

BGSDD-1908
5R系 (5R77)
7R系 (7R87、7R88、7R89、7R99)

セイコーウォッチ株式会社



取扱説明書

Thank you very much for choosing a CREDOR watch.

Only the unique melding of traditional Japanese sensitivity
and state-of-the-art technology can bring you
a watch of this quality and character.

Doing so is our passion.

The CREDOR name is your guarantee.
From the French crête d'or – “crest of gold” –
it signifies our commitment to always being the very best.

We hope this CREDOR watch will be your favorite
personal timepiece for many years to come.

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HANDLING CAUTIONS

1 ABOUT THIS PRODUCT

WARNING

To indicate the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.

- Immediately stop wearing the watch in following cases.
 - If the watch body or band becomes edged by corrosion etc.
 - If the pins protrude from the band.
 - ※ Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER.
- Keep the watch and accessories out of the reach of babies and children.

Care should be taken to prevent a baby or a child accidentally swallowing the accessories. If a baby or child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child

CAUTIONS

To indicate the risks of light injuries or material damages unless the following safety regulations are strictly observed.

- Avoid the following places for wearing or keeping the watch.
 - Places where volatile agents (cosmetics such as polish remover, bug repellent, thinners etc.) are vaporizing
 - Places where the temperature drops below 5℃ or rises above 35 ℃ for a long time
 - Places of high humidity
 - Places affected by strong magnetism or static electricity
 - Dusty places
 - Places affected by strong vibrations
- If you observe any allergic symptoms or skin irritation

Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist
- Other cautions
 - Do not disassemble or tamper with the watch.
 - Keep the watch out of the reach of babies and children.

Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when they touch the watch.

1 ABOUT THIS PRODUCT

⚠ WARNING

Do not use the watch in scuba diving or saturation diving.

The various tightened inspections under simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on the water-resistant watch with the BAR (barometric pressure) display. For diving, use special watches for diving.

⚠ CAUTION

Do not turn or pull out the crown when the watch is wet.

Water may get inside of the watch.

※ If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER (listed on the end of a book).

⚠ CAUTION

Do not leave moisture, sweat and dirt on the watch for a long time.

Be aware of a risk that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.



Do not wear the watch while taking a bath or a sauna.

Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.



Do not pour running water directly from faucet.

The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

CHARACTERISTICS

- This watch features “Spring drive”, the unique mechanism made available only by SEIKO technology.
- The Spring Drive watch ensures quartz accuracy while using the mainspring as its sole power source.
- The glide-motion second hand moves in a perfectly smooth movement.

⚠ CAUTION

• Spring Drive works by the power provided by the mainspring. Remember to check the power reserve indicator and keep the mainspring of the watch sufficiently wound while using the watch. → “POWER RESERVE INDICATOR” on page 76.

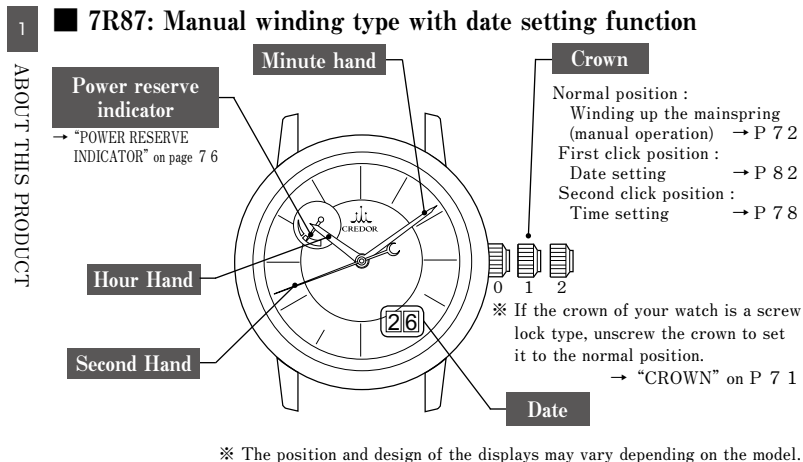
• Under a low-temperature condition (below 0°C), the watch may stop when the power reserve indicator shows less than one-fourth (7R series) or one-sixth (5R series) of the power reserve. In such a case, turn the crown to wind the mainspring.

NAMES OF THE PARTS AND THEIR FUNCTION

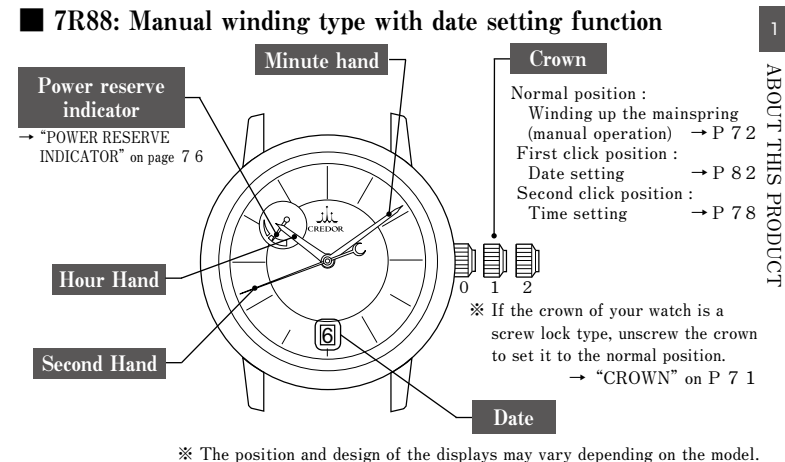
Refer to the instructions pertaining to the caliber number of your watch on the following pages. The caliber number can be checked on the case back of your watch. → “PERFORMANCE AND TYPE” on page 93

※ The caliber number identifies your watch type.

