



Instruction Manual AR06 : WJ15

Warranty

Product	
Warranty period	Date of purchase:
Retailer	

World-Wide Limited Warranty

- Warranty term: Two years from the date of purchase
- Your watch will be repaired or replaced (with the same or similar model) free of charge at our option during the warranty term (see above) if it should malfunction during normal use as described in the Instruction Manual.
- This warranty covers the watch itself (movement and case) and the metal watchband. Other parts than the above are not covered by the warranty.
- To have repairs and adjustments covered under this warranty performed, bring the watch, the warranty, and the original receipt identifying the ASICS watch purchased and the date of purchase to an ASICS watch retailer or a nearby authorized ASICS service facility.
- Note that repairs will be charged in the following cases, even during the warranty term:
 - Failure or damage caused by improper use or carelessness;
 - Failure or damage caused by unjustifiable repair or modification;
 - Failure or damage caused by fire or water, or a natural disaster such as an earthquake;
 - Aesthetic changes that occur during use (minor scratches, etc. on the case and metal watchband);
 - In case the retail store and the purchase date are not indicated on the warranty, or if this information has been rewritten; and
 - If the warranty is not submitted along with the watch.
- Battery replacement will be charged even during the warranty term.
- Since the battery in your watch is a monitor battery inserted at the factory to check the functions and performance of the watch, it may run down in less than the specified period after the date of purchase.
- The case, dial, hands, glass, watchband or other parts of the watch may be replaced with substitutes if the originals are not available.
- All postage, insurance and shipping costs incurred in presenting or sending the watch to the service facility are your responsibility.
- Some countries, states and regions do not allow the exclusion or limitation of consequential damages or limitations on how long an implied warranty lasts so the above exclusion or limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from country to country, state to state, and region to region.
- This warranty warrants that you can receive free repair in accordance with the terms set forth herein and within the specified term, and shall not restrict any lawful right of the Customer.

For the locations of the authorized ASICS service facilities, please visit our website at <http://www.asics-watch.com>.
SEIKO NEXTAGE CO., LTD.
9-9, Hatchobori 1-chome, Chuo-ku, Tokyo 104-0032, Japan

TO PRESERVE THE QUALITY OF YOUR WATCH

- WARNING** Risks indicated under the assumption that major harm is inflicted resulting through unauthorized use.
- CAUTION** Risks and material brakeage indicated under the assumption that minor harm is inflicted resulting through unauthorized use.
- PRECAUTIONS ON WEARING YOUR WATCH**
 - In case you tumble, fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.
 - When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.
 - Your watch may damage property or malfunction depending on your actions when wearing it. Special care should be taken.
- CAUTION**
 - When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.
- CARE OF YOUR WATCH**
 - CAUTION**
 - The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust or those who have a delicate skin may have a rash.
 - After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, this allowing for prolongation of the life of the gasket.
 - Your watch is extremely sensitive to chemicals, including benzene, thinner, alcohol, detergent and other organic solvents. Keep your watch away from chemicals and avoid their chemical reaction to your watch. If not, it may be deteriorated.
 - Leather bands**
 - When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.
 - Metal bands**
 - Clean the watch band with a soft toothbrush dipped in water or soapy water, and be sure to blot up the moisture using a soft dry cloth. If your watch is not water-resistant, be careful not to get the case wet when cleaning.
 - Polyurethane bands**
 - If your watch has a soft plastic band such as urethane band, do not leave the watch under a fluorescent lamp or direct sunlight for a long time, or do not leave the band soiled. Otherwise, the band may be discolored, hardened or broken. Also, do not keep the watch in a place where it is exposed to high humidity, or do not leave the band wet with perspiration or water. Otherwise, the band may be discolored in a very short time.
 - When the band is soiled, rinse it in soapy water. Do not use solvents for cleaning as some solvents may deteriorate the band.
 - If your watch has a semitransparent urethane band, which is easily discolored, special care should be taken to keep it clean. Depending on the condition of use, the semitransparent band may be discolored after several months of use.
 - RASH AND ALLERGY**
 - CAUTION**
 - Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.
 - If you are constitutionally predisposed to rash, the band may cause you to develop a rash or disorder depending on your physical condition.
 - The possible causes of the rash are as follows:
 - Allergy to metals or leathers
 - Rust, dust or perspiration on the watch or band
 - If you develop any skin reactions, take off the watch and consult a doctor immediately
 - WATER RESISTANCE**
 - Check the dial or case back of your watch for the water resistant quality, and then see the table below.

