

## Cal. 5R64, 5R65

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You are now the proud owner of a Spring Drive Watch Cal. 5R64, 5R65. For the best results, please read the instructions in this booklet carefully before using your Spring Drive Watch. Please keep this manual handy for ready reference.

Sie sind jetzt stolzer Besitzer einer „Spring Drive“-Uhr Kal. 5R64 oder 5R65. Lesen Sie diese Bedienungsanleitung vor der Verwendung Ihrer „Spring Drive“-Uhr aufmerksam durch, um ihre optimale Nutzung zu gewährleisten. Heben Sie diese Bedienungsanleitung gut auf, um jederzeit wieder nachlesen zu können.

Vous êtes maintenant l'heureux propriétaire d'une Montre Spring Drive, Cal. 5R64, 5R65. Pour en obtenir les meilleurs résultats, veuillez lire attentivement les instructions de cette brochure avant d'utiliser votre Montre Spring Drive. Veuillez conserver ce manuel à portée de la main pour pouvoir vous y référer facilement.

Congratulazioni per l'acquisto di questo nuovo orologio con trascinamento a molla ("Spring Drive"), Cal. 5R64 o 5R65. Per ottenere i massimi risultati dall'orologio leggere attentamente questo manuale di istruzioni prima di passare all'uso dell'orologio stesso, e conservarlo poi per qualsiasi eventuale futura consultazione.

Usted es ahora un orgulloso propietario de un Reloj Spring Drive Cal. 5R64, 5R65. Para los mejores resultados, por favor, lea cuidadosamente las instrucciones de este panfleto antes de utilizar este Reloj Spring Drive. Le rogamos guardar este manual a mano para futura referencia.

Você pode agora sentir-se orgulhoso de possuir um Relógio Spring Drive Cal. 5R64, 5R65. Para obter os melhores resultados, leia atentamente as instruções contidas neste opúsculo antes de usar o relógio. Conserve este manual para consultas futuras.

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## FEATURES

English Spring Drive, the unique mechanism made available only by SEIKO technology, ensures high accuracy while using the mainspring as its sole power source.

The watch will work continuously for approximately 72 hours (three days) when the mainspring is fully wound. The watch features a power reserve indicator to show the winding state of the mainspring. Glide-motion second hand works in a perfectly smooth movement.

This is an automatic watch equipped with a manual winding mechanism. When first using the watch, manual winding is convenient.

The caliber 5R65 has a second hand in the center of the dial. The caliber 5R64 has a small second hand at the 9 o'clock position on the dial.

### CAUTION

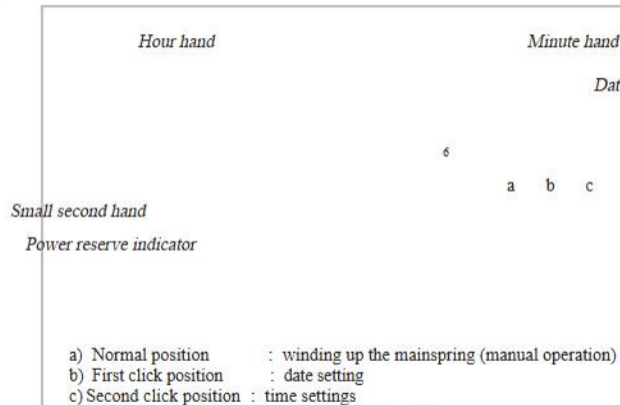
- This watch is powered by the mainspring. To ensure constant operation of the watch, be sure to wind up the mainspring sufficiently before the power reserve indicator points to "0."
- The watch may stop if the power reserve indicator is showing less than one-sixth, especially if it is left at a temperature below 0°C.

## NAMES OF THE PARTS



- a) Normal position : winding up the mainspring (manual operation)
- b) First click position : date setting
- c) Second click position : time setting

[Caliber 5R65]



[Caliber 5R64]

## HOW TO USE

This watch is an automatic watch equipped with a manual winding mechanism.

- When the watch is worn on the wrist, the motion of the wearer's arm winds the mainspring of the watch.
- If your watch is completely stopped, it is recommended that you manually wind the mainspring by turning the crown.

The caliber 5R64 and 5R65 have the same usage. The following section of this manual will provide explanation by using the caliber 5R65 as an example.

### • How to manually wind the mainspring by turning the crown

1. Slowly turn the crown clockwise (the 12 o'clock direction) to wind the mainspring.
  - \* With manual winding, if you give the crown five full rotations, it provides the power to run the watch for approximately ten hours.
  - \* Turning the crown counterclockwise (the 6 o'clock direction) does not wind the mainspring.

