ASICS®

Instruction Manual

AR01 : WJ10   AR02 : WJ11
AR03 : WJ12   AR04 : WJ13
[JC013]

Thank you very much for purchasing an ASICS watch.
The Certificate of Guarantee is included in this Instruction Manual.
Please ensure that it is filled in properly with all the necessary information including date of purchase and name of retail store.
For proper use and care of your ASICS watch, please read the instructions in this manual carefully before use.

Keep this manual handy for ready reference.

* Length adjustment service for metallic bands is available at the retailer from whom the watch was purchased. If you cannot have your watch repaired by the retailer from whom the watch was purchased because you received the watch as a gift, or you moved to a distant place, please contact SEIKO CUSTOMER SERVICE CENTER. The service may also be available on a chargeable basis at other retailers, however, some retailers may not undertake the service.
* The battery in your watch at the time of purchase is a monitor battery inserted at the factory to check the function and performance of the watch. Battery replacement is at cost even within the guarantee period.
* If your watch has a protective film for preventing scratches, make sure to peel it off before using the watch. If the watch is used with the film on it, dirt, sweat, dust, or moisture may be attached to the film and may cause rust.

SPECIFICATIONS

Chronograph function	Measures up to 100 hours.
Lap/split time measurement function	Up to 500 laps can be stored (when only one RUN is measured).
Timer function	2-channel Repeat Timer
Alarm function	3-channel Daily Alarm
Water-proof feature	AR01/AR02 Water resistant 5 bar / AR03/AR04 Water resistant 10 bar
Operational temperature range	-5°C ~ +50°C
Loss/gain (monthly rate)	Less than 30 seconds at normal temperature range (5°C ~ 35°C) (when the watch is worn on the wrist)

Materials

Case	Plastic
Bezel	Aluminum (Only on AR03/AR04 models)
Strap	Polyurethane
Glass	AR01/AR02 Mineral glass / AR03/AR04 Acrylic glass

Battery

Series	Model	Battery Code	
AR01	WJ10	CR2016	SB-T11
AR02	WJ11	CR2025	SB-T14
AR03	WJ12	CR2016	SB-T11
AR04	WJ13	CR2025	SB-T14

Battery Life

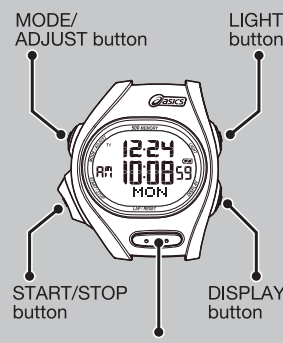Approximately 3 years (Battery life may vary depending on the frequency of use of any given function.)

⚠ Never operate any of the buttons in water. The watch may be damaged due to water immersion.

*The specifications are subject to change without prior notice, for product improvement.

■ TO PRESERVE THE QUALITY OF YOUR WATCH

● Handling Cautions

⚠ WARNING
● 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 battery or 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.
● Do not remove the battery from the watch. Replacement of the battery requires professional knowledge and skill. Please ask a watch retailer for replacement of the battery. Do not attempt to charge the battery, as this may cause battery explosion, heat generation, battery leakage, or damage to the battery.
● 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
● Avoid wearing or storing the watch in the following places.
 • Places where volatile agents (cosmetics such as polish remover, bug, repellent, thinners etc.) are vaporizing
 • Places where the temperature drops below 5°C or rises above 35°C for a long time
 • Places of high humidity
 • Places affected by strong magnetism or static electricity
 • Dusty places
 • Places affected by strong vibrations
 * For watches with batteries, do not leave a dead battery compartment for a long time as it may cause battery leakage.
● 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.
● Do not pour running water directly from a 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.
● Do not press buttons 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.
● 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.
● 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.
 • When disposing of used batteries, follow the instructions of your local authorities.
 • If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

● Daily Care

The watch requires good daily care.
 • Wipe away moisture, sweat or dirt with a soft cloth.
 • After soaking the watch in seawater, be sure to wash the watch in clean pure water and wipe it dry carefully.
 * If your watch is rated as "non-water resistant" or "water resistant for daily use," do not wash the watch.

● Water Resistance

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

Indication on 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.	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 10 (20) BAR	Water resistance for everyday life at 10 (20) barometric pressures	The watch is suitable for diving not using an air cylinder.	

● 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 skin irritation, or 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.

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 for everyday 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 dry 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, have enough room to insert a finger between the band and your wrist.