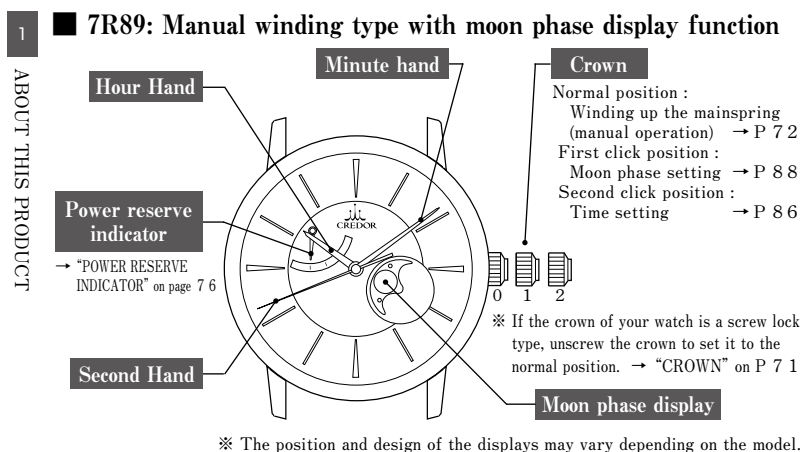
Caliber number	7 R 8 7	7 R 8 8	7 R 8 9	7 R 9 9	5 R 7 7
Reference pages (NAMES OF THE PARTS AND THEIR FUNCTION)	P. 66	P. 67	P. 68	P. 69	P. 70



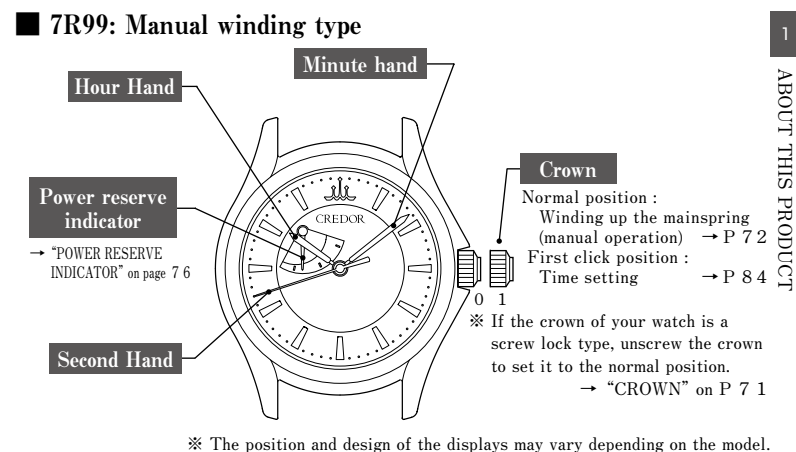
66



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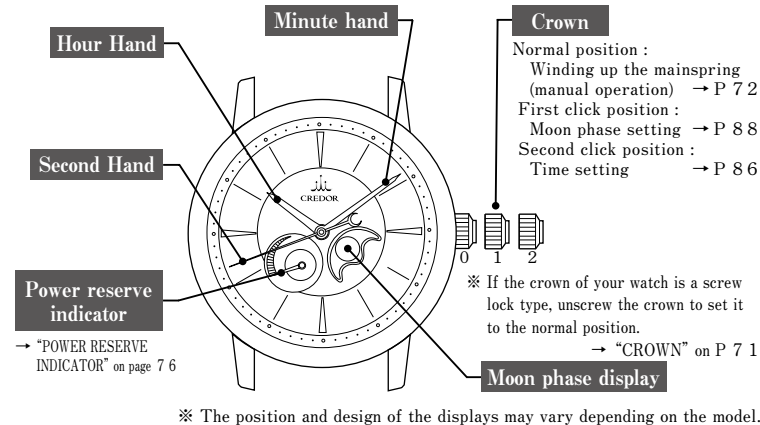


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■ 5R77: Automatic type (with manual winding function) featuring moon phase display function



HOW TO WIND THE MAINSPRING (7R series)

This watch is a manual winding type. The mainspring can be manually wound to operate the watch by turning the crown.

■ Guide for winding state of the mainspring

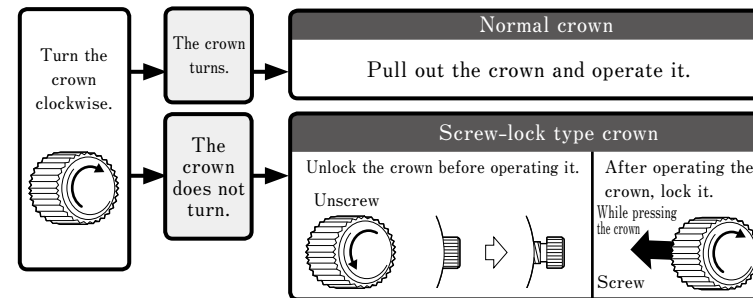
Manual winding : Seven full rotations of the crown will provide the power to run the watch for approximately ten hours.