2. Wind the mainspring until the power reserve indicator shows a full-wound state. The second hand will start moving.

- \* *To check the winding state of the mainspring, refer to "HOW TO READ THE POWER RESERVE INDICATOR" on page 14.*
- \* *There is no need to turn the crown further when the mainspring is fully wound. But the crown can be turned without damaging the watch mechanism.*

#### ● HOW TO SET THE TIME AND DATE

When setting the date and time, ensure that the watch is working: the main spring is sufficiently wound.

1. Pull out the crown to the first click. (The second hand continues moving.)

1

*First click position*  
*Normal position*

2. Turn the crown counterclockwise (the six o'clock direction) to set the date to the previous date.

- \* *Do not change the date while the watch hands show any time between 9:00 PM and 1:00 AM. Date setting during this time period may prevent the date from changing correctly on the following day. To avoid this, pull out the crown to the second click, and turn it counterclockwise (the six o'clock direction) to temporarily advance the hands to show any time after 1:00 AM. Then push the crown back to the first click to set the date.*

Example:

When you wish to set the date to the sixth, set to the fifth at this point.

5

- 6
3. At the time when the second hand points to 12 o'clock (zero seconds), pull out the crown to the second click to stop the second hand. Turn the crown counterclockwise (the six o'clock direction) to advance the time until the watch shows the correct date.

- 6
4. While keeping the crown at the second click position, slowly turn it counterclockwise (the six o'clock direction) to advance the minute and hour hand to the correct time taking AM and PM into consideration.

\* *The date changes once every 24 hours. When setting the time, make sure that AM/PM is properly set.*

5. Push the crown back in to the normal position in accordance with a time signal. Immediately, the second hand will start moving.

#### Tips for more accurate time setting

- Take notice of the following points in order to set the time more accurately.
  1. Before setting the time, wind the mainspring until the power reserve indicator shows a full-wound state.
  2. When using a watch after it has stopped, wait approximately 30 seconds after the second hand starts moving, and then pull the crown out to the second click.
  3. Do not stop the second hand with the crown being at the second click position for thirty minutes or longer. If the time the crown has been at the second click position and the second hand has been stopped exceeds 30 minutes, push the crown back in to its original position, and let the second hand move for 30 seconds or longer, then restart the time setting.

## &lt;Date setting&gt;

The watch displays the date from the 1st to 31st every month so that manual date adjustment is only required on the first day after a month that has less than 31 days.

Example: To set the date on the morning of the 1st day of a month that follows a non-31day month.

1. The date displayed will be "31" instead of "1."  
Pull out the crown to the first click.

31

*First click position*

*Normal position*

2. Turn the crown counterclockwise (the six o'clock direction) to set the date to "1."
  - \* Do not change the date while the watch hands show any time between 9:00 PM and 1:00 AM. Date setting during this time period may prevent the date from changing correctly on the following day. To avoid this, pull out the crown to the second click, and turn it counterclockwise (the six o'clock direction) to temporarily set the hands to show any time out of this time period. Then push the crown back to the first click to set the date.
3. After completing the date setting, push the crown back in to the normal position.

## HOW TO READ THE POWER RESERVE INDICATOR

- The power reserve indicator lets you know the winding state of the mainspring.
- Before removing the watch from your wrist, observe the power reserve indicator to check if the watch has enough power stored to keep running until the next time you wear it. If necessary, wind the mainspring. (To prevent the watch from stopping, wind the mainspring to store the excess power that will allow the watch to run for extra time.)

- \* When the mainspring is fully wound, the crown can be turned further, or the mainspring may wind without damaging the mainspring itself. The mainspring of the watch employs a slipping mechanism, an automatic watch specific mechanism, to prevent the mainspring from over-winding.
- \* The orientation of “the power reserve indicator” may slightly vary depending on the model.

### ● Remarks on the automatic mechanism of the mainspring

The correlation between the number of hours the watch is worn and the winding state of the mainspring is provided below for your reference. However, the winding state of the mainspring may vary depending on actual use conditions, such as the number of hours you wear the watch or the extent of your movement while wearing it. It is recommended that you observe the power reserve indicator to check the level of remaining power of your watch.

The mainspring of the watch becomes fully wound when it is worn for twelve hours for three to five consecutive days.