Indication for water resistance (on the back of your watch case)	Condition of use	Designed and used with water for swimming	Designed and used with water for showering, sauna, and kitchen work	Standing without contact with water	Spending time in hot tubs or saunas	Spending time in hot tubs or saunas
WATER RESIST is inscribed.	Water-resistance	○	○	○	○	○
WATER RESIST is Bar/10 Bar is inscribed.	Reinforced water resistance	○	○	○	○	○

SPECIFICATIONS

Chronograph function	Measures up to 99 hours, 59 minutes and 59 seconds 99
Lap/split time measurement function	Up to 150 laps of data can be stored.
Timer function	2-Channel Repeat Timer Interval Training Timer
Alarm function	3-Channel Daily Alarm
Water-proof feature	Water resistant 5 bar
Operational temperature range	-5°C ~ +50°C

Materials

Case	Plastic
Bezel	Stainless steel
Strap	Polyurethane
Glass	Acrylic glass

Loss/gain (monthly rate)

Less than 30 seconds at normal temperature range (5°C to 35°C) (when the watch is worn on the wrist)

Battery Life

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

Battery

Model	Battery
AR06	CR2025

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.

For the locations of the authorized ASICS service facilities, please visit our website at <http://www.asics-watch.com>.
<http://www.asics-watch.com>

For the US Consumers: Additional Notation to Obtain Warranty Service

Warranty Disclaimers

We make no express warranties other than as expressly set forth in this warranty. WE HEREBY DISCLAIM ALL LIABILITY FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTY OF MERCHANTABILITY AND ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Warranty Limitations

All implied warranties, including, without limitation, implied warranties of merchantability and fitness for a particular purpose, which may exist, are limited to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

We make no warranties except as expressly set forth in this warranty.

WARNING

- NEVER WEAR 10-bar water-resistant watch during saturated diving and air diving.
- NEVER WEAR 5-bar water-resistant watch during any type of diving including skin diving.

CAUTION

- NEVER PUT 3-bar water-resistant watch into water.
- After you use a 10-bar or 5-bar water-resistant watch in a bathing place, remove salt, etc as soon as possible. If not, the watch may be rusted. If you rinse the watch under running water, excessive water pressure applies to the watch, this causing a failure in its water resistance. Always rinse the watch in a pot or bowl and be careful not to apply excessive water pressure to the watch.
- If a leather band gets wet, its durability may be affected.

PLACES TO KEEP YOUR WATCH

When not in use, the watch may be damaged, deteriorated or broken in any of the following cases:

- If the watch is exposed to a temperature below -5°C or above +50°C for a long time, its performance may be impaired or it may stop operating.
 - If the watch is exposed to direct sunlight, high temperature or low temperature for a long time, it may gain or lose in timekeeping.
 - If the watch is exposed to magnetic leakage from TV sets, speakers, mobile phones, magnetic necklaces, etc., it may gain or lose in timekeeping.
 - If the watch is exposed to strong vibration, it may be broken or gain or lose in timekeeping.
 - If the watch is exposed to chemicals or chemical steam, it may deteriorate or broken.
- Examples of chemicals: Benzene, thinner, manicle, cosmetics spray solvents, cleaners, toilet solvents, adhesive agents, mercury, iodized disinfectants, insect repellents, etc.
- If the watch is exposed to hot spring water or other special environment or put in a box containing insect-killer, it may be deteriorated.
 - It is recommended that the watch be put in a clean box or case and stored in a well-ventilated place.

PERIODIC CHECK

- We suggest that you have your watch checked every 2 or 3 years by the retailer from whom you purchased the watch. Depending on how the watch is used, the lubrication of the watch mechanism may become insufficient, parts may become worn due to impurities in the lubricating oil, or the watch may be running noticeably fast or late. Seals, etc., may also become worn and the watch may stop being waterproof. Take your watch to the retailer from whom you purchased it for inspection and adjustment through disassembly/cleaning.
- When replacing the parts such as battery, please specify "GENUINE PARTS".
- It is recommended that the gasket and the push-pin be also replaced with new ones.

REMARKS ON THE BATTERY

MONITOR BATTERY

The battery in your watch may run down in less than the specified period after the date of purchase, as it is a monitor battery inserted at the factory to check the functions and performance of the watch.

We cannot guarantee the stored data will stay intact when either exchanging batteries or during repairs. In order to secure from data being lost, we suggest that you write down any data you would like to keep beforehand.

BATTERY REPLACEMENT

- For battery replacement, be sure to have the battery replaced with a genuine battery at the retailer or the dealer from whom you purchased the watch.
- If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.
- Battery replacement is charged even if it runs down within the guarantee period.