Observe the power reserve indicator to check the level of the remaining power.
→ "POWER RESERVE INDICATOR" on page 7 6.

※ Under a low-temperature condition (below 0°C), always keep at least one-fourth of the watch's power reserve shown by the power reserve indicator so that the watch will not stop.

CROWN

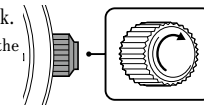
There are two types of crowns, a normal crown and a screw-lock crown. Check the crown on your watch.



※ If your watch has a screw-lock crown, the crown screws into the watch to prevent malfunction and increase water resistance.
※ Be careful not to screw the crown in by force as it may damage the slots of the crown.

■ How to manually wind the mainspring

1. Slowly turn the crown in the direction of the arrow mark.
※ If the crown of your watch is a screw lock type, unlock the crown.
→ CROWN on page 7 1



2. Wind the mainspring until the power reserve indicator shows a fully-wound state. → "How to read the Power reserve indicator" on page 7 7
Check that the second hand is moving.

Power reserve indicator	Ex.1	Ex.2
Fully-wound state		

※ The crown cannot be turned further when the mainspring is fully wound to prevent overwinding of the mainspring. Do not try to forcefully turn the crown as this may damage the watch.
※ If the crown of your watch is a screw lock type, lock the crown after the mainspring is fully wound. → "CROWN" on page 7 1

HOW TO WIND THE MAINSPRING (5R series)

This watch is an automatic watch equipped with a manual winding mechanism. When the watch is worn on the wrist, the motion of the wearer's arm winds the mainspring to operate the watch.

You can also manually wind the mainspring by turning the crown.

Guide for winding state of the mainspring

Automatic winding : The mainspring of the watch is fully wound when it is worn for twelve hours per day for three to five consecutive days.

Manual winding : Five full rotations of the crown will provide the power to run the watch for approximately ten hours.

Observe the power reserve indicator to check the level of the remaining power. Refer to "POWER RESERVE INDICATOR" on page 7 6.

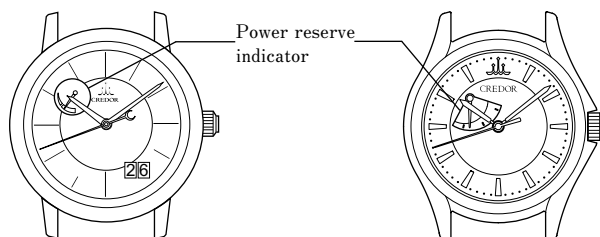
- ※ Under a low-temperature condition (below 0°C), always keep at least one-sixth of the watch's power reserve shown by the power reserve indicator so that the watch will not stop.
- ※ The continuous operable time of the watch may vary depending on actual use conditions, such as the number of hours you wear the watch or the extent of your movement while wearing it.
- ※ In a case where you wear the watch for a short period of time each day, observe the power reserve indicator to check the level of the remaining power. If necessary, manually wind the mainspring.

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BEFORE USING THE WATCH

POWER RESERVE INDICATOR

- The power reserve indicator lets you know the winding state of the mainspring.
- Before removing the watch from your wrist, observe the power reserve indicator to check if the watch has stored enough power to keep running until the next time you wear it. If necessary, wind the mainspring. (To prevent the watch from stopping, wind the mainspring to store the excess power that will allow the watch to run for extra time.)

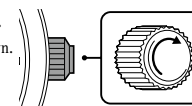


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BEFORE USING THE WATCH

How to manually wind the mainspring

1. Slowly turn the crown in the direction of the arrow mark.
 ※ If the crown of your watch is a screw lock type, unlock the crown.
 → CROWN on page 7 1



2. Wind the mainspring until the power reserve indicator shows a fully-wound state. → "How to read the power reserve indicator" on page 7 7

Check that the second hand is moving.

Power reserve indicator	Ex.1	Ex.2
Fully-wound state		

- ※ The crown can be turned further when the mainspring is fully wound. Turning the crown after the mainspring is fully wound will not damage the watch, however, please refrain from excessive operation because the mainspring cannot be wound any further.
- ※ If the crown of your watch is a screw lock type, lock the crown after the mainspring is fully wound. → CROWN on page 7 1

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BEFORE USING THE WATCH

How to read the Power reserve indicator

The Power Reserve Indicator	Ex.1			
	Ex.2			
The winding state of the mainspring		Fully wound	Half wound	Unwound
The number of hours the watch can run	7R series	Approximately 48 hours (2 days)	Approximately 24 hours (1 day)	The watch either stops or is running down.
	5R series	Approximately 72 hours (3 days)	Approximately 36 hours (1 day and a half)	

- ※ The position or design of the power reserve indicator may differ depending on the model.

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BEFORE USING THE WATCH

HOW TO SET THE DATE AND TIME (7R87, 7R88)

How to set the date and time

※ For adjusting the date only, refer to "■ Date adjustment on the first day after a month that has less than 31 days" on page 8 2

1. Make sure that the watch is operating.

※ Always set the date and time when the watch is operating. If the watch is not operating, wind the mainspring.

→ "How to manually wind the mainspring" on page 7 3

2. Make sure that the watch hands do not show any time between the 9:00 p.m. and 1:00 a.m.

If the hands show any time between the 9:00 p.m. and 1:00 a.m., pull out the crown to the second click and turn it to temporarily advance the time past 1:00 a.m.

