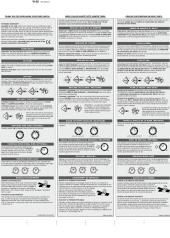
CUSTOMER SUPPORT

For further assistance, technical support, or to inquire about replacement parts, please visit the official Timex website or contact their customer service department. Contact information can typically be found on the Timex website or on the packaging of your product.

Official Timex Website: www.timex.com

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Related Documents - TW4B240009J

	<p>Timex Expedition Digital Watch User Manual</p> <p>Comprehensive user manual for the Timex Expedition Digital watch, covering basic operations, alarm settings, timer functions, chronograph usage, INDIGLO® night-light, water and shock resistance, and battery information.</p>
	<p>Timex Marathon Digital Watch User Manual and Operating Instructions</p> <p>Comprehensive user guide for the Timex Marathon Digital watch. Learn how to set time, alarm, stopwatch, use INDIGLO night-light, and understand water resistance. Includes safety warnings and warranty information.</p>
	<p>Timex Expedition Digital Watch User Guide</p> <p>Comprehensive user guide for the Timex Expedition Digital watch, detailing functions, basic operations, time/date settings, alarms, timers, chronographs, INDIGLO® night-light, water and shock resistance, and warranty information.</p>
	<p>Timex Watch User Manual and Warranty Information</p> <p>A comprehensive guide for Timex watches, covering setup, operation, features like INDIGLO night-light, bracelet adjustment, water and shock resistance, battery care, and international warranty details.</p>
	<p>Timex Expedition Digital Watch User Manual</p> <p>Comprehensive user manual for the Timex Expedition Digital watch, covering functions, basic operations, time and date settings, alarm, timer, chronograph, INDIGLO night-light, water resistance, and battery information.</p>



[Timex W217 Analog Watch User Manual: Features, Setup, and Care](#)

Comprehensive user manual for the Timex W217 Analog watch. Learn how to set the time, date, alarms, and understand features like INDIGLO® Night-Light, water resistance, and more. Includes setup guides and maintenance tips.