

INSTRUCTION MANUAL

Thank you for your purchase of our product. Before using the watch, read this instruction manual carefully to ensure correct use.

After reading the manual, store it in a safe place for future reference.

Safety precautions — IMPORTANT

This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire sheet and understand the meaning of the following symbols:

■ Safety advisories are categorized and depicted in this manual as follows:

	DANGER	Highly likely to cause death or serious injury
	WARNING	Can cause serious injury or death
	CAUTION	Can or will cause minor or moderate injury or damage

■ Important instructions are categorized and depicted in this manual as follows:

	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.
	Warning (caution) symbol followed by prohibited matters.

Before using this watch

Band adjustment

We do not recommend attempting to adjust the watch band yourself. If not adjusted correctly, the band may become detached leading to an injury or loss of your watch. (Some retailers may supply a band adjustment tool with your purchase).

For band adjustment, we recommend you consult the retailer where the watch was purchased or your nearest authorized service center.

Some repair shops may charge a nominal fee for adjustment if the watch was not purchased directly from them.

Protective stickers

Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

How to use a specially designed crown/push button

Some models are equipped with a specially designed crown and/or push button to prevent accidental operation.

Screw down crown and screw down push button

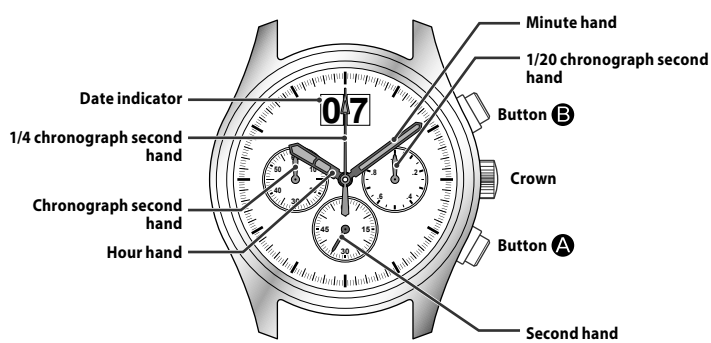
Unlock the crown prior to operate your watch.

	Unlock	Lock
Screw down crown	 Rotate the crown counterclockwise until it releases from the case.	 Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.
Screw down push button	 Rotate the locking screw counterclockwise, and loosen until it stops.	 Rotate the locking screw clockwise, and tighten firmly.

Recessed buttons

Press the button with a narrow-tipped object such as a wooden toothpick.

Parts identification

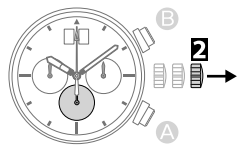


• The actual appearance of the watch may differ from the illustrations on this instruction manual.

Adjusting the time

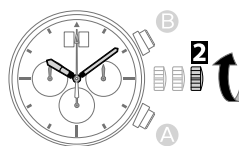
1 Pull the crown out to position 2 when the second hand points to 0 second.

- All the hands stop.
- Chronograph is reset.

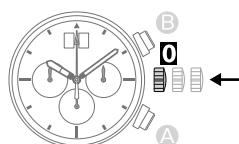


2 Rotate the crown clockwise to adjust the time.

- Be sure to adjust the time with AM or PM properly selected.
- When the watch shows around 12:00 AM, the date indicator starts to change. The date indicator does not change by rotating the crown counterclockwise.



3 Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.

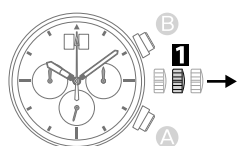


Adjusting the calendar

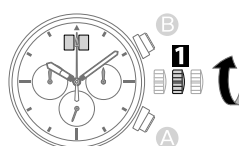
Adjust the date indication on the first days of March, May, July, October and December.

- When the time on the watch is between 11:00 p.m. and 3:00 a.m., do not execute the quick date indicator adjustment. Otherwise the date indication may change improperly.

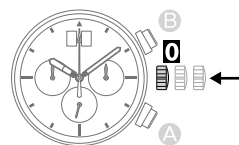
1 Pull the crown out to position 1.



