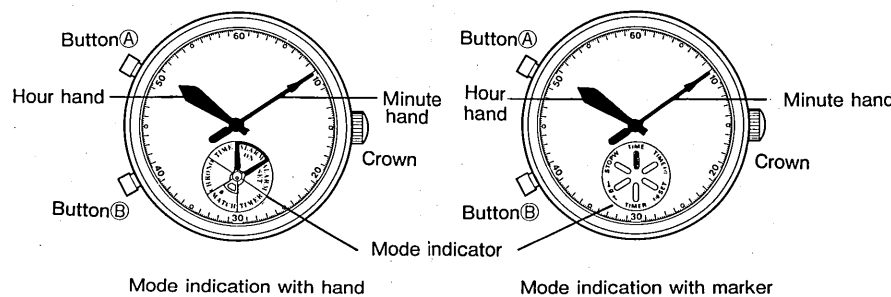


FEATURES

- SEIKO Quartz Watches Cal. 8M25 and 8M26 are multi-function watches with two hands that feature alarm, stopwatch and timer functions.
- The hour and minute hands are driven by two different motors, and thus they can serve for various purposes.
- The desired mode can be selected simply by turning the crown clockwise or counterclockwise.

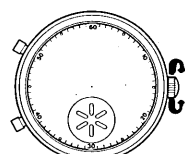
DISPLAY AND CROWN/BUTTON OPERATION

Two types of mode indicators are available.



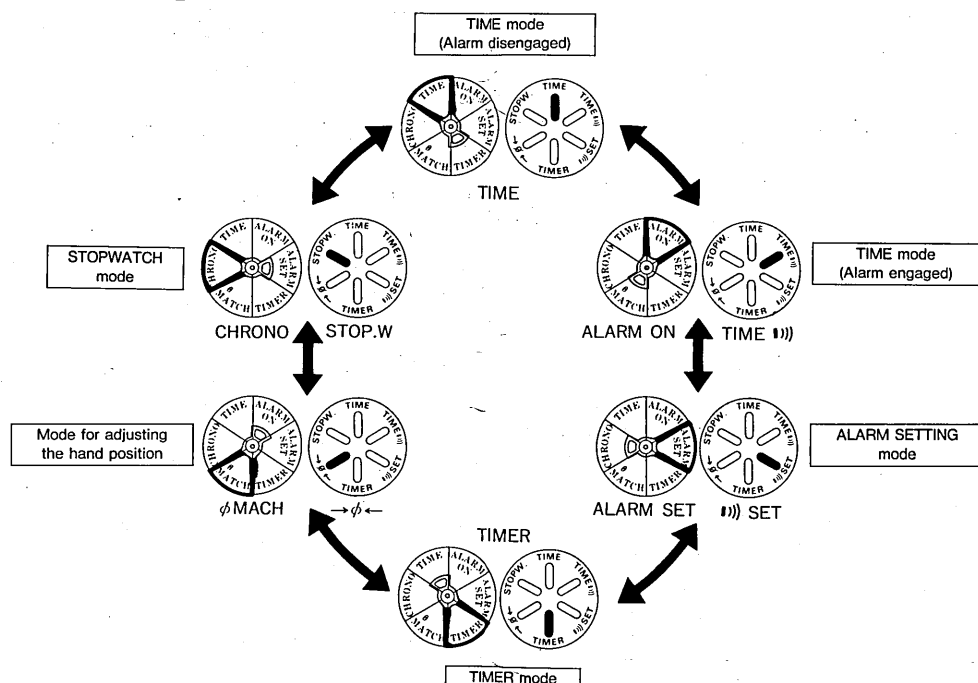
HOW TO USE

CHANGEOVER OF MODES



The mode changes in the following order by turning the crown at the normal position clockwise or counterclockwise. The desired mode is indicated by the mode indication hand or marker.

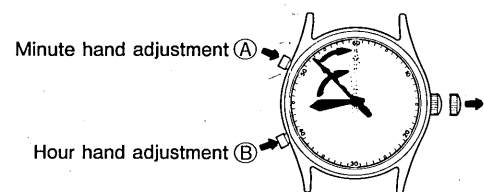
*The crown can be turned both clockwise and counterclockwise.



ADJUSTING THE HAND POSITION

Before setting the time, be sure to use the [Mode for adjusting the hand position] mode to put both hands in the 12 o'clock position.

*Turn the crown to set the mode indicator to [Mode for adjusting the hand position]. If the hands do not return to the 12 o'clock position following the procedure below.



