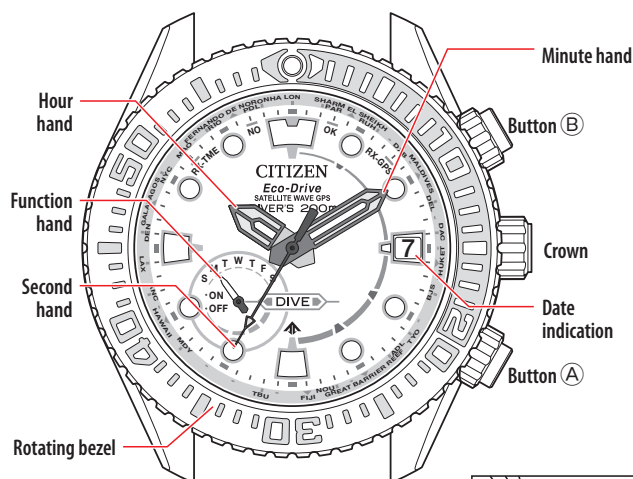


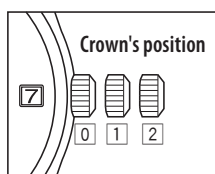
- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- When operating the watch, make sure that it is not wet.
- To see details of charging time, specifications and operations, refer to the instruction manual:  F158 instruction manual

Component identification

Hands and buttons

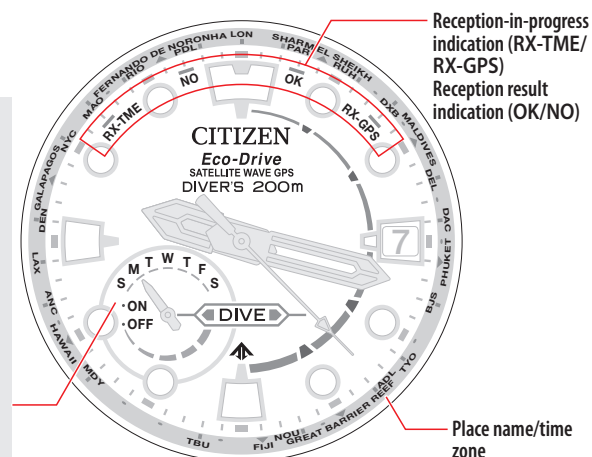


- Actual appearance may differ from the illustrations.
- The crown has two positions when pulling it out.

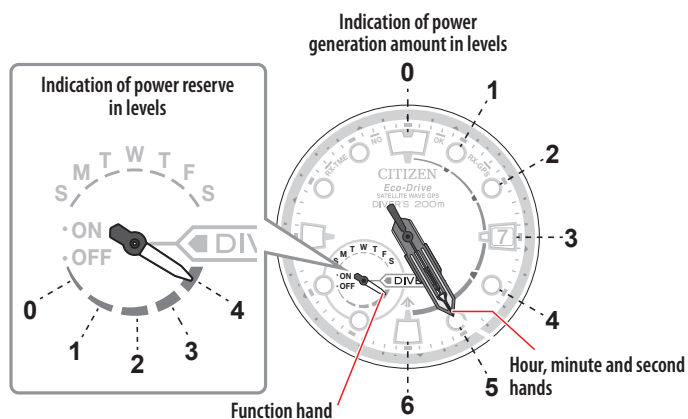


Indication

S/M/T/W/T/F/S:
Day-of-week indication
Power reserve indication (in five levels)
ON/OFF:
Summer time (DST) setting
DIVE:
Diving mode



Checking the current power reserve and power generation



1. Push the crown in to position 0.
2. Press and release the upper right button (B).
The power reserve and power generation amount at the moment of pressing the button are indicated in level.

• Power reserve level (function hand)

Level	4	3	2	1	0
Indication	See "Indication of power reserve in levels" on the figure in the left column.				
Duration	24 - 19 months	19 - 14 months	14 - 5 months	5 months - 5 days	5 days or shorter
Meaning	Power reserve is sufficient.		Power reserve is OK.		Power reserve is getting low.
	OK for normal use.		Charge immediately.		

• Level of power generation amount (hour, minute and second hands)

Level	6	5	4	3	2	1	0
Indication	See "Indication of power generation amount in levels" on the figure in the left column.						
Meaning	Sufficient power generation for charging.		Charge in a brighter location where the level of power generation amount reaches "5" or "6".				

3. Press and release the upper right button (B) to finish the procedure.

The hands return to current time indication.

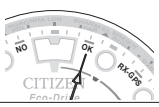
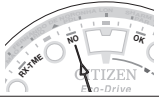
- They return to current time indication automatically in about 10 seconds.



Checking the reception result of the satellite signal

1. Push the crown in to position **0**.
2. Press and release the lower right button **(A)**.

The previous reception result is indicated.

OK		Reception was successful.
NO		Reception failed.

- The indication shows the result of the last reception, regardless types of received information, or information of location or time.
3. Press and release the lower right button **(A)** to finish the procedure.
- The hands returns to current time indication.
- They return to current time indication automatically in about 10 seconds.

