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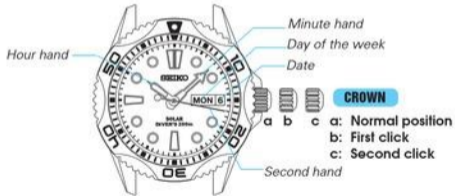


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SEIKO CAL. V157/V158

■ TIME/CALENDAR



HOW TO CHARGE AND START THE WATCH

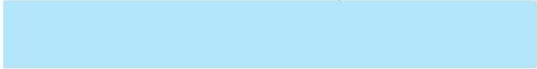
- When you start the watch or when the energy in the rechargeable battery is reduced to an extremely low level, charge it sufficiently by exposing the watch to light.
- **Instant-start function:**
When the watch is exposed to sunlight or strong artificial light (of more than 1,000 lux), it will start operating immediately with the second hand moving at 2-second intervals.

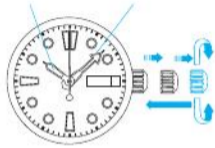


- 1 Expose the watch to sunlight or strong artificial light.
 - * When the watch has stopped operating, the second hand will start moving at 2-second intervals.
- 2 Keep the watch exposed to the light until the second hand moves at 1-second intervals.
- 3 When the watch is charged after it has completely stopped, set the date, day and time before wearing the watch.
 - * See "GUIDELINE OF CHARGING TIME/ACCURACY".

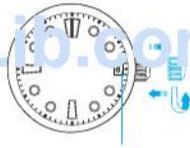


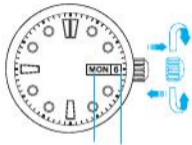
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