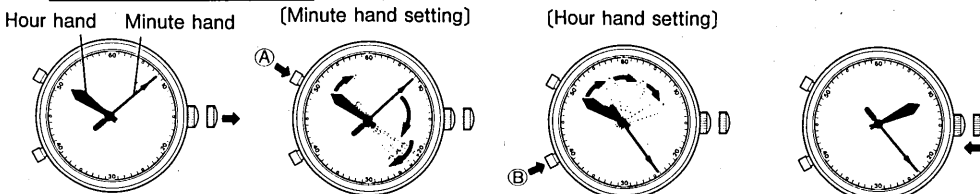
- Pull out the crown to the first click.
 - Press A and B repeatedly but separately to reset the minute and hour hands respectively to the 12 o'clock position.
 - Push back the crown securely into the normal position.
- *The hands move quickly if the respective buttons are kept pressed 2 seconds.

SPECIFICATIONS

- Frequency of crystal oscillator.....32,768Hz. (Hz=Hertz=Cycles per second)
 - Loss/gain (monthly rate).....Less than 15 seconds at normal temperature range (5°C~35°C)(41°F~95°F)
 - Operation temperature range.....-10°C~+60°C (-14°F~140°F)
 - Driving system.....Step motor, 2 pieces
 - Display system
 - [TIME mode (Alarm disengaged)].....Time display (hour and minute hands)
 - [TIME mode (Alarm engaged)].....Time display (hour and minute hands)
 - [ALARM SETTING mode].....Alarm setting display (hour and minutes hands), The alarm can be set in the 12-hour indication.
 - [TIMER mode].....Timer display (minutes and second hands), Up to 60 minutes.
 - [Mode for adjusting the hand position].....Adjustment of the hand position and demonstration movement of the hands (hour and minute hands).
 - [STOPWATCH mode].....Stopwatch display (minute and second hands), The stopwatch can measure up to 60 minutes in 0.2 seconds.
 - Battery.....Silver oxide battery, SB-BN, 1 piece
 - IC (Integrated Circuit).....C-MOS-LSI, 1 piece
- *The above specifications are subject to change without prior notice, for product improvement.

TIME SETTING

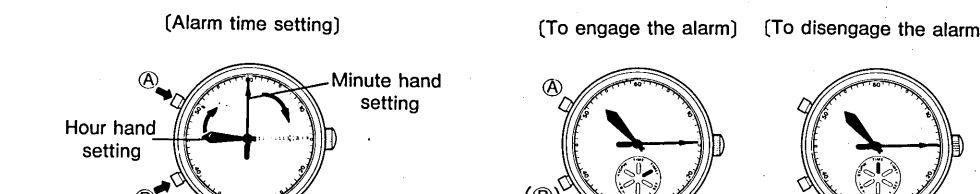
- Turn the crown to set the mode indicator to [TIME mode (Alarm disengaged)] or [TIME mode (Alarm engaged)].



- Pull out the crown to the first click.
 - When pulling out the crown, the minute hand stops on the spot, or advances to the nearest minute marker and stops.
- Press A repeatedly to set the minute hand. It advances one minute with each press of the button.
 - As the minute hand moves, the hour hand also moves correspondingly.
 - The hand moves quickly if the button is kept pressed for 2 seconds.
- Press B repeatedly to set the hour hand. It advances one hour with each press of the button.
 - The minute hand will not move if B is pressed.
- Push back the crown into the normal position in accordance with a time signal.

HOW TO USE THE ALARM

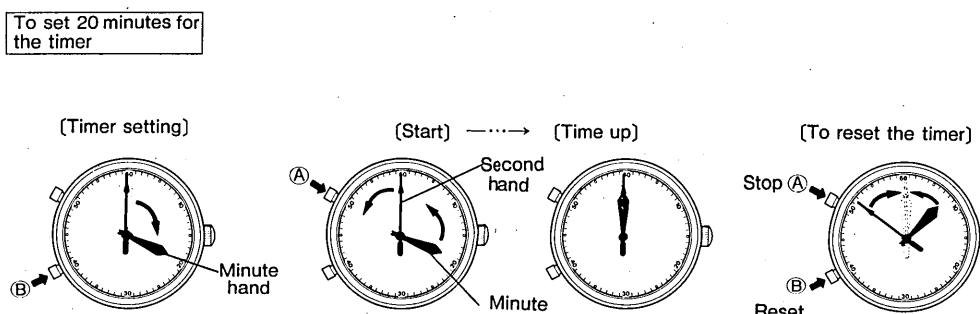
- Turn the crown to set the mode indicator to [ALARM SETTING mode].



