

INTRODUCTION

Thank you for purchasing an ASICS GPS YK70.

For best results, please read the instructions in this manual carefully before using your ASICS GPS. To make the most of its functions and perform maintenance properly, please keep this manual handy for ready reference.

■ Features

This is a running watch featuring a GPS function that receives positional and time information from a GPS satellite, and measures the running distance, running speed, and pace automatically. It has many other features convenient for runners including an Auto Lap function, and the detailed data measured by the watch can be retained and reviewed by a PC application "AG01 RUN." Using the GPS function, the time/calendar shown by the watch can be adjusted automatically.

■ Watch and Accessories

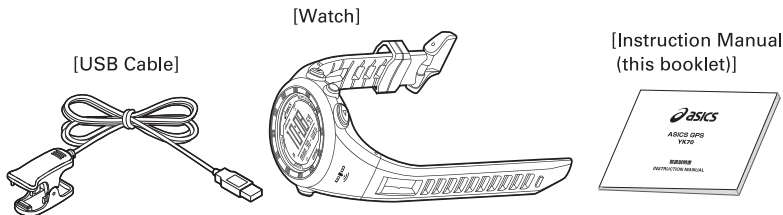


TABLE OF CONTENTS

INTRODUCTION	38	DATA MODE	58
Features.....	38	How to Recall Run Data	58
Watch and Accessories	38	Deletion of Data	59
TABLE OF CONTENTS	39	DATA MANAGEMENT WITH PC APPLICATION "AG01 RUN"	60
TO PRESERVE THE QUALITY OF YOUR WATCH.....	40	TIMER MODE	61
FEATURES OF EACH MODE	44	Timer Setting.....	61
MARK DESCRIPTIONS	45	Start, Stop and Reset of Timer	62
NAMES AND FUNCTIONS OF BUTTONS.....	46	ALARM MODE	63
HOW TO RECHARGE THE BATTERY	47	Alarm Setting.....	63
How to recharge	47	Engagement/Disengagement of Alarm	64
Duration of Full Charge	48	To Stop Alarm Sound	64
Power Reserve Indication	48	SETTING MODE	65
REMARKS ON THE BATTERY	49	Setting of RUN Display Items	65
MODE CHANGE	50	Turning ON/OFF of Auto Lap Function	66
BACKLIGHT	50	Inputting of Weight	67
TIME MODE.....	51	Setting of GPS Timeout Time	67
Time/Calendar Setting	51	Confirmation of Expiry Date of Assisted GPS Data	68
Turning ON/OFF of Hourly Time Signal/Button	52	Turning ON/OFF of Automatic Time Adjustment by	
Operation Confirmation Sound	52	GPS Signal	69
RUN MODE	53	Selection between 12- and 24-Hour Time Systems	69
Activation of GPS Function	53	Adjustment of Contrast of Display	70
Display Item Setting	54	Selection of Language	70
Auto Lap Function	55	Selection of Unit of Measure	71
Start, Stop and Reset of Measurement/Storage of Data	56	SPECIFICATIONS	72
Checking of Memory Usage	57	WARRANTY.....	73

TO PRESERVE THE QUALITY OF YOUR WATCH



This symbol indicates any condition or practice which will imminently result in serious personal injury or death if the instruction with this symbol is not strictly observed.



This symbol indicates any condition or practice which could result in serious personal injury or possible death if the instruction with this symbol is not strictly observed.



This symbol indicates any condition or practice which could result in minor personal injury or property loss if the instruction with this symbol is not strictly observed.

● PRECAUTIONS ON WEARING YOUR WATCH



■ Precautions on Recharging

- Do not use any cable other than the one included with the watch for recharging.
- Do not insert the USB connector into other than PC (such as AC adapter for mobile phone). The watch may generate heat or catch fire.

■ Use inside an Airplane

- Turn off the GPS function while you are at places where it may affect the proper operation of electronic devices, such as inside an airplane.



- When you are wearing the watch, take care not to tumble, fall or bump into others. This may injure yourself and others.
- Take care not to hold a young child in your arms with the watch worn on your wrist. This may injure the child or cause him/her to develop a rash or allergy.
- When you are wearing the watch, do not swing your arms forcefully to bump the watch against hard objects. This may cause property loss, or a malfunction of the watch.
- Do not leave the watch near heating devices such as a microwave oven and an IH cooking heater. This may cause the watch to generate heat or catch fire.



- When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.



■ Strength of received GPS signal differs depending on the surrounding environment.

- Places where good reception of GPS signal can be obtained:

Places where there is no obstacle to block GPS signal, and an unobstructed view of the sky can be obtained.

- Places where poor reception of GPS signal is expected:

Places where there are obstacles to block GPS signal, such as on a street of big buildings, inside a railway station and airport, indoors, and near tall trees. Error in positional information may become large even if GPS signal can be received.

