



PULSAR

CAL. 7S26

AUTOMATIC DIVER

TIME/CALENDAR

- Hour, minute and second hands
- Date
- Day

200 METER WATER RESISTANCE

- Suitable for scuba diving

ROTATING BEZEL

- Elapsed time measurement during diving (up to 60 minutes)

SCREW DOWN CROWN

ENGLISH



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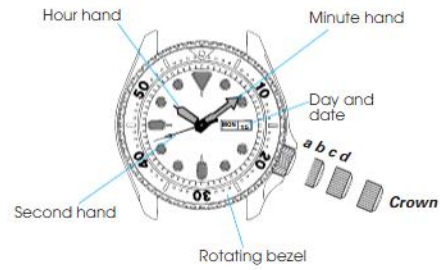
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DISPLAY AND CROWN/BUTTONS

English



a: Screwed-in position b: Normal position c: First click d: Second click

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2-3



SCREW DOWN CROWN

[for models with screw down crown]

Unlocking the crown

- 1 Turn Crown counterclockwise until you no longer feel the threads turning.
- 2 Crown can be pulled out.



Locking the crown

- 1 Push Crown back in to normal position.
- 2 Turn Crown clockwise while pressing it lightly until tight.



English

3



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HOW TO START THE WATCH

This is an automatic mechanical watch.

- To initially start your watch:

Swing it from side to side in a horizontal arc for about 30 seconds.

* If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.

* If the watch is used without being wound up sufficiently, gain or loss of the watch may result. To avoid this, wear the watch for more than 8 hours a day.

English



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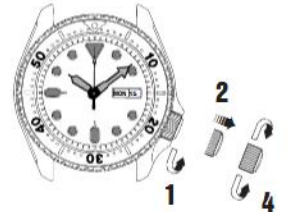
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TIME/CALENDAR SETTING

CROWN

- 1 Unlock the crown by turning it counterclockwise.
- 2 Pull out the crown to the first click.
- 3 Turn the crown clockwise until the previous day's date appears.
- 4 Turn the crown counter clockwise until the previous day of the week in the desired language appears.



English

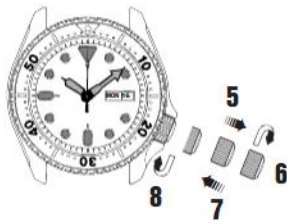
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English



CROWN

- 5 Pull out the crown to the second click.
- 6 Turn the crown to advance the hands until the date and day change to the next. When they have changed, the time is set for the A.M. period. Keep advancing the hands to set the correct time.
- 7 Push back the crown.
- 8 Lock the crown by turning it clockwise while pressing it.

6 * Do not change the day or the date between 9:00 p.m. and 4:00 a.m.



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6-7

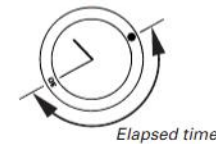


English

- * Turn the hands past the 12 o'clock marker to determine whether the watch is set for the A.M. or P.M. period. If the calendar changes when the hour hand passes the 12 o'clock marker, the time is set for A.M. If the calendar does not change, the time is set for P.M.
- * When setting the hands, first set them to a time a few minutes earlier than the correct time, and then advance them to the exact time.
- * It is necessary to adjust the date at the end of February and 30-day months.

ROTATING BEZEL

The rotating bezel can show up to 60 minutes of elapsed time.



- 1 Turn the rotating bezel to align the "●" mark to the minute hand.

- 2 When time has elapsed, read the number on the rotating bezel.

Example: Starting time : 10:10
 Finishing time : 10:40
 Elapsed time : 30 minutes

* For safety's sake, the rotating bezel rotates only counterclockwise, so that the time measured is never shorter than the actual elapsed time.

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PRECAUTIONS

Before diving, make sure that the watch operates normally and be sure to observe the precautions described below.
Do not attempt to dive using the watch unless you have been properly trained in diving. Abide by the rules of diving for safety's sake.

BEFORE DIVING

- Do not use the watch for saturation diving using helium gas.
- Check that:
 - the crown is locked tightly in place.
 - there are no visible cracks in the crystal or the watch band.
 - the strap or bracelet is securely fastened to the watch case.
 - the buckle keeps the strap or bracelet firmly secured to the wrist.
 - the rotating bezel turns counterclockwise smoothly (the rotation must not be too loose or too tight) and the "●" mark aligns with the minute hand.
 - the time and calendar are appropriately set.