- Press A repeatedly to set the minute hand. It advances one minute with each press of the button.
 - The hand moves quickly if the respective buttons are kept pressed for 2 seconds.
 - As the minute hand moves, the hour hand also moves correspondingly.
 - The minute hand will not move if B is pressed.
- Press B repeatedly to set the hour hand. It advances one hour with each press of the button.
 - The alarm rings at the designated alarm time for 20 seconds. (Beep, beep, beep...)
 - To stop the alarm manually, press A or B.
- Turn the crown to set the mode indicator to [TIME mode (Alarm disengaged)].

TIMER (Can be set to count down up to 60 minutes)

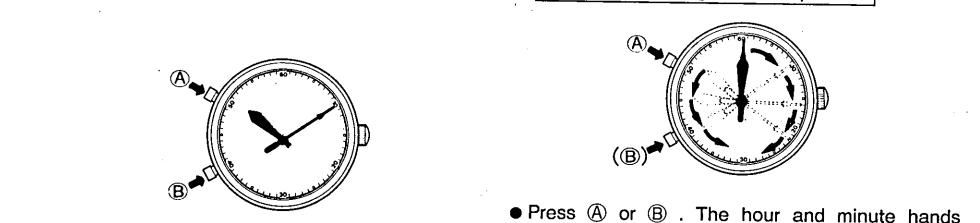
- Turn the crown to set the mode indicator to [TIMER mode].
- The timer can be set to count down up to 60 minutes in minutes.
- While in the TIMER mode, the hands move counterclockwise.
- Before using the timer, be sure to reset the hands to "0" position. (For details, refer to "ADJUSTING THE HAND POSITION".)



- Press B repeatedly to advance the minute hand to the 20 minutes marker.
- The hand moves quickly, if the button is kept pressed.
- Stop and restart of the timer can be repeated with a beep by pressing B.
 - When the set time is up, a warning sound beeps for approximately 5 seconds.
 - To stop it manually, press A or B.
- Press A to stop the timer. A beep sounds.
- Press B to reset the hands to "0" position. A beep also sounds.

ALARM TEST AND HAND DEMONSTRATION

- [Alarm test]
 - Turn the crown to set the mode indicator to [TIME mode (Alarm engaged)].
- [Demonstration movement of the hands]
 - Turn the crown to set the mode indicator to the [Mode for adjusting the hand position].

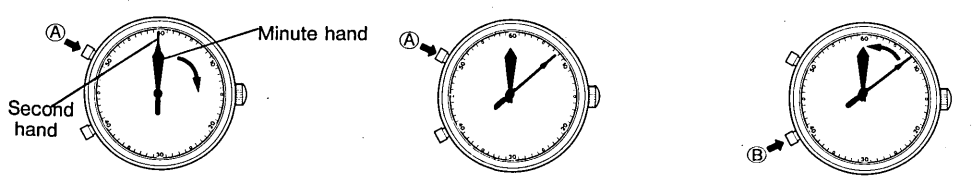


- Press both A and B at the same time. The alarm sound can be tested while the buttons are kept pressed.
- Press A or B. The hour and minute hands automatically turn counterclockwise and clockwise, respectively, with some intermittent pauses.
- Press A or B again. The hands will be reset to the 12 o'clock position.
- If the watch is left untouched with the hands showing demonstration movement, the hands will be automatically reset to the 12 o'clock position in about 3 minutes.

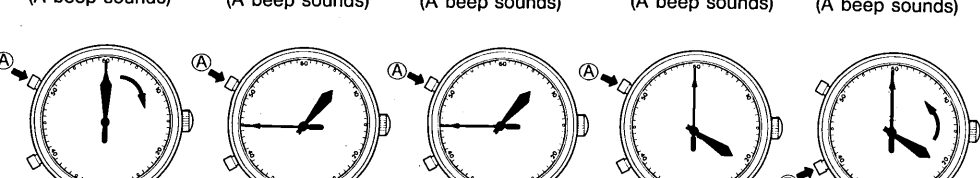
STOPWATCH (measures up to 60 minutes)

- Turn the crown to set the mode indicator to [STOPWATCH mode].
- The stopwatch can measure up to 60 minutes in 0.2 seconds.
- Even if the mode is changed from [STOPWATCH mode] to another while the stopwatch is measuring, it continues counting. However, when the stopwatch is stopped, the hands will be reset to "0" position, and when the split time is measured, it will be released, if the mode is changed.
- Before using the stopwatch, be sure to reset the hands to "0" position. (For details, refer to "ADJUSTING THE HANDS POSITION".)

