

Thank you for your purchase of our product.

Before using the watch, read this instruction manual carefully to ensure correct use.

After reading the manual, store it in a safe place for future reference.

■ Safety Precautions — IMPORTANT

This manual contains the following instructions that should be strictly followed at all times to prevent injury to yourself and other persons as well as damage to property.

- Safety advisories are categorized and depicted in this manual as follows:

	DANGER Highly likely to cause death or serious injury
	WARNING Can cause serious injury or death
	CAUTION Can or will cause minor or moderate injury or damage

- Important instructions are categorized and depicted in this manual as follows:

	Warning (Caution) symbol followed by instructions that should be followed or precautions that should be observed.
	Warning (caution) symbol followed by prohibited matters.

■ Before using

<Protective stickers>

Be sure to remove any stickers covering the metal parts (back cover, band, clasp) or glass of the watch before use. Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

<Band adjustment>

Do not adjust the length of the band (metal or rubber) yourself. If you fail to perform the work properly, the watch may fall off, or an injury may occur during adjustment. (If you purchase a product which is sold with a special tool for band adjustment, you may carefully adjust the band yourself.)

For band adjustment, consult the shop where you purchased the watch or MB Service center. Other shops may not be able to handle the watch, or may charge a fee.

■ How to use the screw down crown

- * Some models feature a screw down crown. Locking the crown prevents accidental operation. It must be unlocked prior to using certain features of your watch such as setting the time or date. After setting, lock the crown again.

<Unlock>



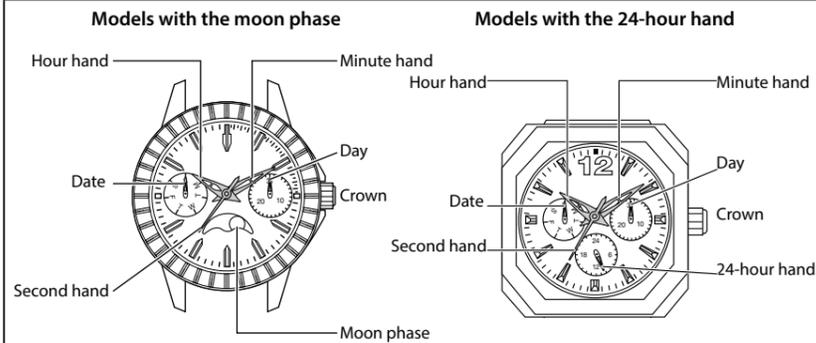
Rotate the crown counterclockwise (left) until it releases from the case.

<Lock>



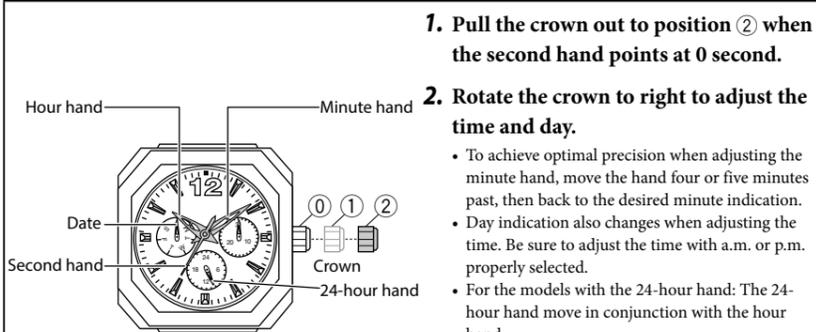
Rotate the crown clockwise (right) while pushing it in, and tighten firmly.

■ Parts identification



*How to adjust the time and the calendar (date, day) is common to both models.

■ Adjusting the time and day



1. Pull the crown out to position ② when the second hand points at 0 second.

2. Rotate the crown to right to adjust the time and day.

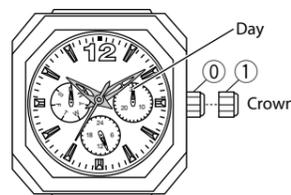
- To achieve optimal precision when adjusting the minute hand, move the hand four or five minutes past, then back to the desired minute indication.
- Day indication also changes when adjusting the time. Be sure to adjust the time with a.m. or p.m. properly selected.
- For the models with the 24-hour hand: The 24-hour hand move in conjunction with the hour hand.

3. Push the crown in to position ① on the time signal to finish the procedure.

■ Adjusting the date

<Note>

While this watch indicates between 9:00 p.m. to 0:00 a.m., do not adjust the date using this method, or date will not change properly.



1. Pull the crown out to position ①.

2. Rotate the crown to left to adjust the date.

3. Push the crown in to position ① to finish the procedure.

- Changing the calendar indication is completed between about 10:00 p.m. and about 5:00 a.m.
- Adjust the date indication on the first days of March, May, July, October and December.

■ Adjusting the moon phase

Refer to the newspaper or other source to check the moon phase of the day.

- It is recommended to adjust the moon phase indication to the actual moon phase 0 or 15.