■ AFTER-SALES SERVICE

● Notes on Guarantee and Repair

 • Contact the retailer from whom the watch was purchased or SEIKO CUSTOMER SERVICE CENTER for repair or overhaul.
 • Within the guarantee period, present the certificate of guarantee to receive repair services.
 • Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.
 • For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

● Remarks on Replacement Parts

 • SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch.
 • Please keep in mind that if original parts are not available, they may be replaced with substitutes whose outward appearance may differ from the originals.

● 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. According to use conditions, the digital display may go out due to liquid leakage. 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.
 • When your watch is inspected and adjusted by disassembly and cleaning (overhauled), the movement of your watch may be replaced.

■ NECESSARY PROCEDURE AFTER BATTERY CHANGE (RESETTING THE IC)

● After the battery is replaced with a new one, or when an abnormal display such as broken digits appears, follow the procedure below.
The built-in IC will be reset and the watch will resume normal operation.

[How to reset the built-in IC]
Keep buttons START/STOP, MODE/ADJUST, LIGHT and DISPLAY pressed at the same time for 2 to 3 seconds. The display will become blank, and the TIME mode display will appear.
Before using the watch, set the watch in the following order.
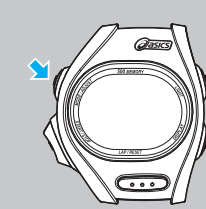① Time/calendar setting
② Alarm setting

For best results, please read the instructions in this booklet carefully before using your Digital Quartz Watch. Please keep this manual handy for ready reference.

Description of Parts

MODE/ADJUST button
LIGHT button
START/STOP button
DISPLAY button
LAP/RESET button

* For the models with an inverted LCD display, the digits and marks on the display are shown in white against a black background.
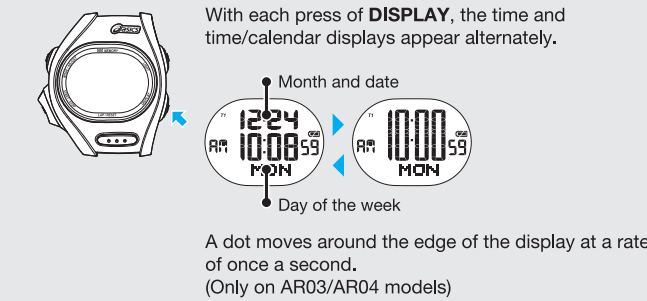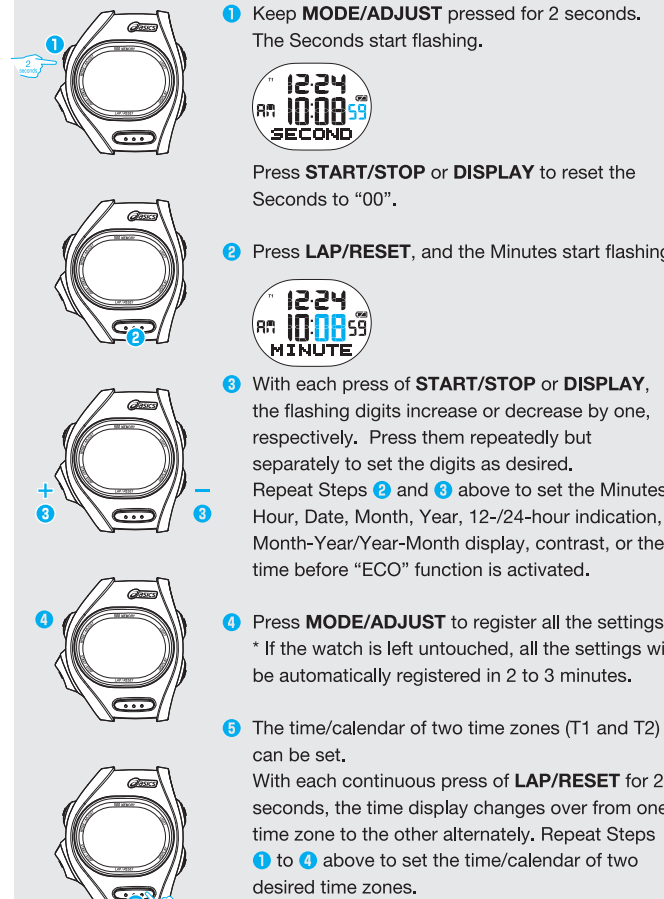
Mode Selection

Mode changes with each press of MODE/ADJUST. Press the button repeatedly to show the desired mode.

