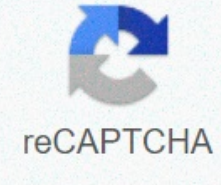




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Armitron pro sport watch m1185a manual

Should you know how something works and you lost your manual? Get some of the manuals here. To search for the manuals in pdf formats, enter the style number found on the back page of your watch. Please insert the style number. On the back of your Armitron watch, please look for your 6-digit style number. The style number should start with either two numbers or two letters, followed by a forward dash and 4 numbers. If you are having trouble tracking your style #, please contact customer support for further assistance. Sorry, there is no PDF file for the SKU #. Please contact the customer service: Please contact the customer service: 1-866-631-0342 or (716)784-0700 support@armitron.com Runner look at viewing Image Credit: remainaki/iStock/Getty Images Armitron produces a line of digital sports watches with models designed for men and women. These clocks are equipped with a variety of basic functions, including an alarm and a chronometer; however, to prepare the device for use, the carrier must first enter the current date and time. The settings process remains pretty consistent from one model to the next, but because button arrangements may differ, the user should check the labeling on the clock face to determine which controls to use. Step 1 Examine the clock face and find the buttons labeled Mode, Customize and Alarm. Press the Mode button repeatedly until the time display appears on the clock. Hold down the Mode button until you see the alarm view appear, and then release the button. Holds the Mode button a second time to enter the time settings mode. Step 2 Hold the Alarm button. Press the Mode button to switch between a 12-hour and 24-hour display setting. Select your setting, and then set the Alarm button to confirm your selection. Holds the Adjust button. Press the Mode button to switch between an American and European calendar display setting. Select your setting, and then release the Adjust button to confirm your selection. Step 3 Press the Alarm button to set the current seconds setting to zero, then press the Adjust button to proceed to the minutes setting. Press the Alarm button repeatedly to start raising the current minutes setting; if desired, hold the Alarm button to bike through the minutes faster. Press the Adjust button to proceed to the hours setting, then use the Alarm button to insert the desired setting. Step 4 Use the Alarm and Apply buttons to insert the current date and day of the week. Press the Mode button to save your settings. To access the calendar, hold down the Adjust button; releases the button to return to the time display. To use the chronometer function on the clock, press the Mode button once; use the Adjust button to and stop the chronometer, the Alarm button to restore the chronometer or the Mode button to return to the time view. The clock is water water but not waterproof. Do not try to press any of the buttons on the clock if the device is submerged in water. While the nightlight feature on the clock may prove convenient, over-ming will drain the device's battery. To set the time on an Armitron Pro Sport watch, press the mode button until the time display opens. Hold down the mode button until the alarm display appears, and then let it go. Keep mode again to access the screen where the time is set. Press and hold the Alarm button, and use the Mode button to choose between a 12- or 24-hour clock; set the Alarm button to select. Hold the Customization button, and use the mode button to select either the U.S. or European calendar setting; release Adjust to confirm. Use the Alarm button to set the seconds at zero, and move to the minutes feature by pressing the Customization button. Press and hold Alarm until the correct minutes are set. Change to the hours function by pressing Customize, and then use Alarm to select the hour. To finish setting the Armitron Pro Sport watch, set the date and week day by pressing Alarm and Adjust respectively. Print mode to save. The calendar setting on the Armitron Pro Sport watch can be accessed at any time by sticking in the Customization button. Letting go of the button automatically returns it to the time view. The clock also features a chronometer that can be accessed with one press from the mode button. The Custom button both starts and stops the chronometer, while the Alarm button completely resets it. Returns to the time display with another push from the mode button. The Armitron All-Sport watch, available to men and women, retails for under \$20 in 2010. In addition to showing the time, Armitron All-Sport watches can function as a timer and have an alarm. To properly use this watch, you need to know how to program it. Find the four metal buttons along the face of the clock at four corners around the switch face. The user tutorial for the Armitron All-Sport look labels the top button on the left A, bottom left as B, the upper right button as C and the lower right as D. Press and hold the set button, A, to set the time and date on your watch. This will cause the numbers to flash on the face of the clock. Press the C button to zero the number of seconds. Press B to promote the settings to hours and minutes. Press C to promote the hours and minutes to get the lecture on the clock to fit the actual time. Press B twice, followed by A to set the alarm. This will cause the alarm time to flash, starting with the hours. Press C to promote the hours. Press B again and then C to promote the minutes setting. Enter Alarm twice by pressing B. Press C to use the of both the alarm and hourly chime to change. The status of the alarm and hourly chime is indicated by a and home symbol respectively on the face of the clock. 