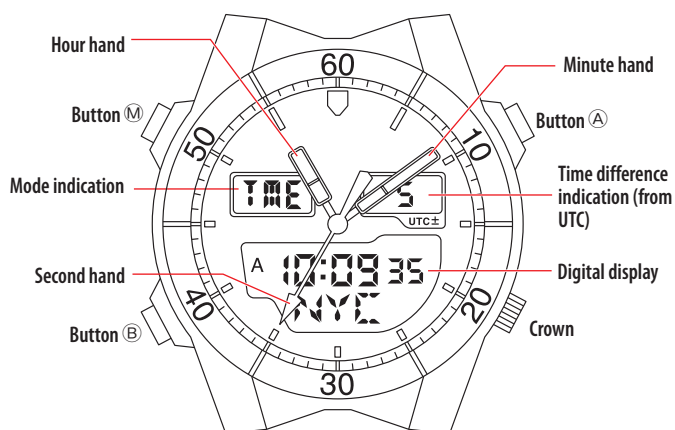


- To see details of specifications and operations, refer to the instruction manual:  U040 instruction manual

Component identification



- Actual appearance may differ from the illustration.
- Refer also to our web page for detail of usage of the scale and bezel on the watch. (<http://www.citizenwatch-global.com/support/pdf/enhanced/e.pdf>)

Using EL lights

- The EL lights are turned on when you press button A while the crown is pushed in and the mode is [TME], [CAL] or [SET].
- The lights are also turned on when pressing button A or B during time measurement using the chronograph.

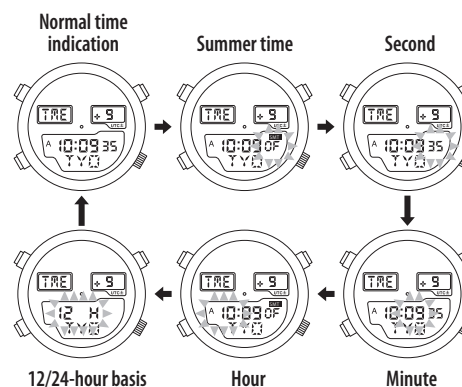
Setting the time

Setting the time of the analog section

- Pull out the crown when the second hand points 0 second.**
The second hand stops.
- Rotate the crown to set the time.**
 - Move the hands 4 or 5 minutes forward and move them back to the right time to set the time more precisely.
- Push in the crown in accordance with a reliable time source to finish the procedure.**
The second hand starts moving.

Setting the time of the digital section

- Press button M to cancel setting of the time of the digital section.
 - The setting is automatically canceled in about 2 minutes without any operation during the setting.
- Press and release the upper left button M repeatedly to change the mode to [TME].**
 - Press and release the lower left button B repeatedly to indicate an area name you want on the digital display.**
 - For area names, refer to the table on "Using the world time".
 - Pressing and releasing button A while Pressing and holding button B also change the area name indication.
 - Press and hold the lower left button B for about 2 seconds.**
[SUM] and [On] or [OF] starts blinking and the time becomes adjustable.
 - The blinking part is the target to adjust.
 - Press and release the lower left button B repeatedly to change the target to be set.**
 - Each time you press button B, the target changes as follows:



- Press and release the upper right button A to adjust the target.**
 - Press button A in accordance with a reliable time source when setting the second.
 - Pressing and holding button A changes indication continuously when setting the minute and the hour.
 - "A" or "P" is displayed to indicate AM or PM in 12-hour basis indication.
- Repeat steps 4 and 5 to set other targets.**
- Press and release the upper left button M to finish the procedure.**



Setting the calendar

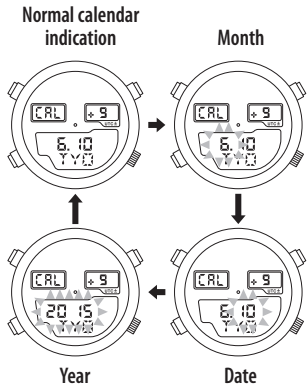
The calendar of this watch does not have to be adjusted manually until Thursday, December 31, 2099 including leap years. (perpetual calendar)

- Press button **M** to cancel setting of the calendar.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

- 1. Press and release the upper left button **M** repeatedly to change the mode to [CAL].**
- 2. Press and release the lower left button **B** repeatedly to indicate an area name you want on the digital display.**
 - For area names, refer to the table on “Using the world time”.
 - Pressing and releasing button **A** while Pressing and holding button **B** also change the area name indication.
- 3. Press and hold the lower left button **B** for about 2 seconds.**

The month indication starts blinking and the calendar becomes adjustable.

