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**Luminox XS.3590.NSF.SET**

# Luminox Navy Seal 44mm Military Dive Watch

**MODEL: XS.3590.NSF.SET - USER MANUAL**

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## 1. Introduction

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This manual provides essential instructions for the proper use, setup, and maintenance of your Luminox Navy Seal 44mm Military Dive Watch, model XS.3590.NSF.Set. Designed for durability and precision, this Swiss-made timepiece features a date function, chronograph, and 200-meter water resistance, making it suitable for various demanding environments.



*Image: Front view of the Luminox Navy Seal watch with beige strap.*

## 2. Setup and Initial Use

Before using your watch, ensure the crown is fully pushed in to maintain water resistance. The watch is equipped with a standard crown and two pushers for chronograph functions.

### 2.1 Setting the Time

1. **Unscrew the Crown:** Gently unscrew the crown (position 0) counter-clockwise until it springs out to

position 1.

2. **Pull to Position 2:** Pull the crown out to position 2. The second hand will stop.
3. **Set Time:** Turn the crown clockwise or counter-clockwise to set the desired time. Ensure the AM/PM is correctly set if the watch has a 24-hour indicator or date changes at midnight.
4. **Push and Screw In:** Push the crown back to position 0 and screw it in tightly to ensure water resistance.

## 2.2 Setting the Date

1. **Unscrew the Crown:** Gently unscrew the crown (position 0) counter-clockwise until it springs out to position 1.
2. **Pull to Position 1:** Pull the crown out to position 1.
3. **Set Date:** Turn the crown counter-clockwise to adjust the date. Do not set the date between 9 PM and 3 AM, as this can damage the movement. If the date needs to be set during this period, first set the time outside this range, adjust the date, then reset the time.
4. **Push and Screw In:** Push the crown back to position 0 and screw it in tightly to ensure water resistance.



*Image: Side view illustrating the crown and chronograph pushers.*

## 3. Operating the Watch

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### 3.1 Chronograph Function

Your Luminox watch is equipped with a chronograph (stopwatch) function.

- **Start/Stop:** Press the upper pusher to start the chronograph. Press it again to stop.
- **Reset:** With the chronograph stopped, press the lower pusher to reset all chronograph hands to zero.

### 3.2 Water Resistance

This watch has a water resistance rating of 200 meters (20 ATM / 20 bar). This makes it suitable for snorkeling, swimming, and device-free freediving at shallow depths. **Always ensure the crown is fully screwed in before exposing the watch to water.** Do not operate the crown or pushers while the watch is submerged or wet.

### 3.3 Luminox Light Technology (LLT)

Luminox watches feature a self-powered illumination system that provides constant glow for up to 25 years, regardless of external light conditions. This ensures optimal visibility in low-light or dark environments.



*Image: The watch dial displaying its self-powered illumination in darkness.*

#### **4. Maintenance**

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Proper maintenance ensures the longevity and performance of your Luminox watch.

#### 4.1 Cleaning

Clean your watch regularly with a soft, damp cloth. For dive watches, rinse with fresh water after exposure to saltwater and dry thoroughly. Avoid using harsh chemicals or abrasive materials.

#### 4.2 Battery Replacement

The watch uses one LR44 battery. When the battery needs replacement, it is recommended to have it done by an authorized Luminox service center or a qualified watchmaker. This ensures proper sealing and maintains water resistance.

#### 4.3 Strap Care

The watch comes with a durable rubber strap. Keep it clean and avoid prolonged exposure to direct sunlight or extreme temperatures to prevent material degradation. An additional NATO strap and a strap changing tool are included for versatility.



*Image: The Luminox watch shown with an included strap changing tool and an alternative green NATO strap.*

### 5. Troubleshooting

- **Watch Not Running:** Check if the crown is fully pushed in. If the watch still does not run, the battery may need replacement.
- **Date Not Changing:** Ensure the time is set correctly, especially the AM/PM cycle. Avoid setting the date between 9 PM and 3 AM.
- **Condensation Under Crystal:** This may indicate a loss of water resistance. Contact an authorized service center immediately.

### 6. Specifications

| Feature          | Detail                         |
|------------------|--------------------------------|
| Model Number     | XS.3590.NSF.SET                |
| Case Diameter    | 45 mm                          |
| Case Thickness   | 15 mm                          |
| Case Material    | Plastic                        |
| Crystal Material | Mineral Glass                  |
| Strap Material   | Rubber                         |
| Water Resistance | 200 meters (20 ATM / 20 bar)   |
| Movement         | Quartz                         |
| Battery Type     | 1 LR44 battery                 |
| Illumination     | Luminor Light Technology (LLT) |

## 7. Warranty and Support

Your Luminor watch is covered by a manufacturer's warranty against defects in materials and workmanship. For specific warranty terms, service, or support, please refer to the warranty card included with your purchase or visit the official Luminor website. It is recommended to contact an authorized service center for any repairs or battery replacements to ensure the integrity of your watch.