- Places where reception of GPS signal is impossible:

Underground and inside a tunnel, inside a room without any window, underwater, and near a device emitting radio wave.

■ Precaution on Use under High Temperatures

Do not leave the watch under high temperatures such as inside a car in midsummer. A malfunction may result.

● DAILY CARE



- The case and band contact directly with the skin like an underwear. If they are left soiled, the rust that forms on them may stain the edge of the sleeve, or cause a rash or allergy on your wrist. Keep the case and bracelet clean to avoid this.
- After the watch is removed from your wrist, wipe off perspiration or moisture from the watch using a soft dry cloth. Doing this will serve to prolong the service life of the case, band, gasket and other parts.
- Do not use chemicals such as benzine, thinner, alcohol and a solution of neutral detergent to clean the watch. This may cause a chemical change to deteriorate the watch.

<Soft plastic band>

If the watch is left under fluorescent light or direct sunlight for a long time, or the band is left soiled until the soil adheres to it, the band may be discolored, hardened or broken. If your watch has a semitransparent urethane band, which is easily discolored, special care should be taken to keep it clean. It may be discolored in several months depending on the conditions of use. 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.

**WARNING**

- Do not disassemble or tamper with the watch. Heat generation or fire may result.

● RASH AND ALLERGY

**CAUTION**

- Adjust the watchband so that there will be a little clearance between the band and your wrist to avoid accumulation of perspiration.
- If you are susceptible to rash, the band may cause a rash or itching on your skin depending on your physical condition.
- The possible causes of the rash are as follows:
 1. Allergy to metals; or
 2. Rust, soil or perspiration on the watch or band.
- If any abnormal condition occurs on your skin, remove the watch from your wrist immediately, and consult a doctor.

● WATER RESISTANCE

Check the dial or case back of your watch for the water resistance indication, and use it properly according to the instructions in the table below:

Indication for water resistance (on the back of your watch case)	Condition of use		Designed and manufactured to withstand the water usually experienced in a daily living such as splashes and rain.	Designed and manufactured for swimming and kitchen work.	Skin diving without scuba.	Genuine diving using scuba or helium gas.
	Degree of water resistance					
"WATER RESISTANT" is inscribed.	Water resistance		○	×	×	×
"WATER RESISTANT 5/10/20 Bar" is inscribed.	Reinforced water resistance	Water resistance 5 BAR	○	○	×	×
		Water resistance 10/20 BAR	○	○	○	×

**WARNING**

- NEVER WEAR 10-bar water-resistant watch during saturation diving and air diving.
- NEVER WEAR 5-bar water-resistant watch during any type of diving including skin diving.
- Never attempt to operate any of the buttons in water. Water may get inside the watch to cause damage to it.

**CAUTION**

- NEVER PUT 3-bar water-resistant watch into water.



- After the 5-bar or 10-bar water-resistant watch is used in the seawater, rinse the watch to remove salt as soon as possible. Otherwise, the watch may become rusty. To do so, do not rinse the watch under running water. Excessive water pressure may be applied to the watch, deteriorating its water resistant quality. Be sure to rinse the watch in a pot or bowl filled with water.
- Precaution on Defect in Water Resistance
- If you find any moisture inside the watch glass, do not recharge the watch, and consult the retailer or Seiko Nextage Watch Customer Service Center for proper handling.

● PLACES TO KEEP YOUR WATCH

While not in use, the watch may be damaged, deteriorated or broken in the following cases:

- If the watch is exposed to temperatures outside the range between -5°C and $+50^{\circ}\text{C}$, its performance may be deteriorated or it may stop operating.
- If the watch is left under direct sunlight or extremely high or low temperatures for a long time, this may cause it to gain or lose time.
- If the watch is left at a place where it is exposed to magnetic leakage from a TV set, speaker, mobile phone, magnetic necklace, etc., it may gain or lose time.

- If the watch is left at a place where it is exposed to strong vibration, it may be damaged or gain or lose time.
- If the watch is left at a place where it is exposed to chemical steam or chemicals, it may be deteriorated or damaged.
Examples of such chemicals: Benzine, thinner, manicure, cosmetic sprays, cleaners, toilet detergents, adhesives, mercury, iodized disinfectants, insecticides, etc.
- If the watch is left near a hot spring or kept together with insecticides, it may be deteriorated.
- If you decide not to use the watch for a long time, it is recommended that the watch be stored in a box and placed at a well-ventilated place.

● PERIODIC CHECK

- To enjoy longer use of the watch, it is recommended that you have it overhauled and undergo thorough checking every 2 or 3 years. Depending on the conditions of use, the gasket and other parts may be deteriorated to affect the water resistant quality of the watch due to perspiration or water that may get inside it. For overhaul and checking, contact the retailer from whom the watch was purchased.
- When replacing the parts such as battery, please specify "GENUINE PARTS".
- When the periodic check is performed, it is recommended that the gasket and the push-pin be also replaced with new ones.