If there are any malfunctions, we recommend that you contact an AUTHORIZED PULSAR DEALER or SERVICE CENTER.

WHILE DIVING

- Do not operate the crown when the watch is wet or in water.
 - Take care not to hit the watch against hard objects such as rocks.
- 8 ● Bezel rotation may become slightly harder in the water but this is not a malfunction.



AFTER DIVING

- After checking that the crown is screwed in completely, rinse the watch in fresh water, and wash out all seawater, soil, sand, etc.
- After cleaning the watch in fresh water, be sure to wipe it thoroughly dry to prevent possible rust on the case.

TO PRESERVE THE QUALITY OF YOUR WATCH

- Repair of diver's watches requires special expertise and equipment. If you find that your diver's watch is malfunctioning, therefore, never attempt to repair it but immediately send it to a nearby AUTHORIZED PULSAR DEALER or SERVICE CENTER.





LUMIBRITE™

LumiBrite is a newly developed luminous paint that is completely harmless to human beings and the natural environment, containing no noxious materials such as radioactive substances.

LumiBrite absorbs the energy of sunlight or artificial light in a short time and stores it to emit light in the dark. For example, if exposed to a light of more than 500 lux for approximately 10 minutes, LumiBrite can emit light for 5 to 8 hours.

Please note, however, that, as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

When you make a dive in dark water, LumiBrite may not emit light unless it has absorbed and stored light sufficiently.

Before diving, therefore, be sure to expose the watch to light under the conditions specified above, so that it fully absorbs and stores light energy. Otherwise, use the watch together with an underwater flashlight.

< Reference data on luminance >

- (A) Sunlight
[Fine weather]: 100,000 lux [Cloudy weather]: 10,000 lux
- (B) Indoor (Window side during daytime)
[Fine weather]: more than 3,000 lux [Cloudy weather]: 1,000 to 3,000 lux
[Rainy weather]: less than 1,000 lux
- (C) Lighting apparatus (40-watt daylight fluorescent light)
[Distance to the watch: 1 m]: 1,000 lux
[Distance to the watch: 3 m]: 500 lux (average room luminance)
[Distance to the watch: 4 m]: 250 lux

* "LUMIBRITE" is a trademark of SEIKO CORPORATION.

English

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TO PRESERVE THE QUALITY OF YOUR WATCH

WATER RESISTANCE

● Non-water resistant



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 an AUTHORIZED PULSAR DEALER 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 swimming or diving.

● Water resistance (5 bar)*



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 swimming, yachting and taking a shower.

● Water resistance (10 bar/15 bar/20 bar)*



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 and is suitable for taking a bath, shallow diving, but not for scuba diving. We recommend that you wear a PULSAR Diver's watch for scuba diving.

English

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- * Before using the water resistance 5, 10, 15 or 20 bar watch in water, be 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 with the water resistance 5 bar watch, or taking a bath with the water resistance 10, 15 or 20 bar watch, be 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 actual diving depth since swimming movement tends to increase the pressure at a given depth. Care should also be taken on diving into water.

TEMPERATURES

Your watch works with a stable accuracy within a temperature range of 5°C and 35°C (41°F and 95°F).

12 Do not leave your watch in very low temperatures below -5°C (+23°F) for



a long time since the cold may cause a slight time loss or gain. However, the above conditions will be corrected when the watch returns to normal temperature.

English

English

MAGNETISM

Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

**SHOCKS & VIBRATION**

Light activities will not affect your watch, but be careful not to drop your watch or hit it against hard surfaces, as this may cause damage.

**CHEMICALS**

Be careful not to expose the watch to solvents, mercury, cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc., may become discolored, deteriorated or damaged.

**CARE OF CASE AND BRACELET**

To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

**PERIODIC CHECK**

It is recommended that the watch be checked once every 2 to 3 years. Have your watch checked by an AUTHORIZED PULSAR DEALER or SERVICE CENTER to ensure that the case, crown, buttons, gasket and crystal seal remain intact.

**PRECAUTION REGARDING CASE BACK PROTECTIVE FILM**

If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch.



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