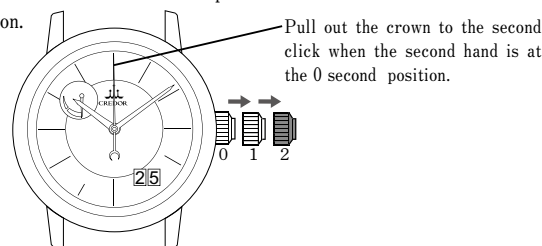
※ This procedure is required to ensure the proper engagement of the date driving wheel.

※ Two full rotations of the crown will change the date for one day. While turning the crown, the moment the date changes is midnight. When setting the hour hand, be sure that AM/PM is set correctly.

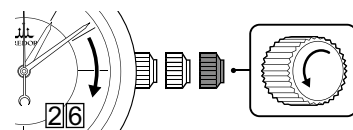
※ If the crown of your watch is a screw lock type, unlock the crown.

→ CROWN on page 7 1

5. Pull out the crown to the second click to stop the watch when the second hand is at the 0 second position.



6. Turn the crown in the direction of the arrow mark so that the hour and minute hands move clockwise. Advance the time until the date is set to the desired date.

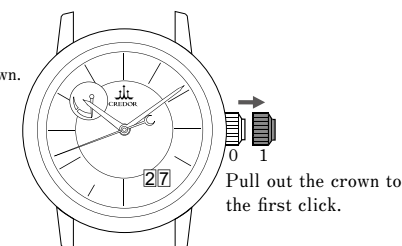


3. Pull out the crown to the first click.

※ The watch keeps on operating.

※ If the crown of your watch is a screw lock type, unlock the crown.

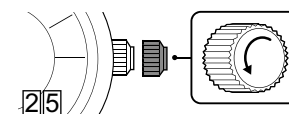
→ CROWN on page 7 1



4. Turn the crown in the direction of the arrow mark to set the date to the previous day.

※ Turning the crown clockwise (upward) will not change the date.

Ex. If you want to set the date to the "26th," temporarily set the date to the "25th."

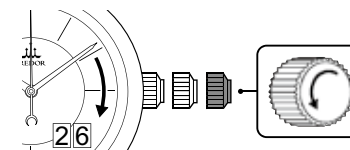


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7. Set the time. Turn the crown in the direction of the arrow mark so that the hour and minute hands move clockwise.

Set the minute hand about ten minutes behind and then slowly advance the minute hand to the desired time.

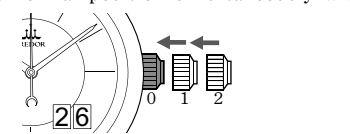
※ Two full rotations of the crown will change the date for one day. While turning the crown, the moment the date changes is midnight. When setting the hour hand, be sure that AM/PM is set correctly.



8. Push the crown back in to the normal position simultaneously with a time signal.

※ If the crown of your watch is a screw lock type, lock the crown.

→ CROWN on page 7 1



Push the crown back in to the normal position.

■ Date adjustment on the first day after a month that has less than 31 days

The watch displays the date from the 1st to the 31st. Adjust the date on the first day of the month that has less than 31 days (February, April, June, September, and November).

※ Also conduct the following procedure when adjusting the date only.

1. Make sure that the watch is operating.

※ Always set the date and time when the watch is operating. If the watch is not operating, wind the mainspring.

→ “How to manually wind the mainspring” on page 7 3

※ If the watch is not operating, wind the mainspring before setting the date and time.

→ “HOW TO SET THE DATE AND TIME” on page 7 8

2. Make sure that the watch hands do not show any time between 9:00 p.m. and 1:00 a.m.

If the hands show any time between 9:00 p.m. and 1:00 a.m., refer to “HOW TO SET THE DATE AND TIME” on page 7 8 to temporarily advance the hands past 1:00 a.m.

3

HOW TO SET THE DATE, TIME, AND MOON PHASE

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HOW TO SET THE TIME (7R99)

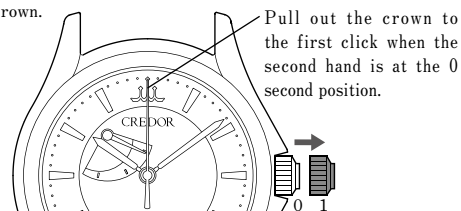
1. Make sure that the watch is operating.

※ Always set the date and time when the watch is operating. If the watch is not operating, wind the mainspring. → “How to manually wind the mainspring” on page P. 7 3

2. Pull out the crown to the first click to stop the watch when the second hand is at the 0 second position.

※ If the crown of your watch is a screw lock type, unlock the crown.

→ CROWN on page 7 1



3

HOW TO SET THE DATE, TIME, AND MOON PHASE

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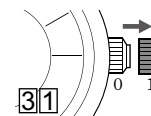
3. Pull out the crown to the first click.

※ The watch keeps on operating.

※ If the crown of your watch is a screw lock type, unlock the crown.

→ CROWN on page 7 1

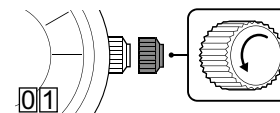
Ex.: When changing the date from the “31st” to the “1st.”



Pull out the crown to the first click.

4. Turn the crown in the direction of the arrow mark to set the date.

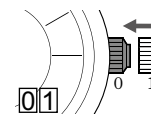
※ Turning the crown clockwise (upward) will not change the date.