TIME
Time and calendar of two time zones can be set. Button operation confirmation sound can be turned on and off as desired.

A-03 CHR — CHRONOGRAPH
Both lap time and split time are measured. Target lap time can be set, and beeps sound as it is reached.

DATA
Lap time, split time, best lap time, and average lap time stored in CHRONOGRAPH mode can be recalled. Alphabet, numerals and other characters can be entered to attach a memo to the RUN data.
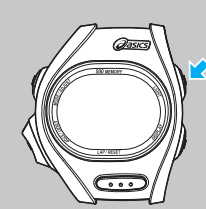
TIMER
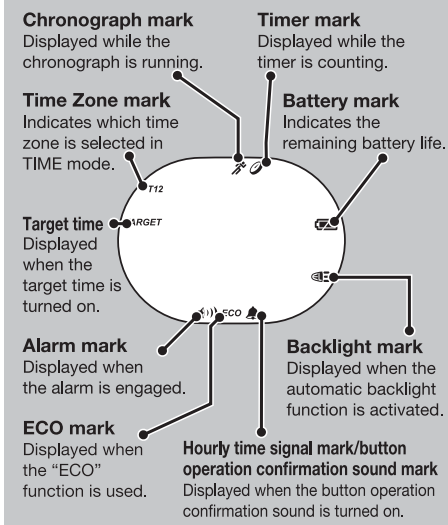Two timers repeat counting down the respective set times alternatively.

ALARM
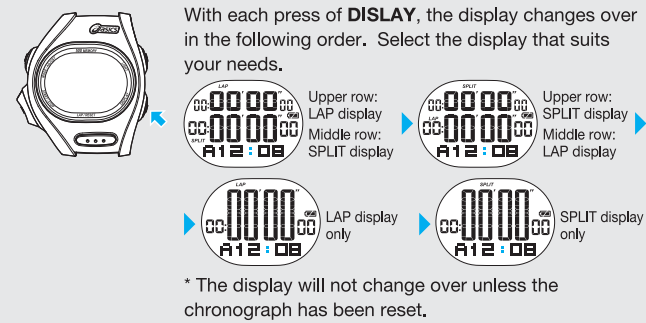Three alarm channels are available.

Backlight

Pressing LIGHT turns on the backlight.
With each continuous press of LIGHT for 2 seconds, the automatic backlight function is activated and deactivated alternately. When it is activated, the backlight turns on each time a button is pressed.
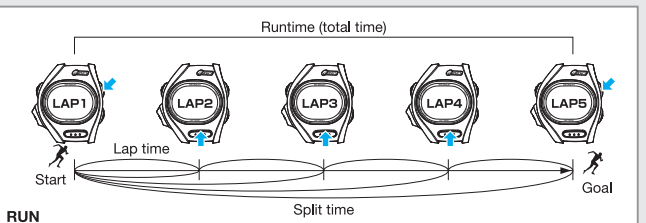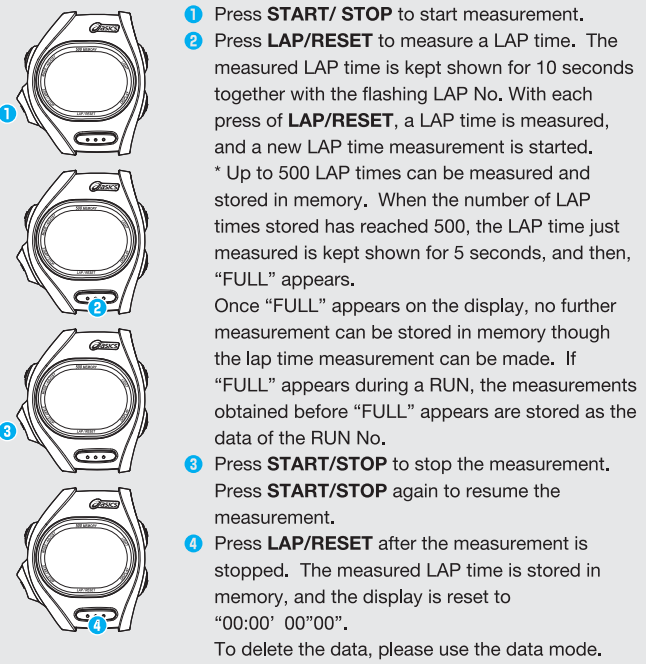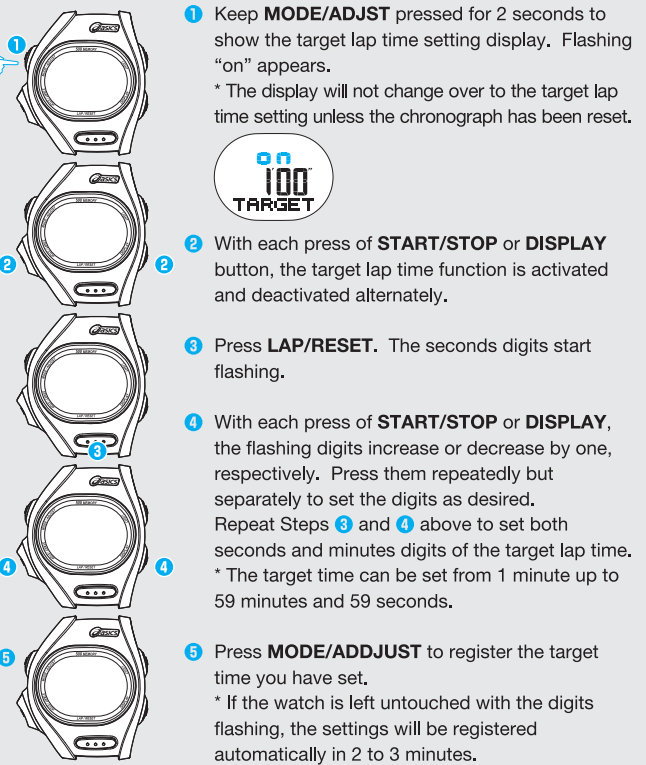
Mark Descriptions

