

# Cal. 3M62, 5M62, 5M63

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You are now the proud owner of a SEIKO KINETIC® Cal. 3M62/5M62/5M63. For best results, please read the instructions in this booklet carefully before using your SEIKO KINETIC®. Please keep this manual handy for ready reference.

Sie sind jetzt stolzer Besitzer einer SEIKO KINETIC® Kal. 3M62/5M62/5M63. Lesen Sie diese Bedienungsanleitung vor der Verwendung Ihrer SEIKO KINETIC® aufmerksam durch, um die optimale Nutzung dieser Uhr zu gewährleisten. Heben Sie diese Bedienungsanleitung gut auf, um jederzeit wieder nachlesen zu können.

Vous voici l'heureux propriétaire d'une montre SEIKO KINETIC® Cal. 3M62/5M62/5M63. Pour en obtenir de bonnes performances, veuillez lire attentivement les explications de ce mode d'emploi avant d'utiliser votre montre SEIKO KINETIC®. Conservez ce mode d'emploi pour toute référence ultérieure.

Grazie per aver acquistato questo orologio SEIKO KINETIC® Cal. 3M62/5M62/5M63. Per ottenerne i migliori risultati leggere attentamente le istruzioni di questo libretto prima di passare all'uso dell'orologio stesso. Tenere poi il manuale a portata di mano, per ogni eventuale futura, ulteriore consultazione.

Usted es ahora un orgulloso propietario de un Reloj SEIKO KINETIC® Cal. 3M62/5M62/5M63. Para los mejores resultados, por favor lea las instrucciones de este librito cuidadosamente antes de utilizar su Reloj SEIKO KINETIC®. Le rogamos que guarde este conveniente manual para pronta referencia.

Você pode sentir-se orgulhoso de ter adquirido um SEIKO KINETIC® Cal. 3M62/5M62/5M63. Para obter dele os resultados máximos, solicitamos-lhe que, antes de usar o seu SEIKO KINETIC®, leia atentamente as instruções contidas neste opúsculo. E guarde este manual para referências futuras.

歡迎你購買精工 3M62/5M62/5M63 機型動力錶。為了更好地使用精工動力錶，請您在使用前詳細閱讀本說明手冊，並把說明手冊妥善保管，以備隨時用於參考。

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☆ *For the care of your watch, see "TO PRESERVE THE QUALITY OF YOUR WATCH" in the attached Worldwide Guarantee and Instruction Booklet.*

## FEATURES

SEIKO KINETIC Cal. 3M62/5M62/5M63 is an analogue quartz watch equipped with an Automatic Generating System developed by SEIKO. It generates the electric energy to power the watch, utilizing the movement of the arm, and stores it in the KINETIC ELECTRICITY STORAGE UNIT (KINETIC E.S.U.), which requires no periodical replacement unlike conventional button-type batteries.

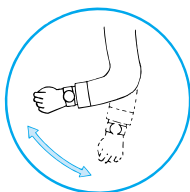
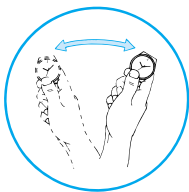
### ● Calibre number of your watch

Please check the case back of your watch to find its calibre number inscribed on it. As illustrated at right, the calibre number of your watch is the 4-digit number to the left of the hyphen mark.



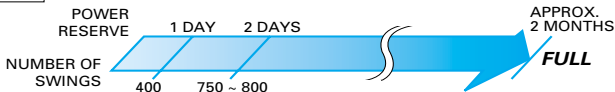
## HOW TO CHARGE AND START THE WATCH

- 1** Swing the watch from side to side.  
*\* Swing rhythmically at a rate of twice a second.*
- 2** Charge the KINETIC E.S.U. sufficiently.
- 3** Set the time/calendar and put on the watch.

