

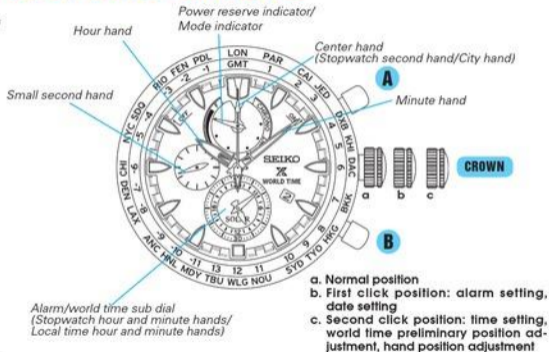
ManualsLib.com

ManualsLib.com

ManualsLib.com



DISPLAY & BUTTONS



- ◆ The center hand has several functions:
 - In the STOPWATCH mode, it works as a STOPWATCH second hand.
 - In the WORLD TIME mode, it works as a City hand.
- ◆ The POWER RESERVE DISPLAY mode is used to display the power reserve status, main time, date, and local time in 24 hour format.
- ◆ The ALARM mode is used to engage and disengage the alarm and to set the alarm time.
- ◆ The WORLD TIME mode is used to display the local time of 25 cities/time zones.
- ◆ The STOPWATCH mode is used for elapsed time measurement functions.

- Some models may not have city names on the bezel.
- Some models may have a screw lock type crown. If your watch has a screw lock type crown, refer to SCREW LOCK TYPE CROWN.
- Simplified illustrations may be used in the following sections of this manual.

SCREW LOCK TYPE CROWN

- ◆ Some models may have a screw-lock mechanism that can securely lock the crown by screw when not in use.
- ◆ Locking the crown will help to prevent any operational errors and enhance the water resistant quality of the watch.
- ◆ It is necessary to unlock the screw lock type crown before using it. Once you have finished using the crown, make sure to relock it.

● How to use the screw lock type crown

Keep the crown securely locked unless you need to use it.

[How to unlock the screw lock type crown]

Turn the crown counterclockwise.

The crown is unlocked and can be used.

[How to lock the screw lock type crown]

Once you have finished using the crown, turn it clockwise while gently pressing it in toward the watch body until it stops.



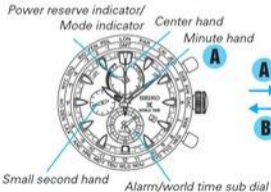
- When locking the crown, turn it slowly with care, ensuring that the screw is properly engaged.
- Be careful not to forcibly push it in, as doing so may damage the screw hole in the case.

HOW TO CHANGE THE DISPLAY MODE

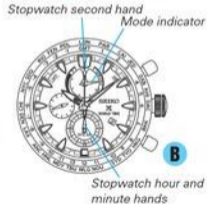
- ◆ The display mode alternates between the POWER RESERVE DISPLAY mode and the STOPWATCH mode by following the procedure below.

If button A is pressed in the POWER RESERVE DISPLAY mode, STOPWATCH measurement starts simultaneously and the display mode is switched to the STOPWATCH mode.

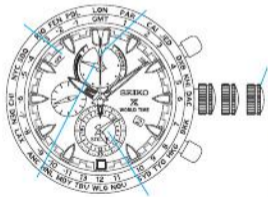
POWER RESERVE DISPLAY MODE

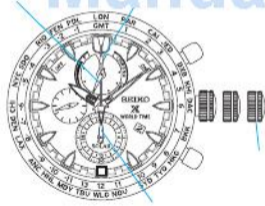


STOPWATCH MODE



ManualsLib.com

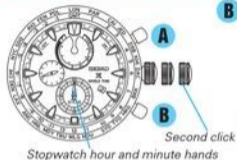




ManualsLib.com

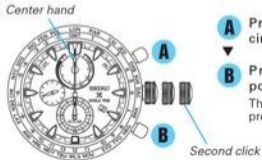


How to adjust the position of the hands



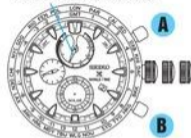
- B** Press to set the stopwatch hour and minute hands to the 0:00 position. The hands move quickly if button B is continuously pressed.

When adjusting the position of the hand, the hands can only be advanced in the clockwise direction.



- A** Press once. The center hand turns a full circle.
- B** Press to set the center hand to the 0 position. The hand moves quickly if button B is continuously pressed.

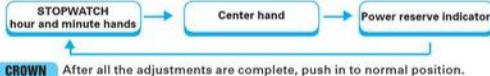
Power reserve indicator



- A** Press once. The power reserve indicator turns a full circle.
- B** Press to set the power reserve indicator pointing at the low level. The hand moves quickly if button B is continuously pressed.



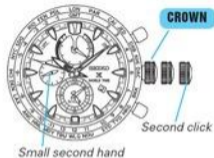
The position of each hand can be readjusted in the following order by pressing button A.



