• To see details of specifications and operations, refer to the instruction manual.

### Component identification

![Component identification diagram]

#### Setting the time

1. **Press and release the upper left button **M** repeatedly to change the mode to [TIME].**

2. **Press and hold the upper right button **B** for 2 seconds or more.**
   - The “second” on the digital indication starts blinking and becomes adjustable.

3. **Press the lower right button **A** in accordance with a reliable time source.**

4. **Press and release the upper right button **B** repeatedly to change the target to be set.**
   - Each time you press the button, the target changes as follows:

<table>
<thead>
<tr>
<th>Second</th>
<th>Minute</th>
<th>Hour</th>
</tr>
</thead>
<tbody>
<tr>
<td>09</td>
<td>35</td>
<td>12</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Analog indication 2</th>
<th>Analog indication 1</th>
<th>12/24 hour basis</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEC</td>
<td>ALARM</td>
<td></td>
</tr>
<tr>
<td></td>
<td>DU. T</td>
<td></td>
</tr>
</tbody>
</table>

5. **Press and release the lower right button **A** to adjust the target.**
   - Pressing and holding the button changes indication continuously when adjusting “hour” and “minute”.
   - “A” or “P” is displayed to indicate AM or PM in 12-hour basis indication.
   - When setting the analog indication 1, set it to the same time as that of the digital indication. Pressing and holding the button changes indication continuously.
   - When setting the analog indication 2, set its hand to the 12 o’clock position. Pressing and holding the button changes indication continuously. Pressing button **B** after setting the analog indication 2 finishes time setting.

6. **Repeat steps 4 and 5 to set other targets.**

7. **Press and release the upper left button **M** to finish the procedure.**

### Using the light

1. **Press the lower left button **C**.**
   - The light turns on.

### Changing indication of the analog indication 2

1. **Press and release the upper left button **M** repeatedly to change the mode to any one other than [CHR].**

2. **Press and release the upper right button **B** repeatedly to change the indication.**
   - “▲” on the digital indication shows the current indication of the analog indication 2.

<table>
<thead>
<tr>
<th>▲</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEC</td>
<td>The “second” of the time of the mode [TIME]</td>
</tr>
<tr>
<td>ALARM</td>
<td>The “hour” of the alarm time set</td>
</tr>
<tr>
<td>DU. T</td>
<td>The “hour” of the dual time</td>
</tr>
</tbody>
</table>

• Actual appearance may differ from the illustration.
**Setting the calendar**

The calendar of this watch does not have to be adjusted manually until December 31, 2099 including leap years.

- The year and month are indicated only when setting the calendar.

1. **Press and release the upper left button M repeatedly to change the mode to [DATE].**
2. **Press and hold the upper right button B for 2 seconds or more.**
   - The “month” on the digital indication starts blinking and becomes adjustable.
3. **Press and release the upper right button B repeatedly to change the target to be set.**
   - Each time you press the button, the target changes as follows:
     - Month → date → year
   - The day of week is set automatically.
4. **Press and release the lower right button A to adjust the target.**
   - Pressing and holding the button changes indication continuously.
5. **Repeat steps 3 and 4 to set other targets.**
6. **Press and release the upper left button M to finish the procedure.**

**Using the dual time**

You can see the time of another place in the [DU. T] (dual time) mode.

- You can adjust the dual time in 10-minute increments.

**Indicating the dual time**

1. **Press and release the upper left button M repeatedly to change the mode to [DU. T].**
   - “L” appears in the next of the second of the digital indication and the dual time is indicated.

**Setting the time of the dual time**

1. **Press and release the upper left button M repeatedly to change the mode to [DU. T].**
2. **Press and hold the upper right button B for 2 seconds or more.**
   - The “hour” on the digital indication starts blinking and becomes adjustable.
3. **Press and release the lower right button A to adjust the hour.**
   - Pressing and holding the button changes indication continuously.
4. **Press and release the upper right button B.**
   - The tens digit of the “minute” on the digital indication starts blinking and becomes adjustable.
5. **Press and release the lower right button A to adjust the minute.**
   - Pressing and holding the button changes indication continuously.
6. **Press and release the upper left button M to finish the procedure.**