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› Armitron Sport 45-7004 Digital Watch Instruction Manual

Armitron 45-7004BGY

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MODEL: 45-7004BGY

1. PRODUCT OVERVIEW

The Armitron Sport 45-7004 is a unisex digital chronograph watch designed for durability and functionality. It features a black resin case with a grey top ring, an LCD display, and a comfortable black nylon strap with a hook-and-loop closure. This watch is water-resistant up to 330 feet (100 meters) and includes various functions such as a chronograph, lap time, alarm, dual time, military time, and a backlight.





Figure 1: Front view of the Armitron Sport 45-7004 watch. This image displays the watch's digital face, showing the time, day, and date, along with the 'Armitron' branding and 'Water Resist 330 FT' text.



Figure 2: Side profile of the Armitron Sport 45-7004 watch. This image shows the watch's thickness and the placement of the control buttons on the side of the case.







Figure 3: Rear view of the Armitron Sport 45-7004 watch. This image focuses on the durable black nylon strap and the 'ARMITRON' logo embossed on the strap's closure.

2. INITIAL SETUP

Upon first use, you may need to set the time and date. The watch is powered by 1 product-specific battery, which is included.

2.1 Setting Time and Date

1. Press the **MODE** button (usually on the bottom left) repeatedly until the time setting mode is displayed.
2. The digits to be adjusted will typically flash. Use the **RESET** button (top left) to select the desired digit (e.g., hours, minutes, year, month, day).
3. Use the **ST/STP** button (top right) to increase the selected digit. Hold to advance rapidly.
4. Once all settings are correct, press the **MODE** button to exit the setting mode and return to normal time display.

2.2 Adjusting the Nylon Strap

The watch features a black nylon strap with a hook-and-loop closure for a secure and adjustable fit. Simply adjust the strap to your wrist size and press the hook-and-loop surfaces together to secure.

3. OPERATING INSTRUCTIONS

Your Armitron Sport watch offers several useful functions. Navigate through modes using the **MODE** button.

3.1 Time and Date Display

The default display shows the time (hours, minutes, seconds), day of the week, and date (month, day).

3.2 Chronograph (Stopwatch)

1. Press **MODE** until 'CHRONO' or 'STW' is displayed.
2. Press **ST/STP** to start the stopwatch.
3. Press **ST/STP** again to stop the stopwatch.
4. Press **RESET** to reset the stopwatch to zero.

3.3 Lap Time

While the chronograph is running, press **RESET** to record a lap time. The chronograph will continue running in the background. Press **RESET** again to return to the running chronograph display.

3.4 Alarm Function

1. Press **MODE** until 'ALARM' or 'AL' is displayed.
2. Use **RESET** and **ST/STP** buttons to set the desired alarm time, similar to setting the main time.
3. Press **MODE** to confirm and activate the alarm.
4. To turn the alarm on/off, typically press **ST/STP** while in alarm mode.

3.5 Dual Time

This function allows you to set and display a second time zone.

1. Press **MODE** until 'DUAL TIME' or 'DT' is displayed.
2. Use **RESET** and **ST/STP** buttons to set the second time zone.
3. Press **MODE** to confirm.

3.6 Military Time (24-Hour Format)

The watch supports both 12-hour and 24-hour (military) time formats. This setting is usually toggled during the initial time setup or by pressing a specific button (often **RESET** or **ST/STP**) while in normal time display.

3.7 Backlight (EL)

To illuminate the display in low-light conditions, press the **EL** button (usually located on the bottom right or center front). The backlight will typically stay on for a few seconds.

4. MAINTENANCE

Proper care will ensure the longevity of your Armitron Sport watch.

4.1 Water Resistance

This watch is water resistant to 330 feet (100M). This means it is suitable for showering, swimming, and snorkeling, but not for scuba diving. **Do not operate buttons while the watch is wet or submerged.**

4.2 Cleaning

Clean the watch case and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.

4.3 Battery Replacement

The watch uses a product-specific battery. When the display dims or functions become erratic, it's time to replace the battery. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and maintain water resistance.

5. TROUBLESHOOTING

If you encounter issues with your watch, try these common troubleshooting steps:

- **Blank or Dim Display:** The battery may be low or depleted. Replace the battery.
- **Incorrect Time/Date:** Re-set the time and date following the instructions in Section 2.1.
- **Buttons Unresponsive:** Ensure the watch is not in a locked mode (if applicable, consult the full manual for specific lock features). If the issue persists, a battery replacement might be needed, or there could be an internal malfunction.
- **Water Inside Display:** If moisture appears inside the watch, stop using it immediately and take it to a qualified technician. This indicates a breach in the water resistance.

6. SPECIFICATIONS

Feature	Detail
Model Number	45-7004BGY
Case Material	Black Resin with Grey Top Ring
Display Type	LCD Digital
Strap Material	Black Nylon with Hook-and-Loop Closure
Water Resistance	330 feet (100M)
Functions	Chronograph, Lap Time, Alarm, Dual Time, Military Time, Backlight
Battery	1 Product Specific battery (included)
Package Dimensions	4.49 x 3.43 x 2.72 inches
Item Weight	3.35 ounces

7. WARRANTY AND SUPPORT

Your Armitron Sport watch comes with a limited warranty. For detailed warranty information, service, or additional support, please visit the official Armitron website or contact their customer service. Information regarding handling charges for repairs may apply.

Visit us at our website: WWW.ARMITRON.COM