

TIMEX®
IRONMAN Transit
plus Watch



TIMEX IRONMAN Transit plus Watch User Guide

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TIMEX®

TIMEX IRONMAN Transit plus Watch



Product Information

Specifications:

- **Model:** Ironman Transit+
- **Side Buttons:** A (Set/Indiglo), B (Start/Stop/+), C (Mode), D (Reset/Lap/-)
- **Additional Button:** E (Heart Rate)
- **Heart Rate Measurement:** Electrodes on the metal case back and button E
- **Daily Activity Tracking:** Steps, Distance, Calories burned

Product Usage Instructions

• Key Functions:

The Ironman Transit+ features 4 side buttons A, B, C, and D, and an additional metal button E for Heart Rate measurement. Press button C to cycle through different modes.

• Easy Touch Heart Rate:

To measure heart rate, wear the watch on your wrist with the case back in contact with your skin. In any mode except setting mode, press and hold button E for 8-10 seconds to measure your heart rate. The heart rate icon will flash during measurement.

• Guidelines for Measuring Heart Rate:

The heart rate is displayed in BPM and % of Max. Maximum pulse calculation is based on age. Example calculations are provided in the manual.

• Heart Rate Alarm:

You can set heart rate boundaries in Run mode settings and adjust lower/upper limits manually. Alerts will sound if the heart rate is out of bounds. Refer to the Workout Mode section for detailed settings.

• Daily Activity Tracker:

The watch monitors Steps, Distance, and Calories daily. Press buttons to view data and recall the previous 7 days' information. Activity data resets to zero at midnight each day.

- **Time Mode:**

Press button C until TIME mode is displayed. The watch shows Hours, Minutes, Seconds, Weekday, Month, Date, and Day.

Frequently Asked Questions (FAQ):

- **Q: How do I wake up the Ironman Transit+ if it ships in 'Sleep Mode'?**

A: Press and hold any button for 2-3 seconds to wake up the watch.

- **Q: What should I do if the watch shows discoloration over time?**

A: Prolonged exposure to salt water and sunlight may cause discoloration. Take care to avoid such exposure.

SAFETY WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.
- **KEEP** new and used batteries **OUT OF REACH** of **CHILDREN**
- Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do **NOT** dispose of batteries in household trash or incinerate them.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Battery type: lithium metal, CR2032.
- Nominal battery voltage: 3.0 V
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above 158°F (70°C), or incinerate. Doing so may result in injury due to venting, leakage, or explosion resulting in chemical burns.
- Ensure the batteries are installed correctly according to polarity (+ and -).
- Do not mix old and new batteries, different brands, or types of batteries, such as alkaline, carbon zinc, or rechargeable batteries.
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

Register your product

- Register your product at <https://www.timex.com/product-registration.html>
- 05S-096000-03

NOTES:

- The Ironman Transit+ may ship in 'Sleep Mode' to conserve battery power.

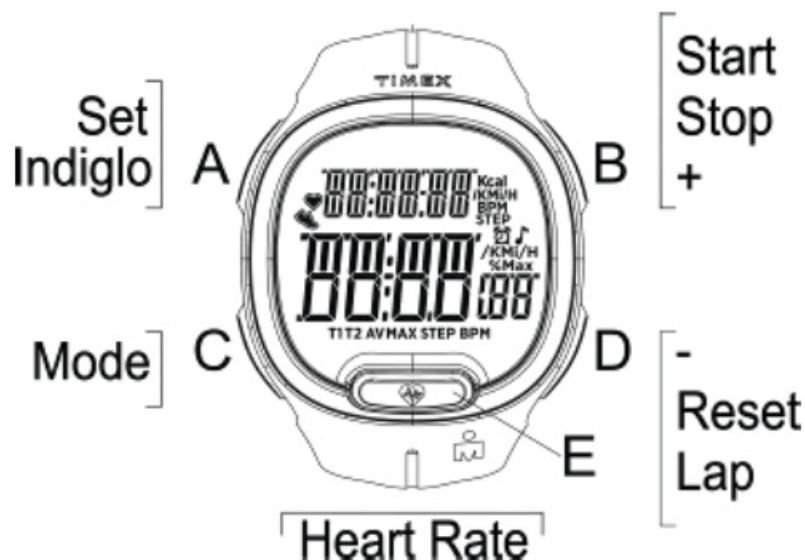
- Press and hold any button for 2-3 seconds to wake up the watch.
- Prolonged exposure to salt water and sunlight may result in discoloration over time.

