

Timex TW2W53600VQ

Timex Men's Ironman Triathlon Adrenaline Ana-digi 46mm Watch User Manual

Model: TW2W53600VQ

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1. SETUP

Upon receiving your Timex Ironman Triathlon Adrenaline watch, follow these steps for initial setup.

1.1 Setting Time and Date

Your watch features both analog hands and a digital display. Both need to be set for accurate timekeeping.

1. **Digital Time/Date:** Press the **MODE** button repeatedly until the desired setting mode (e.g., Time Set, Date Set) is displayed. Use the **SET/RECALL** or **STOP/RESET** buttons to adjust values. Confirm settings by pressing **MODE** again or waiting for the watch to exit the setting mode automatically.
2. **Analog Hands:** Pull the crown (the small knob on the side of the watch) out to the first or second position (refer to the diagram below for specific crown positions). Rotate the crown to move the analog hands to the correct time. Push the crown back in to resume timekeeping.



Figure 1: Front view of the watch, displaying analog and digital time. The crown is located on the right side.

1.2 Battery Information

The watch comes with a Lithium Metal battery pre-installed. If the digital display is dim or unresponsive, the battery may need replacement. Refer to the Maintenance section for more details.

2. OPERATING INSTRUCTIONS

Understand the various functions and how to use the buttons on your Timex Ironman watch.

2.1 Button Functions

- **MODE Button (Left Side):** Cycles through different display modes such as Time, Date, Chronograph, Timer, and Alarm. Also used to confirm settings.
- **SET/RECALL Button (Top Right):** Used to adjust values during setting modes and to recall stored data (e.g., lap times).
- **INDIGLO Button (Top Left):** Activates the INDIGLO night-light for illumination of the digital display.
- **STOP/RESET Button (Bottom Right):** Used to stop and reset functions like the chronograph or timer.
- **START/LAP Button (Bottom Left):** Used to start functions like the chronograph or timer, and to record lap times.



Figure 2: Watch on wrist, demonstrating the clear digital display.

2.2 Digital Display Modes

Press the **MODE** button to cycle through the following modes:

- **Time Mode:** Displays current time (hour, minute, second), day of the week, and date.
- **Chronograph Mode:** A stopwatch function for measuring elapsed time, lap times, and split times. Use **START/LAP** to begin/record laps and **STOP/RESET** to stop/reset.
- **Timer Mode:** A countdown timer. Set the desired countdown duration using the **SET/RECALL** and **STOP/RESET** buttons in setting mode.
- **Alarm Mode:** Set up to two daily alarms. The alarm will sound at the set time.

2.3 INDIGLO Night-Light

Press the **INDIGLO** button (top left) to illuminate the digital display for easy viewing in low-light conditions. The light will remain on for a few seconds.

3. MAINTENANCE

Proper care ensures the longevity and performance of your watch.

3.1 Cleaning

Wipe the watch case and strap with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by rinsing with clean water and drying thoroughly. Avoid harsh chemicals or abrasive materials.

3.2 Water Resistance

Your watch is water resistant up to 100 meters (330 feet). This makes it suitable for showering, swimming, and snorkeling. However, it is not recommended for scuba diving or high-impact water sports. Do not operate buttons underwater.

3.3 Battery Replacement

The watch uses one Lithium Metal battery (CR2016). When the display becomes dim or functions are erratic, the battery may need replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and water resistance.





Figure 3: Rear view of the watch, indicating battery type and water resistance.

3.4 Safety Information

- Avoid high-impact water activities.
- Keep away from young children.
- Dispose of batteries safely according to local regulations.

4. TROUBLESHOOTING

If you encounter issues with your watch, refer to the following common problems and solutions.

- **Digital Display is Blank or Dim:** This usually indicates a low battery. Replace the battery as described in the Maintenance section.
- **Analog Hands Do Not Match Digital Time:** The analog hands and digital display are set independently. Follow the instructions in Section 1.1 to synchronize both.

- **Buttons Are Unresponsive:** Ensure the watch is not in a locked mode (if applicable, consult full manual for specific model lock features). A low battery can also cause unresponsive buttons. Try replacing the battery.
- **Chronograph Resets Unexpectedly:** This may indicate a software glitch or low power. Try replacing the battery. If the issue persists, a factory reset (if available for your model, consult full manual) or professional service may be required.
- **Time is Inaccurate (Losing/Gaining Time):** This could be due to a low battery or a need for recalibration. Replace the battery first. If the problem continues, professional service is recommended.
- **INDIGLO Night-Light Not Working:** Check the battery. If the battery is low, the night-light may be the first function to fail.

If these steps do not resolve the issue, please contact Timex customer support.

5. SPECIFICATIONS

Feature	Detail
Model Number	TW2W53600VQ
ASIN	B0DFQHFM6V
Case Diameter	46.5mm
Case Material	Black
Band Type	8-inch black two-piece quick release
Display Type	Analog-Digital (Negative Digital Display)
Lens Material	Mineral Glass
Water Resistance	100 meters (330 feet)
Battery Type	1 Lithium Metal battery (CR2016)
Weight	7.65 ounces

6. WARRANTY & SUPPORT

6.1 Manufacturer's Warranty

Your Timex watch is covered by a manufacturer's warranty against defects in materials and workmanship. The specific terms and duration of the warranty may vary by region. Please retain your proof of purchase for warranty claims.







6.2 Customer Support

For detailed warranty information, service inquiries, or additional support, please visit the official Timex website or contact their customer service department.

You can find more information and contact details on the [Timex Store on Amazon](#).

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Related Documents - TW2W53600VQ

	<p>Timex Ironman Watch User Manual</p> <p>Comprehensive user manual for the Timex Ironman watch, detailing features, operations, and maintenance. Covers time, chronograph, timer, alarms, occasions, INDIGLO night-light, water resistance, and warranty.</p>
	<p>Timex Ironman Triathlon W193 Watch User Manual</p> <p>Comprehensive user manual for the Timex Ironman Triathlon W193 watch, detailing features, basic operations, chronograph, countdown timer, alarm, Indiglo night-light, Night-Mode, water and shock resistance, battery information, and international warranty.</p>
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