2 Rotate the crown clockwise to adjust the calendar.



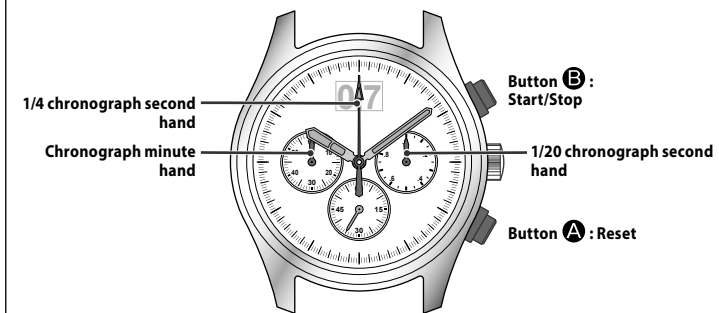
3 Push the crown in to position 0 to finish the procedure.



Using the chronograph

The 60-minute chronograph can indicate a maximum of 59' 59.95".

- After one hour of continuous chronograph operation, the chronograph automatically stops.
- 1/20 chronograph second hand automatically stops 30 seconds later from the start. When the chronograph is stopped, the hand points 1/20 chronograph second to show the chronograph time.
- The current time is shown while the chronograph works.

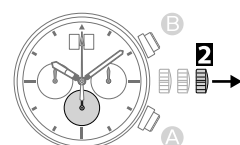


Correcting the reference position of chronograph second hands

Adjust the positions of 1/4 chronograph second hand and/or 1/20 chronograph second hand in the case that the hands do not point to 0 after resetting the chronograph.

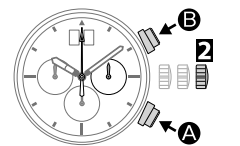
1 Pull the crown out to position 2.

- All the hands stop.
- Adjust the time after adjusting the chronograph second hands.

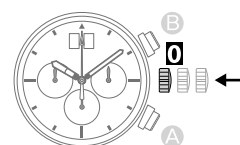


2 Press button A or B to correct the position of the chronograph second hands to point to 0 seconds.

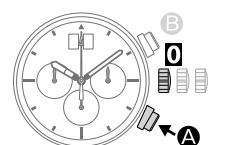
- Button A: 1/20 chronograph second hand
- Button B: 1/4 chronograph second hand
- Each time you press the button, the hand moves 1 step each.
- While you press and hold the button, the hand moves continuously.



3 Push the crown in to position 0.



4 Press button A to finish the procedure.



Precautionary items and usage limitations

CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed.

CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do NOT operate the crown or any push buttons when the watch is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or authorized service center for inspection and/or repair.
- Even if your watch has a high level of water resistance, please be careful of the following:
 - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
 - Do not pour water from a tap directly onto your watch.
 - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

CAUTION When Wearing Your Watch

<Band>

- Leather, genuine skin and rubber (urethane) bands will deteriorate over time due to perspiration, body oils and dirt. Be sure to replace the band periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.
- Please request adjustment or repair of the band in the following cases:
 - You notice an abnormality with the band due to corrosion.
 - The pin of the band is protruding.
- We do not recommend attempting to adjust the watch band yourself. Special expertise and experience is required for proper adjustment. If not adjusted correctly, the band may become detached leading to loss of your watch. (Some retailers may supply a band adjustment tool with your purchase).
- For band adjustment, we recommend you consult the retailer from where the watch was purchased or your nearest authorized service center. Some repair shops may charge a nominal fee for adjustment if the watch was not purchased directly from them.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature.

<Magnetism>

- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from indicating the correct time. Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note that the watch may operate erratically or not at all if exposed to intense static electricity.