4. Pull the crown out to position 1.

5. Rotate the crown clockwise to adjust the moon phase.

6. Push the crown in to position ①.

Reading moon phase

Moon phase 0 Moon phase 7 Moon phase 15 Moon phase 22



- A rough estimate of the moon's phase is indicated on the window, not an actual moon shape at particular moment.

■ Precautionary Items and Usage Limitations

⚠ WARNING Water Resistance

- Refer to the watch dial and the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. (The unit "1bar" is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) ××bar may also be indicated as W.R.××bar.
- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- Upgraded water resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to worn while skin diving.
- Upgraded water resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba or saturated diving using helium gas.

Name	Indication	Specification	Water-related use				
	Watch dial and Case back		When water is simply splashed onto the watch(washing your face or in the rain)	Swimming and general washing work (kitchen work/swimming, etc)	Water sport and skin diving (without air tank)	Scuba diving (with air tank)	Pulling out the crown when the watch is wet
Non-water-resistant watch	—————	Non-water-resistant	NO	NO	NO	NO	NO
Everyday-use water-resistant watch	WATER RESIST-ANT	Water-resistant to 3 atmospheres	OK	NO	NO	NO	NO
Upgraded everyday-use water-resistant watch	WATER RESIST-ANT 5 bar	Water-resistant to 5 atmospheres	OK	OK	NO	NO	NO
	WATER RESIST-ANT 10/20 bar	Water-resistant to 10 or 20 atmospheres	OK	OK	OK	NO	NO

⚠ CAUTION To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed.

⚠ CAUTION Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do NOT operate the crown or any push buttons when the watch is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or Authorized Service Center for inspection and/or repair.
- Even if your watch has a high level of water resistance, please be careful of the following.
 - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
 - Do not pour water from a tap directly onto your watch.
 - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

⚠ CAUTION When Wearing Your Watch

<Band>

- Leather, genuine skin and rubber (urethane) bands will deteriorate over time due to perspiration, body oils and dirt. Be sure to replace the band periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.
- Please request adjustment or repair of the band in the following cases:
 - You notice an abnormality with the band due to corrosion.
 - The pin of the band is protruding.

- We do not recommend attempting to adjust the watch band yourself. Special expertise and experience is required for proper adjustment. If not adjusted correctly, the band may become detached leading to loss of your watch. (Some retailers may supply a band adjustment tool with their purchase.) For band adjustment, we recommend you consult the retailer from where the watch was purchased or your nearest authorized service center. Some repair shops may charge a nominal fee for adjustment if the watch was not purchased directly from them.

<Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature.

<Magnetism>

- Analog quartz watches are powered by a step motor that uses a magnet. Subjecting the watch to strong magnetism from the outside can cause the motor to operate improperly and prevent the watch from indicating the correct time. Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

<Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/ or performance deterioration as well as damage to the case and bracelet.

<Static Electricity>

- The integrated circuits (IC) used in quartz watches are sensitive to static electricity. Please note that the watch may operate erratically or not at all if exposed to intense static electricity.

<Chemicals, Corrosive Gasses and Mercury>

- If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

<Protective Stickers>

- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

⚠ CAUTION Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin in the same manner as undergarments. Corrosion of the metal or unnoticed soiling such as that caused by perspiration and dirt can soil sleeves and other portions of clothing. Keep your watch clean at all times.

■ Warranty and Service

<Free Guarantee>

In the case a malfunction has occurred during the course of normal use while the watch is still under warranty, the watch will be repaired free of charge in accordance with the conditions of the warranty included with this manual.

<Stock Period of Repair Parts>

Our standard period for stocking repair parts for each model is generally four years. When an exterior part such as the watch case, glass, dial, hand, crown or band is damaged, a spare part with different appearance may sometimes be used.

<Repair Period>

Repairs can be performed on your watch within the repair parts stock period even after the free guarantee has expired. Please take the watch to the shop where you purchased it and ask whether it can be repaired.

<Change of Address or Receiving as a Gift>

In the event that you have moved or have received your watch as a gift, and are not able to bring your watch to the shop where it was purchased for servicing, please consult Customer Support Center.

<Periodic Inspection (Charge Basis)>

- Water resistance
 - As the water resistance will be reduced over time, you should have your watch inspected and its water resistance verified every 2-3 years (charge basis) to extend its life and ensure safety. To maintain its water resistance, it is recommended to request us to replace the packings and other parts of your watch.
- Disassembling for internal cleaning (repair)
 - You should have your watch disassembled and its internal components cleaned periodically to extend its life. Lubrication oils are used to reduce wearing of moving parts such as gears. However, over time the lubrication oils will degrade and wear will increase, eventually resulting in malfunction. Please have your watch undergo internal cleaning once every 5 years as a guide.

<Batteries>

The battery was installed in your watch at factory is a monitor-use battery which monitors the functions and special features of your watch. You should keep in mind that the life of your battery could be shorter than the specified period is up. Even in the event that the battery runs out before the time specified in the guarantee, there will be a fee for replacing the battery.

<Other Inquiries>

If you have any questions regarding the warranty, repairs or other matters, please inquire at the shop where you purchased your watch or Customer Support Center.

■ Memo

When Luminous Paint is used for your watch

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place. It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.