HOW TO USE
1. 2-HANDS WATCH <TO SET THE TIME>
   - Pull out the crown and set the time.
   - Set the hour hand to the hour you wish to set.
   - Set the minute hand to the minute you wish to set.

2. 3-HANDS WATCH <TO SET THE TIME>
   - Pull out the crown and the second hand is set at the 12 o'clock position.
   - Turn the crown to set the time.
   - Turn the crown in accordance with a signal time. With a screw-on type crown, turn the crown clockwise to set a time and turn the crown counterclockwise to set the date.
   - Push in the crown to set the time.

3. 3-HANDS WITH DATE <TO SET THE CALENDAR>
   - Pull out the crown to the first click position.
   - Turn the crown clockwise to set the second day before designated.
   - Turn the crown clockwise to set the designated date.
   - First click (Set the date and day).
   - Second click (Set the time).

4. 3-HANDS WITH DATE AND DAY <TO SET THE CALENDAR>
   - Pull out the crown to the first click position.
   - Turn the crown clockwise to set the second day before designated.
   - Turn the crown clockwise to set the designated date.
   - First click (Set the date and day).
   - Second click (Set the time).

5. 3-HANDS WITH SMALL SECOND HAND <TO SET THE TIME>
   - Pull out the crown to the first click position.
   - Turn the crown clockwise to set the second day before designated.
   - Turn the crown clockwise to set the designated date.
   - First click (Set the date and day).
   - Second click (Set the time).

REMARKS ON THE BATTERY
- WARNING
   - Do not remove the battery from the watch while it is being used.
   - If you remove the battery, check if it is in contact with the battery compartment or the battery button, and then return it to its original place.

- CAUTION
   - Never short a circuit, use a hard metal, or any other foreign material to make contact with or the battery, as it may cause a short circuit, generate heat, and cause the battery to burst or burn.
   - The battery in your watch is not rechargeable.
   - If the battery is not replaced, the watch will gradually lose its ability to function.

TO PRESERVE THE QUALITY OF YOUR WATCH
- WARNING
   - Do not use the watch in a place where it is subjected to a strong magnetic field or static electricity.

- CAUTION
   - Do not use the watch in a dusty place.
   - Never expose the watch to water or high humidity.
   - Do not use the watch in a place where it is subjected to high temperature or humidity.

SPECIFICATIONS
- Frequency of crystal oscillator: 32,768 Hz
- Accuracy: ±15 seconds per month
- Power source: 100 mV/HR
- Water resistance: 50 m (165 ft)
- Battery type: Seiko quartz battery

REMARKS ON REPLACEMENT PARTS
- Seiko makes it a policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned to its original condition. However, parts which are essential to maintaining the functional integrity of the watch such as the battery, crystal, and gasket should not be replaced and the watch should be regularly sent for servicing.

This part is not intended forovy use and is not provided as part of the watch. Please consult your local watch dealer or watchmaker for advice on the proper care and maintenance of your watch.

Seiko Quartz Watch

In case of malfunction or damage, contact nearest Seiko Quartz Watch dealer or watchmaker for service.

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