5. Push the crown back in to the normal position.

※ If the crown of your watch is a screw lock type, lock the crown.

→ CROWN on page 7 1



Push the crown back in to the normal position.

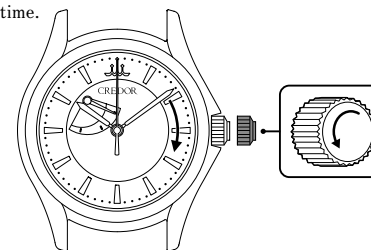
3

HOW TO SET THE DATE, TIME, AND MOON PHASE

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3. Turn the crown in the direction of the arrow mark to set the time.

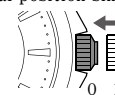
Set the minute hand about ten minutes behind and then slowly advance the minute hand to the desired time.



4. Push the crown back in to the normal position simultaneously with a time signal.

※ If the crown of your watch is a screw lock type, lock the crown.

→ CROWN on page 7 1



Push the crown back in to the normal position.

3

HOW TO SET THE DATE, TIME, AND MOON PHASE

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HOW TO SET THE TIME AND MOON PHASE (7R89, 5R77)

How to set the time

When setting the time and moon phase, set the time first and then set the moon phase.

1. Make sure that the watch is operating.

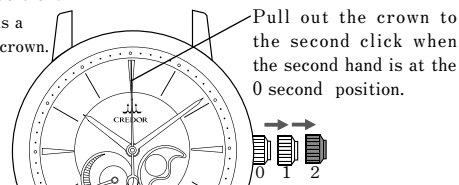
※ Always set the time and moon phase when the watch is operating. If the watch is not operating, wind the mainspring.

7 R 8 9 → "How to manually wind the mainspring" on page 7 3

5 R 7 7 → "How to manually wind the mainspring" on page 7 5

2. Pull out the crown to the second click to stop the watch when the second hand is at the 0 second position.

※ If the crown of your watch is a screw lock type, unlock the crown.
→ CROWN on page 7 1















Pull out the crown to the second click when the second hand is at the 0 second position.

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How to set the moon phase

The shape of the moon on the moon phase display indicates the approximate moon phase. After setting the time, set the moon phase.

※ When setting the time, refer to "How to set the time" on page 8 6.

Moon phase		0	7	1 5	2 2
The name of moon phase		 New moon	 Quarter moon	 Full moon	 Waning moon
Moon phase display	Ex.1				
	Ex.2				

※ The moon phase display shows the phases (waxing and waning) of the moon. The moon phase represents the period from the time when the last new moon (moon phase: 0.0) occurred to noon of the current day in day increments. The average length of the period between new moons is approximately 29.5 days.

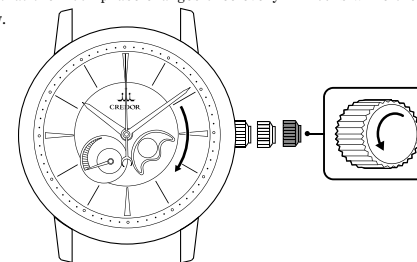
※ The shape of the moon on the moon phase display shows the moon phase, and does not show the shape of the moon itself.

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3. Turn the crown in the direction of the arrow mark to set the time.

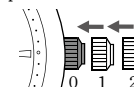
Set the minute hand about ten minutes behind and then slowly advance the minute hand to the desired time.

※ It is designed so that the moon phase changes once every 24 hours while the time is shown by a 12-hour display.



4. Push the crown back in to the normal position simultaneously with a time signal.

※ If the crown of your watch is a screw lock type, lock the crown.
→ CROWN on page 7 1



Push the crown back in to the normal position.

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1. Check the current moon phase.

※ Check the current moon phase from the weather and moon phase data page in your local newspaper.

2. Make sure that the watch hands do not show any time between the 9 o'clock and 2 o'clock.

If the watch hands show any time between the 9 o'clock and 2 o'clock, pull out the crown to the second click, then turn the crown to temporarily advance the time past 2 o'clock. → "How to set the time" on page 8 6

Adjust the time to the correct time after setting the moon phase.

3. Pull out the crown to the first click.

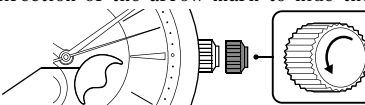
※ If the crown of your watch is a screw lock type, unlock the crown. → CROWN on page 7 1



Pull out the crown to the first click.

4. Turn the crown in the direction of the arrow mark to hide the moon on the moon phase display.

Whole moon is hidden (the state of "Moon phase 0 (new moon)")

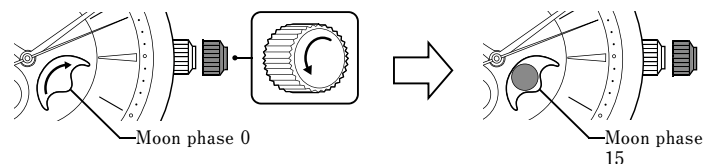


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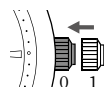
5. Slowly turn the crown in the direction of the arrow mark to advance the moon phase by one until the correct moon phase is displayed.

Round off the number of the moon phase to the first decimal place.
(Ex.) If the current moon phase is 14.8, set the moon phase to “moon phase 15.”



6. Push the crown back in to the normal position.

※ If the crown of your watch is a screw lock type, lock the crown. → CROWN on page 7 1



Push the crown back in to the normal position.

