



Instruction Manual

AR07 : WJ16

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

SPECIFICATIONS

Chronograph function	Measures up to 23 hours, 59 minutes and 59 seconds
Lap/split time measurement function	Up to 100 laps can be stored (up to 50 laps for each of 2 RUNs).
Timer function	1-Channel Repeat Timer
Alarm function	3-Channel Daily Alarm
Water-proof feature	Water resistant 5 bar
Operational temperature range	0°C ~ +40°C

Materials	
Case	Plastic
Bezel	Aluminum
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 2 years (Battery life may vary depending on the frequency of use of any given function.)

Battery

	Model	Battery
AR07	WJ16	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>.

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 ANY AND 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.

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

WARNING

- 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 benzine, 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 wearing 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 band>
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.

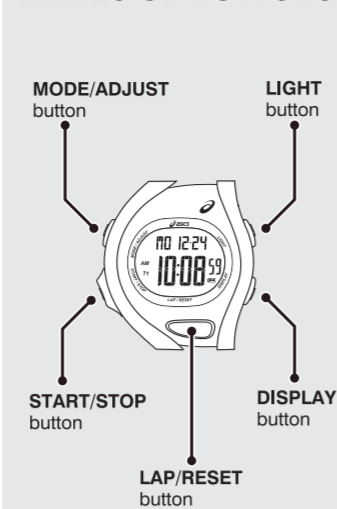
WATER RESISTANCE

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 manufactured to withstand the water in a daily living such as splashes and so on.			
		Degree of water resistance	Swimming	Scuba or heli-diving	Showering
"WATER RESIST" is inscribed.	Water-resistance	○	×	×	×
"WATER RESIST 5 Bar/10 Bar" is inscribed.	Reinforced water-resistance	○	○	×	×
	Water-resistance 10 Bar	○	○	○	×

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.

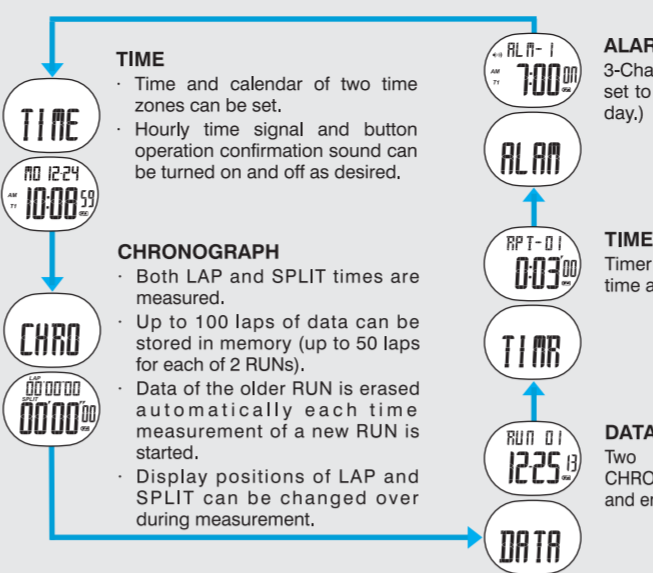
NAMES OF BUTTONS



MODE SELECTION



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



TIME

- Time and calendar of two time zones can be set.
- Hourly time signal and button operation confirmation sound can be turned on and off as desired.

CHRONOGRAPH

- Both LAP and SPLIT times are measured.
- Up to 100 laps of data can be stored in memory (up to 50 laps for each of 2 RUNs).
- Data of the older RUN is erased automatically each time measurement of a new RUN is started.
- Display positions of LAP and SPLIT can be changed over during measurement.

ALARM

- 3-Channel Daily Alarm (alarm can be set to ring at three different times of a day.)

TIMER

- Timer repeats counting down the set time as many times as necessary.

DATA

- Two RUNs of data measured in CHRONOGRAPH mode can be recalled, and erased as necessary.

TIME

Time/Calendar Display



Time/Calendar and Contrast Setting

- 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 2 and 3 to set Minutes, Hour, Date, Month, Year, 12-/24-hour indication, Month-Date/Date-Month display format*, and contrast**.