 - The blinking part is the target to adjust.
- 4. Press and release the lower left button **B** repeatedly to change the target to be set.**
 - Each time you press button **B**, the target changes as follows:



- 5. Press and release the upper right button **A** to adjust the target.**
 - Pressing and holding button **A** changes indication continuously.
- 6. Repeat steps 4 and 5 to set other targets.**
- 7. Press and release the upper left button **M** to finish the procedure.**
 - The day of week is set automatically.

Using the world time

- 1. Press and release the upper left button **M** repeatedly to change the mode to [TME].**
 - Choose [CAL] to see calendar.
- 2. Press and release the lower left button **B** repeatedly to choose an area name on the digital display.**

The time or calendar of the chosen area is indicated on the digital display.

 - Pressing and releasing button **A** while Pressing and holding button **B** also change the area name indication.

Table of time zones and representative areas

- The time zone in the table is based on UTC (Coordinated Universal Time).
- Countries or regions may change time zones for various reasons.

Time zone	Area name	Representative area	Time zone	Area name	Representative area
0	UTC	Coordinated Universal Time	+9	TYO	Tokyo
	LON	London	+10	SYD	Sydney
+1	PAR	Paris	+11	NOU	Noumea
	ROM	Rome	+12	AKL	Auckland
+2	CAI	Cairo	-10	HNL	Honolulu
	IST	Istanbul	-9	ANC	Anchorage
+3	MOW	Moscow	-8	LAX	Los Angeles
	KWI	Kuwait	-7	DEN	Denver
+4	DXB	Dubai	-6	CHI	Chicago
+5	KHI	Karachi		MEX	Mexico City
+5.5	DEL	New Delhi	-5	NYC	New York
+6	DAC	Dhaka		YUL	Montreal
+7	BKK	Bangkok	-4	CCS	Caracas
+8	SIN	Singapore	-3	RIO	Rio de Janeiro
	HKG	Hong Kong		BUE	Buenos Aires
	BJS	Beijing			



Using the zone-set function

You can hide unnecessary ones in the 30 areas and UTC, which the watch can indicate the time of; you can also activate/deactivate summer time for those areas separately.

- Press button **(M)** to cancel setting.
- The setting is automatically canceled in about 2 minutes without any operation during the setting.

- 1. Press and release the upper left button **(M)** repeatedly to change the mode to [SET].**
- 2. Press and release the lower left button **(B)** repeatedly to choose an area name on the digital display.**
 - Pressing and releasing button **(A)** while Pressing and holding button **(B)** also change the area name indication.
- 3. Press and hold the lower left button **(B)** for about 2 seconds.**

“ON” or “OF” (off) and the area name starts blinking and display/hide of the area becomes adjustable.
- 4. Press and release the upper right button **(A)** to select “ON” (display) or “OF” (hide) of the area.**
- 5. Press and release the lower left button **(B)**.**

“ON” or “OF” (off) and “SUM” (summer time) starts blinking and the summer time setting becomes adjustable.
- 6. Press and release the upper right button **(A)** to set the summer time.**
- 7. Repeat steps 2 to 6 to set other areas.**
- 8. Press and release the upper left button **(M)** to finish the procedure.**

Resetting the watch — All Reset

- 1. Pull out the crown.**
- 2. Press and release buttons **(A)**, **(B)** and **(M)** at the same time.**

All the digital indication lights up.
- 3. Push in the crown.**

The alarm sounds and the digital indication is turned off.

After All Reset

After All Reset, set the time and calendar and other settings. Set also the alarm.

