

CAL.YT57

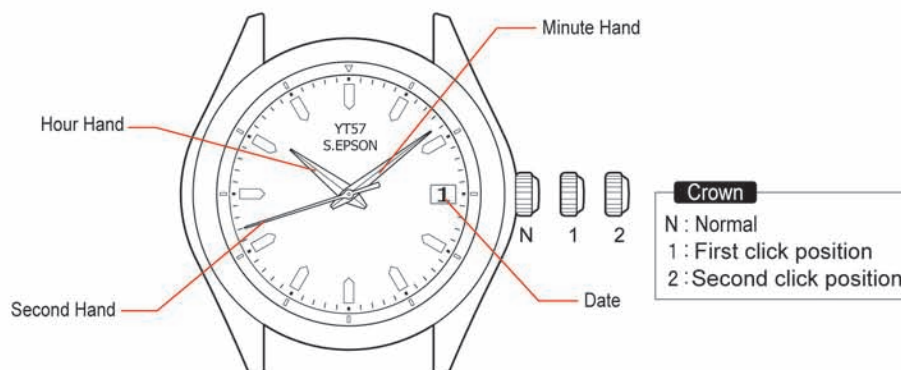
3 Hands Date calendar

1/6

Instructions

Features

- ◆ Hour, Minute and Second hands
- ◆ Date
- ◆ Energy depletion forewarning function
- ◆ Instant-start function



Movement size	12'''
Outside Diameter	Ø27.60 mm
Casing Diameter	Ø27.00 mm
Height	4.89 mm
Working Time	6 months (After full charge)



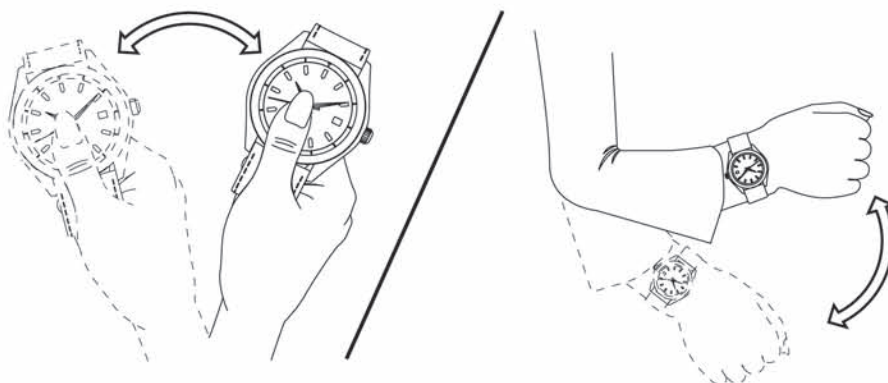
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How to charge and start the watch:

①



- Swing the watch from side to side.

Note: Swing rhythmically at a rate of twice a second.

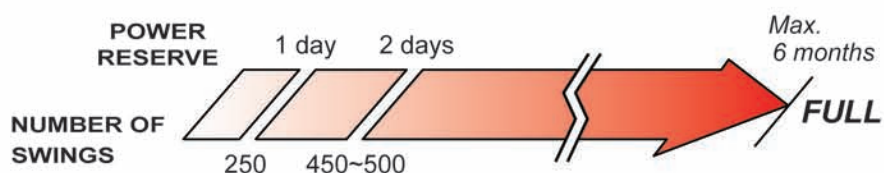
②

- Charge the Rechargeable unit sufficiently.

③

- Set the time/calendar and put on the watch.

◆ Number of swings and power reserve



1. When the watch stops completely, or if you find the second hand moving at two-second intervals, swings the watch from side to side at a rate of twice a second.
2. 250 swings will reserve up to 1 day of power. The second hand will start moving at one-second intervals.

* It is recommended that the watch be swung further until 2 days of power is reserved. As a guideline of recharging, an additional 200 to 250 swings about, 450 to 500 swings in total, will reserve 2 days of power.

3. Wear the watch on your wrist.

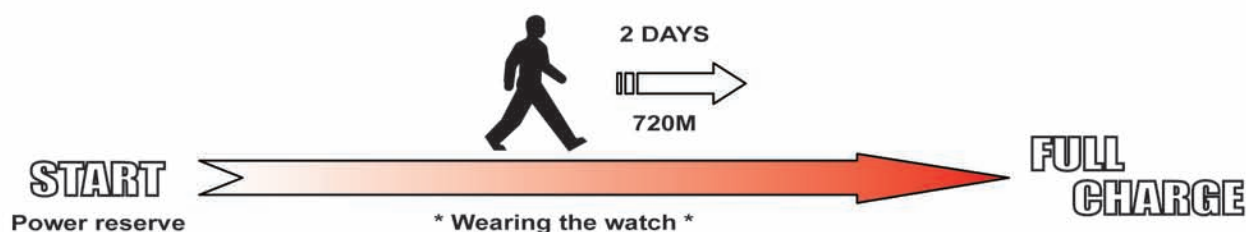


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◆ Power reserve accumulated while you are walking



- The illustration provides only a general guideline of the relationship between the power reserve and the distance you walk. Actual amount of power reserve differs from person to person.

◆ Precaution on see-through case-back models

If your watch has a glass case back, do not expose the case back to strong light such as direct sunlight or an incandescent light at close range, as this may temporarily increase the power consumption of the watch circuit, thus reducing the power reserve in the Rechargeable unit. This condition, however, will be corrected when the case back is turned away from the light.

◆ Full charge of the Rechargeable unit

- When the Rechargeable unit is fully charged, the watch will keep operating for a maximum of 6 months without recharging the Rechargeable unit.