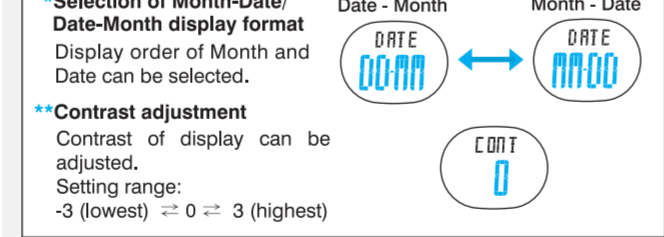


- Press **MODE/ADJUST** to register the settings you have made.

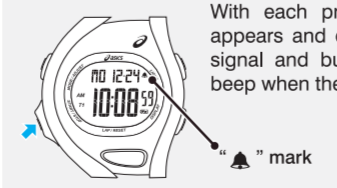


* If the watch is left untouched with digits flashing, the settings you have made are all registered automatically in 2 to 3 minutes.

- 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 1 to 4 above to set the time/calendar of two desired time zones.



Turning On/Off of Hourly Time Signal and Button Operation Confirmation Sound



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 **DISPLAY**, display positions of LAP and SPLIT times change over alternately. Select the display that suits your needs during measurement.



* Changeover of displays can be made either during measurement or while Chronograph is stopped.

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

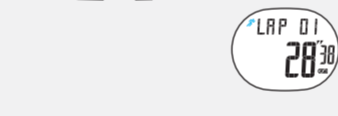
- Press **START/STOP** to start measurement. The illustrations here refer to the case where LAP and SPLIT times are shown in the upper and lower rows of display, respectively.



- Press **LAP/RESET** to measure a LAP time. The measured LAP time and its LAP No. are kept shown for 10 seconds.



- Press **START/STOP** to stop measurement. Press the button again to restart measurement.

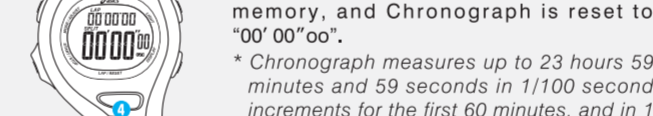


- Press **START/STOP** to stop measurement. Press the button again to restart measurement.

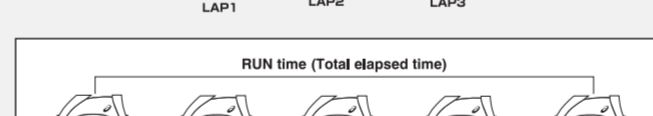


- Press **LAP/RESET** after measurement is stopped. Measured LAP times are stored in memory, and Chronograph is reset to "00' 00' 00".

* Chronograph measures up to 23 hours 59 minutes and 59 seconds in 1/100 second increments for the first 60 minutes, and in 1 second increments thereafter.



- Press **MODE/ADJUST** to register the settings you have made.



RUN time
The time required to go the entire run distance from the start to the finish. It corresponds to the aggregate of each LAP time.

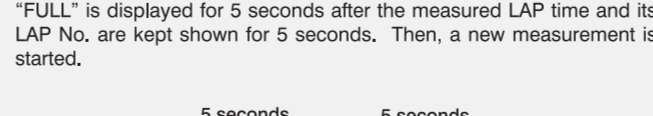
LAP time
The time required to go any given section of the entire run distance.

* SPLIT time refers to the time required to go from the start to any given point of the run distance.

Storage of Measured Data in Memory

LAP/SPLIT time data of the latest RUN is always stored in memory as "RUN 01," and data of two RUNs (RUN 01 and RUN 02) can be retained in memory. Up to 50 LAP/SPLIT times can be recorded in each RUN.

If a new LAP time is measured after 50 LAP times have been recorded, "FULL" is displayed for 5 seconds after the measured LAP time and its LAP No. are kept shown for 5 seconds. Then, a new measurement is started.