FEATURES OF EACH MODE

* A mode mark representing the mode shown is displayed in the lowest row of the display.

TIME Mode (Time/Calendar function)

Time/calendar is set and displayed. By using GPS function, it can also be adjusted automatically.

RUN Mode (Chronograph function)

Lap/split times can be measured and recorded.

• **GPS function**

Running speed, running distance and pace are measured automatically .

• **Auto Lap function**

Lap time measurement is made automatically each time you run a lap distance you have set.

DATA Mode (Data recall function)

Data recorded in RUN Mode can be reviewed.

TIMER Mode (Timer function)

Timer counts down the time you have set.

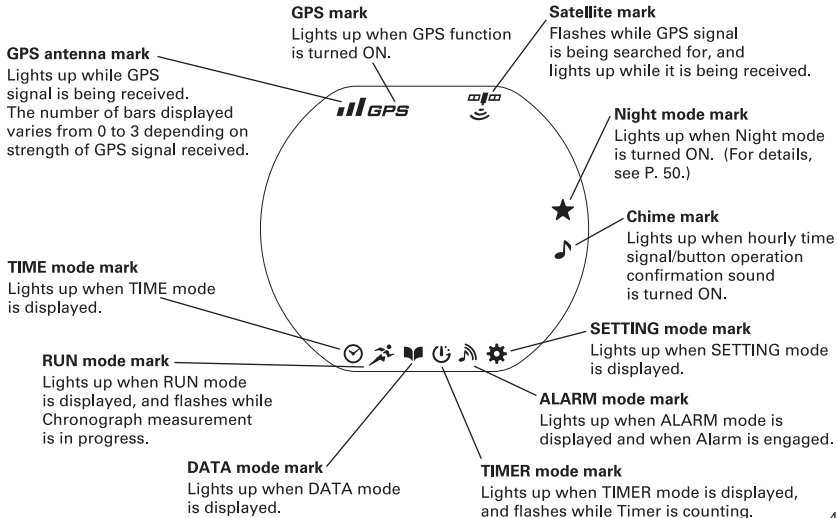
ALARM Mode (Alarm function)

Alarm rings once a day at the time you have designated.

SETTING Mode (Setting of functions)

Various settings, including turning ON/OFF of Automatic Time Adjustment by GPS, can be made to customize the watch to suit the needs of the user.

MARK DESCRIPTIONS



NAMES AND FUNCTIONS OF BUTTONS

LIGHT button

Illuminates backlight.

MODE button

Selects modes, and changes over digits to be adjusted.



START/STOP button

Starts and stops measurement, and sets digits to be adjusted.

VIEW button

Activates setting functions, and turns ON/OFF GPS function in **RUN** Mode.

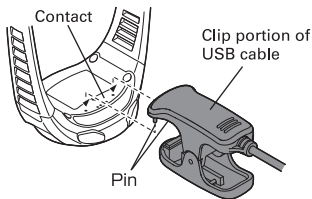
LAP/SAVE button

Measures LAP/SPLIT times, stores measurements, and sets digits to be adjusted.

HOW TO RECHARGE THE BATTERY

This watch is powered by rechargeable battery. When it is used for the first time after purchased or when the power reserve nears its end, be sure to use the USB cable included with the watch to connect it with a PC, and recharge it for at least 3 hours.

■ How to Recharge

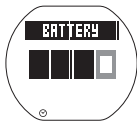


- 1 Open the clip portion of the USB cable, and insert the two pins of the clip securely into the holes on the rear of the watch. Checking that the four terminals of the clip portion properly contact with the contacts of the watch, close the clip to hold the watch in place.

** Caution: If moisture or soil sticks to the watch, remove it thoroughly with a dry cotton swab or the like before recharging.*

- 2 Connect the USB cable with the USB terminal of the PC.
** Be sure to connect the USB cable with the watch first, and then, connect it with the USB terminal of the PC. Reversing the order will cause a malfunction.*

- 3 While the recharging is in progress, the display shown at left is displayed. The marks representing the power reserve stop flashing and light up one by one from left to right to indicate that the recharging is progressing. Recharging is completed when all the marks have lighted up.



[Recharging
in progress]



[Recharging
completed]

■ Duration of Full Charge

When fully charged, the battery lasts for the following periods:

- When GPS function is not used : Approximately 1 year
- When GPS function is in use : Approximately 10 hours

* The above durations of charge serve as guidelines only, and may vary depending on such factors as frequency of use of backlight and other functions, and use environment and period of use of the watch.

