

# Cal. 7R68

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You are now the proud owner of a SEIKO Analogue Watch Cal. 7R68. For best results, please read the instructions in this booklet carefully before using your SEIKO Analogue Watch. Please keep this manual handy for ready reference.

Sie sind jetzt stolzer Besitzer einer SEIKO Analog-Uhr Kal. 7R68. Lesen Sie diese Bedienungsanleitung vor der Verwendung Ihrer neuen SEIKO Analog-Uhr aufmerksam durch, um optimale Ergebnisse zu erzielen, und heben Sie sie gut auf.

Vous voici l'heureux propriétaire d'une montre analogique SEIKO Cal. 7R68. Pour obtenir d'excellentes performances de cet article SEIKO, veuillez lire attentivement cette brochure que vous conserverez pour toute référence ultérieure.

Grazie per aver acquistato questo Orologio Analogico SEIKO Cal. 7R68. Per ottenere i migliori possibili risultati dall'uso di questo orologio SEIKO, leggere attentamente le istruzioni di questo manuale prima di passare all'uso dell'orologio stesso. Conservare poi il manuale per ogni qualsiasi eventuale futura consultazione.

Usted es ahora un orgulloso poseedor de un Reloj Analógico SEIKO Cal. 7R68. Para los mejores resultados, le rogamos leer cuidadosamente las instrucciones de este librito antes de utilizar su Reloj Analógico SEIKO. Guarde a mano este manual para referencia ulterior.

Você pode agora sentir-se orgulhoso de possuir um Relógio SEIKO Analógico Cal. 7R68. Para obter os resultados máximos, leia atentamente as instruções contidas neste opúsculo antes de usar o seu Relógio SEIKO Analógico. Guarde este manual para referências futuras.

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

# SEIKO CAL. 7R68 “SPRING DRIVE”

Until now, quartz and mechanical watches existed as two distinct entities. Driven by a mainspring, this watch delivers the accuracy of a traditional quartz watch thanks to the use of the Spring Drive Mechanism newly developed by SEIKO.

## SPRING DRIVE MECHANISM

- Like a traditional mechanical watch, the mainspring drives the watch. What is new is that it also runs a generator which in turn oscillates a quartz crystal. This regulates the movement of the hands as accurately as a traditional quartz watch.

## SWEEP-MOVEMENT SECOND HAND

- The second hand moves smoothly without steps.

## POWER RESERVE INDICATOR

- It shows the extent to which the mainspring is wound.

## UP TO 48 HOURS OF CONTINUOUS OPERATION

- When the watch is wound fully, it keeps operating for approximately 48 hours.

**CAUTION**

- This watch is driven by a mainspring. To ensure constant operation of the watch, be sure to wind it completely before the power reserve indicator points to "0".
- If the watch is used in temperatures below 0° C with the power reserve indicator pointing to "1/4" or less, it may stop operating. Therefore, when using the watch in temperatures below 0° C, make sure the watch has sufficient power reserve.

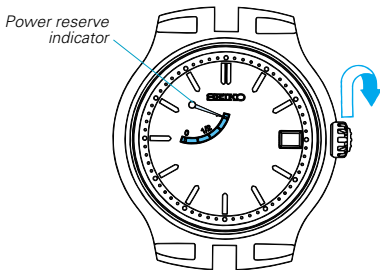
# DISPLAY AND CROWN OPERATION



- a: Normal position** ..... Winding the watch by turning clockwise  
**b: First click** ..... Date setting  
**c: Second click** ..... Time setting

## HOW TO WIND THE WATCH

- Before using, be sure to wind the watch completely by turning the crown.



### CROWN

Turn slowly *clockwise* in the *normal position* to wind the main-spring.



Turn further until the power reserve indicator points to "1".