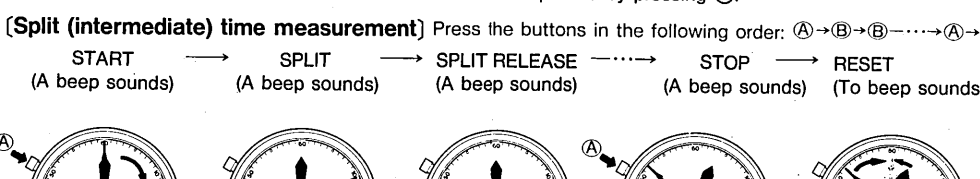
- [Standard measurement] Press the buttons in the following order: A -> A -> B



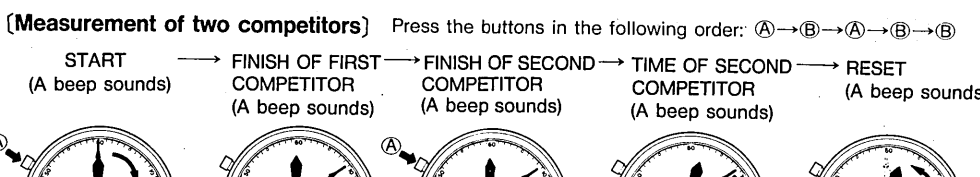
- [Accumulated elapsed time measurement] Press the buttons in the following order: A -> A -> A -> A -> B



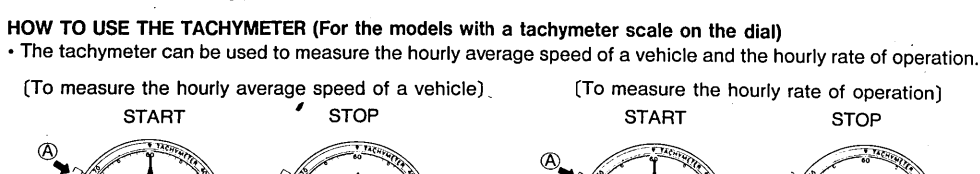
- [Split (intermediate) time measurement] Press the buttons in the following order: A -> B -> B -> A -> B



- [Measurement of two competitors] Press the buttons in the following order: A -> B -> A -> B -> B



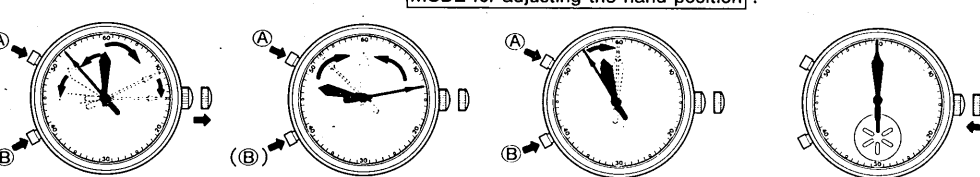
- HOW TO USE THE TACHYMETER (For the models with a tachymeter scale on the dial)
 - The tachymeter can be used to measure the hourly average speed of a vehicle and the hourly rate of operation.



- Use the stopwatch to determine how many seconds it takes to go one kilometer.
- Read the tachymeter scale where the second hand points. [80km/h]
- Use the stopwatch to measure the time required to complete one product.
- Read the tachymeter where the second hand points. [300 products/hour]

NECESSARY OPERATION AFTER THE BATTERY CHANGE

- When the battery is replaced with a new one, the time information stored in the built-in IC and the time indicated by the hands do not correspond with each other. Before using the watch, therefore, be sure to reset the hands to the 12 o'clock position following the procedures below.
- Turn the crown to set the mode indicator to [MODE for adjusting the hand position].



- Pull out the crown to the first click.
- Keep A and B pressed at the same time for about 3 seconds.
- A beep sounds when the buttons are released.
- The hands start to show demonstration movement.
- Press A or B. The hour and minute hands automatically turn counterclockwise and clockwise, respectively, with some intermittent pauses.
- Press A or B again. The hands will be reset to the 12 o'clock position.
- If the watch is left untouched with the hands showing demonstration movement, the hands will be automatically reset to the 12 o'clock position in about 3 minutes.

NOTES ON THE BATTERY

BATTERY LIFE

When a new, normal battery is installed, your watch will operate for approximately 2.5 years.

*If the alarm is used more than once a day and/or if the stopwatch or timer is used more than 5 minutes a day, the battery life may be less than 2.5 years.

*As the battery in your watch is a monitor battery inserted at the factory to check the function and performance of the watch, its actual life once in your possession may be less than 2.5 years.

*Battery replacement will be made at cost even within the guarantee period.