Chronograph mark
Displayed while the chronograph is running.

Time Zone mark
Indicates which time zone is selected in TIME mode.

Target time
Displayed when the target time is turned on.

Alarm mark
Displayed when the alarm is engaged.

ECO mark
Displayed when the "ECO" function is on.

Timer mark
Displayed while the timer is counting.

Battery mark
Indicates the remaining battery life.

Backlight mark
Displayed when the automatic backlight function is activated.

Hourly time signal mark/button operation confirmation sound mark
Displayed when the button operation confirmation sound is turned on.

Time

Changeover of displays

With each press of DISPLAY, the time and time/calendar displays appear alternately.

Month and date
Day of the week

A dot moves around the edge of the display at a rate of once a second.
(Only on AR03/AR04 models)

Time setting/contrast adjustment/use of "ECO" function

❶ Keep MODE/ADJUST pressed for 2 seconds. The Seconds start flashing.
Press START/STOP or DISPLAY to reset the Seconds to "00".

❷ Press LAP/RESET, and the Minutes start flashing.

❸ With each press of START/STOP or DISPLAY, the flashing digits increase or decrease by one, respectively. Press them repeatedly but separately to set the digits as desired.
Repeat Steps ❷ and ❸ above to set the Minutes, Hour, Date, Month, Year, 12-/24-hour indication, Month-Year/Year-Month display, contrast, or the time before "ECO" function is activated.

❹ Press MODE/ADJUST to register all the settings.
* If the watch is left untouched, all the settings will be automatically registered in 2 to 3 minutes.

❺ The time/calendar of two time zones (T1 and T2) can be set.
With each continuous press of LAP/RESET for 2 seconds, the time display changes over from one time zone to the other alternately. Repeat Steps ❶ to ❹ above to set the time/calendar of two desired time zones.

Contrast adjustment
The contrast of the display can be adjusted. Setting range: 3 (highest) to -3(lowest)

Activation of "ECO" function
The "ECO" function automatically turns off the display when the preset time (0 ["ECO" function is deactivated], 1, 3, 6, or 12 hours) has elapsed, to save the battery power. To turn on the display again, press any of the buttons. Please note that "ECO" function will not be activated while the chronograph measurement or timer countdown is in progress.

Turning ON/OFF of button operation confirmation sound

With each press of START/STOP, 🔔 appears and disappears alternately. The button operation confirmation sound rings when the mark is shown.

Alarm sound test

The alarm sound can be tested by pressing both START/STOP and DISPLAY simultaneously.

Chronograph

Changeover of displays

With each press of DISLAY, the display changes over in the following order. Select the display that suits your needs.

