

取扱説明書
INSTRUCTION

JCC07・B01・Y675C

該当機種

4205・4206・4207・4208・4225・4227・7S25・
7S26・7S36・NH35・NH36・Y675・Y676・YD03

2206

弊社製品についての修理その他のご相談は、「お買い上げ店」で承っております。なお、ご不明の点は下記へお問い合わせください。

通話料無料 0120-612-911

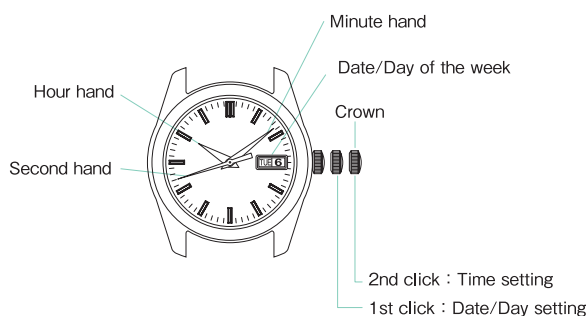
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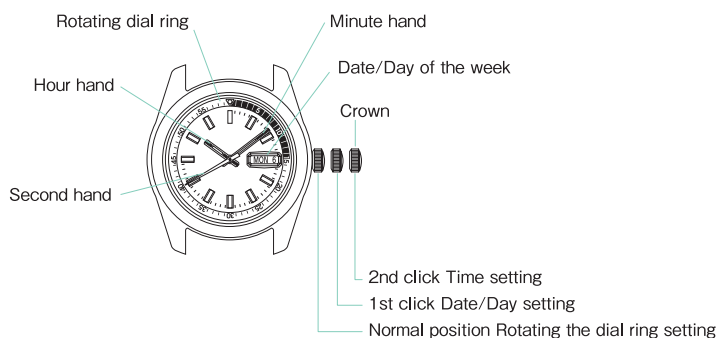
セイコーウォッチ株式会社

<https://www.seikowatches.com/>

■ DISPLAY AND CROWN OPERATION



〈For models with rotating dial ring〉



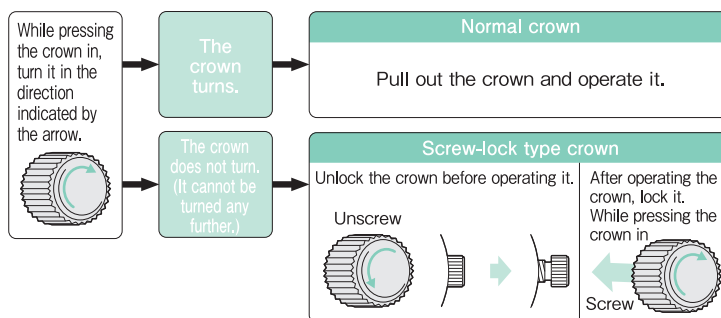
※ Date/Day of the week differs depending on the model.

※ Crown position and calendar position differs depending on the model.

■ CROWN

There are two types of crown, a normal crown and a screw-lock type crown.

Please check the type of the crown of your watch.



※ If your watch has a screw-lock type crown, the crown screws into the watch to prevent malfunction and increase water resistance.

※ Be careful not to screw the crown in by force as it may damage the slots of the crown.

■ HOW TO USE

(1) 7S25 · 7S26 · 7S36 · Y675 · Y676 (7S25 · Y675 : date function only)

- ① This is an automatic mechanical watch.
- ② If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.
- ③ To start the watch after it stops completely, wind it up by swinging it from side to side until the second hand starts moving. Then, set the time, date and day before wearing the watch on the wrist.
- ④ Once the watch is wound up fully, it operates for about 40 hours.
(If the watch is used without being wound up fully, gain or loss of the watch may result. To avoid this, it is recommended that you wear the watch daily for more than 8 hours.)