■ Power Reserve Indication

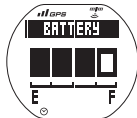


LAP/SAVE
button

Pressing **LAP/SAVE** in **TIME** Mode shows the power reserve indication for approximately 3 seconds. When all the power reserve marks become hollow, GPS signal reception is halted forcefully during measurement (Chronograph measurement without using GPS function is continued).

Check the power reserve indication frequently, and recharge the watch in good time before the power reserve is depleted.

[Power reserve indication]



REMARKS ON THE BATTERY

● Battery Life



- Do not attempt to replace the built-in rechargeable battery with a new one by yourself.
- If the duration of full charge has decreased to a lower level after long years of use, it is likely that the serviceable life of the battery has expired. Consult the retailer or Seiko Nextage Watch Customer Service Center for battery replacement.
- Battery replacement is performed at cost.

● Battery Replacement



- When the battery is replaced with a new one, the data stored in the built-in memory of the watch may all be erased. Be sure to store the data in a PC before requesting battery replacement.
- When the battery is replaced, retention of the data stored in the built-in memory of the watch is not guaranteed.



- Do not expose the watch to temperatures outside the normal temperature range (5°C ~ 35°C) for a long time. This may shorten the battery life, or cause a malfunction due to battery leakage.

MODE CHANGE

With each press of **MODE**, the mode changes over in the following order. Press the button repeatedly until the desired mode is shown. When each mode appears, the corresponding mode mark is shown in the lowest row of the display.



BACKLIGHT

LIGHT button



With each press of **LIGHT** in any mode, the backlight illuminates for 10 seconds.

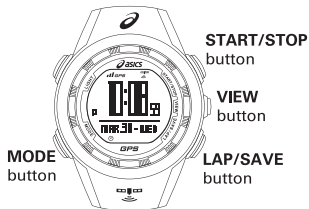
■ Night mode



With each continuous press of **LIGHT** for 2 seconds in any mode, the Night mode is turned ON and OFF alternately. When it is ON, the Night mode mark (★) is shown, and the backlight illuminates for 10 seconds with each press of any button.

TIME MODE

■ Time/Calendar Setting



- 1 Keep **VIEW** pressed for 2 seconds. Seconds digits start flashing.
Press **START/STOP** or **LAP/SAVE** to reset Seconds to "00."
- 2 Press **MODE**, and Minutes digits start flashing.
- 3 With each press of **START/STOP** or **LAP/SAVE**, the flashing digits increase or decrease by one, respectively. Press them repeatedly but separately to set digits as desired.
** Digits move quickly if the respective buttons are kept pressed.*
Repeat Steps 2 and 3 to set Minutes, Hour, Date, Month, and Year.
- 4 Press **VIEW**. Digits stop flashing, and all the settings you have made are registered.

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

● Automatic Time Adjustment by GPS Signal

By turning ON "TIME ADJUST" function in **SETTING** Mode, the time/calendar is adjusted automatically according to the time information provided by GPS satellite when GPS function is activated in **RUN** Mode and GPS signal is received properly. For details, see "Turning ON/OFF of Automatic Time Adjustment by GPS Signal" on P. 69.

■ Turning ON/OFF of Hourly Time Signal/Button Operation Confirmation Sound



START/STOP
button

With each press of **START/STOP** in **TIME** Mode, Chime mark "🎵" appears and disappears alternately. When the mark is shown, Hourly Time Signal rings every hour on the hour, and Button Operation Confirmation Sound rings with each press of any of the buttons.



RUN MODE

■ Activation of GPS Function

To measure running data including running distance, running speed and pace, and display it in real time on the watch, start Chronograph measurement after activating GPS function and checking that GPS signal is received properly.



- 1 Keep **VIEW** pressed for approximately 2 seconds in **RUN Mode** to activate GPS function. "GPS ON" is shown as Satellite mark starts flashing, and the display returns to RUN Display in approximately 3 seconds.

** While Satellite mark is flashing, GPS signal is being searched for and has not been received yet. To deactivate GPS function, keep **VIEW** pressed for approximately 2 seconds again.*

- 2 According to the reception condition of GPS signal, one of the following displays will appear.



GPS signal is received properly.



GPS signal is located, but is not received properly.

** To receive GPS signal properly, move to a place where an unobstructed view of the sky can be obtained.*



GPS signal could not be located within Time-out time set in SETTING Mode (see P. 67).

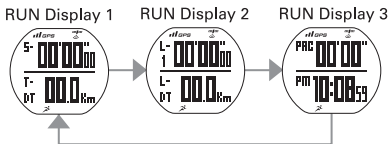
** To receive GPS signal properly, move to a place where there is no obstacle to block GPS signal and an unobstructed view of the sky can be obtained. Then, operate **VIEW** again to activate GPS function.*

■ Display Item Setting



VIEW
button

With each press of **VIEW**, RUN Display changes over in the following order. Select the display that suits your needs during running.