CONSUMPTION OF BATTERY POWER

Battery power is consumed even though the hands are not moving.

An extremely small amount of electricity is always supplied to the electronic circuit in order to make the watch start moving immediately and correctly after it is stopped and the battery itself discharges electricity.

BATTERY CHANGE

When replacing the battery, please specify the "SEIKO SB Battery" at the authorized SEIKO DEALER.

We suggest that the battery should be replaced as soon as possible when you see the second hand moving in two second intervals.

If an old battery is kept in the watch for a long time, electrolyte leakage from the battery may damage the module.

*When a battery is taken out of a watch, it must be kept at a place beyond the reach of an infant. In case it is swallowed by an infant, consult a doctor immediately.

CARE OF YOUR WATCH

- Water resistance - The following table shows the degree of water resistance of your watch. Please check the case back and dial to find the indication for the water resistance quality of your watch, and refer to the table for the use of your watch.

Indication for water resistance	Condition of use	Degree of water resistance	Designed and manufactured to withstand accidental contact with water such as splashes and rain	Suitable for kitchen work, swimming, yachting and shallow diving without breathing apparatus	Suitable for scuba diving
a: No indication on the dial b: Indication on the case back					
a: No indication b: "WATER RESIST"	Non-water resistance		X		X
a: No indication b: "WATER RESIST"	Water resistance (3 bar)		O	X	X
a: No indication, "SILVER WAVE" or "WATER RESIST TO BAR" b: "WATER RESIST" or "WATER RESIST TO BAR"	Water resistance (10 bar)		O	O	X

- If your watch is non-resistant, care should be taken not to get it wet with water such as splashes, rain or pouring perspiration. If the watch becomes wet, wipe it thoroughly dry with highly absorbent cloth.
- Do not turn or pull out the crown when the watch is wet, as water may go inside the watch.
- If your watch is water resistant (3 bar) and exposed to saltwater or pouring perspiration, rinse it in fresh water and then wipe it thoroughly dry.
- As a small amount of moisture is included inside the watch, the inner surface of the glass may be temporarily blurred if the atmospheric temperature is lower than that inside the watch. This does not adversely affect the watch. However, if the blur persists for a long time, we suggest that you have your watch checked by an AUTHORIZED SEIKO DEALER.

ANTI-SHOCK

Your watch can be worn temporarily when it is subjected to strong vibrations while operating a motorcycle, chain-saw, jack-hammer, etc.

VIBRATION

Your watch will lose time temporarily when it is subjected to strong vibrations while operating a motorcycle, chain-saw, jack-hammer, etc.

ANTI-MAGNETIC

Your watch will not be affected by the magnetism of household electrical appliances.

Magnetism emitted from household electric appliances will not affect the watch.

Keep the watch away from close contact with magnetic objects that generate strong magnetic field, such as magnets, health appliances, magnetic doors of refrigerators, etc.

CHEMICALS

Please note that the watch case, metal bracelet and dial will be discolored by chemicals, gas or mercury.

TEMPERATURE

This watch is so adjusted that it will maintain stable time accuracy in normal temperature (5°C~35°C).

Do not be exposed direct to the sun or in a cold place for a long time.

Do not leave your watch in a place where the temperature is extremely high or low temperature, a slight time loss/gain and unstable movement of the second hand may be caused. However, these conditions will be corrected when the watch returns to normal temperature.

*Be sure to note that if your watch is left in a place where the temperature is below -10°C or over +60°C, it will malfunction, and the battery electrolyte leakage will shorten the battery life.

TO PRESERVE THE QUALITY OF YOUR WATCH

CHECK

We suggest that you have your watch checked by a SEIKO DEALER, every 2 or 3 years or when the battery is replaced, for oil condition, battery electrolyte leakage or damage due to water or sweat.

After checking the watch, adjusted or repaired may be required.

*Be sure to have the gasket and push-pin replaced with new ones by a SEIKO DEALER after the watch is adjusted or repaired.

*Specify "SEIKO GENUINE PARTS" when replacing the parts.

CARE OF THE CASE AND METAL BRACELET

Stains or water will rust the watch case and metal bracelet. Wipe them off with a soft cloth.

Adjust the metal bracelet so that there will be a little clearance between the metal bracelet and your wrist to reduce accumulation of dirt and sweat.

Clean the metal bracelet with a soft toothbrush dipped in water or soapy water.

*Be careful not to get the case wet when cleaning.

If your watch has a rotating bezel, always keep the bezel clean. Otherwise, dust will collect under the bezel and it cannot be rotated smoothly.