Setting the world time manually

This watch can indicate the time around the world according to which of 38 time zones (offsets from UTC — Coordinated Universal Time) is chosen.

1. Pull the crown out to position **1**.
- The second hand indicates the current world time setting and the function hand indicates the current summer time (DST) setting.
2. Rotate the crown to set time zone.
- Time indication changes.
3. Push the crown in to position **0** to finish the procedure.
- The second hand returns to indicate the second.

How to read indication of the world time setting

The watch has 38 time zone markers with several representative area names. A time zone is set by pointing the second hand at one of the markers. In the illustration on the right, the second hand points to 21 seconds and time zone setting is "+9".

- Time zones are represented by offsets from UTC.

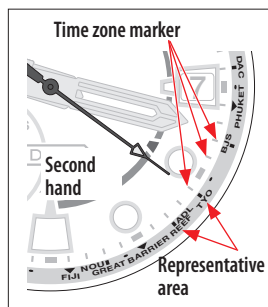


Table of time zones and representative places

(Based on information as of September 2019)

Time zone	Second hand	Area name	Representative area
0	0	LON	London
+1	2	PAR	Paris
+2	4	SHARM EL SHEIKH/SSH	Sharam El Sheikh, Athens
+3	6	RUH	Riyadh
+3.5	7	—	Tehran
+4	8	DXB	Dubai
+4.5	9	—	Kabul
+5	10	MALDIVES/MLE	Maldives, Karachi
+5.5	12	DEL	Delhi
+5.75	13	—	Kathmandu
+6	14	DAC	Dhaka
+6.5	15	—	Yangon
+7	16	PHUKET/HKT	Phuket, Bangkok
+8	18	BJS	Beijing/Hong Kong
+8.75	20	—	Eucla
+9	21	TYO	Tokyo
+9.5	23	ADL	Adelaide
+10	25	GREAT BARRIER REEF/—	Great Barrier Reef, Sydney
+10.5	26	—	Lord Howe Island
+11	27	NOU	Noumea
+12	29	FIJI/NAN	Fiji Islands, Auckland
+12.75	31	—	Chatham Islands
+13	32	TBU	Nuku'alofa
+14	34	—	Kiritimati
-12	36	—	Baker Islands
-11	38	MDY	Midway
-10	40	HAWAII/HNL	Hawaii, Honolulu
-9.5	41	—	Marquesas Islands
-9	42	ANC	Anchorage
-8	44	LAX	Los Angeles
-7	46	DEN	Denver
-6	48	GALAPAGOS/SCY	Galápagos Islands, Chicago
-5	50	NYC	New York
-4	52	MAO	Manaus
-3.5	53	—	St. John's
-3	54	RIO	Rio de Janeiro
-2	56	FERNANDO DE NORONHA/FEN	Fernando de Noronha
-1	58	PDL	Azores

Receiving the satellite time signal

- To cancel the reception, press and hold any button until the second hand returns to indicate the second.

Obtaining location information

A time zone is set automatically and time and calendar are consequently adjusted based on the chosen zone.

- It may take 30 seconds - 2 minutes to obtain location information.

- Push the crown in to position 0.
- Press and hold the upper right button (B) for 4 seconds until the second hand points "RX-GPS".
 - Release the button as the hand points "RX-GPS". Reception starts.
 - After finishing the reception, the second hand indicates the new setting or "NO" of the reception result and returns to indicate the second.

Time reception

- It may take 3 - 30 seconds to receive time information.

- Push the crown in to position 0.
- Press and hold the lower right button (A) for 2 seconds until the second hand points "RX-TME".
 - Release the button as the hand points "RX-TME". Reception starts.
 - After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

Leap second reception

- It may take 36 seconds - 13 minutes to receive leap second information.

- Push the crown in to position 0.
- Press and hold the lower right button (A) for 7 seconds.
 - Release the button after the second hand points "RX-TME" and turns fully around to point "RX-TME" again. Reception starts.
 - After finishing the reception, the second hand indicates the reception result and returns to indicate the seconds.

Switching the summer time and standard time

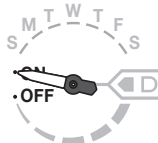
- Pull the crown out to position 1.

The second hand indicates the current world time setting and the function hand indicates the current summer time (DST) setting.

 - When you rotate the crown, the time zone setting changes.

- Press and release the lower right button (A).

ON	Summer time is indicated.
OFF	The standard time is indicated.



- Each time you press the button, ON and OFF changes alternately.

- Push the crown in to position 0 to finish the procedure.

The second hand returns to indicate the second.

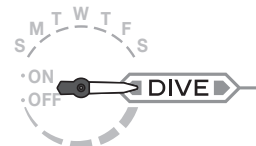
Using the diving mode

By using the diving mode, you can prevent unintended operation of buttons and deactivate the signal reception function.

- Push the crown in to position 0.
- Press and release both the lower right button (A) and upper right button (B) simultaneously.