◆ Remarks on the Rechargeable unit

- The electric energy generated while the watch is worn on your wrist is stored in the Rechargeable unit. It is a power source completely different from conventional batteries for watches, and therefore, this watch does not require battery replacement.
- The Rechargeable unit is a clean and environmentally friendly power source.

**CAUTION**

- Never install a silver oxide battery for conventional watches in place of the Rechargeable unit. The battery may burst, become very hot or catch fire.

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3 Hands Date calendar

4/6 Instructions

◆ Energy depletion forewarning function

- When the second hand starts moving at two-second intervals instead of the normal one-second intervals, the watch will run down in approximately 24 hours.
In this case, swing the watch from side to side to charge the Rechargeable unit sufficiently.

◆ Instant - Start function

- When a long time has passed since the watch stopped, you can get it started quickly with only a few swings.
- This function is available as long as the watch has been stopped for less than a year.

* When this function is activated, the second hand will start moving at two-second intervals. Swing the watch from side to side to charge the Rechargeable unit by referring to "Number of swings and power reserve" on page 2.

* After the second hand starts moving at one-second intervals, put the watch on your wrist so that it will be charged further.



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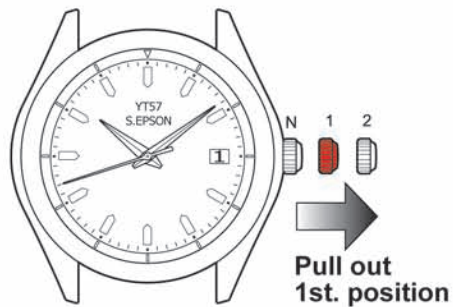
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3 Hands Date calendar

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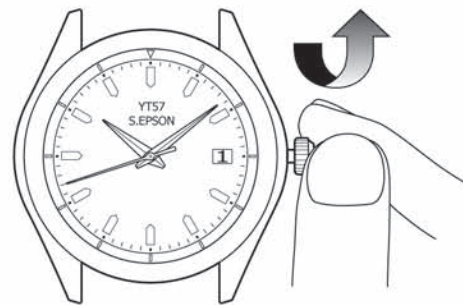
Time / Calendar Setting

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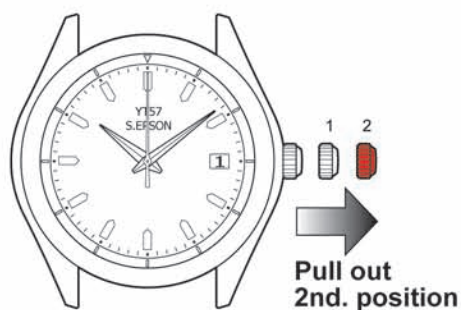
- Pull crown out to the 1st click position.

②



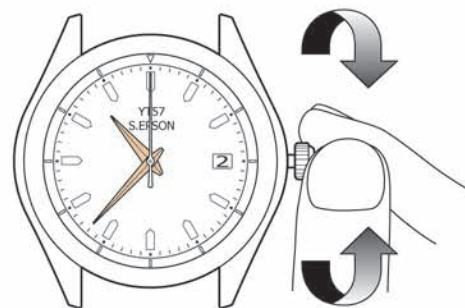
- Turn the crown clockwise to set the previous day's date.

③



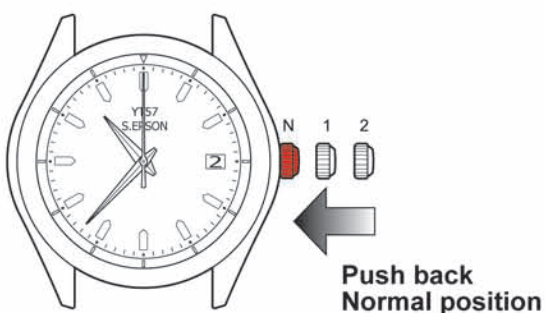
- Pull out to second click when the second hand is at the 12 o'clock position.

④



- Turn to set the desired date and set the hands to the desired time.

⑤



- Push back completely in accordance with a time signal.



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Notes on operating the watch:

◆ How to charge and start the watch

- To charge the Rechargeable unit efficiently, swing the watch from side to side, making an arc of about 20cm.
- No additional benefit is obtained by swinging the watch more quickly or with greater vigor.
- When the watch is swung, the oscillating weight in the generating system rotates to drive the mechanism. As it rotates, it gives out a sound, which is not a malfunction.
- The watch is equipped with a system to prevent overcharge. Even if it is further swung after being fully charged, no malfunction will result.
- It is not necessary to charge the watch fully, as it is charged automatically while it is worn on your wrist.
- While you walk with your watch on your wrist, swinging your arm will charge the Rechargeable unit more efficiently than merely swinging the watch by hand.
- Even if the watch is worn on your arm, it will not be charged while your arm is not in motion.
- Provided with an instant-start function, the watch may start operating after it is swung several times. For details, see “INSTANT-START FUNCTION”.
- Wear the watch daily for at least 10 hours.
- When the watch has been left untouched for more than one year after it completely stopped, the second hand may not start moving at normal one-second intervals even if the watch is swung the number of times indicated in step 2 of “Number of swings and power reserve”. In this case, swing the watch further until the second hand starts moving at one-second intervals.

◆ Instant - start function

- If the second hand starts moving at two-second intervals again soon after the watch is put on your wrist, swing it from side to side until the second hand moves at one-second intervals, and then, put it on your wrist again.
- The watch remains accurate even while the second hand is moving at two-second intervals.

◆ Time / Calendar Setting

- Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, it may not change properly.
- 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, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.
- When setting the time, make sure that the second hand is moving at one-second intervals.
- It is necessary to adjust the date at the end of February and 30-day months.
In this case, pull out the crown to the first click and turn it until the desired date appears.

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