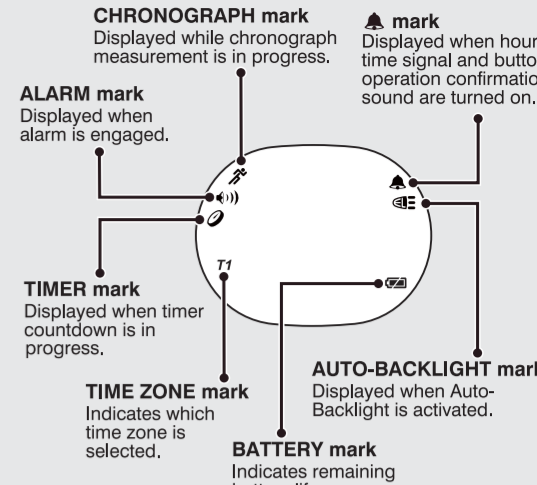
* Please note that, once "FULL" is displayed, LAP/SPLIT times measured are shown on the display, but are not stored in memory for later recall in DATA mode.

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.

MARK DESCRIPTIONS

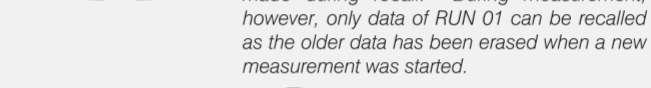


DATA

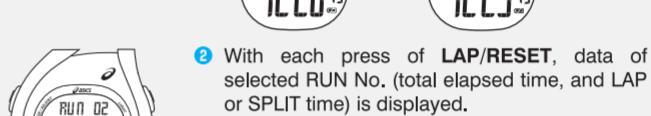
How to Recall Data

- Press **START/STOP** to select RUN No. whose data you wish to check. With each press of the button, "RUN 01" and "RUN 02" are shown alternately together with the date when the corresponding measurement was made.

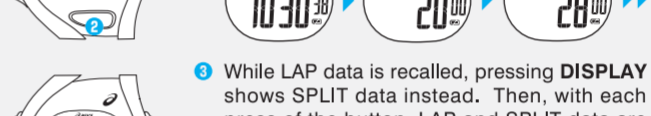
* Changeover between the two RUN data can be made during recall. During measurement, however, only data of RUN 01 can be recalled as the older data has been erased when a new measurement was started.



- With each press of **LAP/RESET**, data of selected RUN No. (total elapsed time, and LAP or SPLIT time) is displayed.



- While LAP data is recalled, pressing **DISPLAY** shows SPLIT data instead. Then, with each press of the button, LAP and SPLIT data are shown alternately.



TIMER

Timer Setting

- Keep **MODE/ADJUST** pressed for 2 seconds. Seconds digits of Timer start flashing.

* Timer setting display will not appear unless Timer has been reset. For the method of resetting Timer, see "Start, Stop and Reset of Timer" below.

- 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, and the number of times Timer countdown is to be repeated.

* From 10 seconds up to 23 hours, 59 minutes and 59 seconds can be set for Timer.

* Timer can be set to repeat countdown up to 99 times.

- Press **MODE/ADJUST** to register the settings you have made.

* 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 Timer

- Press **START/STOP** to start Timer. 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 warning beep manually, press any of the buttons.

- To stop Timer during countdown, press **START/STOP**. Countdown time you have set is shown in the upper row of display. To restart countdown, press **START/STOP** again.

* Stop and restart of Timer can be repeated as many times as necessary by pressing **START/STOP**.

- After Timer has counted down the set time the number of times you have set, it is automatically reset to show set countdown time. To reset Timer manually, press **LAP/RESET** after stopping it by pressing **START/STOP**.

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.

- With each press of **LAP/RESET**, Alarm Channel changes over in order. Select Alarm Channel you wish to engage or disengage.

- With each press of **START/STOP**, Alarm is engaged and disengaged alternately.

- With each press of **LAP/RESET**, Alarm Channel changes over in order. Select Alarm Channel you wish to engage or disengage.

- With each press of **START/STOP**, Alarm is engaged and disengaged alternately.

- With each press of **LAP/RESET**, Alarm Channel changes over in order. Select Alarm Channel you wish to engage or disengage.

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- With each press of **START/STOP**, Alarm is