

Armitron 45/7004BYL

Armitron Sport Unisex Digital Chronograph Watch User Manual

Model: 45-7004 Black/Yellow

INTRODUCTION

Thank you for choosing the Armitron Sport Unisex Digital Chronograph Watch. This manual provides detailed instructions for setting up, operating, and maintaining your new timepiece. Designed for durability and functionality, this watch is an ideal companion for various activities.

KEY FEATURES

- Black resin case with yellow top ring
- LCD display with time, seconds, day, and date
- Functions include: chronograph, lap time, alarm, dual time, military time, and backlight
- Black and yellow nylon strap with hook-and-loop closure
- Water resistant to 330 feet (100M)

WATCH OVERVIEW

Familiarize yourself with the watch's buttons and display:





Figure 1: Front view of the Armitron Sport Digital Chronograph Watch. Shows the digital display, "ARMITRON" branding, and button labels: "RESET" (top left), "MODE" (bottom left), "ST/STP" (top right), and "EL" (bottom right).





Figure 2: Side view of the watch, highlighting the yellow control buttons on the right side of the watch case.





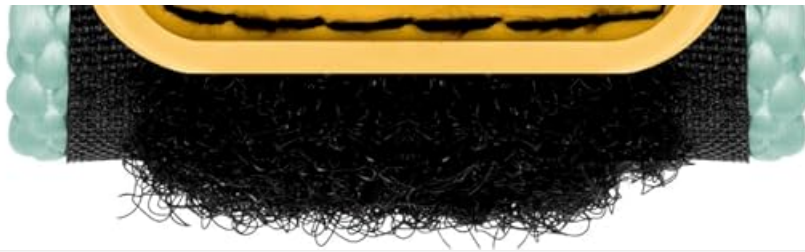


Figure 3: Back view of the watch, displaying the case back and the hook-and-loop closure of the nylon strap.

MODE Button (Bottom Left): Cycles through different modes: Time, Chronograph, Alarm, Dual Time.

RESET Button (Top Left): Used to reset values or select settings in various modes.

ST/STP Button (Top Right): Starts and stops functions like the chronograph. Also used to adjust settings.

EL Button (Bottom Right): Activates the Electro-Luminescent backlight for visibility in low light conditions.

SETUP

Setting Time and Date

1. From the Timekeeping Mode, press the **MODE** button three times until the seconds begin to flash. This indicates you are in the time setting mode.
2. Press the **RESET** button to cycle through the settings: Seconds → Hour → Minute → Month → Date → Day of Week.
3. Use the **ST/STP** button to adjust the flashing value. Hold to rapidly advance.
4. Once all settings are correct, press the **MODE** button to return to Timekeeping Mode.

12/24 Hour Format

In Timekeeping Mode, press the **ST/STP** button to toggle between 12-hour and 24-hour (military) time formats.

OPERATING INSTRUCTIONS

Chronograph (Stopwatch)

1. 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 chronograph.
3. Press the **ST/STP** button again to stop the chronograph.
4. Press the **RESET** button to reset the chronograph to "0:00:00".
5. To record lap times, press **RESET** while the chronograph is running. The lap time will freeze on the display for a few seconds, then the chronograph will continue running in the background. Press **ST/STP** to stop, then **RESET** to clear.

Alarm Function

1. Press the **MODE** button twice to enter Alarm Mode. The alarm time will be displayed.
2. Press the **RESET** button to select the hour or minute to set.
3. Use the **ST/STP** button to adjust the flashing hour or minute.
4. Press the **MODE** button to confirm and exit alarm setting.
5. To turn the alarm ON/OFF, in Alarm Mode, press the **ST/STP** button. An alarm icon will appear/disappear on the display.

Dual Time (Second Time Zone)

1. Press the **MODE** button three times to enter Dual Time Mode.
2. Press the **RESET** button to select the hour or minute to set.
3. Use the **ST/STP** button to adjust the flashing hour or minute.
4. Press the **MODE** button to confirm and exit dual time setting.

Backlight

Press the **EL** button (bottom right) at any time to illuminate the display for a few seconds.

MAINTENANCE

- **Water Resistance:** This watch is water resistant to 100M (330 feet). It is suitable for showering, swimming, and snorkeling. Do NOT press any buttons while the watch is submerged.
- **Cleaning:** Clean the watch case and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Battery Replacement:** The watch uses 1 Product Specific battery (included). 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.
- **Storage:** Store your watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery.	Replace the battery.
Buttons are unresponsive.	Watch may be in a frozen state or battery is very low.	Try pressing all buttons simultaneously for a few seconds to reset. If issue persists, replace battery.
Time is incorrect.	Time not set correctly or accidental button press.	Refer to "Setting Time and Date" section to re-adjust.
Water inside the watch.	Buttons pressed underwater or seal compromised.	Immediately take the watch to a qualified technician for inspection and repair to prevent further damage.

SPECIFICATIONS

- **Item Model Number:** 45/7004BYL
- **Manufacturer:** Armitron Sport
- **Department:** Unisex
- **Batteries:** 1 Product Specific battery (included)
- **Water Resistance:** 100M (330 feet)
- **Package Dimensions:** 4.06 x 3.58 x 2.8 inches
- **Item Weight:** 3.53 ounces
- **First Available Date:** June 26, 2024

WARRANTY AND SUPPORT

Armitron watches typically come with a limited warranty covering manufacturing defects. Please refer to the warranty card included with your purchase for specific terms and conditions, or visit the official Armitron website for detailed warranty information and customer support contacts.

For further assistance, please contact Armitron customer service through their official channels.

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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.

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