You are now the proud owner of a SEIKO Analogue Quartz Watch Cal. 5K25. For best results, please read the instructions in this booklet carefully before using your SEIKO Analogue Quartz Watch. Please keep this manual handy for ready reference.

Usted es ahora un honrado poseedor del reloj SEIKO analógico de cuarzo Cal. 5K25. Para obtener de él los mejores resultados, lea las instrucciones del presente folleto con cuidado antes del uso de su reloj SEIKO analógico de cuarzo. Guarde este manual para fácil referencia.

ENGLISH

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☆ *For the care of your watch, see "TO PRESERVE THE QUALITY OF YOUR WATCH" in the attached Limited Warranty and Instruction Booklet.*

FEATURES

Time/calendar

- Three hands and date

Solar cell

- Converts light energy into electrical energy, thus powering the watch.

Rechargeable battery

- Keeps the watch operating for 6 months after full charge.
- No need for battery change

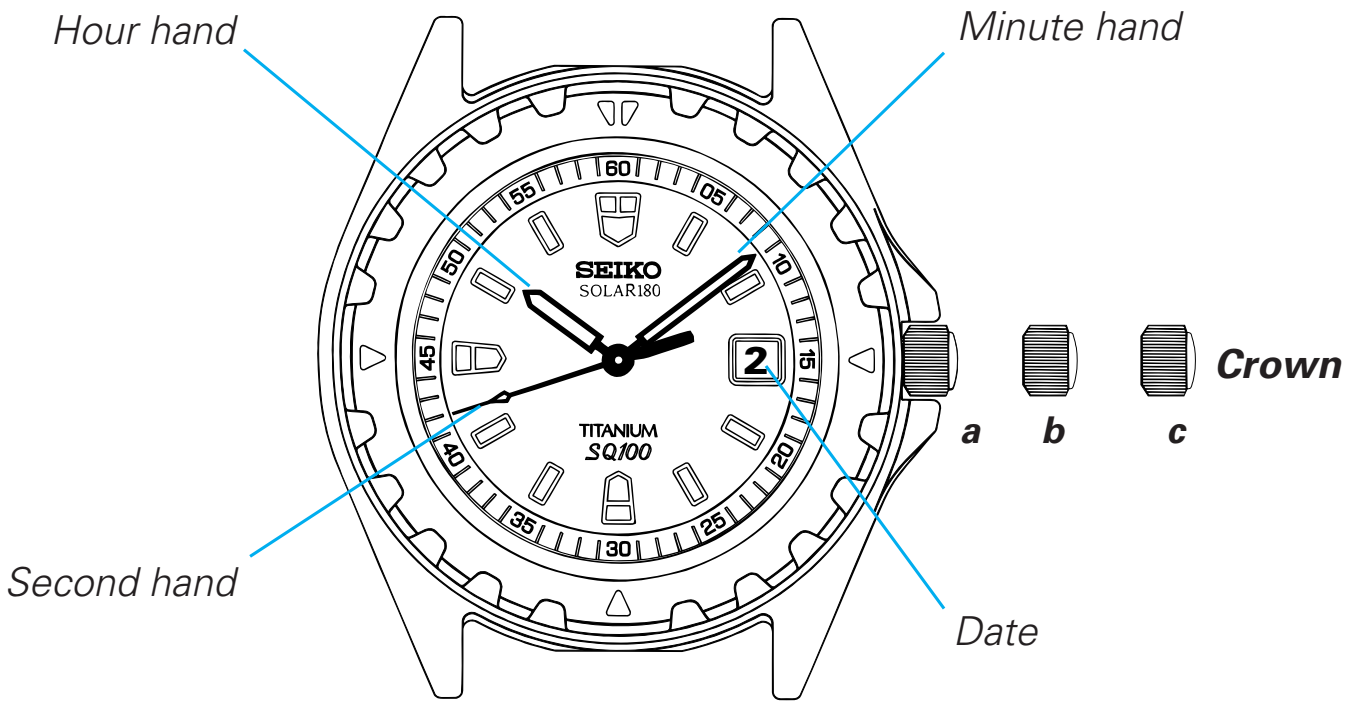
Energy depletion forewarning function

- Second hand starts moving at 2-second intervals to indicate that the watch needs recharging.