WARNING

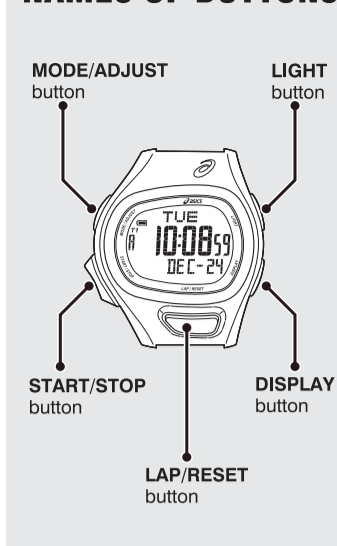
- The battery is not rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
- Do not remove the battery from the watch.
- If it is necessary to take out the battery, keep it out of the reach of children.
- If the child swallows it, consult a doctor immediately as it will affect the health of the child.

CAUTION

- Do not leave your watch out of the room temperature from 5°C to 35°C for a long time. Doing so may shorten the battery life or cause a malfunction due to battery leakage.

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

NAMES OF BUTTONS



MODE SELECTION



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

TIME

Setting of Time/Calendar, Contrast, ECO Function, and Gender

- Keep **MODE/ADJUST** pressed for 2 seconds. Seconds digits start flashing.
- Press **START/STOP** or **DISPLAY** to reset Seconds to "00".
- Press **LAP/RESET**, and Minutes digits start flashing.
- With each press of **START/STOP** or **DISPLAY**, the flashing digits increase or decrease by one, respectively. Digits move quickly if the respective buttons are kept pressed. Press them repeatedly but separately to set digits as desired.
- Repeat Steps 3 and 4 above to set Minutes, Hour, Date, Month, Year, 12-/24-hour indication, contrast, the time before "ECO" function is activated, and your gender.
- All implied warranties, including, without limitation, implied warranties of merchantability and fitness for a particular purpose, which may exist, are limited to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

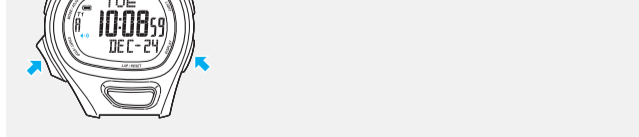
- Contrast adjustment**
Contrast of display can be adjusted. Setting range: -3 (lowest) to 3 (highest)
- Activation of "ECO" function**
If the watch is left untouched without any button operation for a selected preset time (0, 1, 3, 6 or 12 hours), "ECO" function is activated to turn off display to save battery power.
* To disable "ECO" function, select "OH." Display will not be turned off.
- Gender setting**
Select your gender. This setting is necessary for calculating target times for Interval Training Timer.

Turning On/Off of Button Operation Confirmation Sound

- With each press of **START/STOP**, "▲" mark appears and disappears alternately. When the mark is shown, Button Operation Confirmation Sound rings each time any button is pressed.

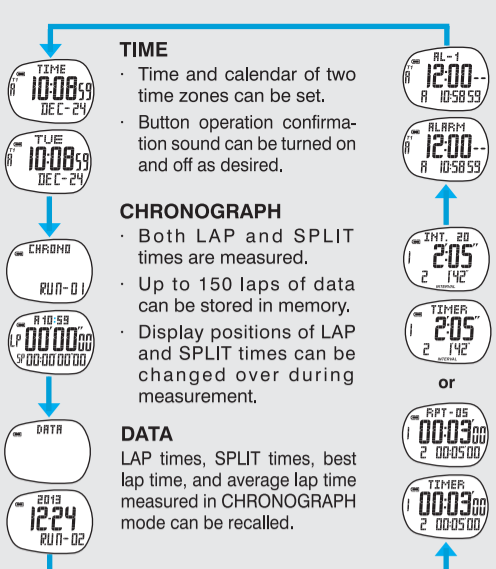
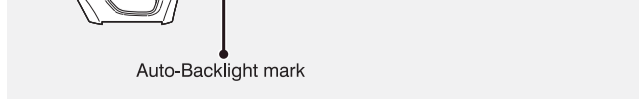
Alarm Sound Test

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



BACKLIGHT

- Pressing **LIGHT** turns on Backlight. With each continuous press of **LIGHT** for 2 seconds, Auto-Backlight function is activated and deactivated alternately. When it is activated, Backlight turns on each time any button is pressed.



