

Armitron 45/7034

Armitron Sport Women's Digital Chronograph Watch - Model 45/7034 Instruction Manual

INTRODUCTION

This manual provides detailed instructions for the operation and maintenance of your Armitron Sport Women's Digital Chronograph Watch, Model 45/7034. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your watch.

PRODUCT OVERVIEW

The Armitron Sport Digital Chronograph Watch is designed for active lifestyles, featuring a durable resin strap, a clear LCD display, and multiple functions including a chronograph, alarm, dual time, and backlight. It is water resistant up to 100 meters (330 feet).

Key Features:

- Rainbow lens; black resin case with stainless steel top ring
- LCD display showing time, seconds, day, and date
- Functions include: chronograph, alarm, dual time, and backlight
- Black resin strap with stainless steel buckle closure
- Water resistant to 330 feet (100M)

Watch Components:

Refer to the image below for the location of the watch buttons:







Image Description: A front-facing view of the Armitron Sport Digital Watch. The watch has a black resin case with a stainless steel top ring. The digital display shows time, seconds, and date, with a rainbow-tinted lens. Four buttons are visible: 'RESET' (top left), 'MODE' (bottom left), 'ST/STP' (top right), and 'EL' (bottom right).

- **MODE Button (Bottom Left):** Used to cycle through different modes (Time, Alarm, Chronograph, Dual Time).
- **RESET Button (Top Left):** Used to reset values or enter/exit setting modes.
- **ST/STP Button (Top Right):** Used to start/stop functions or adjust values during setting.
- **EL Button (Bottom Right):** Activates the backlight for the display.

SETUP AND BASIC OPERATION

Setting Time and Date:

1. From the normal time display, press the **MODE** button three times to enter the time setting mode. The seconds will begin to flash.
2. Press the **RESET** button to move the flashing selection to the hour digit.
3. Press the **ST/STP** button to adjust the hour. Pay attention to the 'A' (AM) or 'P' (PM) indicator for 12-hour format.
4. Press the **RESET** button to move the flashing selection to the minute digit.
5. Press the **ST/STP** button to adjust the minutes.
6. Continue pressing **RESET** to cycle through year, month, and day settings, adjusting each with the **ST/STP** button.
7. Once all settings are correct, press the **MODE** button to return to the normal time display.

Switching 12/24 Hour Format:

While in the time setting mode (seconds flashing), press the **MODE** button once after setting the minutes to toggle between 12-hour ('A'/'P' indicator) and 24-hour formats.

OPERATING INSTRUCTIONS

Using the Chronograph (Stopwatch):

1. From the normal time display, press the **MODE** button once to enter Chronograph mode. The display will show '0:00:00'.
2. Press the **ST/STP** button to start the stopwatch.
3. Press the **ST/STP** button again to stop the stopwatch.
4. Press the **RESET** button to clear the stopwatch to '0:00:00'.
5. To return to normal time display, press the **MODE** button.

Setting and Using the Alarm:

1. From the normal time display, press the **MODE** button twice to enter Alarm mode. The display will show the alarm time, usually '12:00 AM' initially.
2. Press the **RESET** button to select the hour digit.
3. Press the **ST/STP** button to adjust the hour.

4. Press the **RESET** button to select the minute digit.
5. Press the **ST/STP** button to adjust the minutes.
6. To activate or deactivate the alarm, while in Alarm mode, press the **ST/STP** button. A small alarm icon will appear on the display when the alarm is active. Press **ST/STP** repeatedly until no alarm icon is visible to ensure the alarm is off.
7. Press the **MODE** button to return to the normal time display.

Using Dual Time:

1. From the normal time display, press the **MODE** button four times to enter Dual Time mode.
2. Press the **RESET** button to select the hour digit.
3. Press the **ST/STP** button to adjust the hour for the second time zone.
4. Press the **RESET** button to select the minute digit.
5. Press the **ST/STP** button to adjust the minutes for the second time zone.
6. Press the **MODE** button to return to the normal time display.

Activating the Backlight:

Press the **EL** button (bottom right) to illuminate the display for a few seconds, allowing you to read the time in low-light conditions.

MAINTENANCE

Water Resistance:

Your Armitron Sport watch is water resistant to 100 meters (330 feet). This means it is suitable for showering, swimming, and snorkeling. **Important: Do not press any buttons while the watch is submerged in water, as this can compromise the water resistance and cause damage.**



Image Description: A side view of the Armitron Sport Digital Watch, highlighting the profile of the watch case and the two buttons on the right side (ST/STP and EL).

Battery Replacement:

The watch uses one product-specific battery (included). When the display becomes dim or functions become erratic, it may be time to replace the battery. Battery replacement should ideally be performed by a qualified watch technician to ensure proper sealing and maintain water resistance.

Cleaning and Care:

To clean your watch, wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the resin strap or watch case. Store your watch in a cool, dry place when not in use.





Image Description: A back view of the Armitron Sport Digital Watch, showing the black resin strap with its stainless steel buckle closure. The watch case back is also visible.

TROUBLESHOOTING

- **Watch display is blank or dim:** The battery may be low or depleted. Consider professional battery replacement.
- **Alarm is not sounding or cannot be turned off:** Ensure the alarm is correctly set and activated. Refer to the "Setting and Using the Alarm" section. Repeatedly pressing the ST/STP button in alarm mode will cycle through activation/deactivation.
- **Difficulty setting time/date:** Review the "Setting Time and Date" instructions carefully. Ensure you are in the correct mode and using the RESET and ST/STP buttons as described to navigate and adjust settings.
- **Water inside the watch:** If water appears inside the watch, immediately take it to a qualified watch technician for inspection and repair to prevent further damage. Avoid pressing buttons while the watch is wet.

SPECIFICATIONS

Specification	Detail
Item Model Number	45/7034
Manufacturer	Armitron Sport
Department	Women's
Batteries	1 Product Specific battery (included)
Water Resistance	100M (330 feet)

Specification	Detail
Case Material	Resin with Stainless Steel Top Ring
Strap Material	Resin



Image Description: Two Armitron Sport Digital Watches are displayed side-by-side on a reflective purple surface. Both watches feature a black resin case, stainless steel accents, and a digital display with a rainbow-tinted lens, showcasing the watch's aesthetic.

WARRANTY AND SUPPORT

For warranty information or further assistance, please refer to the warranty card included with your purchase or visit the official Armitron website. You may also contact Armitron customer support for specific inquiries regarding your watch.

For additional product information, you can visit the [Armitron Store on Amazon](#).

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

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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