- \* In a case where you wear the watch for a short period of time each day, observe the power reserve indicator to check the level of the remaining power. If necessary, manually wind the mainspring.

Power Reserve Indicator	Fully wound	Half wound	Unwound
The winding state of the mainspring			
The number of hours the watch can run	Approximately 72 hours (3 days)	Approximately 36 hours (1 day and a half)	The watch either stops or is running down.

observe

## TO PRESERVE THE QUALITY OF YOUR WATCH

### CAUTION

#### ● CARE OF YOUR WATCH

- The case and band touch the skin directly. Keep the case and band clean at all times. Use of an unclean watch will not only soil the sleeve edge of clothing but may also cause skin irritations.
- When you take the watch off, wipe off moisture, sweat or soil with a soft dry cloth as soon as possible. This will help to extend the life of the case, band and gasket.

#### <Leather strap>

- Gently blot up the moisture using a soft dry cloth. Do not rub the leather, as this will cause abrasions or discoloration.

#### <Metal bracelet>

- Clean the metal bracelet with a soft toothbrush dipped in clean or soapy water. Be careful not to get water on the case.

### CAUTION

- RASH AND ALLERGIC REACTION
  - Adjust the band to allow a little clearance with your wrist to ensure proper airflow.
  - Prolonged and/or repeated contact with the band may cause skin irritation or dermatitis for those susceptible.
  - Possible causes of dermatitis
    - Allergic reaction to metals or leathers
    - Rust, contamination or perspiration accumulated on the watch case or band.
  - If you should develop any allergic symptoms or skin irritation, immediately stop wearing the watch and seek medical attention.
- WATER RESISTANCE
  - Non-water resistance
 

If "WATER RESISTANT" is not inscribed on the case back, your watch is not water resistant, and care should be taken not to get it wet as water may damage the movement. If the watch becomes wet, we suggest that you have it checked by the retailer from whom the watch was purchased or SERVICE CENTER.

- Water resistance (3 bar)

If “WATER RESISTANT” is inscribed on the case back, your watch is designed and manufactured to withstand up to 3 bar, such as accidental contact with splashes of water or rain, but it is not designed for wearing while swimming or diving.

- Water resistance (5 bar)\*

5 bar WR

If “WATER RESISTANT 5 BAR” is inscribed on the case back, your watch is designed and manufactured to withstand up to 5 bar and is suitable for wearing while swimming, yachting and taking a shower.

- Water resistance (10 bar/15 bar/20 bar)\*

10/15/20  
bar WR

If “WATER RESISTANT 10 BAR”, “WATER RESISTANT 15 BAR” or “WATER RESISTANT 20 BAR” is inscribed on the case back, your watch is designed and manufactured to withstand up to 10 bar/15 bar/20 bar, respectively, and is suitable for wearing while taking a bath or shallow diving, but not for scuba diving. We recommend that you wear a SEIKO Diver’s watch while scuba diving.

- \* *Before using a water resistant 5, 10, 15 or 20 bar watch in water, make sure the crown is pushed in completely.  
Do not operate the crown when the watch is wet or in water. If used in sea water, rinse the watch in fresh water and dry it completely.*

- \* *When taking a shower while wearing a water resistant 5 bar watch, or taking a bath while wearing a water resistant 10, 15 or 20 bar watch, make sure to observe the following:*

- *Do not operate the crown when the watch is wet with soapy water or shampoo.*
- *If the watch is left in warm water, a slight time loss or gain may be caused. This condition, however, will be corrected when the watch returns to normal temperature.*

**NOTE:**

*Pressure in bar is a test pressure and should not be considered as corresponding to an actual diving depth since swimming movements tend to increase the pressure at a given depth. Care should also be taken when wearing and diving into water.*

**PRECAUTIONS ON WEARING YOUR WATCH**

- There is a possibility of injury caused by wearing the watch on your wrist especially if you fall down or bump into other people or objects.
- Exercise care when you hold an infant or small child while wearing the watch on your wrist, as the infant or child may be injured or develop an allergic reaction caused by direct contact with the watch.
- Avoid undue shocks such as dropping or scratching against hard surfaces or playing active sports, which may cause temporary malfunctions.