Split time	S- 00'00"
Total distance	T-DT 00.0 km
Lap time	L- 1 00'00"
Lap distance	L-DT 00.0 km
Running pace	PRC 00'00"
Current time	PM 10:08:59
Running speed	SPO 00.0
Calorie consumption	Cal 000

- The combination of display items shown in each RUN Display can be customized to suit the needs of the user.

Select the items to be shown in **SETTING Mode**. For details, see "Setting of RUN Display Items" on P. 65.

* The unit of measure of the display items is either "km" or "mile" according to the setting made in "Selection of Unit of Measure" on P. 71.

* To measure data other than lap/split times, it is necessary to activate GPS function, and receive GPS signal properly (see P. 53).

■ Auto Lap Function

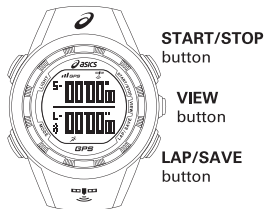
Lap time measurement can be made automatically each time you run a lap distance you have set.

** If the Button Operation Confirmation Sound is turned on (see P. 52), a beep sounds each time a lap time is measured automatically.*

Turning ON/OFF of Auto Lap function and setting of lap distance are made in **SETTING Mode**. For details, see "Turning ON/OFF of Auto Lap function" on P. 66.

** To use Auto Lap function, be sure to activate GPS function in RUN Mode (see P. 53).*

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



❶ Press **START/STOP** to start measurement.

❷ Press **LAP/SAVE** to measure a lap time.

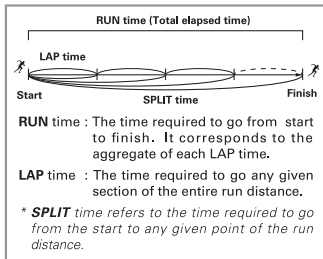
** Up to 99 lap times can be measured in each run. Lap times measured thereafter cannot be stored in memory.*

** During measurement, RUN Display changes over with each press of **VIEW** button.*

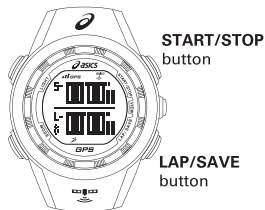
❸ Press **START/STOP** to stop measurement of a run.

** Pressing **START/STOP** again can restart measurement.*

❹ Press **LAP/SAVE** after measurement is stopped. Measured lap times are stored in memory, and Chronograph is reset to "0".



■ Checking of Memory Usage



Press **LAP/SAVE** in **RUN** Mode while Chronograph measurement has been reset. Current memory usage is shown in terms of percentage. When the usage reaches 95%, a warning mark is shown. When the memory capacity becomes full, "X" mark appears on the display, and Chronograph will not start if **START/STOP** is pressed.

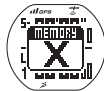
When memory capacity has reduced to a low level, delete data in memory in **DATA** Mode (see "Deletion of Data" on P. 59).



Memory usage of
20%



Memory usage of
95% or over



Memory usage of
100%

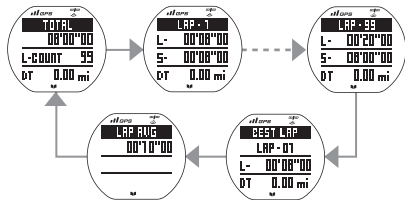
DATA MODE

How to Recall Run Data



- By connecting the watch with a PC to use a dedicated PC application, detailed data measured in **RUN** Mode can be retained and reviewed. For details, refer to the instruction manual for PC application "AG01 RUN."

- ① With each press of **LAP/SAVE**, run data is recalled in order from the newest to the oldest in memory. Press the button repeatedly to select the run whose data you wish to recall, using the date of measurement as a guideline.
- ② With each press of **START/STOP**, data of selected run (total elapsed time, lap/split times, the best lap time, and average lap time) is displayed in order.



* The unit of measure of the display items is either "km" or "mile" according to the setting made in "Selection of Unit of Measure" on P. 71.

■ Deletion of Data



- 1 Press **VIEW**. “ALL CLEAR OK?” appears to confirm whether you wish to delete data in memory?

** If you do not wish to delete data, release the button.
Display will return to RUN DATA.*

- 2 To delete data, keep **VIEW** pressed for approximately 2 seconds until “ALL CLEAR” is shown. “---” appears in approximately 3 seconds to indicate that all the data in memory has been deleted .



DATA MANAGEMENT WITH PC APPLICATION "AG01 RUN"

By connecting the watch with a PC using the accessory USB cable, detailed data measured in RUN Mode can be retained and reviewed by a dedicated PC application "AG01 RUN." To use this capability, PC to connect with the watch must be accessible to the Internet.

