

User's Guide

Watch

5755*EN

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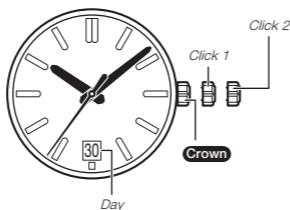
Congratulations upon your selection of this CASIO watch.

To ensure that this watch provides you with the years of service for which it is designed, carefully read and follow the instructions in this manual, especially the information under "Operating Precautions" and "User Maintenance".

- Your watch may differ somewhat from the one shown in the illustration.

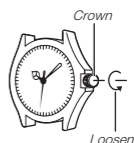
About This Watch

- This watch is a mechanical timepiece powered by a mainspring.



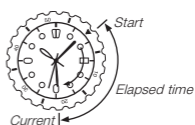
Crown Operations

Some water-resistant models (10BAR, 20BAR) have a screw-in crown. When you need to perform a crown operation, rotate it towards you to unscrew it. Then pull the crown out. Avoid applying undue force when pulling. The watch loses its water resistance while the crown is unscrewed. After performing a crown operation, fully screw the crown back in.



If your watch has a rotary bezel...

You can rotate the bezel to align its ▼ mark with the minute hand. Then you will be able to tell how much time has elapsed since aligning the ▼ mark.



Specifications

Accuracy: Average daily deviation of -35 seconds to +45 seconds

Winding Mechanism: Automatic with manual winding

Oscillation Frequency: 21,600 per hour

Operating Time: Approximately 40 hours (when fully wound)

Jewels: 24

Other: Hacking Function (Stops seconds hand when the crown is pulled out.)

Important!

- Due to the characteristics of mechanical watches, conditions such as the amount of time the watch is worn, wrist movement, and the degree that the mainspring is wound may cause accuracy to deviate outside of the specified range.

Specifications are subject to change without notice.

Winding the Mainspring

The mainspring winds automatically through the natural motion of your wrist while wearing the watch. You can also wind the mainspring manually by rotating the crown (manual winding).

If the watch has stopped, start it by rotating the crown or gently shaking the watch. Once the second hand starts moving, set the time and date, then put the watch on your wrist.

- When fully wound, the watch operates for approximately 40 hours.
- Insufficient winding may cause timekeeping to run fast or slow. For optimal performance, wear the watch for at least 8 hours a day.
- If you do not wear the watch, manually rotate the crown fully at approximately the same time each day.

Mainspring Winding Precautions

- To wind the mainspring, slowly rotate the crown towards 12 o'clock.
- If the crown cannot be rotated (screw-lock type), first rotate it towards 6 o'clock to loosen it, then rotate it towards 12 o'clock to wind the mainspring.
- Even after the mainspring is fully wound, you can continue to rotate the crown. However, the mainspring will not wind beyond a certain point.
- The crown rotates freely to the left (towards 6 o'clock) without winding the mainspring.

To adjust the time setting

When the second hand is at 12 o'clock, pull the **Crown** out to Click 2.



Rotate the **Crown** to change the time setting.



Push the **Crown** back in on a time signal to resume timekeeping.

Note

- Take care that you set the correct AM or PM time.
- When setting the time, move the hands so they are four to five minutes before the desired time setting, and then move them forward to the desired time.

To change the day setting

Pull the **Crown** out to Click 1.



Rotate the **Crown** towards you to set the day.



Push the **Crown** back in.

Note

- The day setting uses a 31-day month. Make adjustments for months of shorter lengths.
- Avoid changing the day setting between the hours of 9 p.m. and 1 a.m. Otherwise, the day setting may not change correctly at midnight.

Operating Precautions

Water Resistance

- The information below applies to watches with WATER RESIST or WATER RESISTANT marked on the back cover.

Marking	On watch front or on back cover	Water Resistance Under Daily Use	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
		No BAR mark	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	Yes

- Do not use your watch for scuba diving or other types of diving that requires air tanks.
- Watches that do not have WATER RESIST or WATER RESISTANT marked on the back cover are not protected against the effects of sweat. Avoid using such a watch under conditions where it will be exposed to large amounts of sweat or moisture, or to direct splashing with water.
- Even if a watch is water resistant, note the usage precautions described below. Such types of use reduce water resistance performance and can cause fogging of the glass.
 - Do not operate the crown or buttons while your watch is submerged in water or wet.
 - Avoid wearing your watch while in the bath.
 - Do not wear your watch while in a heated swimming pool, sauna, or any other high temperature/high humidity environment.
 - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.
- After submersion in seawater, use plain water to rinse all salt and dirt from your watch.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).
- Some water-resistant watches come with fashionable leather bands. Avoid swimming, washing, or any other activity that causes direct exposure of a leather band to water.
- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Your water-resistant watch has been tested in accordance with International Organization for Standardization regulations.

Band

- Tightening the band too tightly can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. Do not fasten the band too tightly. There should be enough room between the band and your wrist so you can insert your finger.
- Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.
- Immediately stop using a band if you even notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to your original retailer or to a CASIO service center for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

Temperature

- Do not leave the watch on a car dashboard, near heating appliances, or in any other location subject to high temperatures. Also avoid leaving it in extremely cold environments for extended periods.* Exposure to such conditions may cause the watch to run fast or slow, stop, or lose functionality.
 - * The accuracy of mechanical watches is affected by temperature.

Impact

- Avoid dropping the watch and otherwise subjecting it to strong impact. Strong impact may not only damage the exterior and band, it can also affect the watch function and performance.

Magnetism

- Though this watch is designed to maintain normal performance in DC magnetic fields up to 4800 A/m, it should not be allowed to come into contact with or be located close to a source of strong magnetism (audio speakers, magnetic necklace, cell phone, etc.) Sources of strong magnetism can affect the balance spring inside the watch, causing the hands to slow down, speed up, or stop, resulting in the incorrect time being displayed.
- Avoid exposure to extremely strong magnetic fields, from medical equipment and other sources, which may cause the watch to malfunction.

Chemicals

- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the resin case, resin band, leather, and other parts.

Storage

- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Leaving your watch wet for long periods can cause fluorescent color to fade. Wipe the watch dry as soon as possible after it becomes wet.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

Leather Band

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause the color of the leather band to transfer to the other items or the color of the other items to transfer to the leather band. Be sure to dry off your watch thoroughly with a soft cloth before storing it and make sure it is not in contact with other items.
- Leaving a leather band where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from a leather band for long periods can cause it to become discolored.
 - CAUTION:** Exposing a leather band to rubbing or dirt can cause color transfer and discoloration.

Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing metal components, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

Bacteria and Odor Resistant Band

- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

User Maintenance

Caring for Your Watch

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Clean water and sweat from a leather band by wiping with a soft cloth.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

Dangers of Poor Watch Care

Rust

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
 - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidation layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to your original retailer or to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

- Leaving sweat or water on a resin band or bezel, or storing your watch an area subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

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