

## Timex TW5M648009J

# Timex Ironman Shock Endure 42mm Digital Watch User Manual

Model: TW5M648009J

## INTRODUCTION

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This manual provides instructions for the operation and maintenance of your Timex Ironman Shock Endure 42mm Digital Watch. Please read this manual thoroughly to ensure proper use and to understand all features of your watch.

The Timex Ironman Shock Endure is designed for durability and performance, featuring a shock-resistant case, 200m water resistance, a 30-lap memory chronograph, and an INDIGLO backlight.

## SETUP

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### Button Functions

Your watch features several buttons for navigation and function control. Refer to the image below for button identification.



**Image 1: Watch Face and Button Layout.** This image displays the front of the Timex Ironman Shock Endure watch, highlighting the digital display and the six control buttons. The top left button is 'SET/RECALL', the bottom left is 'MODE', the top right is 'INDIGLO', the bottom right is 'STOP/RESET', and the two central bottom buttons are 'START' and 'SPLIT'.

- **MODE Button (Bottom Left):** Cycles through different watch modes (Time, Chronograph, Timer, Alarm).
- **SET/RECALL Button (Top Left):** Used to set time/date, and recall chronograph laps.
- **INDIGLO Button (Top Right):** Activates the INDIGLO backlight.
- **STOP/RESET Button (Bottom Right):** Stops and resets the chronograph or timer.
- **START Button (Center Bottom Left):** Starts the chronograph or timer.
- **SPLIT Button (Center Bottom Right):** Records split times in chronograph mode.

## Setting Time and Date

1. From Time Mode, press and hold the **SET/RECALL** button until the display flashes.
2. Press the **MODE** button to cycle through the settings: Seconds, Hour, Minute, Year, Month, Day.
3. Use the **START** or **SPLIT** buttons to adjust the flashing value.
4. Once all settings are correct, press the **SET/RECALL** button to exit setting mode.

## OPERATING MODES

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### Time Mode

This is the default display mode, showing the current time, day of the week, and date. Press the **INDIGLO** button to activate the backlight for visibility in low light conditions.

### Chronograph Mode (Stopwatch)

The watch features a 30-lap memory chronograph for measuring elapsed time.

1. From Time Mode, press the **MODE** button until "CHRONO" or a stopwatch icon appears.
2. Press the **START** button to begin timing.
3. Press the **SPLIT** button to record a lap time. The display will show the split time while the chronograph continues to run in the background. Press **SPLIT** again to return to the running time.
4. Press the **STOP/RESET** button to pause the chronograph. Press **START** to resume.
5. To reset the chronograph, press the **STOP/RESET** button while it is paused.
6. To recall lap times, press the **SET/RECALL** button while in Chronograph mode. Use **START** or **SPLIT** to scroll through recorded laps.

### Timer Mode

The timer function allows for countdown timing.

1. From Time Mode, press the **MODE** button until "TIMER" or a timer icon appears.
2. To set the timer, press and hold the **SET/RECALL** button until the display flashes.
3. Use the **MODE** button to select hours, minutes, or seconds, and **START** or **SPLIT** to adjust the values.
4. Press **SET/RECALL** to confirm and exit setting mode.
5. Press the **START** button to begin the countdown.
6. Press the **STOP/RESET** button to pause the timer. Press **START** to resume.
7. When the timer reaches zero, an alarm will sound. Press any button to stop the alarm.

## Alarm Mode

Set an alarm to sound at a specific time.

1. From Time Mode, press the **MODE** button until "ALARM" or an alarm icon appears.
2. To set the alarm time, press and hold the **SET/RECALL** button until the display flashes.
3. Use the **MODE** button to select hours or minutes, and **START** or **SPLIT** to adjust the values.
4. Press **SET/RECALL** to confirm and exit setting mode.
5. To turn the alarm ON/OFF, press the **START** button while in Alarm mode. An alarm icon will appear when the alarm is active.
6. When the alarm sounds, press any button to silence it.

## INDIGLO Backlight

The INDIGLO backlight illuminates the watch display for easy reading in low-light conditions. Press the **INDIGLO** button (top right) to activate it. The backlight will remain on for a few seconds.

