

# Timex TW5M03100 Ironman Sleek Women's Digital Watch

## User Instruction Manual

### 1. Introduction

This manual provides comprehensive instructions for the operation and maintenance of your Timex Ironman Sleek Women's Digital Watch, Model TW5M03100. Designed for an active lifestyle, this watch features a digital display with various functions including time, date, stopwatch, timer, alarm, and INDIGLO night-light.

Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your watch.

### 2. Product Overview



Front view of the Timex Ironman Sleek Digital Watch. This image shows the watch face with its digital display, teal silicone strap, and the function buttons labeled 'SET', 'MODE', 'INDIGLO', 'START', and 'STOP'.

### 3. Setup

#### 3.1. Initial Power On and Battery

Your Timex Ironman Sleek watch comes with a pre-installed LR44 battery. The watch should be operational upon removal from its packaging. If the display is blank or dim, the battery may need to be replaced (refer to Section 5.3 for battery replacement information).

#### 3.2. Setting Time and Date

1. Press and hold the **SET** button until the time display begins to flash. This indicates you are in setting mode.
2. Press the **MODE** button to cycle through the settings: hours, minutes, seconds, year, month, day.
3. Use the **START** or **STOP** buttons to adjust the flashing value up or down.
4. Once all desired values are set, press the **SET** button again to exit the setting mode and save your changes.

### 4. Operating Instructions

#### 4.1. Navigating Modes

Press the **MODE** button to cycle through the watch's various functions: Time, Stopwatch, Timer, and Alarm.

#### 4.2. Stopwatch Function

1. From the Time display, press **MODE** until "STOPWATCH" or a similar indicator appears.
2. Press **START** to begin timing.
3. Press **STOP** to pause the stopwatch. Press **START** again to resume.

4. To reset the stopwatch, press **STOP** (if running) and then press and hold **RESET** (often the same as **STOP** or **SET** depending on model) until it returns to zero.

#### 4.3. Timer Function

1. From the Time display, press **MODE** until "TIMER" or a similar indicator appears.
2. Use the **SET** button to enter timer setting mode, then use **START/STOP** to adjust the countdown time.
3. Press **START** to begin the countdown.
4. The watch will beep when the timer reaches zero.

#### 4.4. Alarm Function

1. From the Time display, press **MODE** until "ALARM" or a similar indicator appears.
2. Use the **SET** button to enter alarm setting mode, then use **START/STOP** to adjust the alarm time.
3. Press **SET** to confirm the alarm time.
4. To activate/deactivate the alarm, typically press the **START** or **STOP** button while in alarm mode. An alarm icon will appear/disappear on the display.

#### 4.5. INDIGLO Night-Light

Press the **INDIGLO** button (usually located on the top right of the watch face) to illuminate the display for easy viewing in low-light conditions. The light will remain on for a few seconds.

### 5. Maintenance

#### 5.1. Cleaning Your Watch

To clean your watch, wipe it gently with a soft, damp cloth. For the silicone strap, mild soap and water can be used. Avoid using harsh chemicals or abrasive materials, as these can damage the watch's finish or strap.

#### 5.2. Water Resistance

Your watch is water-resistant to 10 bars (100 meters). This means it is suitable for recreational swimming, showering, and snorkeling. However, it is not suitable for scuba diving or high-impact water sports. Do not operate buttons while the watch is submerged in water, as this can compromise the water resistance seal.

*Note: Water resistance is not a permanent condition and may eventually be affected by wear and tear or accidental damage. It is recommended to have the water resistance checked periodically by a qualified service center, especially after battery replacement.*

#### 5.3. Battery Replacement

The watch uses one LR44 battery. When the display becomes dim or functions become erratic, it is an indication that the battery needs replacement. Battery replacement should ideally be performed by a professional watch technician to ensure the water resistance seal is properly maintained. Attempting to replace the battery yourself may void the warranty and compromise the watch's water resistance.

### 6. Troubleshooting

- **Display is blank or dim:** The battery may be low or depleted. Replace the battery as described in Section 5.3.
- **Buttons are unresponsive:** Try pressing the buttons firmly. If still unresponsive, the watch may require a soft reset (consult a service center) or battery replacement.
- **Time is inaccurate:** Ensure the time and date are set correctly as per Section 3.2. Extreme temperatures or strong magnetic fields can sometimes affect accuracy.
- **Water inside the watch:** If condensation or water appears inside the watch, immediately take it to a qualified service center. Do not attempt to dry it yourself, as this can cause further damage.

For issues not covered here, please contact Timex customer support or visit their official website for further assistance.

## 7. Specifications

Feature	Detail
Model Number	TW5M03100
Brand	Timex
Case Diameter	38 mm
Case Height	11 mm
Strap Material	Silicone
Strap Length	19 cm
Strap Width	14 mm
Water Resistance	10 bars (100 meters)
Weight	30 g
Battery Type	1 x LR44 (included)
Functions	Time, Date, Day, Month, Stopwatch, Timer, Alarm, INDIGLO Night-Light

## 8. Warranty and Support

### 8.1. Warranty Information

Your Timex Ironman Sleek Digital Watch comes with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage resulting from improper handling, accidents, unauthorized repairs, or normal wear and tear.

Please retain your proof of purchase for warranty claims.

### 8.2. Customer Support

For further assistance, warranty claims, or service inquiries, please visit the official Timex website or contact their customer support:

- **Website:** [www.timex.com](http://www.timex.com)
- **Service Centers:** Refer to the Timex website for a list of authorized service centers in your region.

*Note: Product specifications and features are subject to change without prior notice.*