[IMPORTANT]

After the positions of the hands are adjusted, make sure that the main dial time and the alarm/world time sub-dial time are both reset.

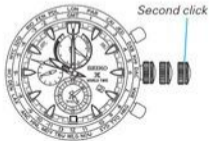
Time settings for main dial and alarm/world time sub dial



CROWN

Pull out to the second click when the small second hand is at the 12 o'clock position. The small second hand will stop immediately.

- If the crown is pulled out while the stopwatch is counting, the stopwatch will be automatically reset.
- This operation can be performed both in the POWER RESERVE DISPLAY mode and STOPWATCH mode.

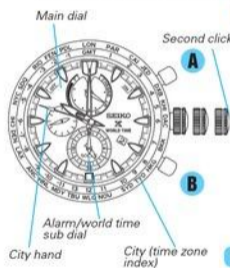


CROWN

Turn to set the main dial time.

It is recommended that the hands be set to a time a few minutes ahead of the current time, taking into consideration the time required to complete the adjustment for city hand and alarm/world time sub dial, after which the crown is to be pushed in.

- ◆ At the moment when the main dial time indicates 12 o'clock midnight, the date changes. When setting the time, make sure that AM/PM is set correctly.
- ◆ When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time, and then turn it back to the exact time.



A

Press to set the city hand to point at the city in the same time zone with the main dial time.

With each press of button A, the city hand advances by one city. Do not hold the button after pressing it.

B

Press to set the alarm/world time sub dial time to the current time in the 24-hour format.

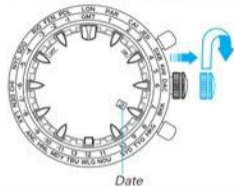
- With each press of button B, the alarm/world time sub-dial time is advanced by one minute.
- The hands move quickly if button B is continuously pressed.
- Make sure that the alarm/world time sub-dial time is set to exactly the same time as the main dial time, which has been previously set, in the 24-hour format.

CROWN

After time setting for the main dial and adjustment for the city hand and alarm/world time sub dial are complete, push in to the normal position.

SETTING THE DATE

- Before setting the date, be sure to set the main time.



CROWN

Pull out to the first click.

▼
Turn clockwise until the desired date appears.

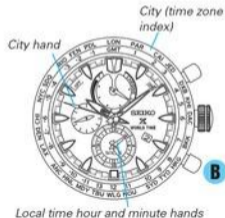
▼
Push back into the normal position.

1. It is necessary to adjust the date at the end of February and 30-day months.
2. Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, the date may not change properly.
3. Do not press Button B when the crown is at the first click position, as this will move the ALARM hands.

WORLD TIME

- ◆ The local time throughout the world can be displayed in the sub dial at the 6 o'clock position.
- ◆ The local time in 25 cities in different time zones can be selected by the city hand.
- ◆ For checking each city's time difference from GMT/UTC, refer to TIME ZONE DISPLAY AND TIME DIFFERENCE TABLE.

● How to select the time zone



- B** Press for 3 seconds or longer.
The mode indicator moves to point at WT, and the center hand (city hand) moves to point at the city that is currently set.

- This operation can be performed in the POWER RESERVE DISPLAY mode. While the stopwatch is in use, the operation cannot be performed. Refer to HOW TO CHANGE THE DISPLAY MODE. After the stopwatch is reset, the display mode will automatically change to the POWER RESERVE DISPLAY mode in one minute.



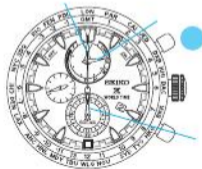
[Redacted text block]

[Redacted text block]

[Redacted text block]

[Redacted text block]

ManualsLib.com

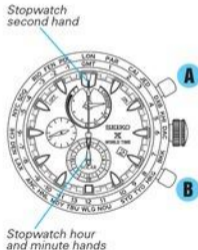


ManualsLib.com

●How to reset the stopwatch

While the **STOPWATCH** hands are moving

1. Press Button A to stop the stopwatch.
2. Press Button B to reset the stopwatch.



A

B

While the **STOPWATCH** hands are stopped

[When the stopwatch is stopped]

1. Press Button B to reset the stopwatch.

[When the split time measurement is displayed while the stopwatch is measuring.]

1. Press Button B to release the split time display and return to the normal display.
2. Press Button A to stop the stopwatch.
3. Press Button B to reset the stopwatch.

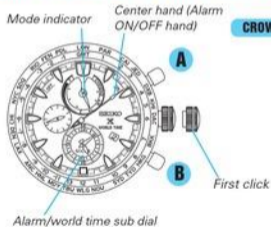
[When the split time measurement is displayed and the stopwatch is stopped]

1. Press Button B to release the split time display.
2. Press Button B to reset the stopwatch.

HOW TO USE THE ALARM

- ◆ The alarm can be set to sound at a designated time everyday on a 24-hour basis. The alarm time can be set in 1-minute increments.
- ◆ The alarm can be engaged (ON) or disengaged (OFF).