Instant-start function

- Even when the watch is left uncharged and the rechargeable battery is completely drained, the watch starts operating in a few seconds once exposed to light.

DISPLAY AND CROWN



a: Normal position ***b: First click*** ***c: Second click***

☆ *The solar cell is installed under the dial.*

HOW TO CHARGE AND START THE WATCH

TO CHARGE 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.

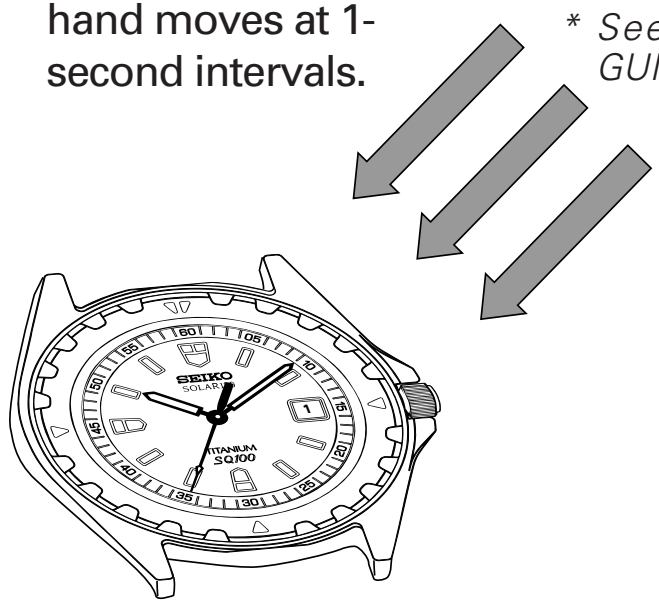
1 Expose the watch to sunlight or strong artificial light.

** 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 Set the correct date and time before wearing the watch.

** See "CHARGING TIME GUIDELINES" on page 6.*



CHARGING TIME GUIDELINES

Illumination (lux)	Light source	Environment	Time required (approx.)		
			A	B ☆	C
500	60-watt incandescent light	Distance of 60 cm (2 ft.)	250 hours	15 hours	60 minutes
700	Fluorescent light	Office, overhead	175 hours	11 hours	50 minutes
1,000	30-watt fluorescent light	Distance of 70 cm (2 ft. 4 in.)	120 hours	6 hours	30 minutes
3,000	30-watt fluorescent light	Distance of 20 cm (8 in.)	40 hours	2 hours	10 minutes
5,000	30-watt fluorescent light	Distance of 12 cm (5 in.)	22 hours	80 minutes	6 minutes
10,000	30-watt fluorescent light	Distance of 3 cm (1 in.)	10 hours	30 minutes	3 minutes
10,000	Sun	Cloudy weather	10 hours	30 minutes	3 minutes
100,000	Sun	Fair weather	3 hours	8 minutes	1 minute

A: for full charge **B:** for 1-second intervals **C:** to maintain 1-day usage

- *The above table provides only a general guideline.*
- *When the watch is fully charged, it will keep operating for approximately **6 months**.*

☆ *The values in column B represent the charging times required until the second hand moves constantly at 1-second intervals after the watch starts operating with the second hand moving at 2-second intervals. If the watch is not charged for the time specified in the column, the second hand may temporarily move at 1-second intervals. However, as it will soon resume moving at 2-second intervals, you should charge the watch for more than the specified period.*

ENERGY DEPLETION FOREWARNING FUNCTION

- When the energy stored in the rechargeable battery is reduced to an extremely low level, the second hand starts moving at 2-second intervals instead of the normal 1-second intervals.
- In that case, recharge the watch as soon as possible by exposing it to light. Otherwise, the watch may stop operating in about 3 days.

TO PREVENT THE ENERGY DEPLETION

- Wear the watch so that it is not covered by your clothes.
- When the watch is not in use, leave it in a bright place as long as possible.

NOTE ON POWER SUPPLY

- This watch is provided with a rechargeable battery. Unlike conventional battery-powered watches, therefore, battery replacement is not necessary.
- The solar cell is an energy source that has less adverse effect on the natural environment than conventional batteries.

