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› Timex Unisex Ironman Triathlon Classic 40mm Watch Instruction Manual (Model TW5M557009J)

Timex TW5M557009J

Timex Ironman Triathlon Classic 40mm Watch

Model: TW5M557009J

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1. OVERVIEW

This manual provides instructions for the Timex Ironman Triathlon Classic 40mm Digital Watch, Model TW5M557009J. This watch features a digital display, quartz movement, and a durable silicone strap. It is designed for active use with water resistance up to 50 meters.



Front view of the Timex Ironman Triathlon Classic 40mm Watch.

Watch Sizing Guide

To assist in understanding how different watch case sizes appear on various wrist sizes, please refer to the following video. This can help visualize the 40mm case on your wrist.

Your browser does not support the video tag.

Official Timex Sizing Chart video demonstrating various watch case sizes on different wrist dimensions.

2. SETUP

Initial Activation

Your watch comes with a pre-installed lithium metal battery (CR2032). It should be ready for immediate use. If the display is blank or dim, the battery may need to be activated or replaced.

Setting Time and Date

The watch typically has 4 buttons: MODE, SET/RECALL, START/STOP, and INDIGLO. The exact procedure may vary slightly, but generally follows these steps:

1. Press the **MODE** button repeatedly until you reach the Time Set mode (often indicated by flashing digits).
2. Press the **SET/RECALL** button to select the digit you wish to adjust (e.g., hours, minutes, year, month, day).
3. Use the **START/STOP** button to increase the selected digit. Hold to advance rapidly.
4. Repeat steps 2 and 3 until all desired time and date settings are correct.
5. Press **MODE** or **SET/RECALL** to exit the setting mode.

3. OPERATING THE WATCH

Basic Functions

The Timex Ironman Triathlon Classic watch offers several modes accessible via the **MODE** button:

- **Time Mode:** Displays current time, day, and date.
- **Chronograph (Stopwatch) Mode:** Used for timing events. Press **START/STOP** to begin/pause, **SET/RECALL** to record laps/splits, and hold **SET/RECALL** to reset.
- **Timer Mode:** A countdown timer. Set the desired time using **SET/RECALL** and **START/STOP**, then press **START/STOP** to begin.
- **Alarm Mode:** Set up to one daily alarm. Use **SET/RECALL** and **START/STOP** to set the alarm time.



Side view of the watch, highlighting the control buttons for various functions.

INDIGLO Night-Light

Press the **INDIGLO** button (usually located on the top left of the watch case) to illuminate the watch face for easy viewing in low-light conditions.

Water Resistance

This watch is water resistant up to 50 meters (164 feet). This means it is suitable for recreational swimming in shallow water. **Do not press any buttons while the watch is wet or submerged** as this can compromise the water resistance seal. The watch is not suitable for diving or snorkeling.



The watch is designed for water resistance, suitable for recreational swimming.

4. MAINTENANCE

Cleaning Your Watch

Clean your watch with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the watch case or strap. For water-resistant models, ensure the crown is pushed in before cleaning with moisture.

Battery Replacement

The watch uses a CR2032 Lithium Metal battery. When the display becomes dim or unresponsive, the battery may need replacement. Battery replacement should ideally be performed by a qualified watch technician to ensure proper sealing and maintain water resistance. If attempting self-replacement, note that a special screwdriver may be required for the case back screws. Improper battery replacement can void the warranty and damage the watch.



Detailed view of the watch's stainless steel back, indicating CR2032 battery type.

Strap Care

The silicone strap is durable but can be cleaned with mild soap and water. Avoid prolonged exposure to direct sunlight or extreme temperatures, which can degrade the material over time.



Back view of the watch, showcasing the silicone strap and buckle closure.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch display is blank or dim.	Low or dead battery.	Replace the CR2032 battery. See Maintenance section.
Buttons are unresponsive or stuck.	Debris under buttons, internal malfunction, or watch is wet.	Ensure watch is dry. Clean around buttons. If issue persists, contact support.
Time/Date is incorrect or resets spontaneously.	Low battery, accidental button press, or internal error.	Replace battery if low. Re-set time/date. If frequent, contact support.
Water inside the watch.	Water resistance compromised (e.g., buttons pressed underwater, damaged seal).	Immediately take to a watch repair specialist. Do not attempt to dry it yourself.

If troubleshooting steps do not resolve the issue, please refer to the Support section for further assistance.

6. SPECIFICATIONS

- **Model Number:** TW5M557009J
- **Display:** Digital
- **Watch Movement Type:** Quartz
- **Power Source:** Quartz (Battery operated)
- **Battery Type:** 1 Lithium Metal battery (CR2032), included
- **Case Material:** Resin
- **Case Diameter:** 40 Millimeters
- **Case Thickness:** 10 Millimeters
- **Crystal:** Acrylic
- **Band Material Type:** Silicone
- **Band Width:** 20 Millimeters
- **Band Length:** 8 Inches
- **Closure Type:** Buckle
- **Water Resistance Depth:** 50 Meters (164 Feet)
- **Item Weight:** 0.08 Kilograms (2.89 ounces)



The watch features a durable acrylic crystal.

7. WARRANTY INFORMATION

This Timex watch comes with a Limited Warranty. For specific details regarding coverage, duration, and terms, please refer to the official Timex website or the warranty card included with your purchase. Keep your proof of purchase for warranty claims.

8. CUSTOMER SUPPORT

For further assistance, technical support, or service inquiries, please contact Timex customer service:

- **Official Website:** Visit the [Timex official website](#) for FAQs, digital manuals, and contact information.
- **Online Resources:** Many common issues can be resolved by consulting the comprehensive support section on the

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

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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