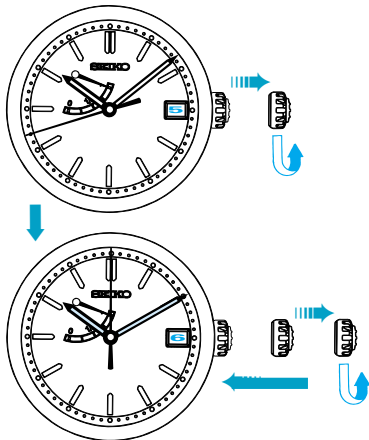


### CAUTION

- When the power reserve indicator reaches "1", the crown becomes difficult to turn. Do not attempt to turn the crown forcibly. Otherwise, a malfunction will be caused.

## TIME/DATE SETTING

- Before setting the time and date, wind the watch completely (as described on the previous page), and check that the watch is in operation.



### CROWN

Pull out to *the first click*.

Turn *counterclockwise* until the previous day's date appears.

Pull out to *the second click* when the second hand is at the 12 o'clock position.

Turn *counterclockwise* to advance the hands until the date changes to the next.

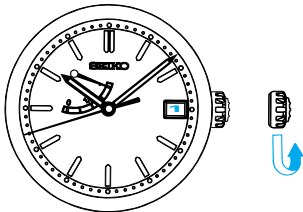
Turn further to set the time.

Push back in to *the normal position*.



## ● Date adjustment at the beginning of the month

The watch indicates dates from "1" to "31". In March and months following 30-day months, you will need to make the following adjustment:



### CROWN

Pull out to *the first click*.

▼  
Turn *counterclockwise* until "1" appears in the calendar frame.

▼  
Push back in to *the normal position*.

# NOTES ON USING THE WATCH

## HOW TO WIND THE WATCH

- Wind clockwise. The watch is so designed that the mainspring will not be wound by turning the crown counterclockwise.

## TIME/DATE SETTING

- **Date setting** (also for “● Date adjustment at the beginning of the month”)

Do not set the date between 9:00 p.m. and 1:00 a.m. as the date may not change properly. If it is necessary to adjust the date during that time period, first pull out the crown to the second click, turn it counterclockwise until the hands advance past 1:00 a.m., and then, push it back to the first click to set the desired date.

- **Time setting**

- \* When setting the hour hand, check that AM/PM is properly set. The watch is so designed that the date changes once every 24 hours.
- \* The mechanism of this watch is different from that of a conventional quartz watch. To set the time, therefore, first set the hands to a time a few minutes behind the desired time, and then, advance the hands to the exact time. If the hands turn past the desired time, repeat this procedure again.

### [Tips for setting the time accurately]

Your watch is equipped with a newly-developed spring drive mechanism. To set the time accurately, please observe the following.

1. Before setting the time, wind the mainspring fully until the power reserve indicator points to “1”. If the watch has stopped completely before it is wound up, wind the mainspring fully, allowing the watch to operate for at least 30 seconds, and then set the time.
2. Do not leave the second hand stopped for more than 30 minutes by keeping the crown at the second click. If this should happen, push the crown back in to the normal position, allowing the watch to operate for at least 30 seconds, and then set the time.

## SPECIFICATIONS

1	Main functions .....	3 hands (hour, minute and second hands), calendar, and power reserve indicator
2	Frequency of crystal oscillator .....	32,768 Hz (Hz = Hertz ... Cycles per second)
3	Loss/gain (monthly rate) .....	Less than 15 seconds at normal temperature range (5° C ~ 35° C) (41° F ~ 95° F) (Corresponding to a daily rate of less than 1 second)
4	Operational temperature range .....	-10° C ~ +60° C (14° F ~ 140° F) * <i>When using the watch in low temperatures, keep the power reserve indicator above "1/4".</i>
5	Driving system .....	Manual winding mechanism
6	Hand movement system .....	Sweep-movement second hand
7	Duration of operation .....	Approx. 48 hours. (If the watch is fully wound with the power reserve indicator pointing to "1")
8	IC (Integrated Circuit) .....	Oscillator, frequency divider and spring drive control circuit (C-MOS-IC), 1 piece
9	Jewels .....	30 jewels

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