

[Manuals.plus](#) /

> [Armitron](#) /

> Armitron Sport Men's Digital Chronograph Watch Model 40/8209BLK Instruction Manual

Armitron 40/8209BLK

Armitron Sport Men's Digital Chronograph Watch Model 40/8209BLK Instruction Manual

Model: 40/8209BLK

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Armitron Sport Men's Digital Chronograph Watch, Model 40/8209BLK. This watch features a digital display, chronograph, alarm, lap timer, dual time, and military time functions, and is water-resistant up to 330 feet (100 meters).





Figure 1: Front view of the Armitron Sport Men's Digital Chronograph Watch.

BUTTON FUNCTIONS

Your watch has four primary buttons: MODE, RESET, ST/STP, and EL. Refer to the image below for button locations.





Figure 2: Side view illustrating the watch buttons. The top left button is typically RESET, bottom left is MODE, top right is ST/STP (Start/Stop), and bottom right is EL (Electroluminescent backlight).

- **MODE Button (Bottom Left):** Cycles through different modes (Time, Chronograph, Alarm, Dual Time).
- **RESET Button (Top Left):** Used for resetting values or selecting options during setting.
- **ST/STP Button (Top Right):** Used to start/stop functions like the chronograph or to adjust values during setting.
- **EL Button (Bottom Right):** Activates the Electroluminescent backlight for visibility in low light conditions.

SETUP AND TIME SETTING

1. **Enter Time Setting Mode:** Press the **MODE** button repeatedly until the time display starts flashing, or a "SET" indicator appears.
2. **Select Item to Adjust:** Use the **RESET** button to cycle through the settings (seconds, hours, minutes, year, month, day). The selected item will flash.
3. **Adjust Value:** Use the **ST/STP** button to increase the flashing value. Hold the button to advance rapidly.
4. **Set 12/24 Hour Format:** While the hour is flashing, press the **RESET** button to toggle between 12-hour (with AM/PM indicator) and 24-hour (military time) formats.
5. **Exit Setting Mode:** Once all settings are adjusted, press the **MODE** button to return to the normal time display.

OPERATING FUNCTIONS

Chronograph (Stopwatch)

The chronograph measures elapsed time. To use:

- Press **MODE** until "CHRONO" or "STW" appears.
- Press **ST/STP** to start timing.
- Press **ST/STP** again to stop timing.
- Press **RESET** to clear the chronograph to zero.
- To record lap times, press **RESET** while the chronograph is running. The lap time will display briefly, and the chronograph will continue timing in the background. Press **ST/STP** to stop, then **RESET** to clear.

Alarm Setting

To set the alarm:

- Press **MODE** until "ALARM" or "AL" appears.
- Press **RESET** to select hours or minutes. The selected value will flash.
- Use **ST/STP** to adjust the flashing value.
- Press **MODE** to confirm and exit alarm setting.
- To activate/deactivate the alarm, press **ST/STP** while in Alarm mode. An alarm icon will appear when active.

Dual Time

The dual time function allows you to track a second time zone.

- Press **MODE** until "DUAL TIME" or "DT" appears.
- To set the dual time, follow the same steps as setting the main time (refer to "Setup and Time Setting" section).
- Press **MODE** to exit.

Backlight (EL)

Press the **EL** button (bottom right) to illuminate the watch face for a few seconds, improving visibility in dark environments.

MAINTENANCE

Water Resistance

This watch is water-resistant to 330 feet (100 meters). 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.





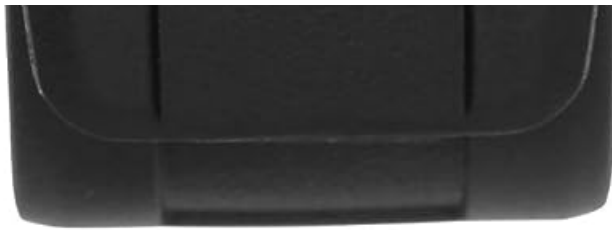


Figure 3: Rear view of the watch, displaying water resistance information and model details.

Battery Replacement

The watch uses one LR44 battery (included). When the display dims 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.

TROUBLESHOOTING

- **Display is blank or dim:** The battery may be low or depleted. Replace the LR44 battery.
- **Time is incorrect:** Re-enter the time setting mode and adjust the time, date, and year as described in the "Setup and Time Setting" section.
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, though not a stated feature for this model). If the issue persists, a battery replacement might be necessary, or contact support.
- **Water inside the watch:** Immediately take the watch to a professional watch repair service. Do not attempt to open it yourself, as this will void the warranty and further damage the watch.

SPECIFICATIONS

Model Number:	40/8209BLK
Display Type:	Digital
Movement Type:	Quartz
Case Material:	Resin
Strap Material:	Resin
Water Resistance:	330 feet (100 meters)
Additional Features:	Alarm, Chronograph, Lap Timer, Dual Time, Military Time, Backlight
Battery Type:	1 x LR44 (included)
Case Diameter:	49 millimeters
Case Thickness:	15 millimeters
Band Width:	25 millimeters

WARRANTY AND SUPPORT

This Armitron watch comes with a manufacturer's warranty. For specific warranty details, please refer to the warranty information included in your watch packaging or visit the official Armitron website. For technical support or service inquiries, please contact Armitron customer service.

You can find more information and support resources on the official Armitron website: www.armitron.com

PRODUCT VIDEO

Your browser does not support the video tag.

Video: Official product overview of the Armitron Sport Men's 408209BLK Digital Watch, demonstrating its features and design.

© 2026 Armitron. All rights reserved.

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