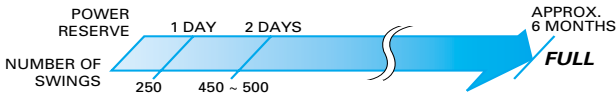


## NUMBER OF SWINGS AND POWER RESERVE

### Cal. 3M62



### Cal. 5M62, 5M63



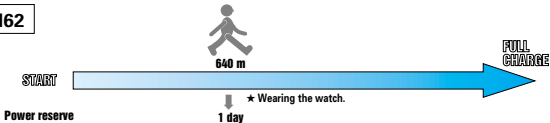
1. When the watch stops completely, or if you find the second hand moving at two-second intervals, swing the watch from side to side at a rate of twice a second.
2. 400 swings (Cal. 3M62) / 250 swings (Cal. 5M62/5M63) will reserve up to 1 day of power. The second hand will start moving at one-second intervals.

\* It is recommended that the watch be swung further until 2 days of power is reserved. As a guideline of recharging, an additional 350 to 400 swings, about 750 to 800 swings in total (Cal. 3M62) / an additional 200 to 250 swings, about 450 to 500 swings in total (Cal. 5M62/5M63), will reserve 2 days of power.

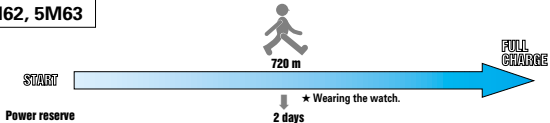
3. Wear the watch on your wrist.

## POWER RESERVE ACCUMULATED WHILE YOU ARE WALKING

Cal. 3M62



Cal. 5M62, 5M63



☆ The illustrations above provide only general guidelines of the relationship between the power reserve and the number of swings/the distance you walk. Actual amount of power reserve differs from person to person.

## POWER RESERVE INDICATOR

- Press the button at the 2 o'clock position.

*\* To allow easy reading of the second hand, press the button when the second hand is at the 12 o'clock position.*

★ QUICK MOVEMENT OF SECOND HAND		5 seconds	10 seconds	20 seconds	30 seconds
POWER RESERVE	3M62	Between 1 and 7 days	Between 7 days and 1 month	Approx. 1 month	Approx. between 1.5 and 2 months
	5M62/ 5M63	Between 1 and 7 days	Between 7 days and 1 month	Approx. 1 month	Approx. between 4 and 6 months

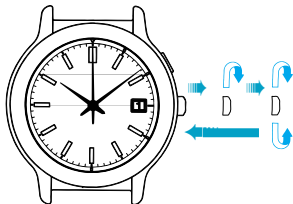
★ *The second hand will resume normal movement after the indicated 5, 10, 20 or 30 seconds have elapsed.*



## TIME/CALENDAR SETTING

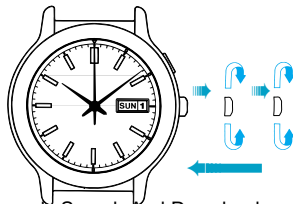
### ● CAL. 3M62 & 5M62

- 1** Pull out the crown to the first click and set the previous day's date.
- 2** Pull out the crown to the second click and turn the hands to set the desired date.
- 3** Set the hands to the desired time.
- 4** Push back the crown completely.



### ● CAL. 5M63

- 1** Pull out the crown to the first click and set the previous day's date.
- 2** Set the previous day of the week.
- 3** Pull out the crown to the second click and turn the hands to set the desired date and day.
- 4** Set the hands to the desired time.
- 5** Push back the crown completely.



## ENERGY DEPLETION FOREWARNING FUNCTION

- When the second hand starts moving at two-second intervals instead of the normal one-second intervals, the watch will run down in approximately **24 hours**.  
In this case, swing the watch from side to side to charge the KINETIC E.S.U. sufficiently.  
*\* The watch remains accurate even while the second hand is moving at two-second intervals.*

## INSTANT-START FUNCTION

- When a long time has passed since the watch stopped, you can get it started quickly with only a few swings.
- This function is available as long as the watch has been stopped for less than a year.  
*\* When this function is activated, the second hand will start moving at two-second intervals. Swing the watch from side to side to charge the KINETIC E.S.U. by referring to "NUMBER OF SWINGS AND POWER RESERVE".*  
*\* After the second hand starts moving at one-second intervals, put the watch on your wrist so that it will be charged further.*  
*\* The watch remains accurate even while the second hand is moving at two-second intervals.*

## REMARKS ON THE KINETIC E.S.U.

- The electric energy generated while the watch is worn on your wrist is stored in the KINETIC E.S.U. It is a power source completely different from conventional batteries for watches and does not require any periodical replacement.

