

## Timex TW5M589004E

# Timex Ironman Digital Watch User Manual

Model: TW5M589004E | Brand: Timex

## INTRODUCTION

Thank you for choosing the Timex Ironman Digital Watch. This manual provides comprehensive instructions for setting up, operating, and maintaining your watch. Designed for durability and functionality, this timepiece features a robust 41mm resin case, a comfortable silicone strap, and is water-resistant up to 100 meters. Its intuitive five-button layout and wide digital display offer easy access to essential features such as timers, alarms, and the Indiglo night-light.

## SETUP

Your Timex Ironman watch comes with a pre-installed lithium metal battery. Before first use, ensure the watch is functioning correctly. If the display is blank, the battery may need to be activated or replaced. Refer to the 'Maintenance' section for battery information.

### Initial Time and Date Setting

1. Press the **MODE** button repeatedly until the time setting screen appears (usually indicated by flashing digits).
2. Use the **SET/RECALL** or **STOP/RESET** buttons to adjust the flashing digit (hours, minutes, seconds).
3. Press the **START/SPLIT** button to move to the next digit or setting (e.g., AM/PM, month, day, year).
4. Once all settings are correct, press the **MODE** button to exit the setting mode and return to the main time display.



Front view of the Timex Ironman watch, displaying the digital time, date, and various function buttons.

## OPERATING INSTRUCTIONS

Your Timex Ironman watch offers several functions accessible via its five-button interface.

## Time and Date Display

- The main digital display shows the current time (hours, minutes, seconds) and date (month, day, day of the week).
- To switch between 12-hour and 24-hour format, enter time setting mode and adjust the AM/PM indicator.

## Stopwatch Function (30-Lap Memory)

- Press the **MODE** button until the stopwatch screen appears.
- Press **START/SPLIT** to begin timing.
- Press **START/SPLIT** again to record a lap time without stopping the main timer.
- Press **STOP/RESET** to pause the stopwatch. Press again to resume or hold to reset to zero.
- To recall lap times, press **SET/RECALL** while the stopwatch is stopped.

## Alarm Setting

- Press the **MODE** button until the alarm screen appears.
- Use **SET/RECALL** or **STOP/RESET** to adjust the alarm time.
- Press **START/SPLIT** to toggle the alarm on/off or move to the next setting.
- Press **MODE** to exit.

## Indiglo Night-Light

- Press the **INDIGLO** button (top right) to illuminate the watch face for easy viewing in low-light conditions.



Side profile of the Timex Ironman watch, showing the watch thickness and strap design.

## MAINTENANCE

---

### Battery Replacement

The watch uses a Lithium Metal battery (CR2025). When the display dims or functions become erratic, it's time to replace the battery. Battery replacement should ideally be performed by a qualified watch technician to ensure water resistance is maintained.

### Cleaning

Clean your watch regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the resin case or strap. For stubborn dirt, a mild soap solution can be used, followed by rinsing with clean water and thorough drying.

### Water Resistance

This watch is water-resistant to 100 meters (330 feet). This means it is suitable for showering, swimming, and snorkeling. Do NOT press any buttons while the watch is submerged in water, as this can compromise the water seal. Avoid exposing the watch to extreme temperature changes, which can also affect water resistance.



Rear view of the Timex Ironman watch, showing the stainless steel case back with water resistance and battery information.

## TROUBLESHOOTING

---

- **Display is blank or dim:** The battery may be low or depleted. Replace the battery (CR2025).
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, though this model typically does not have a lock). If the issue persists, a battery reset (removing and reinserting the battery) might be necessary, or the watch may require servicing.
- **Time is incorrect:** Re-enter the time setting mode and adjust the time and date as per the 'Setup' section. Check for correct AM/PM setting.
- **Water inside the watch:** Immediately take the watch to a qualified service center. Do not attempt to dry it yourself, as this can cause further damage.

## SPECIFICATIONS

Feature	Detail
Model Number	TW5M589004E
Brand	Timex
Department	Men's
Material	Resin
Case Size	41mm (approx.)
Water Resistance	100 meters (330 feet)
Battery Type	1 Lithium Metal (CR2025) (Included)
Package Dimensions	11.2 x 9.1 x 6.6 cm; 86 grams
First Available Date	April 22, 2024

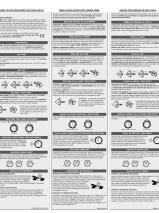
## WARRANTY AND SUPPORT

Your Timex Ironman Digital Watch is covered by a limited warranty against manufacturing defects. Please refer to the warranty card included with your purchase for specific terms and conditions, including the warranty period and coverage details. For technical support, service, or warranty claims, please visit the official Timex website or contact their customer service department. Keep your proof of purchase for warranty validation.

For more information, visit: [www.timex.com](http://www.timex.com)

## Related Documents - TW5M589004E

	<p><a href="#">Руководство по эксплуатации часов Timex</a></p> <p>Подробное руководство по эксплуатации часов Timex, охватывающее настройку времени, использование хронографа, водонепроницаемость, регулировку браслета и функции подсветки INDIGLO® для различных механизмов Timex.</p>
	<p><a href="#">Timex W217 Analog Watch User Manual and Operating Instructions</a></p> <p>Comprehensive user manual for the Timex W217 Analog watch, covering setup, water resistance, Indiglo night-light, and detailed instructions for setting time, date, day, moon phase, and alarms.</p>
	<p><a href="#">Timex W217 Analog Watch User Manual: Features, Setup, and Care</a></p> <p>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.</p>

	<p><a href="#"><b>Timex Kids Digital Watch User Guide - Operation and Features</b></a></p> <p>Comprehensive user guide for the Timex Kids digital watch (model 791-095007). Covers features, basic operations, setting time and date, chronograph, alarm, timer, INDIGLO night light, water resistance, strap adjustments, battery information, and warranty details.</p>
	<p><a href="#"><b>Timex Watch User Manual and Warranty Information</b></a></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><a href="#"><b>Timex Model 265 Dynabeat Electric Time-Zone Watch Service Manual</b></a></p> <p>Detailed service manual for the Timex Model 265 Dynabeat Electric Time-Zone Watch, covering movement description, disassembly, cleaning, lubrication, and reassembly procedures.</p>