■ Supported OS: Windows 7 and Windows 8; and

Mac OS X 10.7, Mac OS X 10.8 and Mac OS X 10.9

- 1 Visit the following Website to download the dedicated application "AG01 RUN," and install it into your PC.

<http://asics-watch.com/products/ag01.html>

- 2 Open the clip portion of the USB cable, and hold the watch in place.

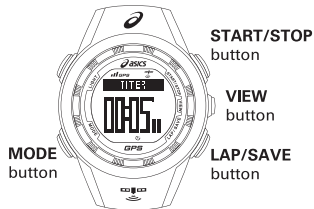
** Check that the four terminals of the clip portion properly contact with the contacts of the watch. Also, be sure to connect the USB cable with the watch first, and then, connect it with the USB terminal of the PC. Reversing the order will cause a malfunction.*

- 3 Connect the USB cable with the PC in which "AG01 RUN" has been installed. Detailed data measured in **RUN** Mode can be retained and reviewed with the application.



TIMER MODE

■ Timer Setting



- 1 Keep **VIEW** pressed for 2 seconds. Seconds digits start flashing.
- 2 With each press of **START/STOP** or **LAP/SAVE**, the flashing digits increase or decrease by one, respectively. Press them repeatedly but separately to set digits as desired.

** Digits move quickly if the respective buttons are kept pressed.*

- 3 With each press of **MODE**, 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.

** From 10 seconds up to 99 hours, 59 minutes and 59 seconds can be set for Timer.*

- 4 Press **VIEW** for more than 1 second. Digits stop flashing, and all the settings you have made are registered.

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

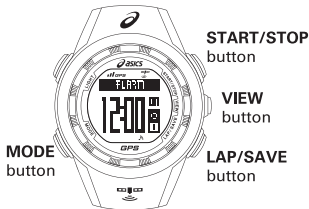
■ Start, Stop and Reset of Timer



- 1 Press **START/STOP** to start Timer.
Warning beep starts ringing approximately 10 seconds before the set time is up, and rings for approximately 30 more seconds when the set time is up. To stop warning beep manually, press **any of the buttons**.
- 2 To stop Timer during countdown, press **START/STOP**.
** To restart countdown, press **START/STOP** again.*
- 3 After Timer has counted down the set time, it is automatically reset to show the set countdown time. To reset them manually during countdown, press **LAP/SAVE** after stopping Timer.

ALARM MODE

■ Alarm Setting



- 1 Keep **VIEW** pressed for 2 seconds. Minutes digits start flashing.
- 2 With each press of **START/STOP** or **LAP/SAVE**, the flashing digits increase or decrease by one, respectively. Press them repeatedly but separately to set digits as desired.

** Digits move quickly if the respective buttons are kept pressed.*

- 3 Press **MODE**. Hour digits start flashing. Repeat 2 and 3 to set Minutes and Hour of Alarm.
- 4 Press **VIEW**. Digits stop flashing, and all the settings you have made are registered with Alarm being engaged automatically.

Alarm rings for approximately 30 seconds at the designated time.

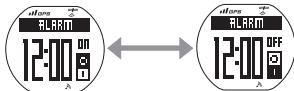
** If the watch is left untouched with digits flashing, the settings you have made are all registered automatically in approximately 3 minutes.*

■ Engagement/Disengagement of Alarm



START/STOP
button

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



■ To Stop Alarm Sound

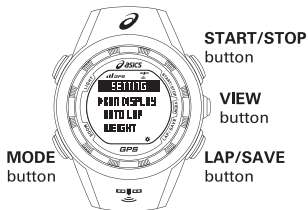


To stop Alarm sound manually while it is ringing, press **any of the buttons**.

SETTING MODE

Use this mode to make settings used in each mode.

■ Setting of RUN Display Items



To set items shown in RUN Displays 1, 2 and 3 of **RUN** Mode:

- 1 Press **START/STOP** or **LAP/SAVE** to select "RUN DISPLAY" from SETTING Mode Menu.
- 2 Press **VIEW**. Item in upper row of RUN Display-1 starts flashing.
- 3 Press **START/STOP** or **LAP/SAVE** to select an item you wish to display.

** Items change over quickly if the respective buttons are kept pressed.*

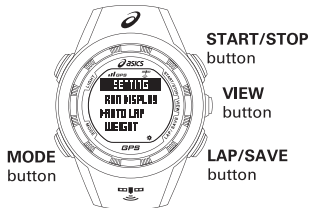
- 4 Press **MODE**. Item in lower row of RUN Display 1 starts flashing.

Repeat 3 and 4 to set items to be shown in upper and lower rows of RUN Displays 1, 2 and 3.

- 5 Press **VIEW** to return to SETTING Mode Menu display.