## PLACES TO KEEP YOUR WATCH

- Avoid storing the watch in temperatures outside the normal range (below  $-10\text{ C}$  or above  $+60\text{ C}$ ), as the electronic components may cease to function normally or the watch may stop.
- Do not leave the watch in a place where it will be subjected to strong magnetism (for example, near television sets, loudspeakers or magnetic necklaces).
- Do not leave the watch where there is strong vibration.
- Do not leave the watch in dusty places.
- Do not expose the watch to chemical substances or gases.  
(Ex.: Organic solvents such as benzine and thinner, gasoline, nail polish, cosmetic sprays, detergents, adhesives, mercury, and iodine antiseptic solution.)
- Do not leave the watch in close contact with hot spring water.

## PERIODIC CHECKS

- Inspection and overhaul of the watch will be performed by SEIKO. When you take your watch to the retailer from whom the watch was purchased, make sure that the watch will be serviced by SEIKO.
- We suggest that you have your watch checked once every three or four years to inspect whether the watch needs lubrication, or if there are any oil contaminated parts that need to be replaced to prevent malfunction. If the gasket is worn out, perspiration or water may penetrate the case, which damages the water resistant quality.
- Specify use of SEIKO genuine parts if parts replacement is required.
- Make sure to have the gasket and pushpin replaced when the watch is checked.

## TROUBLESHOOTING

Trouble	Possible causes	Solutions
The watch stops operating.	The power supplied by the mainspring has been consumed.	Refer to "HOW TO USE" to wind the mainspring and reset the time. While you are wearing the watch or when you take it off, check the remaining power shown by the power reserve indicator and wind the mainspring if necessary.
Even though you wear the watch every day, the power reserve indicator does not move up.	The watch is worn on your wrist only for a short period of time, or the amount of arm movement is small.	Wear the watch for an extended period of time, or when taking off the watch, turn the crown to wind the mainspring if the remaining power shown by the power reserve indicator is not sufficient for the next use.
The watch temporarily gains or loses time	The watch has been left or worn in extremely high or low temperatures.	Return the watch to a normal temperature so that it works accurately as usual, and then reset the time. The watch has been adjusted so that it works accurately when it is worn on your wrist under a normal temperature range between 5 and 35 .
	The watch has been left close to an object with a strong magnetic field.	Correct this condition by moving and keeping the watch away from the magnetic source. If this action does not correct the condition, contact the retailer from whom the watch was purchased.
	You drop the watch, hit it against a hard surface, or wear it while playing active sports. The watch is exposed to strong vibrations.	Reset the time. If the watch does not work accurately as usual after resetting the time, contact the retailer from whom the watch was purchased.
The inner surface of the glass is clouded.	Moisture has entered the watch because the gasket has deteriorated.	Contact the retailer from whom the watch was purchased.
The watch stops even though the power reserve indicator is not showing "0".	The watch has been left under a temperature below 0°C.	If the watch is left under a temperature below 0 , it may stop if the power reserve indicator is showing less than one-sixth. In such a case, turn the crown to wind the mainspring.
Right after starting the watch, it seems that the second hand moves quicker than usual when setting the time.	When starting the watch, it takes a little time before the adjustment function starts working (this is not a malfunction).	It takes several seconds before the adjustment function starts working. Set the time after the second hand moves for approximately 30 seconds to set the time correctly.

\* Contact the retailer from whom the watch was purchased for any other troubles.

## SPECIFICATIONS

- |   |                                       |  |
|---|---------------------------------------|--|
| 1 | Features .....                        | 3 hands (Hour and Minute hands, Second hand or Small second hand), Date display, Power Reserve Indicator   |
| 2 | Frequency of crystal oscillator ..... | 32,768 Hz (Hz = Hertz ... Cycles per second)   |
| 3 | Loss/gain .....                       | Within 15 seconds per month (equivalent to 1 <input type="text"/> second per day) (If the watch is worn on your wrist within normal temperature range between 5 C and 35°C.) |
| 4 | Operational temperature range .....   | -10 C ~ +60 C °<br>Under a low-temperature condition (below 0 C), ° always keep at least one-sixth of the watch power shown by the power reserve indicator.                  |
| 5 | Driving system .....                  | Spring Drive (Automatic type with manual winding function)   |
| 6 | Hand movement .....                   | Glide-motion second hand   |
| 7 | Continuous operating time .....       | Approx. 72 hours (Approx. 3 days) *If the power reserve indicator shows the power supplied by the mainspring is full before starting the watch.                              |
| 8 | IC (Integrated Circuit) .....         | Oscillator, frequency divider, and spring drive control circuit ( C-MOS-IC: 1 piece)   |
| 9 | Jewels .....                          | 5R64: 32 jewels, 5R65: 30 jewels   |

\* The specifications are subject to change without prior notice for product improvements.