Upper row: LAP display / Middle row: SPLIT display
Upper row: SPLIT display / Middle row: LAP display
LAP display only
SPLIT display only

* The display will not change over unless the chronograph has been reset.

Start, stop and reset of measurement/storage of measured data

❶ Press START/ STOP to start measurement.

❷ Press LAP/RESET to measure a LAP time. The measured LAP time is kept shown for 10 seconds together with the flashing LAP No. With each press of LAP/RESET, a LAP time is measured, and a new LAP time measurement is started.
* Up to 500 LAP times can be measured and stored in memory. When the number of LAP times stored has reached 500, the LAP time just measured is kept shown for 5 seconds, and then, "FULL" appears.
Once "FULL" appears on the display, no further measurement can be stored in memory though the lap time measurement can be made. If "FULL" appears during a RUN, the measurements obtained before "FULL" appears are stored as the data of the RUN No.

❸ Press START/STOP to stop the measurement. Press START/STOP again to resume the measurement.

❹ Press LAP/RESET after the measurement is stopped. The measured LAP time is stored in memory, and the display is reset to "00:00' 00"00".
To delete the data, please use the data mode.

Runtime (total time)
LAP1 LAP2 LAP3 LAP4 LAP5
Start Lap time Goal
Split time

RUN
RUN time refers to the time required to go the entire run distance from the start to the finish, and corresponds to the sum of each LAP time.
LAP
LAP time refers to the time required to go any given section of the entire run distance.
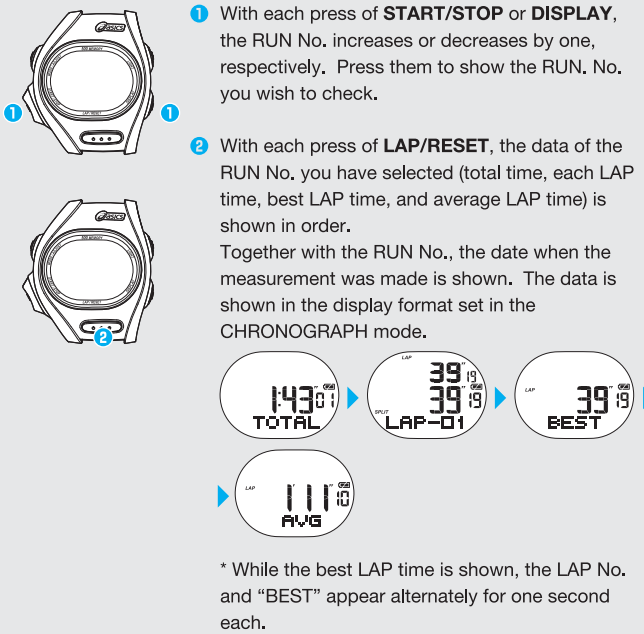* SPLIT time refers to the time required to go from the start to any given section of the run distance.

Target lap time setting

❶ Keep MODE/ADJST pressed for 2 seconds to show the target lap time setting display. Flashing "on" appears.
* The display will not change over to the target lap time setting unless the chronograph has been reset.

❷ With each press of START/STOP or DISPLAY button, the target lap time function is activated and deactivated alternately.

❸ Press LAP/RESET. The seconds digits start flashing.

❹ With each press of START/STOP or DISPLAY, the flashing digits increase or decrease by one, respectively. Press them repeatedly but separately to set the digits as desired.
Repeat Steps ❸ and ❹ above to set both seconds and minutes digits of the target lap time.
* The target time can be set from 1 minute up to 59 minutes and 59 seconds.

❺ Press MODE/ADDJUST to register the target time you have set.
* If the watch is left untouched with the digits flashing, the settings will be registered automatically in 2 to 3 minutes.

Confirmation of target lap time and remaining capacity for lap time measurement

While LAP/RESET is kept pressed, the target lap time you have set and the remaining storable number of LAP times are shown on the display.