** If the watch is left untouched with a setting item flashing, the settings you have made are all registered automatically in approximately 3 minutes, and display returns to **TIME** Mode. This will also occur during setting procedures of other SETTING Mode Menu items described in the following pages.*

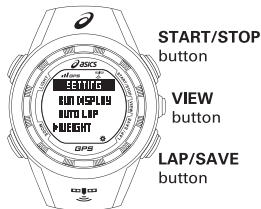
■ Turning ON/OFF of Auto Lap Function



To turn ON/OFF Auto Lap function available in **RUN** Mode and to set lap distance:

- 1 Press **START/STOP** or **LAP/SAVE** to select "AUTO LAP" from SETTING Mode Menu.
- 2 Press **VIEW** to show Auto Lap Setting display.
- 3 Press **START/STOP** or **LAP/SAVE** to turn ON or OFF Auto Lap function.
- 4 Press **MODE**. Digits of lap distance start flashing.
- 5 Press **START/STOP** or **LAP/SAVE** to set lap distance.
** Digits move quickly if the respective buttons are kept pressed.*
** From 0.1 up to 10.0 km/mile can be set for lap distance. The default setting is 1.0 km/mile.*
- 6 Press **VIEW** to return to SETTING Mode Menu display.

Inputting of Weight

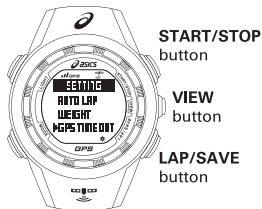


To input Weight for calculation of calorie consumption in **RUN Mode**:

* The unit of weight is either "kg" or "lb" according to the setting made in "Selection of Unit of Measure" on P. 71.

- 1 Press **START/STOP** or **LAP/SAVE** to select "WEIGHT" from SETTING Mode Menu.
- 2 Press **VIEW** to show Weight Setting display.
- 3 Press **START/STOP** or **LAP/SAVE** to set Weight.
** Digits move quickly if the respective buttons are kept pressed.*
- 4 Press **VIEW** to return to SETTING Mode Menu display.

Setting of GPS Timeout Time



To set the length of time until search for GPS signal is aborted after GPS function is turned ON in **RUN Mode**:

- 1 Press **START/STOP** or **LAP/SAVE** to select "GPS TIME OUT" from SETTING Mode Menu.
- 2 Press **VIEW** to show GPS Time Out Setting display.
- 3 Press **START/STOP** or **LAP/SAVE** to select time-out time from 5 and 30 minutes.
- 4 Press **VIEW** to return to SETTING Mode Menu display.

Confirmation of Expiry Date of Assisted GPS Data

Assisted GPS shortens the time to locate GPS signal by storing the orbital information of GPS satellites in the watch and updating it on a regular basis. Assisted GPS data stored in the watch is updated when it is connected with a PC accessible to the Internet, and the new data is transferred from PC application "AG01 RUN."

Assisted GPS function is always kept activated on this watch, but Assisted GPS data is updated everyday and has an expiry date.

Check the expiry date on a regular basis in **SETTING** Mode, and connect the watch with the PC to update Assisted GPS data if necessary. For details, refer to the instruction manual for PC application "AG01 RUN."



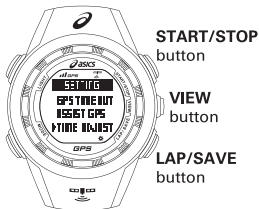
START/STOP
button

VIEW
button

LAP/SAVE
button

- 1 Press **START/STOP** or **LAP/SAVE** to select "ASSIST GPS" from SETTING Mode Menu.
- 2 Press **VIEW** to check expiry date of Assisted GPS data.
- 4 Press **VIEW** to return to SETTING Mode Menu display.

■ Turning ON/OFF of Automatic Time Adjustment by GPS Signal



To turn ON or OFF the function to automatically adjust time/calendar shown in **TIME** Mode by GPS signal :

- 1 Press **START/STOP** or **LAP/SAVE** to select "TIME ADJUST" from SETTING Mode Menu.
- 2 Press **VIEW** to show Automatic Time Adjustment Setting display.
- 3 Press **START/STOP** or **LAP/SAVE** to turn ON or OFF Automatic Time Adjustment function.
- 4 Press **VIEW** to return to SETTING Mode Menu display.

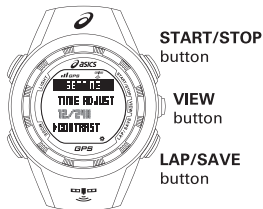
■ Selection between 12- and 24-Hour Time Systems



To select time system from 12- and 24-hour (selected time system is applied to time indication in all modes):

- 1 Press **START/STOP** or **LAP/SAVE** to select "12/24H" from SETTING Mode Menu.
- 2 Press **VIEW** to show 12-/24-Hour Time System Setting display.
- 3 Press **START/STOP** or **LAP/SAVE** to select between "12H" and "24H."
- 4 Press **VIEW** to return to SETTING Mode Menu display.

