Instruction Manual

AR05 : YK54

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:
  a. Failure or damage caused by improper use or carelessness;
  b. Failure or damage caused by unjustifiable repair or modification;
  c. Failure or damage caused by fire or water, or a natural disaster such as an earthquake;
  d. Esthetic changes that occur during use (minor scratches, etc. on the case and metal watchband);
  e. In case the retail store and the purchase date are not indicated on the warranty, or if this information has been rewritten; and
  f. 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.

Manufacturer: Seiko Instruments Inc.
8, Nakase 1-chome,Mihama-ku, Chiba-shi, Chiba-ken, 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
AR05	YK54	CR1620

⚠ 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 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 rush 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 band>
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 band>
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 no 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:
  1. Allergy to metals or leathers
  2. 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 / Degree of water resistance		Designed and manufactured to withstand the water usually experienced in a daily living such as splashes and sin,	Designed and manufactured for swimming and kitchen work,	Skindiving without scuba,	Genuine diving using scuba or heliumgas.
"WATER RESIST" is inscribed.	Water-resistance		○	×	×	×
"WATER RESIST 5 Bar/10 Bar" is inscribed.	Reinforced water-resistance	Water resistance 5 BAR	○	○	×	×
		Water resistance 10 BAR	○	○	○	×

⚠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:
① 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.
② if the watch is exposed to direct sunlight, high temperature or low temperature for a long time, it may gain or lose in timekeeping.
③ if the watch is exposed to magnetic leakage from TV sets, speakers, mobile phones, magnetic necklaces, etc., it may gain or lose in timekeeping.
④ if the watch is exposed to strong vibration, it may be broken or gain or lose in timekeeping.
⑤ if the watch is exposed to chemicals or chemical steam, it may deteriorated or broken.
Examples of chemicals: Benzine, thinner, manicure, cosmetics spray solvents, cleaners, toilet solvents, adhesive agents, mercury, iodized disinfectants, insect repellents, etc.
⑥ 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.
⑦ 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

① 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.
② 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.
③ 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

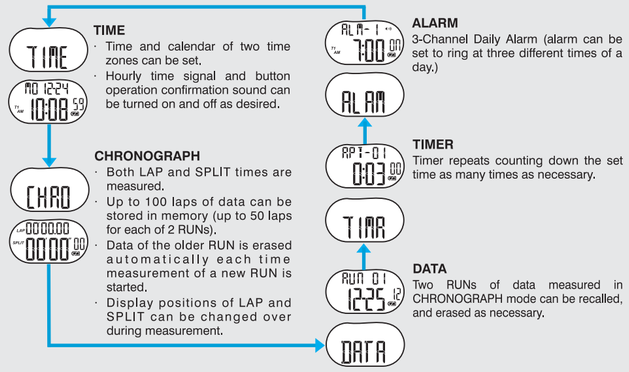
- Do not leave your watch out of the room temperature from 5°C to 35°C for a long time. Doing so may shorten the battery life or cause a malfunction due to battery leakage.

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
- 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.)

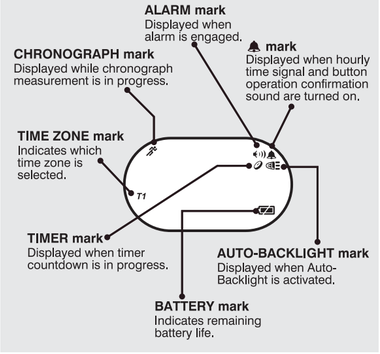
TIMER
Timer repeats counting down the set time as many times as necessary.

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

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



TIME TIME

Time/Calendar Display

Time/Calendar and Contrast Setting

❶ Keep **MODE/ADJUST** pressed for 2 seconds. Seconds digits start flashing.

Press **START/STOP** or **DISPLAY** to reset Seconds to "00".

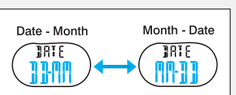
❷ Press **LAP/RESET**, and Minutes digits start flashing.

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

❹ 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.*

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.

***Selection of Month-Date/ Date-Month display format**
Display order of Month and Date can be selected.



****Contrast adjustment**
Contrast of display can be adjusted.
Setting range:
-3 (lowest) ⇄ 0 ⇄ 3 (highest)

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

With each press of **START/STOP**, "🔔" mark appears and disappears alternately. Hourly time signal and button operation confirmation sound beep when the mark is shown.

"🔔" mark

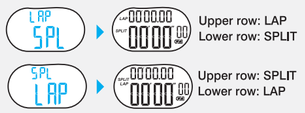
Alarm Sound Test

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

CHRONOGRAPH CHRO

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.*

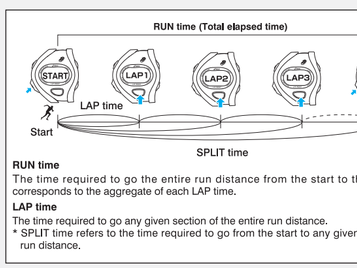
Start, Stop and Reset of Measurement/ Storage of Measured Data

❶ 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.*

❷ 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.

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

❹ 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.*

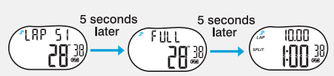


RUN time
The time required to go the entire run distance from the start to the finish. It corresponds to the aggregate of each LAP time.

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.



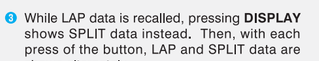
* *Please note that, once "FULL" is displayed, LAP/SPLIT times measured are shown on the display, but are not stored in memory for later recall in DATA mode.*

DATA DATA

How to Recall Data

❶ 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.*

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



❸ 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.

Update and Deletion of Data

● Update of data
When data of two RUNs (RUN 01 and RUN 02) is retained in memory, starting a new measurement erases all the data of the older RUN (RUN 02). The previous RUN 01 data is retained as RUN 02, and the data measured newly will be stored as RUN 01.

● Deletion of data
Please note that, by following the procedure below, all the data retained in memory (both RUN 01 and RUN 02) will be completely deleted.

❶ Keep both **START/STOP** and **DISPLAY** pressed simultaneously for 2 seconds. Flashing "CLR" is shown.

❷ **All the data in memory is deleted** with a beep, and the following displays appear.

* *During the first measurement after data was deleted, "no DATA" is displayed in DATA mode, as no data is stored in memory until Chronograph is stopped and reset.*
* *Data in memory can be deleted even while Chronograph measurement is in progress.*

TIMER TIMR

Timer Setting

❶ 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.*

❷ 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.

❸ With each press of **LAP/RESET**, selection of digits to be adjusted (flashing) can be made in order.
Repeat Steps ❷ and ❸ 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.*

❹ 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

❶ 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.**

❷ 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**.*

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

ALARM ALAM

Alarm Setting

❶ With each press of **LAP/RESET**, Alarm Channel changes over in order. Select Alarm Channel you wish to use.

❷ Keep **MODE/ADJUST** pressed for 2 seconds. Minutes digits start flashing.
* *When the time is set in 12-hour indication in TIME mode, "AM/PM" indication is shown.*

AM/PM indication

❸ 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.

❹ Press **LAP/RESET.** Hour digits start flashing. Repeat Steps ❸ and ❹ 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.

❺ Press **MODE/ADJUST** to register the settings you have made. Alarm is automatically engaged.

Engagement/Disengagement of Alarm

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

❷ 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.

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