* After the 500th LAP time has been measured, the remaining storable number of LAP times will not be shown.
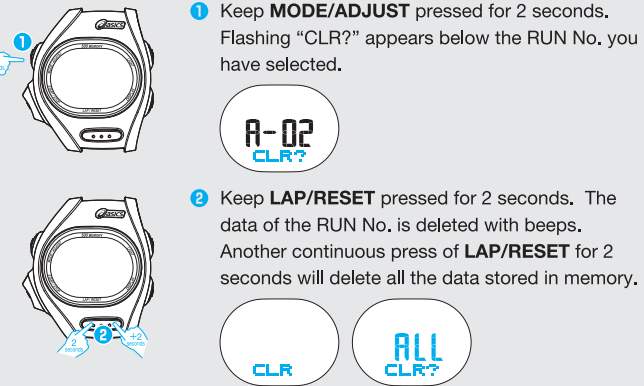
Target lap time function
The LAP time measured can be checked against the preset target lap time.
When the target lap time function is activated, the lapse of the target lap time you have set is signaled by beeps during the measurement starting from 3 seconds before the target lap time is reached. To stop the beeps manually, press any of the buttons.
* Be sure to stop the beeps before measuring a LAP time or stopping the measurement. The difference between the LAP time measured and the target lap time is shown in the upper row of the display for approximately 10 seconds.
The ratio of the elapsed to the entire target lap time is indicated by the dots around the edge of the display. (Only on AR03/AR04 models)
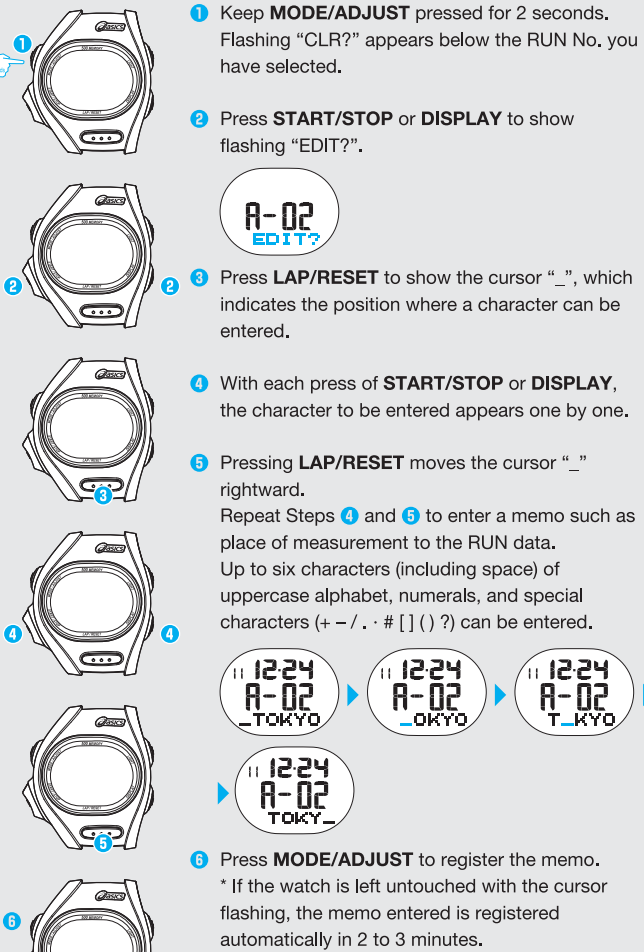

Data Mode

How to recall data

❶ With each press of START/STOP or DISPLAY, the RUN No. increases or decreases by one, respectively. Press them to show the RUN. No. you wish to check.

❷ With each press of LAP/RESET, the data of the RUN No. you have selected (total time, each LAP time, best LAP time, and average LAP time) is shown in order.
Together with the RUN No., the date when the measurement was made is shown. The data is shown in the display format set in the CHRONOGRAPH mode.

* While the best LAP time is shown, the LAP No. and "BEST" appear alternately for one second each.

Deletion of data

❶ Keep MODE/ADJUST pressed for 2 seconds. Flashing "CLR?" appears below the RUN No. you have selected.

❷ Press LAP/RESET pressed for 2 seconds. The data of the RUN No. is deleted with beeps. Another continuous press of LAP/RESET for 2 seconds will delete all the data stored in memory.

CLR   ALL CLR?

Data memo input

❶ Keep MODE/ADJUST pressed for 2 seconds. Flashing "CLR?" appears below the RUN No. you have selected.

❷ Press START/STOP or DISPLAY to show flashing "EDIT?".

❸ Press LAP/RESET to show the cursor "_", which indicates the position where a character can be entered.

❹ With each press of START/STOP or DISPLAY, the character to be entered appears one by one.

❺ Pressing LAP/RESET moves the cursor "_" rightward.
Repeat Steps ❹ and ❺ to enter a memo such as place of measurement to the RUN data.
Up to six characters (including space) of uppercase alphabet, numerals, and special characters (+ − / . - # [ ] ( ) ?) can be entered.