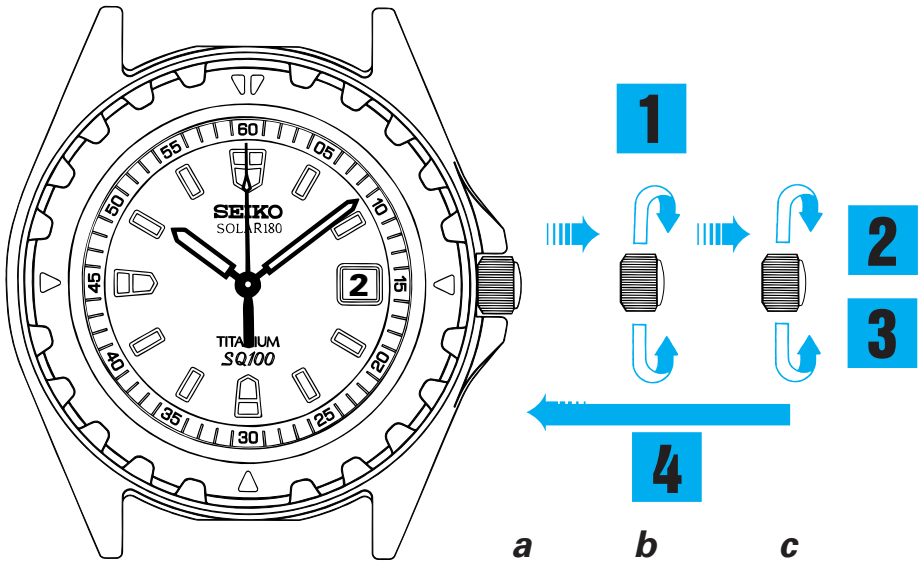
TIME/CALENDAR SETTING

1 Set the previous day's date.

2 Turn the hands until the desired date appears.

3 Set the hands to the desired time.

4 Push back the crown completely.



NOTES FOR USING THE WATCH

HOW TO CHARGE AND START THE WATCH

CAUTION

Caution for charging

- When charging the watch, do not place it too close to a photoflash bulb, spotlight, incandescent light or other light sources as the watch temperature may become extremely high, causing damage to the parts inside the watch.
- When exposing the watch to sunlight to charge it, do not leave it on the dashboard of a car, etc. for a long time, as the watch temperature may become extremely high.
- While charging the watch, make sure the watch temperature does not exceed 60 C.

- When the instant-start function is activated by exposing the watch to light, the second hand starts moving at 2-second intervals immediately, but the energy stored in the rechargeable battery is not sufficient. If the watch is turned away from the light source, it may stop operating. Therefore, please continue to charge the watch.
- It is not necessary to charge the watch fully. It is important, however, to charge the watch sufficiently, especially in case of initial charge.

NOTE ON POWER SUPPLY

CAUTION

- Never insert a conventional silver oxide battery in your watch as it may explode, generate an intense heat or catch fire. The watch is so designed that even if a conventional battery is installed in the watch, the watch will not operate.

TIME/CALENDER SETTING

- Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, it may not change properly.
  If it is necessary to set the date during that time period, first change the time to any time outside it, set the date and then reset the correct time.
- To set the exact time, pull out the crown to the second click when the second hand is at the 12 o'clock position and push it back in to the normal position in accordance with a time signal.
- When setting the hour hand, check that AM/PM is correctly set.
  The watch is so designed that the date changes once in 24 hours. 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 date changes, the time is set for the A.M. period. If the date does not change, the time is set for the P.M. period.
- When setting the minute hand, first advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.
- It is necessary to adjust the date at the end of February and 30-day months.
- Please set the time and calendar after the second hand starts moving at one-second intervals.

SPECIFICATIONS

1	Frequency of crystal oscillator	32,768 Hz (Hz = Hertz … Cycles per second)
2	Loss/gain (Monthly rate)	Less than 15 seconds at normal temperature range (5 C ~ 35 C) (41 F ~ 95 F)
3	Operational temperature range	–10 C ~ +60 C (14 F ~ 140 F)
4	Driving system	Step motor
5	Power supply	Titanium-lithium ion rechargeable battery
6	Duration of life	
	Full charge	Approx. 6 months
	2-second interval operation	Approx. 3 days
7	Additional function	Instant-start function, energy depletion forewarning function and overcharge prevention function
8	IC (Integrated Circuit)	C-MOS-IC, 1 piece

* The specifications are subject to change without prior notice for product improvement.