FEATURES

- Easy Touch Heart Rate
- Daily Activity Monitor
- Workout Mode
- Time/Date (12/24 hour format)
- Chronograph
- Timer
- Daily Alarm
- INDIGLO® night-light

KEY FUNCTIONS

- There are 4 side buttons A (Set/Indiglo), B (Start/Stop/+), C (Mode), and D (Reset/Lap/-). There is a metal button E (Heart Rate) at the 6H position solely for Heart Rate measurement.
- Press button C (Mode) to change modes.
- The sequence of modes is > Time, Workout, Chrono, Data, Timer, Alarm.
- Button E (Heart Rate) is solely for heart rate measurement.



EASY TOUCH HEART RATE

- Heart rate can be measured using electrodes on the watch that are located on the metal case back and button E. To check your heart rate you must be wearing the watch on your wrist with the case back in good contact with your skin.
- In any mode, except setting mode, press and hold button E (Heart Rate) with your finger for approximately 8-10 seconds to measure your heart rate. The heart rate icon will flash on the display to indicate that the heart rate is being measured.

GUIDELINES FOR MEASURING HEART RATE

- Do not measure heart rate underwater.
- Always press the sensor, button E (Heart Rate), directly with the finger. The finger should press button E (Heart Rate) with the watch worn tightly around the wrist.
- If your fingers are very cold this might affect the time it takes to take your heart rate measurement.
- If you have very dry skin, moisten the fingertip and the skin on the wrist with some water.
- The use of hand creams and lotions can affect the heart rate measurement.
- Clean the back of the watch from time to time with a few drops of water and wipe it dry with a cloth to remove any grease or oils.
- If the message “do not move” is displayed, try to slow down your body movement to take a more accurate heart rate measurement.
- The heart rate measurement may not work correctly if you have an irregular heartbeat.

Heart rate will be displayed with unit BPM (Beats Per Minute) and at the same time % of Max. Heart rate is displayed at the bottom right corner.

The maximum pulse is calculated as below:

- **Example:** Age = 50 (Refer to Time Mode section for “Age” setting)
- Maximum pulse = $220 - \text{age}$
- Maximum pulse = $220 - 50 = 170$

The % of the maximum pulse is calculated as below:

- Example: Pulse = 102
- % of the maximum pulse = $\text{pulse} \times 100 / \text{maximum pulse}$
- % of the maximum pulse = $102 \times 100 / 170 = 60 \%$

HEART RATE ALARM:

- Heart rate boundaries can be set in the Run mode setting. There are three levels for selection. You also can manually adjust the lower and upper limits for the heart rate in setting mode. Refer to the “Workout Mode” section for Heart Rate Training settings.
- If the measured heart rate is out of the boundary and the Heart Rate Alert is set to On, then, there is a beep alert and flashing icon alert on the LCD. Refer to the “Workout Mode” section for Zone Alarm on/off setting.

DAILY ACTIVITY TRACKER

- The watch will monitor your daily activity every day, tracking your Steps, Distance, and Calories burned.
- You can view the records for the previous 7 days.

1. In Time mode, press button B (Start/Stop/+) to view daily activity data (Step, Distance, and Calories).
2. Press button D (Reset/Lap/-) to activate the last 7 days recall function.
3. Then press button B (Start/Stop/+) to recall the last 7 days' information one by one.

4. Press button D (Reset/Lap/-) to review the data of “Step”, “Distance” and “Calories” for that day.

All activity data will be cleared to zero at midnight each day.

MODES

TIME MODE:

Press button C (Mode) until the display shows “TIME”. The watch will enter the time display view with Hours, Minutes, Seconds, Weekdays, Months, Dates, and Days.