TIPS FOR MORE ACCURATE TIME SETTING

Keep in mind the following points in order to set the time more accurately.

- Before setting the time, wind the mainspring sufficiently.
(Ensure that the power reserve indicator is showing a full-wound state.)
→ “How to read the Power reserve indicator” on page 7 7
- When starting to use a watch after it stops, wind the mainspring sufficiently. To set the time after that, wait for approximately 30 seconds after the small second hand starts to move, then pull the crown out.
- Do not stop the second hand movement for longer than 30 minutes. If the stoppage of the second hand movement exceeds 30 minutes, push the crown back into the normal position, and wait for at least 30 seconds after the second hand restarts moving, and then continue the time setting.

DAILY CARE

- It is highly recommended for you to take good care of the watch in order to enjoy the superb quality of the watch for a long time.

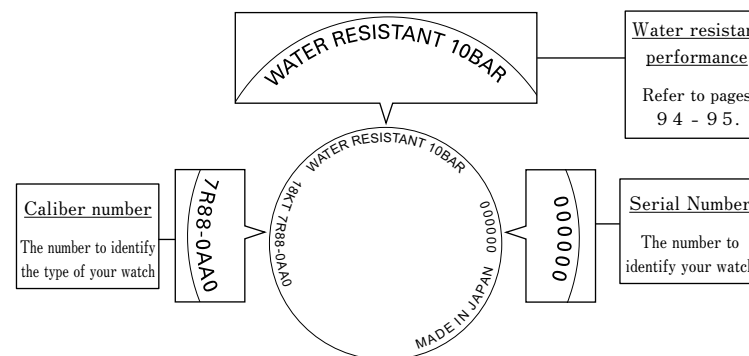
- The watch body and band touch the skin directly just as underwear.
Keep the watch body and band clean in order to avoid stain on the sleeve edge or rash or itch. After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth as soon as possible.
- Do not use any chemical agent such as cleaner to clean the watch.

- Turn the crown from time to time. (Only several turns in slow movement will be enough.)

- This prevents corrosion of the crown and helps to extend the life of the gasket in use.
- The same practice should be applied to the screw-lock type crown. (No need to pull out the screw-lock type crown.)
→ CROWN on page 7 1
- Stainless steel is a highly rust-resistant metal. However, rust will form if contaminants are left on it for a long time.

PERFORMANCE AND TYPE

The case back shows the caliber and performance of your watch



※ The figure above is one example. Performance of your watch is different from above sample.

WATER RESISTANCE

Refer the table below for the description of each degree of water resistant performance of your watch before using.

(Refer to “page 9 3”)

Indication on the case back	Water resistant performance	Condition of use
No indication	Non-water resistance	Avoid drops of water or sweat
WATER RESISTANT	Water resistance for everyday life	The watch withstands accidental contact with water in everyday life. ⚠ WARNING Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5 barometric pressures	The watch is suitable for sports such as swimming.
WATER RESISTANT 1 0 (2 0) BAR	Water resistance for everyday life at 10(20) barometric pressures.	The watch is suitable for diving not using an air cylinder.

MAGNETIC RESISTANCE

Affected by nearby magnetism, this watch may temporarily stop operating, or gain or lose time.

This watch is a magnetic resistant watch that is fully compliant with JIS level-1 standard.

How to handle the watch

Keep the watch 5 cm or more away from magnetic products.
(JIS level-1 standard)

If the accuracy exceeds the accuracy target range during normal usage due to magnetization, removal of magnetism and accuracy readjustment works are charged regardless of the guarantee period.

● Why is this watch affected by magnetism?

Because the adjustment mechanism equipped in the Spring Drive uses a magnet, which is affected by strong magnetism from outside.

Examples of common magnetic products that may affect watches



Cellular phone
(speaker)



AC-powered shaver



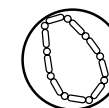
Bag
(with magnet buckle)



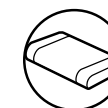
Magnetic
cooking device



Portable radio
(speaker)



Magnetic necklace



Magnetic
health pillow

WATCH BAND

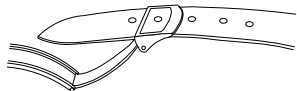
The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of attention for long usage.

● Metallic band

- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.
- Lack of care may cause a yellowish or gold stain on the lower sleeve edge of shirts.
- Wipe off moisture, sweat or soil with a soft cloth as soon as possible
- To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush.
(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- Because some titan bracelets use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
- If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the clasp may not open.
- If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

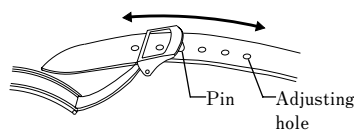
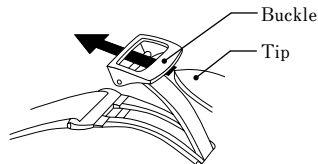
HOW TO USE THE THREE-PIECE FOLDOVER CLASP

·Three-piece foldover clasp



·How to adjust the length of the band

- Thread the tip of the band to the buckle.
- Slide the band to adjust its length and find the appropriate adjusting hole. Place the pin into the hole.




● Leather band

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
- Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use (10-BAR water resistant).

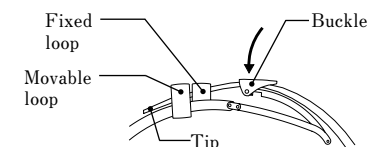
● Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- Especially a translucent, white, or pale colored band easily adsorbs other colors, resulting in color smears or discoloration.
- Wash out dirt in water and clean it off with a dry cloth.
(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- When the band becomes less flexible or cracked, replace the band with a new one.

