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> Armitron Sport Women's Digital Chronograph Watch User Manual

Armitron 45/7139SIL

Armitron Sport Women's Digital Chronograph Watch

Model: 45/7139SIL

Brand: Armitron

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your Armitron Sport Women's Digital Chronograph Watch, Model 45/7139SIL. This digital watch features a clear LCD display, chronograph, dual time, alarm, and backlight functions, encased in a durable matte silver resin case with a matching resin strap. It is designed for everyday wear and is water resistant up to 100 meters (330 feet).





Front view of the Armitron Sport Women's Digital Chronograph Watch, showcasing its digital display and button layout.

SETUP

Initial Time and Date Setting

1. **Enter Time Setting Mode:** Press the **MODE** button repeatedly until the time setting mode is displayed. Typically, the seconds will begin to flash.
2. **Select Digit to Adjust:** Press the **RESET** button to cycle through the digits (seconds, hours, minutes, year, month, date) you wish to adjust. The selected digit will flash.
3. **Adjust Value:** Use the **ST/STP** button to increase the value of the flashing digit. Hold the button to advance rapidly.
4. **Exit Setting Mode:** Once all desired settings are adjusted, press the **MODE** button to return to the normal time display.

Battery Information

Your watch comes with one product-specific battery included. When the display dims or functions become erratic, it indicates a low battery. Battery replacement should be performed by a qualified watch technician to ensure water resistance is maintained.

Button Functions Overview

- **MODE Button:** Cycles through different modes (Time, Chronograph, Dual Time, Alarm).
- **RESET Button:** Used to reset values in setting modes or clear chronograph.
- **ST/STP Button:** Starts/stops functions (e.g., chronograph) or adjusts values in setting modes.
- **EL Button:** Activates the electroluminescent backlight.

Chronograph Function

1. **Enter Chronograph Mode:** Press the **MODE** button until "CHRONO" or "STW" (Stopwatch) appears on the display.
2. **Start/Stop:** Press the **ST/STP** button to start the chronograph. Press it again to stop.
3. **Lap/Split Time:** While the chronograph is running, press the **RESET** button to display a lap or split time. The chronograph continues to run in the background. Press **RESET** again to return to the running time.
4. **Reset:** With the chronograph stopped, press the **RESET** button to clear the time to zero.

Dual Time Function

The dual time function allows you to track a second time zone. To set:

1. **Enter Dual Time Mode:** Press the **MODE** button until "DT" or "DUAL TIME" is displayed.
2. **Set Dual Time:** Follow the same steps as setting the main time (using **RESET** to select digits and **ST/STP** to adjust values).
3. **Exit:** Press **MODE** to return to the normal time display.

Alarm Function

To set and activate the alarm:

1. **Enter Alarm Mode:** Press the **MODE** button until "ALARM" or "AL" is displayed.
2. **Set Alarm Time:** Use the **RESET** button to select hours/minutes and **ST/STP** to adjust.
3. **Activate/Deactivate Alarm:** In alarm mode, press the **ST/STP** button to toggle the alarm ON/OFF. An alarm icon will appear when active.
4. **Snooze/Stop Alarm:** When the alarm sounds, press any button to stop it. Some models may have a snooze feature activated by a specific button.

Backlight Function

To illuminate the display in low-light conditions, simply press the **EL** button. The backlight will remain on for a few seconds.

MAINTENANCE

Cleaning Your Watch

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

Water Resistance

This watch is water resistant to 330 feet (100 meters). This rating means it is suitable for showering, swimming, and snorkeling. It is not suitable for scuba diving. **Important:** Do not operate any buttons while the watch is submerged in water, as this can compromise the water resistance seal.







Side view of the watch, illustrating the placement of the control buttons.

TROUBLESHOOTING

- Watch Not Functioning / Display Blank:**

This typically indicates a depleted battery. Refer to the "Battery Information" section for details on replacement.
- Difficulty Setting Time/Date:**

Ensure you are in the correct setting mode and are using the **RESET** button to select the flashing digit and the **ST/STP** button to adjust the value. Refer to the "Initial Time and Date Setting" section.
- Water Inside Watch:**

If moisture appears inside the watch, cease use immediately and take it to a qualified watch repair professional. This indicates a compromised water resistance seal.

SPECIFICATIONS

Model Number	45/7139SIL
Display Type	Digital LCD
Case Material	Matte Silver Resin with Metallic Top Ring
Strap Material	Matte Silver-tone Resin with Buckle Closure
Water Resistance	100 Meters (330 Feet)
Functions	Chronograph, Dual Time, Alarm, Backlight (EL)
Battery	1 Product Specific battery (included)
Band Length	9.0 Inches
Dimensions	4.21 x 4.09 x 3.62 inches (Package)
Weight	7.05 ounces (Package)





Rear view of the watch, highlighting the buckle closure on the resin strap.

WARRANTY AND SUPPORT

Armitron products are manufactured to high standards and are backed by a limited warranty. For specific warranty details, please refer to the warranty card included with your purchase or visit the official Armitron website. For technical support, troubleshooting assistance, or service inquiries, please contact Armitron customer service through their official channels. Keep your proof of purchase for warranty claims.

You can find more information and contact details on the [Armitron Store on Amazon](#).

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