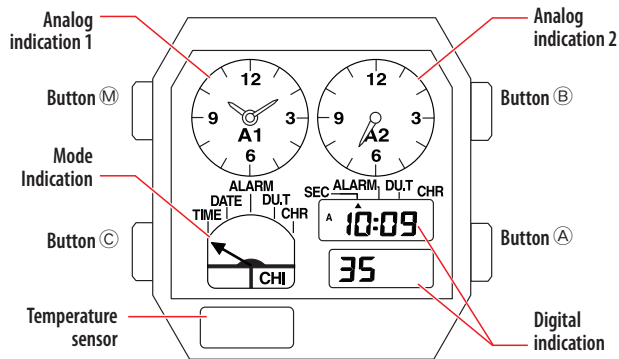


- To see details of specifications and operations, refer to the instruction manual.

## Component identification



- Actual appearance may differ from the illustration.

## Using the light

- Press the lower left button (C).  
The light turns on.

## Changing indication of the analog indication 2


- Press and release the upper left button (M) repeatedly to change the mode to any one other than [CHR].
- Press and release the upper right button (B) repeatedly to change the indication.

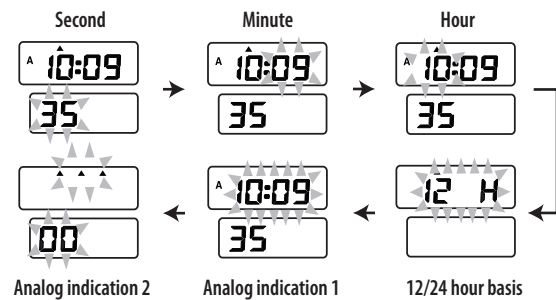
“▲” on the digital indication shows the current indication of the analog indication 2.



▲	Indication
SEC	The “second” of the time of the mode [TIME]
ALARM	The “hour” of the alarm time set
DU. T	The “hour” of the dual time

## Setting the time

- Press and release the upper left button (M) repeatedly to change the mode to [TIME].
- Press and hold the upper right button (B) for 2 seconds or more.  
The “second” on the digital indication starts blinking and becomes adjustable. 
- Press the lower right button (A) in accordance with a reliable time source.
- 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:



- 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.
- Repeat steps 4 and 5 to set other targets.
- Press and release the upper left button (M) to finish the procedure.



## 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.

- Press and release the upper left button **(M)** repeatedly to change the mode to [DATE].
- Press and hold the upper right button **(B)** for 2 seconds or more. The “month” on the digital indication starts blinking and becomes adjustable.
- 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.
- Press and release the lower right button **(A)** to adjust the target.
  - Pressing and holding the button changes indication continuously.
- Repeat steps 3 and 4 to set other targets.
- 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

- 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

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

## Resetting the watch - All Reset

- Press and release button **(A)**, **(B)**, **(C)** and **(M)** at the same time.

The alarm sound and all reset is executed.

### After All Reset

After All Reset, set the time and calendar and other settings.