●How to set the alarm time and how to engage/disengage the alarm



A

B

CROWN

Pull out to the first click in the **POWER RESERVE DISPLAY** mode.

- Upon doing this, the mode indicator points to "AL."
- If the crown is pulled out to the first click while the stopwatch is in use, the stopwatch will be automatically reset.
- If the watch is in the **STOPWATCH** mode, press button B to change to the **POWER RESERVE DISPLAY** mode.
- Refer to **HOW TO CHANGE THE DISPLAY MODE.**



Alarm/world time sub dial

B Press to set the alarm time.

- With each press of button B, the alarm/world time sub-dial time advances by one minute.
- The hands move quickly if button B is continuously pressed.
- If the alarm time is set to the current time, the alarm cannot be set.

A With each press, the alarm is engaged (ON) or disengaged (OFF).

| Setting | Position that the center hand points at |
|--------------------------------|---|
| The alarm is engaged (ON). | 9 second position |
| The alarm is disengaged (OFF). | 51 second position |

CROWN

After alarm time setting is complete, push in to normal position.

(Alarm engaged)



Center hand (Alarm ON/OFF hand)

(Alarm disengaged)



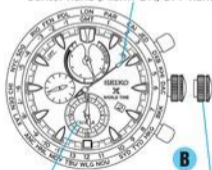
● How to manually silence the alarm

- ◆ The alarm sounds for 20 seconds at the designated time.
- ◆ To silence the alarm, press either button A or B.



● How to change the alarm time, once it has already been set

Center hand (Alarm ON/OFF hand)



Alarm/world time sub dial

First click

CROWN

Pull out to the first click in the POWER RESERVE DISPLAY mode.

B

Press to set a new alarm time.

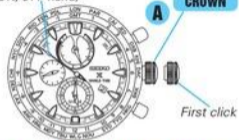
- With each press of button B, the alarm/world time sub-dial time advances by one minute.
- The hands move quickly if button B is continuously pressed.

CROWN

After the alarm time setting is complete, push in the normal position.

●How to cancel the alarm time

Center hand (Alarm ON/OFF hand)



CROWN Pull out to the first click in the POWER RESERVE DISPLAY mode.

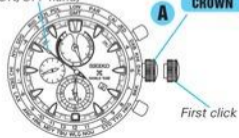
A Press to disengage the alarm.

| Setting | Position that the center hand points at |
|--------------------------------|---|
| The alarm is engaged (ON). | 9 second position |
| The alarm is disengaged (OFF). | 51 second position |

CROWN Push back in to the normal position.

●Sound demonstration function

Center hand (Alarm ON/OFF hand)



CROWN Pull out to the first click in the POWER RESERVE DISPLAY mode.

A Press for 3 seconds.

- The alarm sound can be heard while button A is continuously pressed.
- If the engagement/disengagement of the alarm is switched, press button A again to engage/disengage the alarm.

CROWN Push back in to the normal position.

HOW TO CHARGE AND START THE WATCH

- ◆ When you start the watch or when the energy in the rechargeable battery is reduced to an extremely low level, charge it sufficiently by exposing the watch to light.



- 1 Expose the watch to sunlight or strong artificial light.

When the watch has stopped operating, the second hand will start moving at 2-second intervals.

- 2 Keep the watch exposed to the light until the second hand moves at 1-second intervals.




- 3 When the watch is charged after it has completely stopped, set the date and time before wearing the watch.

If the watch is charged by exposing it to strong light such as sunlight, the power reserve indicator may not show the remaining power reserve amount properly. Make sure to charge the watch sufficiently by referring to GUIDELINE OF CHARGING TIME/ACCURACY.



ManualsLib.com

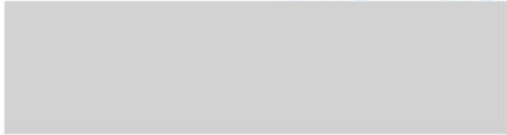


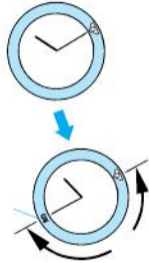
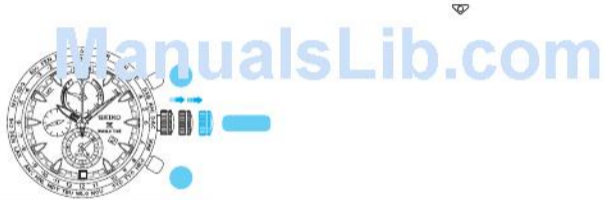
| | | | |
|--|--|---|--|
| |  |  |  |
| | | | |
| | | | |



| | | | |
|--------------------------------------|--|--|--|
| Environment/Lightsource (Sun) | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

ManualsLib.com







ManualsLib.com



ManualsLib.com



ManualsLib.com

ManualsLib.com