<Chemicals, Corrosive Gasses and Mercury>

- If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Protective Stickers>

- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

CAUTION Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin in the same manner as undergarments. Corrosion of the metal or unnoticed soiling such as that caused by perspiration and dirt can soil sleeves and other portions of clothing. Keep your watch clean at all times.
- The case and band of the watch come into direct contact with the skin. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician. In the case of accumulation of sweat or dirt on a metal band or case, clean thoroughly using a brush and neutral detergent. In the case of a leather or rubber (urethane) band, wipe clean using a dry cloth.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For a metallic, plastic or rubber (urethane) watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

<When Luminous Paint is used for your watch>

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place. It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

CAUTION Battery Handling

- Do not attempt to recharge an old battery.
- Do not dispose an old battery into a fire.
- Keep batteries out of reach of children.
- In the event a battery is swallowed, immediately consult a physician.
- Do not disassemble, modify, or heat the battery. Doing so may cause an accident.
- If a depleted battery is left in your watch, damage may be caused by leakage of battery fluid. Be sure to replace the battery promptly.
- Always be sure to select a battery of the correct specifications when replacing the battery.

Warranty and Service

<Free Guarantee>

In the case a malfunction has occurred during the course of normal use while the watch is still under warranty, the watch will be repaired free of charge in accordance with the conditions of the warranty included with this manual.

<Stock Period of Repair Parts>

Our standard period for stocking repair parts for each model is generally four years. When an exterior part such as the watch case, glass, dial, hand, crown or band is damaged, a spare part with different appearance may sometimes be used.

<Repair Period>

Repairs can be performed on your watch within the repair parts stock period even after the free guarantee has expired. However, you will be charged for these repairs. Please take the watch to the shop where you purchased it and ask whether it can be repaired because the repair period varies according to the conditions of use, environment and so forth. Moreover, there are cases in which it is difficult to restore the watch to its original accuracy when decreased accuracy has resulted from long-term use.

<Change of Address or Receiving as a Gift>

In the event that you have moved or have received your watch as a gift, and are not able to bring your watch to the shop where it was purchased for servicing, please consult your authorized service center.

<Periodic Inspection (Charge Basis)>

- Water resistance
 - As the water resistance will be reduced over time, you should have your watch inspected and its water resistance verified every 2-3 years (charge basis) to extend its life and ensure safety. To maintain its water resistance, it is recommended to request us to replace the packings and other parts of your watch.
- Disassembling for internal cleaning (repair)
 - You should have your watch disassembled and its internal components cleaned periodically to extend its life. Lubrication oils are used to reduce wearing of moving parts such as gears. However, over time the lubrication oils will degrade and wear will increase, eventually resulting in malfunction. Please have your watch undergo internal cleaning every 3-5 years (although the maintenance frequency depends on the usage circumstances).

<Batteries>

The battery was installed in your watch at factory is a monitor-use battery which monitors the functions and special features of your watch. You should keep in mind that the life of your battery could be shorter than the specified period is up.

Even in the event that the battery runs out before the time specified in the guarantee, there will be a fee for replacing the battery.

- When the battery life has reached the end, replacing the battery will be charged even without the warranty period.

<Other Inquiries>

If you have any questions regarding the warranty, repairs or other matters, please inquire at the shop where you purchased your watch or your authorized service center.

Customer Support Center

- Access is also possible from cellular phone and PHS.
- Please turn on caller ID for your phone before calling. If caller ID is turned off, please dial "186" before dialing the phone number.
- For the purpose of improving the quality of our support service, phone conversations are recorded. Support is provided in Japanese only.

MB service center

TEL: 03-5613-8278

Business hours: 9:30-12:00/13:00-17:00 (Monday thru Friday excluding holidays) 3-24-4 Ayase, Adachi-ku, Tokyo (Postal code: 120-0005)

Water resistance

WARNING Water Resistance

- Refer to the watch dial and the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. (The unit "lbar" is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) xx bar may also be indicated as W. R. xx bar.
- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.

- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba or saturated diving using helium gas.

Name	Indication		Water-related use				
	Dial or Case back	Specification	Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Operate the crown or button when the watch is wet
Non-water resistant	-	Non-water resistant	NO	NO	NO	NO	NO
Everyday-use water resistant watch	WATER RESIST(ANT)	Water-resistant to 3 atmospheres	OK	NO	NO	NO	NO
Upgraded everyday use water-resistant watch	WATER RESIST(ANT) 5 bar	Water-resistant to 5 atmospheres	OK	OK	NO	NO	NO
	WATER RESIST(ANT) 10/20 bar	Water-resistant to 10 or 20 atmospheres	OK	OK	OK	NO	NO