1 Hold the Reset button until the clock beeps. Locate the Reset button on the left side of your Armitron watch. Hold the button for about 3 seconds or until it beeps. You need to see numbers on your screen start flashing. [1] Depending on your watch model, the button can say instead of Restore. 2 Press the mode button to change between the hours, minutes, day and date. The mode button is usually found on the lower right side of your Armitron watch. When you press the mode button, the section that flicks on your screen will change. This way, you can easily switch between changing the hour, minutes, day, and date. Keep pressing mode until you reach the value you need to change. [2] Whatever flashes on your watch is the value you change. 3 Increase the number by pressing the St/Stop button. Find the St/Stop button on the right side of the Armitron clock. When you want to change a value, press the button until you reach the right number. If you need to reach an earlier time or day, keep pressing the button until it cycles over. [3] See if you set the time as AM or PM on your watch so that all the information is accurate. On some models, such as the WR330, the St/Stop button can be marked Adj. 4 Press the Reset button in the upper left when you're done. After you set all the information correctly, press the Reset button to include all the information. Check your clock over the course of the next day to make sure the time is correct. [4] If there is a fourth button on your watch, it is not used to set the time or date. 1 Pull the crown on the side of the Armitron clock until it clicks once to set the date. The crown is the dial on either the left or right side of the clock face. Pinch the crown between your fingers and pull it out until it clicks once. If you hear more than 1 click, press back the crown and slowly pull it out. [5] If your clock does not display the date, the crown will only pull out once to set the time. You can skip this step. 2 Turn the crown until the correct date appears in the window. Rotate the crown clockwise or counterclockwise depending on your watch model. Keep twisting it until the correct date in the window is on your watch face. If you just need to change the date, push the crown all the way in to set it. [6] Avoid adjusting the date on your watch between 11am and 5 AM, as that's when it progresses to the next day. 3 Pull the crown until it clicks twice to adjust the day of the week and time. If you have a watch that displays the day/date, pull the crown until it clicks twice. If your watch doesn't have that show, pull the crown until it goes no further. [7] 4 Turn the crown until the day of the week is correct. Rotate the crown clockwise or counterclockwise, depending on the clock model you're using. Use the hands for 2 full rotations around the clock face moving forward by 24 hours. Continue to turn the crown until you reach the correct day of the week. [8] Do not set the day of the week between 11am and 5 AM, as this is when the clock will promote it. 5 Adjust the time by turning the crown. Once you set the day of the week and date, turn the crown to the hands point at the correct time. Get as close as you can to the right time, so your watch is accurate within a minute or two. [9] The hands will not begin to move on their own until you re-press the crown. If your watch has a military time link, make sure it's correct compared to current time. 6 Push the crown all the way in to set the time. Once you've made all your adjustments, press the crown all the way in so it starts again. Check the clock from time to time throughout the day to make sure it maintains the correct time. [10] If the clock keeps getting behind, you may need to replace the battery. 7 Done. Add new question question I have an Armitron 45/7041, a sports watch with red around it. The alarm goes down every 3-ish minutes. How do I stop it? Print mode up to a1 a2 or a3 then appears where it says CHRONO adj or set and fidget with it and it needs to work. Question I have an Armitron Sports watch, black resin tape with a silver plate on top. The model says 45/7042. How do I change the hour format from 24 to 12? Go to setting the time and then hours. Change the hour time until you get to the time you want. It will cycle through military time, then AM, then PM. Question I need to recover the day; it says Thursday, but it's Friday. How can I do this? Press mode until it opens the time change, and then press the right-hand buttons. First minutes will flicker; press again for hours, and then again to allow you to change day of the week. Question How do I set an alarm on my Armitron watch? Hold down the A button to show the alarm, and then use the same buttons you use to change the time to set it. Question How do I find the tutorial for my Armitron watch? It has to be in the box it came in. If not, visit the Armitron website and find the tutorial for your model. Question How can I turn off the alarm and de-activate the alarm symbol on my Armitron clock? Hold the repair and the st/stp button (the 2 top ones) until it beeps twice. Then the alarm is off. The alarm symbol automatically goes away when the alarm is off. Question How do I stop my alarm from going down on my Armitron watch? It was set by accident. Hold back and the st/stp (the top 2) until the clock beeps twice. Once it beeps, the alarm is off. Question How can I change my watch so that it doesn't display the time in the UK, and how do I access the stopwatch? From the normal timescreen, press the MODE button. That's all you have to do. Ask a question thank you! 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