Notes on skin irritation and allergy	Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.
Notes on the length of the band	Adjust the band to allow a little clearance with your wrist to ensure proper airflow. When wearing the watch, leave enough room to insert a finger between the band and your wrist. 

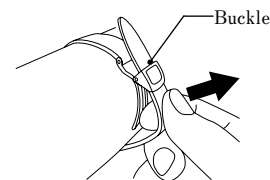
·How to wear the watch

Insert the tip of the band into the fixed loop and movable loop, and push the buckle down to fasten the clasp.

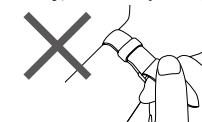


·How to take off the watch

Place your finger between the band and clasp. Pinch the band with your fingers and pull it forward to open the clasp.



※ Do not pull the tip of the band to open the clasp, as this may damage the band.



※ If it is difficult to open the band following the above procedure, hold both sides of the buckle to open the clasp.

REMARKS ON 18-KARAT GOLD

18-karat gold (18KT) is an alloy comprised of 75% of gold and 25% of other metals. Depending on the proportion of the other metals mixed with the gold, the 18-karat gold is classified into three colors such as yellow gold (YG), white gold (WG) and pink gold (PG).

● Decoloration of 18-karat gold

- While gold can maintain its glittering quality, other metal components in the alloy may discolor to look like reddish or blackish due to various reasons.
- Daily care helps to prevent discoloration of the alloy, however, if the discoloration or stain of the alloy persists even after wiping the watch off, take your watch to the retailer from whom the watch was purchased for refinishing. (Refinishing will be made at cost.)

LumiBrite

If your watch uses LumiBrite

LumiBrite absorbs the energy of sunlight or artificial light in a short time (light of more than 500 lux for approximately 10 minutes) and stores it to emit light in darkness for a long time (approximately 3 to 5 hours). Please note, however, that, as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ depending on such factors as the brightness of the place where the watch is exposed to light and the amount of light the watch stores.

※ LumiBrite is a luminous paint that is completely harmless to human beings and the natural environment.

<Reference data on luminance>

Environment	Reference data on luminance	
Sunlight	Fine weather	100,000 lux
	Cloudy weather	10,000 lux
Indoors (Window side during daytime)	Fine weather	more than 3,000 lux
	Cloudy weather	1,000 to 3,000 lux
	Rainy weather	less than 1,000 lux
Lighting apparatus (40-watt daylight fluorescent light)	1 m	1,000 lux
	3 m	500 lux (average room luminance)
	4 m	250 lux

WATCH BODY/METAL BRACELET

● Length adjustment service

- For the length adjustment service of the 18-karat gold or platinum bracelet, ask the retailer from whom the watch was purchased. The watch will be submitted to CREDOR SERVICE STATION for the length adjustment. It may take two to three weeks depending on the model to adjust the length of the bracelet.
- The length adjustment service of the 18-karat gold or platinum bracelet will not be charged only for the first time. However, the cost for materials or parts necessary for the length adjustment and repair cost other than the length adjustment will be charged.
- Only the first length adjustment of the 18-karat gold or platinum bracelet is free of charge. However, the cost for materials or parts necessary for length adjustment and repair cost other than length adjustment will be charged.
- The length adjustment service of stainless-steel band is available from the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER. Some other retailers may charge you for the length adjustment or may not undertake such treatments.

● Periodic cleaning

- Periodic cleaning is highly recommended to enjoy the best quality of the watch for a long time. Ask the retailer from whom the watch was purchased or the CREDOR SERVICE STATION through your nearby SEIKO retailers. (Cleaning may be made at cost.)

MEMO

AFTER-SALE SERVICE

• Notes on after-sale service and guarantee

- Your CREDOR watch was strictly checked and completely adjusted at the factory to ensure its high accuracy. However, if your watch gets out of order with the correct way of use as described in this instruction booklet within the guarantee period, take your watch to the retailer from whom your watch was purchased together with the certificate of guarantee. Repair and adjustment will be made without charge.
- The guarantee period and detailed guarantee coverage is provided in the certificate of guarantee.
- For repair services after the guarantee period has expired or for any other information regarding the CREDOR watch, please contact the retailer from whom your watch was purchased or SEIKO CUSTOMER SERVICE CENTER (listed at the back of the booklet).

• Notes on repair parts

- The CREDOR repair parts will be retained usually for 10 years. In principle, your watch can be reconditioned within this period if used normally.
- The number of years that a watch is considered repairable may vary greatly depending on the conditions under which it was used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased when having them repair your watch.
- The case, dial, hands, glass and bracelet, or parts may be replaced with substitutes if the originals are not available.
- For any other information regarding the CREDOR watch, please contact SEIKO CUSTOMER SERVICE CENTER (listed at the back of the booklet).