❻ Press MODE/ADJUST to register the memo.
* If the watch is left untouched with the cursor flashing, the memo entered is registered automatically in 2 to 3 minutes.
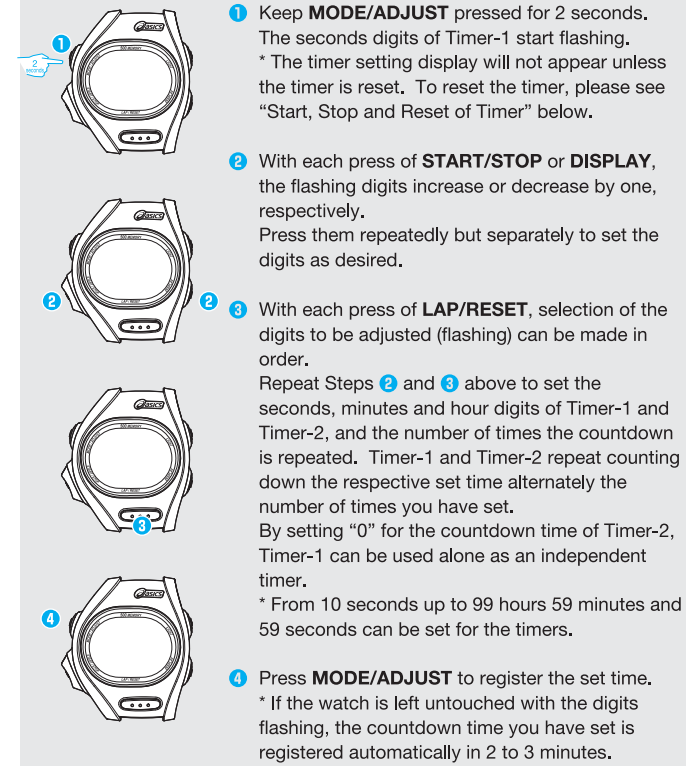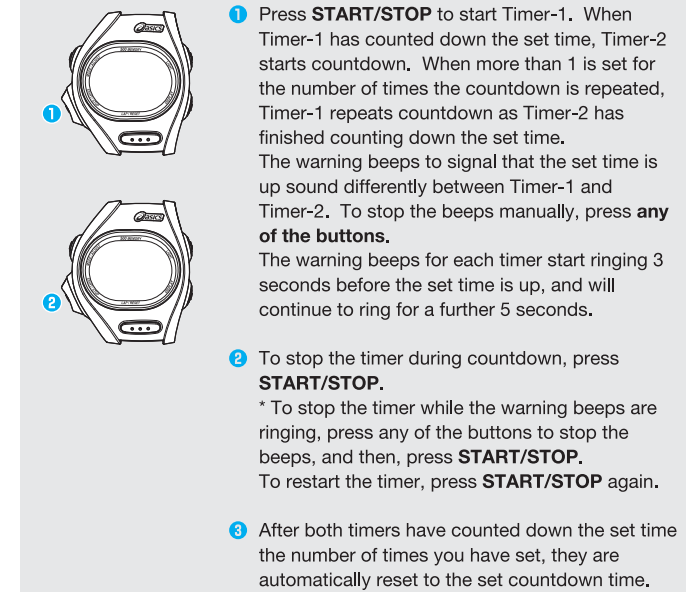
Memo input
A memo can be entered in each RUN No. in memory using alphabet, numerals and special characters.
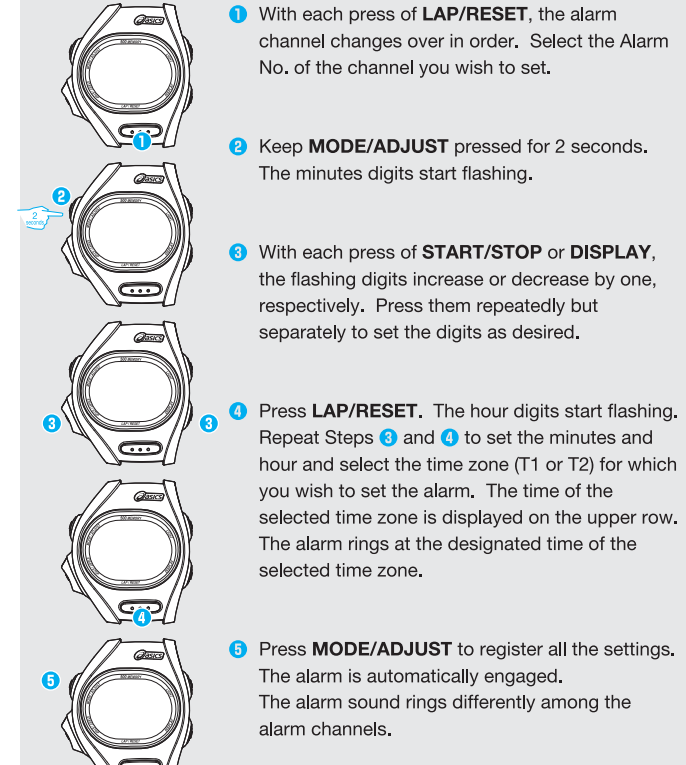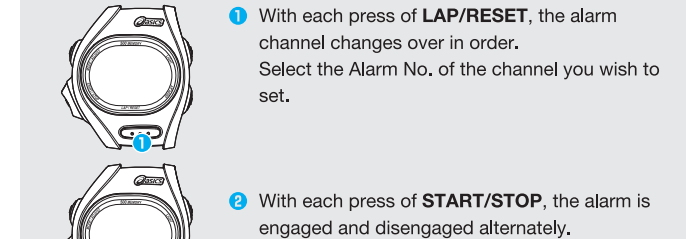