(2) 4205 · 4206 · 4207 · 4208 · 4225 · 4227 · NH35 · NH36 · YD03 (4205 · 4208 · 4225 · NH35 · YD03 : date function only)

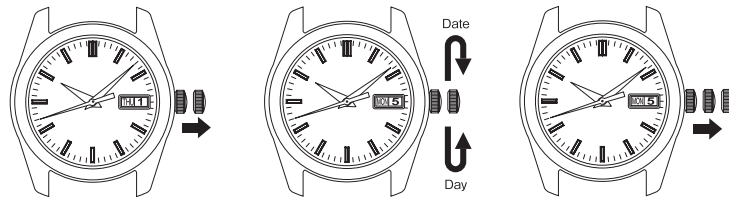
- ① This is an automatic mechanical watch with manual winding mechanism.
- ② If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement. It can also be wound up by turning the crown.
- ③ To start the watch after it stops completely, wind it up either by turning the crown or swinging it from side to side until the second hand starts moving.
Then, set the time and date before wearing the watch on the wrist.
- ④ To wind up the watch by turning the crown, turn it clockwise slowly. If the crown is of the screw lock-type, unscrew the crown by turning it counterclockwise, and then turn it clockwise slowly. The watch cannot be wound by turning the crown counterclockwise. After the watch is wound up fully, turning the crown further will not break the spring.
- ⑤ Once the watch is wound up fully, it operates for about 40 hours.
(If the watch is used without being wound up fully, gain or loss of the watch may result. To avoid this, it is recommended that you wear the watch daily for more than 8 hours.)
If the watch is used without wearing on the wrist; if it is used on the desk, for example : be sure to wind it up fully every day at a fixed time.



HOW TO SET THE TIME AND DATE (DAY OF THE WEEK)

● Date/Day of the week setting

※ For 4205 · 4208 · 4225 · 7S25 · NH35 · Y675 · YD03 have date function only.



- ① Pull the crown to the first click.

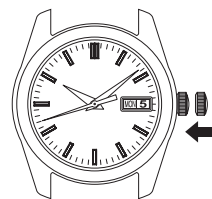
※ The crown can be pulled out all the way to the second click.

- ② The date(day) can be set by turning the crown.
Turn it until the previous day's date(day) appears.

※ Day of the week can be displayed either in Japanese or English by your choice.

Ex.) If Today is the 6th(Tuesday) of the month, first set the date(day) to "5" and "Monday" by turning the crown.

- ③ Pull the crown out to the second click, and turn the hands to set the correct date and day of the week.



- ④ Push in the crown in to the normal position.

· Date adjustment at the end of the month

It is necessary to adjust the date at the end of February and 30-day months.
Ex.) To adjust the date in the A.M. period on the first day of a month following a 30-day month.

- ① The watch displays "31" instead of "1".

Pull out the crown to the first click.

- ② Turn the crown clockwise to set the date to "1", and then, push the crown back in to the normal position.

※ Do not set the date when the hands are pointing to the time between 9 P.M. and 1 A.M. If the setting of the date is made when the hands are pointing to the time between 9 P.M. and 1 A.M., the date will not change to the next date.

● Time setting



① Pull the crown out to the second click.

※ The second hand does not stop.

※ NH35, 36

Pull out the crown to the first click, when the second hand is at the 12 o'clock position. (the second hand stops.)

② Turn the crown to set the current time.

※ While setting the time, be sure to check that the correct A.M. or P.M. period is set.

※ The mechanism of mechanical watches is different from that of quartz watches.

When setting the time, be sure to turn back the minute hand a little behind the desired time and then advance it to the exact time.

③ Push in the crown in to the normal position.

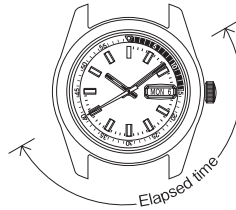
※ Telephone time casting service (tel.117) in Japan might be helpful when you set the time.

■ HOW TO USE THE ROTATING DIAL RING

● The illustration below shows that 30 minutes have elapsed from the time the measurement was started (indicated by "▽").

Turn the rotating dial ring to set "▽" mark to the minute hand.

The graduation on the rotating dial ring which the minute hand points to indicates the elapsed time.