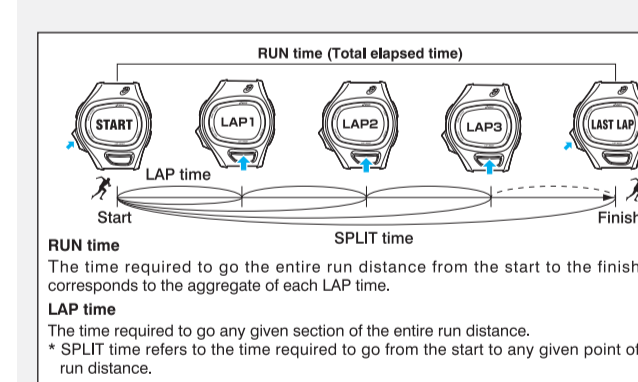
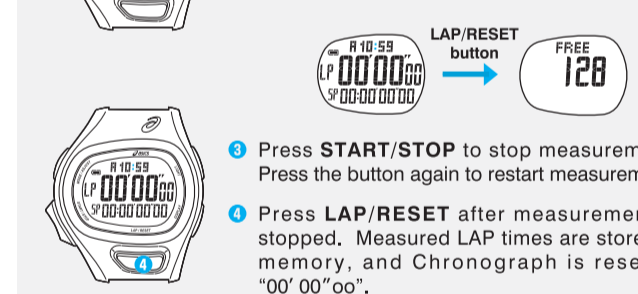
CHRONOGRAPH

Changeover of Displays

- With each press of **DISPLAY**, display positions of LAP and SPLIT times change over alternately. Select the display that suits your needs during measurement.
- Upper: LAP Lower: SPLIT
- * Changeover of displays can be made either during measurement or while Chronograph is stopped.

Start, Stop and Reset of Measurement/Storage of Measured Data

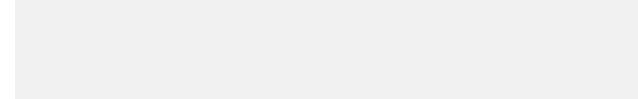
- Press **START/STOP** to start measurement.
- Press **LAP/RESET** to measure a LAP time. The measured LAP time and its LAP No. are kept shown for 10 seconds. With each press of **LAP/RESET**, a LAP time is measured, and a new LAP time measurement is started.
- Press **START/STOP** to stop measurement. Press the button again to restart measurement.
- Press **LAP/RESET** after measurement is stopped. Measured LAP times are stored in memory, and Chronograph is reset to "00'00'00".



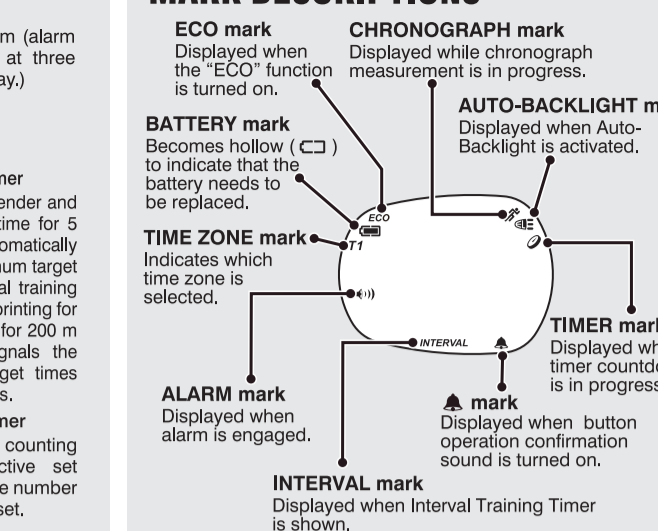
DATA

How to Recall Data

- With each press of **START/STOP** or **DISPLAY**, RUN No. advances or move back by one, respectively. Press them repeatedly but separately to select RUN No. whose data you wish to check.
- With each press of **LAP/RESET**, data of selected RUN No. (total elapsed time, LAP and SPLIT times of each lap, best LAP time, and average LAP time) is displayed.



MARK DESCRIPTIONS



ALARM

Alarm Setting

- With each press of **LAP/RESET**, Alarm Channel changes over in order. Select Alarm Channel you wish to use.
- Keep **MODE/ADJUST** pressed for 2 seconds. Minutes digits start flashing.
- With each press of **START/STOP** or **DISPLAY**, the flashing digits increase or decrease by one, respectively. Digits move quickly if the respective buttons are kept pressed. Press them repeatedly but separately to set digits as desired.
- Press **LAP/RESET**. Hour digits start flashing. Repeat Steps 2 and 3 to set Minutes and Hour, and select Time Zone (T1 or T2) for which you wish to set Alarm. Alarm rings according to the time of selected Time Zone.
- Press **MODE/ADJUST** to register the settings you have made. Alarm is automatically engaged. Alarm rings differently from channel to channel. Select an Alarm Channel, and press **DISPLAY**. The Alarm sound of the selected channel can be demonstrated.

