ID007 ③

Thank you for purchasing 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 instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property.

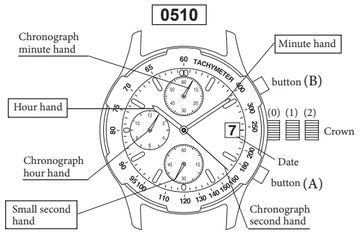
■ **Safety advisories are categorized and depicted in this manual as follows:**

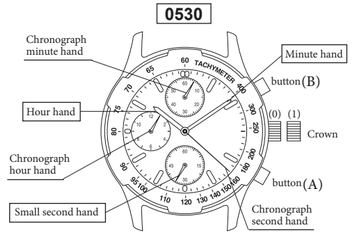
⚠	**DANGER**	Highly likely to cause death or serious injury
⚠	**WARNING**	Can cause serious injury or death
⚠	**CAUTION**	Can or will cause minor or moderate injury or damage

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

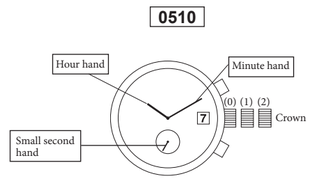
⚠	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.
⃠	Warning (caution) symbol followed by prohibited matters.

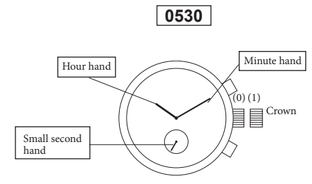
■ Main components





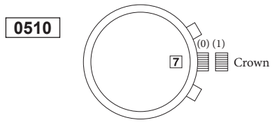
■ Setting the watch





1. Wait till small second hand is on "0" sec, then crown position (2) it stops the small second hand.
* For the 0530 model, pull the crown out to position (1).
2. Turn the crown to set the minute/hour hands to the desired time.
3. To start the small second hand, push the crown back to position (0).
* For the 0510 model, the date changes at 0 AM. Besure to set the time with AM or PM preperty selected.
* Reduction of power-consumption: Crown at (2) movement stop.
* For the 0530 model, the watch will stop when the crown is in position (1) to save power.

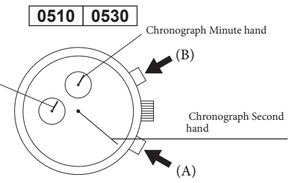
■ Setting the date



1. Pull out the crown to position (1)
2. Turn the crown until the desired date appears.
* Do not set the date between 9:00 PM and 1:00 AM Otherwise, the date may not change properly.
3. The crown back to position (0) after set the date.
* The date has a 31-day cycle. Re-set the correct date at the start of March, May, July, October and December.

■ Chronograph operation

The stopwatch can measure up to 12 hours in one second increments.



<Standard measurement>

START (B) → STOP (B) → RESET (A)

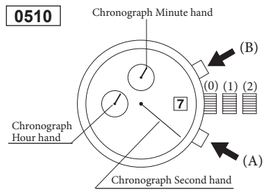
<Accumulated elapsed time measurement>

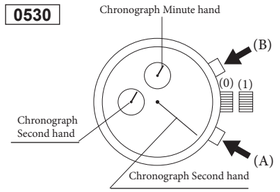
START (B) → STOP (B) → RESTART (B) → STOP (B) → RESET (A)

(B) Can accumulate repeatedly by pressing

■ Adjusting the Chronograph

If the chronograph hands do not return to 0 position when the chronograph is reset.

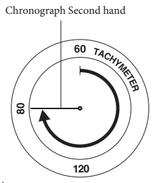




1. Pull out the crown to position (2) and then press button (B) Adjusting the chrono second hand to 0 position.
* For the 0530 model, pull the crown out to position (1).
* This second hand move quickly if the (B) button is pressed continuously.
2. Press the button (A) to reset minute/hour hands to 0 position(12:00 position).
3. Set the watch to (normal time).
4. Push the crown back to position (0).

■ Tachymeter





The tachymeter is the device which measures the speed of an automobile.
Knowing in how many seconds the car covers a distance of 1km, the meter can measure the approximate average speed per hour during a journey (up to the maximum measurable range of ; 60 seconds.)

If the chronograph is started at the same time as measurement, and stopped after 1km, the average speed per hour can be determined according to the position of the second hand.
If the car covers the distance of 1km in 45 seconds, the average hourly speed during the journey will be about 80km.

■ 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: Dial or Case back	Specification	Water-related use: Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Operate the crown or button 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.

⚠ WARNING Handling of the Battery

- Keep the battery out of the reach of small children.
- In the event a battery is swallowed, immediately consult a physician.
- Do not dispose of the battery with ordinary garbage. Please follow your local government disposal regulations to prevent the risk of fire or environmental contaminations.

⚠ CAUTION Battery Replacement

- If a depleted battery is left in your watch, damage may be caused by leakage of battery fluid. Be sure to replace the battery promptly.
- Always be sure to select a battery of the correct specifications when replacing the battery.

⚠ 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 MB 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 recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury. Consult your nearest authorized MB service center.

<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 keeping time accurately. 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.
- The case and band of the watch come into direct contact with the skin. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician. In the case of accumulation of sweat or dirt on a metal band or case, clean thoroughly using a brush and neutral detergent. In the case of a leather band, wipe clean using a dry cloth.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For a metallic, plastic or rubber (urethane) watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

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.

■ Warranty And Service

1. 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.

2. Stock Period of Repair Parts
Our standard period for stocking repair parts for each model is generally 4 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.

3. Repair Period
Repairs can be performed on your watch within the repair parts stock period even after the free guarantee has expired. However, you will be charged for these repairs. Please take the watch to the shop where your purchased it and ask whether it can be repaired because the repair period varies according to the conditions of use, environment and so forth. Moreover, there are cases in which it is difficult to restore the watch to its original accuracy when decreased accuracy has resulted from long-term use.

4. 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 MB Service Center.

5. 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.

6. Batteries
* The battery which was installed in your watch at the 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.

7. Other Inquiries
If you have any questions regarding the warranty, repairs or other matters, please inquire at the shop where you purchased MB Service Center.