The hands temporarily show 0:00:00, then the function hands points "DIVE" and the watch turns into the diving mode.

- When the hands are kept stopped, deactivate the diving mode and try again.



Deactivating the diving mode

Press and release both the lower right button (A) and upper right button (B) at the same time to deactivate the diving mode.

- Changing the position of the crown also deactivates the diving mode.

Checking and adjusting the leap second setting

You can find a list of leap seconds at the homepage of IERS (INTERNATIONAL EARTH ROTATION & REFERENCE SYSTEMS SERVICE).
http://hpiers.obspm.fr/eop-pc/earthor/utc/TAI-UTC_tab.html

- Pull the crown out to position 2.

The second hand points to 0 second.
- Press and hold upper right button (B) for 2 seconds or more.

Using the "0:00:00" position as the starting point, the minute and second hands indicate the leap second setting.

When the leap second setting is "-37 seconds"	When the leap second setting is "-65 seconds"
The hands point to "0 minute 37 seconds".	The hands point to "1 minute 5 seconds".

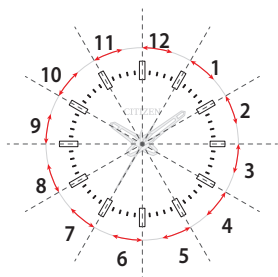
- Turn the crown to adjust the setting if the leap second is not correct.
 - Adjustable range is from 0 to -90 seconds.
- Push the crown in to position 0 to finish the procedure.

Adjusting the time and calendar manually

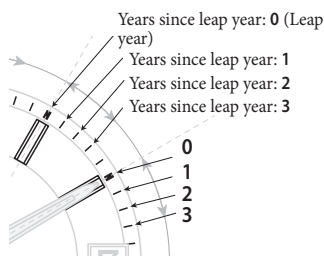
- Execute world time setting beforehand following "Setting the world time manually".

- Pull the crown out to position 1.**
- Press and hold the upper right button (B) until the second hand points to 30 seconds.**
- Pull the crown out to position 2.**
The second hand points to 0 second.
- Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.**
 - Each time you press button (A), the target changes as follows:
Minute → hour → date → year/month → day of week → (back to the top)
 - The hands and indications slightly moves when selected to show they become adjustable.
- Rotate the crown to adjust the hand/indication.**
 - Date indication changes to the next as the function indication rotates 5 times.
 - When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
 - Year and month are indicated with the second hand.

"Month" corresponds to one of the 12 zones shown in the figure below.
Each number means month.



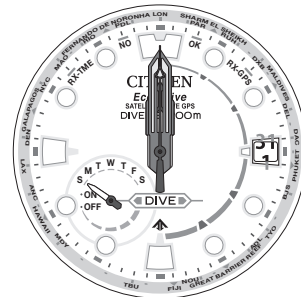
The year corresponds to the years since leap year and is indicated with the position of the second hand.



- Repeat steps 4 and 5.**
- Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.**
The second hand starts moving from 0 second.

Checking the reference position

- Pull the crown out to position 2.**
- Press and hold the lower right button (A) for 4 seconds.**
The hands and indication start to move to the current reference positions stored in memory.
 - Release the button as the hands start to move.
 - Some hands show special movement to adjust their position.
- Check the reference position.**
Correct reference positions:
 - Hour, minute and second hands: 0 hour 00 minute 0 second
 - Date indication: midway between "31" and "1"
 - Function hand: "S" (Sunday)



When the current reference position is different from the correct one, proceed to step 3 of "Correcting the reference position".

- Push the crown in to position 0 to finish the procedure.**

Correcting the reference position

- Pull the crown out to position 2.**
- Press and hold the lower right button (A) for 4 seconds.**
The hands and indication start to move to the current reference positions stored in memory.
 - Release the button as the hands start to move.
 - Some hands show special movement to adjust their position.
- Press and release the lower right button (A).**
The function hands move slightly.
- Press and release the lower right button (A) repeatedly to change the hand/indication to be corrected.**
 - Each time you press button (A), the target changes as follows:
Date indication/function hand → hour hand → minute hand → second hand → (back to the top)
 - The hands slightly move when selected to show they become adjustable.
- Rotate the crown to adjust the hand/indication.**
 - When you rotate the crown quickly a few times, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
- Repeat steps 4 and 5.**
- Push the crown in to position 0.**
- Press and release the lower right button (A) to finish the procedure.**
 - The watch returns automatically to the time indication as about 2 minutes passed without any operation.

Resetting the watch — All Reset

- Pull the crown out to position 2.**
- Press and hold buttons (A) and (B) at the same time for 3 seconds or more and release them.**
As you release the buttons, the hands move slightly to indicate that reset completed.

The setting values after All Reset	
Calendar	January of leap year (5-second position)
World time	±0 from UTC (LON), London
Summer time (DST)	OFF at all time zones
Leap seconds	No change after All Reset
Rollover number	

After All Reset

After All Reset, adjust the reference position and set the time and calendar.