Timer

Timer setting

❶ Keep MODE/ADJUST pressed for 2 seconds. The seconds digits of Timer-1 start flashing.
* The timer setting display will not appear unless the timer is reset. To reset the timer, please see "Start, Stop and Reset of Timer" below.

❷ With each press of START/STOP or DISPLAY, the flashing digits increase or decrease by one, respectively.
Press them repeatedly but separately to set the digits as desired.

❸ With each press of LAP/RESET, selection of the digits to be adjusted (flashing) can be made in order.
Repeat Steps ❷ and ❸ above to set the seconds, minutes and hour digits of Timer-1 and Timer-2, and the number of times the countdown is repeated. Timer-1 and Timer-2 repeat counting down the respective set time alternatively the number of times you have set.
By setting "0" for the countdown time of Timer-2, Timer-1 can be used alone as an independent timer.
* From 10 seconds up to 99 hours 59 minutes and 59 seconds can be set for the timers.

❹ Press MODE/ADJUST to register the set time.
* If the watch is left untouched with the digits flashing, the countdown time you have set is registered automatically in 2 to 3 minutes.

Timer start, stop and reset

❶ Press START/STOP to start Timer-1. When Timer-1 has counted down the set time, Timer-2 starts countdown. When more than 1 is set for the number of times the countdown is repeated, Timer-1 repeats countdown as Timer-2 has finished counting down the set time.
The warning beeps to signal that the set time is up sound differently between Timer-1 and Timer-2. To stop the beeps manually, press any of the buttons.
The warning beeps for each timer start ringing 3 seconds before the set time is up, and will continue to ring for a further 5 seconds.

❷ To stop the timer during countdown, press START/STOP.
* To stop the timer while the warning beeps are ringing, press any of the buttons to stop the beeps, and then, press START/STOP.
To restart the timer, press START/STOP again.

❸ After both timers have counted down the set time, the number of times you have set, they are automatically reset to the set countdown time.

Alarm Mode

Alarm setting

❶ With each press of LAP/RESET, the alarm channel changes over in order. Select the Alarm No. of the channel you wish to set.

❷ Keep MODE/ADJUST pressed for 2 seconds. The minutes digits start flashing.

❸ With each press of START/STOP or DISPLAY, the flashing digits increase or decrease by one, respectively. Press them repeatedly but separately to set the digits as desired.

❹ Press LAP/RESET. The hour digits start flashing.
Repeat Steps ❸ and ❹ to set the minutes and hour and select the time zone (T1 or T2) for which you wish to set the alarm. The time of the selected time zone is displayed on the upper row. The alarm rings at the designated time of the selected time zone.

❺ Press MODE/ADJUST to register all the settings. The alarm is automatically engaged. The alarm sound rings differently among the alarm channels.

Engagement/disengagement of alarm

❶ With each press of LAP/RESET, the alarm channel changes over in order. Select the Alarm No. of the channel you wish to set.

❷ With each press of START/STOP, the alarm is engaged and disengaged alternately.

To stop alarm sound

The alarm will ring for 20 seconds at the designated time. To manually stop the alarm, press any of the buttons.