• Notes on overhaul

- Periodic inspection and adjustment by disassembly and cleaning (overhaul) is recommended approximately once every 3 to 4 years in order to maintain optimal performance of the watch for a long time. The power transmission gear of the movement of this watch constantly receives force. To ensure that this mechanism works properly all the time, washing parts, changing oil, adjusting accuracy, checking functions and replacing consumable parts on a regular basis are important. The first overhaul after the purchase of your watch is particularly important for preserving long-time use of your watch. According to use conditions, the oil retaining condition of your watch mechanical parts may deteriorate, abrasion of the parts may occur due to contamination of oil, which may ultimately lead the watch itself to stop. As the parts such as gasket may deteriorate, water-resistant performance may be impaired due to intrusion of perspiration and moisture. Please contact the retailer from whom the watch was purchased for inspection and adjustment by disassembly and cleaning (overhaul).
- For replacement of parts, please specify "SEIKO GENUINE PARTS."
- When asking for inspection and adjustment by disassembly and cleaning (overhaul), make sure that the gasket and push pin are also replaced with new ones.

TROUBLESHOOTING

Trouble	Possible cause	Solution	Reference pages
The watch stops operating.	The mainspring is in an "unwound" state (Refer to "How to read the power reserve indicator" on page 77.)	Turn the crown to wind the mainspring. While you are wearing the watch or when you take it off, check the remaining power shown by the power reserve indicator and wind the mainspring if necessary.	7 R series → P. 73 5 R series → P. 75
Even though you wear the watch every day, the power reserve indicator does not come up (5R series).	The watch is worn on your wrist only for a short period of time, or your arm movement is small.	Turn the crown to wind the mainspring.	
The watch temporarily gains or loses time	The watch has been left in extremely high or low temperatures.	Return the watch to normal temperature so that it works accurately as usual, and then reset the time. The watch is adjusted so that it works accurately when it is worn on your wrist under the normal temperature range between 5 °C and 35 °C.	7 R 87 · 7 R 88 → P. 78 7 R 99 → P. 84 7 R 89 · 5 R 77 → P. 86
	The watch is left close to an object with a strong magnetic field (page 97).	Keep away the watch from close contact with magnetic objects so that the watch works accurately as usual, and then reset the time.	
	You drop the watch, hit it against a hard surface, or wear it while playing active sports. The watch is exposed to strong vibrations.	Reset the time.	
The inner surface of the glass is clouded.	Moisture gets inside the watch because the gasket is deteriorated.	Contact the retailer from whom the watch was purchased.	—

Trouble	Possible cause	Solution	Reference pages
The watch stops even though the power reserve indicator is not showing to “o”.	The watch has been left under the temperature below 0°C.	Turn the crown to wind the mainspring. Under a low-temperature condition (below 0°C), the watch may stop when the power reserve indicator shows less than one-fourth (7R series) or one-sixth (5R series) of the power reserve.	7 R series → P. 7 2 5 R series → P. 7 4
The watch hands move quicker than usual.	This is not a malfunction.	① Conduct the following crown operation. (7R87, 7R88, 7R89, 5R77) Normal position → second click → normal position (7R99) Normal position → first click → normal position ② Reset the time.	7 R 8 7 · 7 R 8 8 → P. 7 8 7 R 9 9 → P. 8 4
Right after starting the watch, it seems that the second hand moves quicker than usual when setting the time.	This is not a malfunction (when starting the watch, it takes a little time before the adjustment function starts working).	Set the time after the second hand moves for approximately 30 seconds or more to set the time correctly.	7 R 8 9 · 5 R 7 7 → P. 8 6
The date changes during daytime (7R87, 7R88).	AM/PM is not correctly set.	Advance the hour hands for 12 hours to correctly set the time.	P. 7 8
It takes the time to change the date (7R87, 7R88).	This is not a malfunction. (It is designed that the date change mechanism works between 9:00 p.m. and 1:00 a.m.)	No operation is needed.	—

※ Contact the retailer from whom the watch was purchased for any other troubles.

SPECIFICATIONS				
	7 R 8 7, 7 R 8 8	7 R 9 9	7 R 8 9	5 R 7 7
Frequency of crystal oscillator	32,768 Hz (Hz = Hertz ∙ ∙ ∙ Cycles per second)			
Loss/gain	Within 15 seconds per month (equivalent to 1 second per day) (If the watch is worn on your wrist within normal temperature range between 5 °C and 35 °C.)			
Operational temperature range	Between -10 °C and +60 °C Under a low-temperature condition (below 0 °C), always keep at least one-fourth of the watch power shown by the power reserve indicator.		Between -10 °C and +60 °C Under a low-temperature condition (below 0 °C), always keep at least one-sixth of the watch power shown by the power reserve indicator.	
Driving system	Spring Drive (manual winding type)			Spring Drive (automatic type with manual winding function)
Features	Hour hand, Minute hand, Second hand, Date, Power Reserve Indicator	Hour hand, Minute hand, Second hand, Power Reserve Indicator	Hour hand, Minute hand, Second hand, Power Reserve Indicator, Moon phase display,	
Continuous operating time	Approx. 48 hours			Approx. 72 hours
IC (Integrated Circuit)	Oscillator, frequency divider, and spring drive control circuit (CMOS-IC): 1 piece			
Hand movement	Glide-motion second hand			
Jewels	30 jewels	32 jewels	30 jewels	

※ The specifications are subject to change without prior notice for product improvements.

セイコーウォッチ株式会社
<https://www.seikowatches.com/>
<http://www.credor.com/>

お電話でのお問い合わせ
0120-302-617（通話料無料）

受付時間 （月曜日～金曜日） 9：30～21：00
 （土曜・日曜・祝日・年末年始） 9：30～17：30

お客様相談室

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