In Time mode

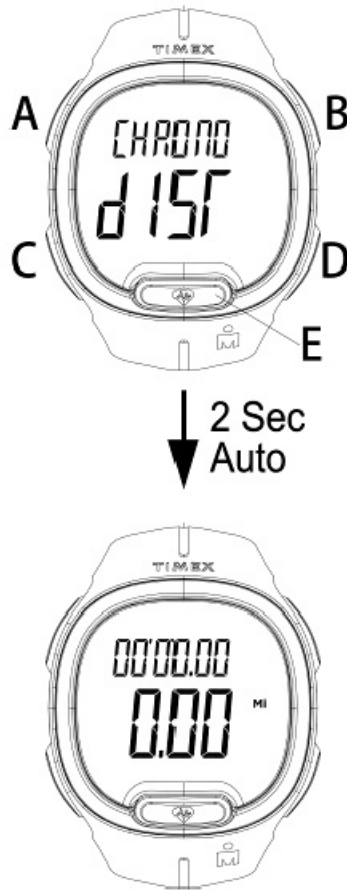
1. Press and hold button A (Set/Indiglo) to activate the Setting mode. Hour digits will start to flash.
2. Press button B (Start/Stop/+) or D (Reset/Lap/-) to change the setting digits. You can select the next setting by pressing button C (Mode) once. The sequence of setting is Hour, Minute, Second, Year, Month, Date, 12-24 Hour, Contrast, Units, Gender, Age, Height, and Weight.
3. Press B (Start/Stop/+) to increase the setting digits and D (Reset/Lap/-) to decrease the setting digits.
4. Press and hold button A (Set/Indiglo) to exit the setting mode.



WORKOUT MODE:

1. Press button C (Mode) until the display shows “WORKOUT”. The watch will enter the workout display view with chrono time (Workout time) on the top line and Dist (Distance) at the lower row.
2. Press button B (Start/Stop/+) to start measurement for the exercise. The message “START” will display in the upper row for 2 seconds.
3. Press B (Start/Stop/+) again to stop the measurement. The message “STOP” will be displayed for 2 seconds on the upper row. Use button B (Start/Stop/+) for the run and stop operation.
 - Press button D (Reset/Lap/-) to select the view for other data such as Speed (Spd), PACE, STEP, Calorie (CAL), Clock (CLK), and Distance (Dist).
4. Press and hold button D (Reset/Lap/-) to reset the timer clear all data and be ready for the next new measurement.

WORKOUT MODE



Workout Setting Mode

1. When the workout is stopped, press and hold button A (Set/Indiglo) to enter the Workout Setting mode. The heart rate training level will start to flash.
2. Press button B (Start/Stop/+) or D (Reset/Lap/-) to select levels 1, 2, or 3. There are three levels (1,2,3) for the heart rate zone default setting to select. Be sure you entered your "Age" in the Time setting section as this will be used as a reference for your Max. HR.

To manually adjust the Heart Rate Zone High and Low to your desired settings, proceed to step 3/4.

Heart Rate Zone Level	Default Setting
1	60% of Max. HR to 70% of Max. HR
2	70% of Max. HR to 80% of Max. HR
3	80% of Max. HR to 90% of Max HR

3. Press button C (Mode) to select the next setting field. The setting sequence is Heart Rate Training Level, Heart Rate Zone High (Hr-Hi), Heart Rate Zone Low (Hr-LO), INZONE Alarm on/off, and Target steps.
4. Press button B (Start/Stop/+) to increase the setting digits and D (Reset/Lap/-) to decrease the setting digits. Press and hold the button for fast setting.