## Water Resistance

This watch is water resistant to 200 meters (660 feet). It is suitable for recreational scuba diving. Do not press any buttons while the watch is submerged to prevent water entry.



**Image 2: Watch Caseback.** This image shows the stainless steel caseback of the watch, clearly indicating its 200-meter water resistance rating.

## MAINTENANCE

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### Cleaning Your Watch

To clean your watch, wipe it with a soft, damp cloth. For water-resistant models, you can rinse it under tap water. Avoid using harsh chemicals or abrasive cleaners, as these can damage the watch's finish or seals.

### Battery Replacement

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 water resistance. Refer to the caseback for battery type (e.g., CR 2016).



**Image 3: Angled View of Watch Back.** This image provides an angled view of the watch's rear, showing the caseback details and the attachment of the durable resin strap.

## Storage

Store your watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use. Avoid exposing it to strong magnetic fields.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Display is dim or blank.	Low battery.	Replace the battery.
Watch not keeping accurate time.	Incorrect time setting; battery low.	Reset time and date; replace battery if issue persists.
Buttons are unresponsive.	Watch may be in a locked mode (if applicable); internal malfunction.	Try pressing all buttons to see if any respond. If unresponsive, contact customer support.
Water inside the watch.	Buttons pressed underwater; damaged seal.	Immediately take the watch to a qualified service center. Do not attempt to dry it yourself.

## SPECIFICATIONS

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**Model Number:** TW5M648009J

**Case Size:** 42mm

**Case Material:** Resin

**Strap Material:** Resin

**Display Type:** Digital

**Water Resistance:** 200 meters (660 feet)

**Chronograph:** 30-lap memory

**Backlight:** INDIGLO

**Shock Resistance:** Yes

**Battery Type:** CR 2016



**Image 4: Watch on Surface.** This image shows the Timex Ironman Shock Endure watch from an elevated perspective, resting on a dark, textured surface, emphasizing its sturdy construction.

## WARRANTY AND SUPPORT

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Your Timex watch is warranted against manufacturing defects for a period of one year from the original date of purchase. This warranty does not cover normal wear and tear, battery, crystal, watch case, strap, or bracelet. Damage resulting from improper handling, lack of care, accidents, or unauthorized repairs is not covered.

For warranty service or technical support, please visit the official Timex website or contact their customer service department. Keep your proof of purchase for warranty claims.

[Visit Timex Official Website](#)










**Image 5: Watch on Wrist.** This image illustrates the Timex Ironman Shock Endure watch being worn on a person's wrist, providing a perspective on its size and how it appears when worn.

#### Related Documents - TW5M648009J



##### [Timex Ironman Watch User Manual](#)

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><a href="#">Timex Ironman Transit+ Watch User Guide</a></p> <p>Comprehensive user guide for the Timex Ironman Transit+ Watch, detailing features like heart rate monitoring, activity tracking, workout modes, and essential functions for athletes and fitness enthusiasts. Learn to use your watch effectively with this official manual.</p>
	<p><a href="#">Timex Ironman 50-Lap Watch User Manual</a></p> <p>Comprehensive user manual for the Timex Ironman 50-Lap watch, detailing features, operations, and maintenance for optimal use.</p>
	<p><a href="#">Timex Ironman 50-Lap Watch: User Manual, Features, and Operation Guide</a></p> <p>Comprehensive user manual for the Timex Ironman 50-Lap watch, covering features, basic operations, chronograph, timers, alarms, INDIGLO night-light, water resistance, and battery information. Includes safety warnings and warranty details.</p>
	<p><a href="#">Timex Ironman 10/30/50 Lap/Transit Watch User Manual and Guide</a></p> <p>Comprehensive user manual and guide for the Timex Ironman 10, 30, and 50 Lap/Transit digital sports watch, covering basic operation, chronograph, timer, alarm, INDIGLO night-light, water resistance, battery, and warranty information.</p>
	<p><a href="#">TIMEX IRONMAN R300 GPS Watch Quick Start Guide</a></p> <p>Get started with your TIMEX IRONMAN R300 GPS Watch. This quick start guide provides essential information to help you set up, pair with your smartphone, and navigate the features of your new smartwatch.</p>