■ SPECIFICATIONS

	4205	4206	4207	4208 / YD03	4227	4225	7S25	Y675	7S26	Y676	7S36	NH35	NH36
1. Function	3 hands (hour, minute and second) with date	3 hands (hour, minute and second) with date and day	3 hands (hour, minute and second) with date	3 hands (hour, minute and second) with date and day	3 hands (hour, minute and second) with date	3 hands (hour, minute and second) with date	3 hands (hour, minute and second) with date	3 hands (hour, minute and second) with date and day	3 hands (hour, minute and second) with date and day	3 hands (hour, minute and second) with date	3 hands (hour, minute and second) with date and day	3 hands (hour, minute and second) with date and day	3 hands (hour, minute and second) with date and day
2. Vibrations per hour	21,600												
3. Loss/gain (daily rate)	Within +55 and -35 seconds at normal temperature range (5°C ~ 35°C)						Within +45 and -35 seconds at normal temperature range (5°C ~ 35°C)						
4. Driving system	Self-winding type with manual winding mechanism						Self-winding type				Self-winding type with manual winding mechanism		
5. Jewels	17 jewels		21 jewels						23 jewels		24 jewels		

Note:

Due to the mechanism of mechanical watches, actual loss/gain may not fall within the range of time accuracy specified above, depending on the conditions of use, such as the length of time during which the watch is worn on the wrist, life style (whether much arm movement is involved or not), whether the watch is wound up fully or not, etc.


※ The above specifications are subject to change without prior notice, for product improvement.

■ TO PRESERVE THE QUALITY OF YOUR WATCH

⚠ WARNING



- Immediately stop wearing the watch in the following cases :
 - if corrosion appears on the watch body or band, etc.
 - if the pins protrude from the band
- ※ Immediately consult the retailer from whom the watch was purchased or a SEIKO CUSTOMER SERVICE CENTER.
- Keep the watch and accessories out of the reach of babies and children. Care should be taken to prevent a baby or a child accidentally swallowing any accessories.
- Do not use the watch for scuba diving or saturation diving. The various inspections under simulated harsh environments, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on a water-resistant watch with a BAR (barometric pressure) display. For diving, use special watches.

⚠ CAUTION

- Avoid wearing or storing the watch in the following places :
 - Places where volatile agents (cosmetics such as polish remover, insect repellent, thinners etc.) are vaporizing
 - Places where the temperature drops below 5 °C or rises above 35 °C for a long time
 - Places of high humidity
 - Places affected by strong magnetism or static electricity
 - Dusty places
 - Places affected by strong vibrations
- If you observe any allergic symptoms or skin irritation, stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.
- Do not let running water from a faucet hit the watch. The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday use. 
- Do not turn or pull out the crown when the watch is wet; water may get inside of the watch.
 - ※ If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or a SEIKO CUSTOMER SERVICE CENTER.
- Do not leave moisture, sweat and dirt on the watch for a long time. Be aware of the risk that a water resistant watch may have its water resistant performance lessened because of deterioration of the adhesive on the glass or gasket or the development of rust on stainless steel.
- Do not wear the watch while taking a bath or a sauna. Steam, soap or some components of a hot spring may accelerate the deterioration of the water resistant performance of the watch.
- Other cautions
 - For adjusting the length of the metal bracelet, specialized knowledge and expertise are necessary. Therefore, in such a case, contact the retailer from whom the watch was purchased. If you attempt to adjust the metal bracelet, injury may occur to your hand or fingers, or parts of the bracelet may be lost.
 - Do not disassemble or tamper with the watch.
 - Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risk of injury or allergic rash or itching that may be caused when they touch the watch.
 - If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

●Magnetic resistance

Affected by nearby magnetism, a watch may temporarily gain or lose time or stop operating.

Indication on the case back	Condition of use
No indication	Keep the watch more than 5 cm away from magnetic products. (JIS level-1 standard)
	
	Keep the watch more than 1 cm away from magnetic products. (JIS level-2 standard)

Exposing the watch to a strong magnetic field will cause the watch to gain or lose time.

Once the watch is affected by a magnetic field, even if it is removed from the magnetic field, it may remain magnetized, causing lasting effects on its accuracy. In such a case, have the watch repaired. Any repairs made even within the guarantee period will be made at cost.

The reason why watch is affected by magnetism

The built-in balance spring may be influenced by a strong external magnetic field.