Setting Group	Adjustment
Hr-HI	Enter the upper heart rate threshold. If your heart rate goes above this threshold, the alert sounds. The highest setting is 240 BPM.
Hr-LO	Enter the upper heart rate threshold. If your heart rate goes below this threshold, the alert sounds. The lowest setting is 30 BPM.
INZONE Alarm	Select ON to alert you when your heart rate is outside the Low or High settings, or OFF to disable the heart rate zone alert.
TARGET Step	Enter your desired Target steps from 100 to 9900 steps

5. Press and hold button A to exit the setting mode.

CHRONOGRAPH MODE:

1. Press button C (Mode) until the mode prompt shows “CHRO”. The watch will enter the chronograph display with the prompt “CHRONO” displayed on the upper row. The Time of the Chronograph is displayed in the lower row.
2. Press button B (Start/Stop/+) to start or stop the Chronograph. Press button D (Reset/Lap/-) while the chronograph is running to take the “Lap” time measurement. The “Lap” time view will be released in 5 seconds automatically.
3. Press and hold button D (Reset/Lap/-) while the chronograph is stopped to clear the chronograph.



LOOP TIMER MODE:

- Press button C (Mode) until the mode prompt shows “TIMR”. The watch will enter the Loop Count Down Timer display with segment (SG-1 .. SG-6) displayed on the left upper row. The loop counter is displayed on the right upper row. The Count Down Time is displayed in the lower row.
- Press button D (Reset/Lap/-) to select the segment from SG-1 to SG-6. Press button B (Start/Stop/+) to start or stop the timer operation.

- Press and hold button D (Reset/Lap/-) while the timer is stopped to clear all countdown time and reload the preset times again.



Timer Setting Mode

1. Press button C (Mode) until the mode prompt shows "TIMR".
2. Press and hold button A (Set/Indiglo) to enter the Loop Timer Setting mode.
3. Press B (Start/Stop/+) or D (Reset/Lap/-) to select SEG 1-6.
4. Press button C (Mode) to set Timer Second. Press B (Start/Stop/+) or D (Reset/Lap/-) to adjust to your desired "Second" setting.
5. Press button C (Mode) to set the Timer Minute. Press B (Start/Stop/+) or D (Reset/Lap/-) to adjust to your desired "Minute" setting.
6. Press button C (Mode) to set the Timer Hour. Press B (Start/Stop/+) or D (Reset/Lap/-) to adjust to your desired "Hour" setting.
7. Press and hold button A (Set/Indiglo) to exit the setting mode.

The timer alert beep sound will be generated when each timer counts down to zero. The next segment of the timer will be loaded and start to count down automatically. The number of loops is 20. The timer will stop automatically.

DAILY ALARM MODE:

- Press button C (Mode) until the mode prompt shows "ALRM". The Alarm-1 prompt "AL-1" will be displayed in the upper row. The alarm time is displayed in the lower row.
- Press button D (Reset/Lap/-) to select Alarm-1 (AL-1), Alarm-2 (AL-2), and Chime (Hourly chime function).
- Press button B (Start/Stop/+) to turn the function on / off. If the alarm is turned on, "on" will be displayed at the bottom right corner. If "—" is displayed, the alarm is turned off.

ALARM MODE



Alarm Setting Mode

1. In Alarm mode, press and hold button A to enter the Alarm Time Setting mode.
2. Press button B (Start/Stop/+) or D (Reset/Lap/-) to select AL-1 or AL-2.
3. Press button C (Mode) to select the Hour or Minute setting.
4. Press button B (Start/Stop/+) or D (Reset/Lap/-) to change the selected setting digits.
5. Press and hold button A (Set/Indiglo) again to exit the setting mode.

Press any button while the alarm sound is active to turn off the sound alert.

INDIGLO® night-light:

The watch provides INDIGLO® backlight for reading the display in dark environments. Press button A in any mode to turn on the backlight. It lights up the display for 3 seconds.

BATTERY:

The watch button cell or coin battery is not intended to be replaced by a consumer. Only a jeweler or other professional is to replace the battery.

WARRANTY

TIMEX INTERNATIONAL WARRANTY

www.timex.com/pages/warranty-repair

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Documents / Resources



[TIMEX IRONMAN Transit plus Watch](#) [pdf] User Guide
05S-096000-03, IRONMAN Transit plus Watch, IRONMAN, Transit plus Watch, Watch

References

- **[T Watches from Timex | Digital, Analog, & Water Resistant Watches | Timex CA](#)**
- **[User Manual](#)**

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