Engagement/Disengagement of Alarm

- With each press of **LAP/RESET**, Alarm Channel changes over in order. Select Alarm Channel you wish to engage or disengage Alarm.
- With each press of **START/STOP**, Alarm is engaged and disengaged alternately.

To Stop Alarm Sound

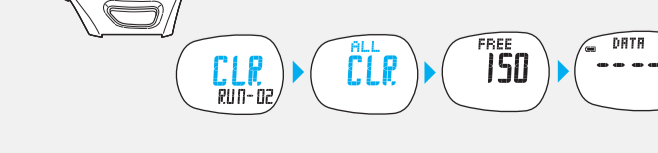
- Alarm rings for 20 seconds at the designated time. To stop Alarm sound manually, press any of the buttons.

To Stop Alarm Sound

- Alarm rings for 20 seconds at the designated time. To stop Alarm sound manually, press any of the buttons.

Deletion of Data

- To delete data of a selected RUN**
 - Press **START/STOP** or **DISPLAY** to select RUN No. whose data you wish to delete.
 - Keep **MODE/ADJUST** pressed until flashing "CLR" appears. Keep the button pressed further, and release it when flashing "ALL CLR" appears. Data of the selected RUN is deleted.
- To delete all the data in memory**
 - Keep **MODE/ADJUST** pressed. "CLR", "ALL CLR", and "FREE 150" and "----" appear in order, and all the data in memory is deleted.



TIMER

Changeover of Displays

- With each press of **DISPLAY**, display changes over between Double Repeat Timer and Interval Training Timer.

Double Repeat Timer Setting

- Double Repeat Timer:** Timer-1 and Timer-2 repeat counting down the respective set times alternately the number of times you have set.
 - Keep **MODE/ADJUST** pressed for 2 seconds. Seconds digits of Timer-1 start flashing.
 - With each press of **START/STOP** or **DISPLAY**, the flashing digits increase or decrease by one, respectively. Digits move quickly if the respective buttons are kept pressed. Press them repeatedly but separately to set digits as desired.
 - With each press of **LAP/RESET**, selection of digits to be adjusted (flashing) can be made in order. Repeat Steps 2 and 3 to set Seconds, Minutes and Hour of Timer-1 and Timer-2, and the number of repetitions. By setting "0:00:00" for 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 each Timer.

* The number of repetitions can be set from 1 up to 99.

* If the watch is left untouched with digits flashing, the settings you have made are all registered automatically in 2 to 3 minutes.

Start, Stop and Reset of Double Repeat Timer

- Press **START/STOP** to start Timer-1. When Timer-1 has counted down the set time, Timer-2 starts countdown. When "2" or more is set for the number of repetitions, Timer-1 repeats countdown as Timer-2 has finished counting down the set time. Warning beep starts ringing 3 seconds before the set time is up, and rings for 3 more seconds when the time is up.
- To stop Timer during countdown, press **START/STOP**. To restart it, press **START/STOP** again.
- After both Timers have counted down the respective set times the number of times you have set, they are automatically reset to show the set countdown times. To reset them manually, press **LAP/RESET** after stopping Timer countdown.

Interval Training Timer Setting

Interval Training Timer
By inputting your gender and best running time for 5 km, the watch calculates target times for interval training optimum for you based on the data accumulated by ASICS Institute of Sport Science.

- Keep **MODE/ADJUST** pressed for 2 seconds. The number of repetitions of interval training starts flashing.
- With each press of **START/STOP** or **DISPLAY**, the flashing digits increase or decrease by one, respectively. Digits move quickly if the respective buttons are kept pressed. Press them repeatedly but separately to set digits as desired.
- With each press of **LAP/RESET**, selection of digits to be adjusted (flashing) can be made in order. Repeat Steps 2 and 3 to set the number of repetitions, Seconds and Minutes of your best running time for 5 km.

* Setting range of best running time for 5 km:
Male: 13'00" ~ 34'59"
Female: 15'00" ~ 36'59"
* The number of repetitions can be set from 1 up to 20.

* While Interval Training Timer is reset, the best running time you have input can be checked while **LAP/RESET** is kept pressed.

Start, Stop and Reset of Interval Training Timer

The method of starting, stopping and resetting Interval Training Timer is the same as that of Double Repeat Timer. Refer to "Start, Stop and Reset of Double Repeat Timer" above.