Examples of common magnetic products that may affect watches



Cellular phone (speaker)



AC adapter



Bag (with magnet buckle)



AC-powered shaver



Magnetic cooking device



Portable radio (speaker)



Magnetic necklace



Magnetic health pillow

●Daily care

The watch requires good daily care.

- Do not wash the watch when the crown is pull out.
- Wipe away moisture, sweat or dirt with a soft cloth.
- After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.


※ If your watch is rated as "non-water resistant" or "water resistant for daily use," do not wash the watch.

●Turn the crown

- To prevent rusting of the crown, please sometimes turning the crown.
- Please do the same for screw-lock type crown.

● Water resistance

Refer the table below for the description of each degree of water resistant performance of your watch before using.

Indication on the case back	Water resistant performance	Condition of use
No indication	Non-water resistance	Avoid drops of water or sweat
WATER RESISTANT	Water resistance for everyday use	The watch can withstand accidental contact with water in everyday life.  Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday use at 5 barometric pressures.	The watch is suitable for sports such as swimming.
WATER RESISTANT 10(20)BAR	Water resistance for everyday use at 10(20) barometric pressures.	The watch is suitable for diving not using an air cylinder.

● Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on a sleeve cuff. The watch requires a lot of attention for long usage.

Metallic band

- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
- Lack of care may cause a yellowish or gold stain on a sleeve cuff of shirts.
- Wipe off moisture, sweat or soil with a soft cloth as soon as possible.
- To clean the soil around the joint gaps of the band, wipe it out and then brush it off with a soft toothbrush. (Protect the watch body from water splashes by wrapping it in plastic wrap, etc.)
- Because some titanium bracelets use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
- If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the clasp may not open.
- If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

Leather band

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as soon as possible by gently blotting with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with a light-colored band, as dirt or stains are likely to show.
- Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant).

Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and it may be deteriorated by solvent or atmospheric humidity.
- Especially a translucent, white, or pale-colored band easily adsorbs other colors, resulting in color smears or discoloration.
- Wash off dirt in water and clean the band with a dry cloth. (Protect the watch body from water splashes by wrapping it in plastic wrap, etc.)
- When the band becomes less flexible, have the band replaced with a new one. If you continue to use the band as it is, the band may develop cracks or become brittle over time.

Note on skin irritation and allergy:

Skin irritation caused by a band has various reasons such as an allergy to metals or leather, or skin reactions against friction or dust or the band itself.

Notes on the length of the band

Adjust the band to allow a little clearance with your wrist to ensure proper airflow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.

■ LUMIBRITE

If your watch has Lumibrite

Lumibrite is a luminous paint that absorbs the light energy of the sunlight and lighting apparatus in a short time and stores it to emit light in the dark.

For example, if exposed to a light of more than 500 lux for approximately 10 minutes, Lumibrite can emit light for 3 to 5 hours.

Please note, however, that, as Lumibrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

※ In general, when coming from a place that is bright to a place that is dark, it takes human eyes some time to adapt to the darkness making it difficult to see objects initially. (Dark adaptation)

※ Lumibrite is luminous paint that stores and emits light, which is harmless to human beings and the environment, containing no toxic materials such as radioactive substances.

Condition		Illumination
Sunlight	Fine weather	100,000 lux
	Cloudy weather	10,000 lux
Indoor (Window-sided during daytime)	Fine weather	more than 3,000 lux
	Cloudy weather	1,000 to 3,000 lux
	Rainy weather	less than 1,000 lux
Lighting apparatus (40-watt daylight fluorescent light)	Distance to the watch: 1m	1,000 lux
	Distance to the watch: 3m	500 lux (average room luminance)
	Distance to the watch: 4m	250 lux

■ AFTER-SALES SERVICE

● Notes on guarantee and repair

- Contact the retailer the watch was purchased from or a SEIKO CUSTOMER SERVICE CENTER for repair.
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee. Read it carefully and retain it.
- For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

● Replacement parts

- SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential for maintaining the functional integrity of the watch.
- When repairing your watch, please keep in mind that if original parts are not available, parts may be replaced with substitutes whose outward appearance may differ from the originals. Also note that the complete set of parts with the case or band may be replaced, or if repair is difficult, the watch may be replaced with one of equal quality.