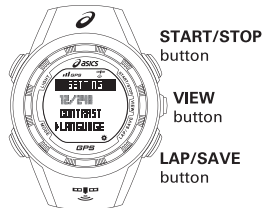
■ Adjustment of Contrast of Display



To adjust brightness of display in 7 levels :

- 1 Press **START/STOP** or **LAP/SAVE** to select "CONTRAST" from SETTING Mode Menu.
- 2 Press **VIEW** to show Contrast Adjustment display.
- 3 Press **START/STOP** or **LAP/SAVE** to adjust brightness of display ("L" : darker, and "H" : brighter).
- 4 Press **VIEW** to return to SETTING Mode Menu display.

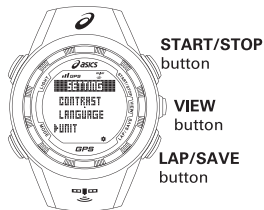
■ Selection of Language



To select displayed language from Japanese and English:

- 1 Press **START/STOP** or **LAP/SAVE** to select "LANGUAGE" from SETTING Mode Menu.
- 2 Press **VIEW** to show Language Setting display.
- 3 Press **START/STOP** or **LAP/SAVE** to select displayed language from Japanese and English.
- 4 Press **VIEW** to return to SETTING Mode Menu display.

■ Selection of Unit of Measure



To select the unit of measure displayed in **RUN** and **SETTING** modes:

- 1 Press **START/STOP** or **LAP/SAVE** to select "UNIT" from SETTING Mode Menu.
- 2 Press **VIEW** to show Unit of Measure Setting display.
- 3 Press **START/STOP** or **LAP/SAVE** to select a combination of units of measure from "km/kg" and "mile/lb."
- 4 Press **VIEW** to return to SETTING Mode Menu display.

SPECIFICATIONS

Chronograph function	Measures in 1/100 seconds up to 99 hours 59 minutes 59 seconds 99 Auto Lap function GPS function
Lap/Split measurement	Up to 99 lap/split times can be stored in each run (up to 114 runs)
Timer function	Measures up to 100 hours
Alarm function	1-channel daily alarm
Water resistance	Water-resistant 5 Bar
Operational temperature range	-0°C ~ +50°C

Material

Case	Plastic
Band	Polyurethane
Glass	Mineral glass

Loss/gain (monthly rate):

- Less than 90 seconds at normal temperature range (5°C to 35°C)
- Automatic time adjustment function by GPS

Duration of charge:

- When GPS function is not used: Approx. 1 year
 - When GPS function is in use: Approx. 10 hours
- * The above durations of charge serve as guidelines only, and may vary depending on such factors as frequency of use of backlight and other functions, and use environment and period of use of the watch.



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

* Windows is either a registered trademark or trademark of Microsoft Corporation in the United States and/or other countries.

* Mac and OS X are trademarks of Apple Inc., registered in the U.S. and other countries.

WARRANTY

- This product will be repaired or replaced free of charge for the period of one year from the date of purchase if it should malfunction during normal use. In this case, please present ① Warranty Certificate included at the end of this manual and ② your receipt or Internet shopping delivery sheet with this product.
- This warranty does not cover any of the following cases:
 - 1) Damage caused by unauthorized use or abuse;
 - 2) Damage caused by unauthorized repair or reconditioning;
 - 3) Damage caused by fire or an Act of God;
 - 4) Esthetic change caused by minor scratches on the case, glass, or watchband during normal use;
 - 5) Battery replacement;
 - 6) Any watchband other than metal watchbands; and
 - 7) Mailing costs incurred in requesting repair from overseas.
- The case, glass, bracelet, or other parts of the watch may be replaced with substitutes if the originals are not available.
- This Warranty guarantees that you can receive free repair or replacement in accordance with the terms set forth herein within the specified period, and shall not restrict any lawful rights of the Customer.

SEIKO NEXTAGE CO., LTD.

9-9, Hatchobori 1-chome, Chuo-ku, Tokyo 104-0032, Japan



FCC NOTICE

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operations.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by using the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Changes or modification to the product not expressly approved by the party responsible for compliance could void the user's authority to operate the product.



This product is in compliance with the essential requirements and other relevant provisions of the R&TTE Directive(1999/5/EC)and RoHS Directive (2011/65/EU).

- Declaration of Conformity with R&TTE directive 1999/5/EC

<http://asics-watch.com/eg/pdf/ag01ce.pdf>

- EU contact information:
Please visit the Website below,and contact a nearby distributor.

<http://asics-watch.com/eg/shoplist.html>



If you ever need to throw away an old watch or any of its components, please ensure that it is disposed of carefully in the way designated by local authorities.

保証書

商品名	
お買い上げ日	年 月 日
保証期間	お買い上げ日より 1 年間
販売店	