- When the KINETIC E.S.U. is fully charged, the watch will keep operating for approximately **2 months (Cal. 3M62) / 6 months (Cal. 5M62/5M63)** without recharging the KINETIC E.S.U.
- The duration of charge decreases gradually over time. The extent of decrease, however, varies depending on the environment and condition of use.
- The KINETIC E.S.U. is a clean and environmentally friendly power source.



### **CAUTION**


**Never install a silver oxide battery for conventional watches in place of the KINETIC E.S.U. The battery may burst, become very hot or catch fire.**

## **HOW TO OPERATE THE SCREW LOCK TYPE CROWN (for models with screw lock type crown)**

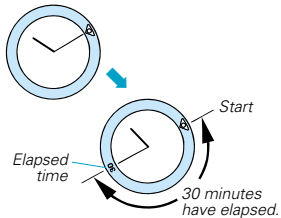
- **To unscrew the crown:**  
Turn the crown counterclockwise. (Then, pull it out for time/calendar setting)
- **To screw in the crown:**  
With the crown at the normal position, turn it clockwise while pressing it.

## ROTATING BEZEL (for models with rotating bezel)

- The rotating bezel can show up to 60 minutes of elapsed time.

1. Turn the rotating bezel to align its "  " mark with the minute hand.

2. Read the number on the rotating bezel that the minute hand points to.



**Note:** For some models, the rotating bezel rotates only counterclockwise.

# NOTES FOR USING THE WATCH

## HOW TO CHARGE AND START THE WATCH

- To charge the KINETIC E.S.U. efficiently, swing the watch from side to side, making an arc of about 20 cm.
- No additional benefit is obtained by swinging the watch more quickly or with greater vigor.
- When the watch is swung, the oscillating weight in the generating system rotates to drive the mechanism. As it rotates, it gives out a sound, which is not a malfunction.
- When the watch has been left untouched for more than one year after it completely stopped, the second hand may not start moving at normal one-second intervals even if the watch is swung the number of times indicated in "NUMBER OF SWINGS AND POWER RESERVE". In this case, swing the watch further until the second hand starts moving at one-second intervals.
- The watch is equipped with a system to prevent overcharge. Even if it is further swung after being fully charged, no malfunction will result.
- Some models are equipped with an instant-start function, and the watch may start operating after it is swung several times. For details, see "INSTANT-START FUNCTION".
- It is not necessary to charge the watch fully, as it is charged automatically while it is worn on your wrist.
- Wear the watch daily for at least 10 hours.
- Even if the watch is worn on your arm, it will not be charged while your arm is not in motion.

## POWER RESERVE INDICATOR

- The power reserve indicator provides only a general guideline of the duration within which the watch keeps operating without needing to be charged.
- You can immediately press the button again to recheck the power reserve one more time. To do so a third time, however, wait until the second hand resumes normal movement before pressing the button again.
- When the second hand moves at two-second intervals, the power reserve is very low and the indicator does not function.

- Immediately after the watch is swung to charge the KINETIC E.S.U., the second hand may not properly indicate the power reserve. Please check again after 10 to 15 minutes have elapsed.
- **Precaution on see-through case-back models:**  
If your watch has a glass case back, do not expose the case back to strong light such as direct sunlight or an incandescent light at close range, as this may temporarily increase the power consumption of the watch circuit, thus reducing the power reserve in the KINETIC E.S.U. This condition, however, will be corrected when the case back is turned away from the light.

## TIME/CALENDAR SETTING

- For Cal. 3M62 and Cal. 5M62, do not set the calendar between 9:00 p.m. and 1:00 a.m. For Cal. 5M63, do not set the calendar between 9:00 p.m. and 3:00 a.m. Otherwise, it may not change properly. If it is necessary to set the calendar during that time period, first change the time to any time outside it, set the calendar and then reset the correct time.
- To set the exact time, pull out the crown all the way when the second hand is at the 12 o'clock position and push it back in to the normal position in accordance with a time signal.
- When setting the hour hand, check that AM/PM is correctly set. The watch is so designed that the calendar changes once in 24 hours.  
Turn the hands past the 12 o'clock marker to determine whether the watch is set for the A.M. or P.M. period. If the calendar changes, the time is set for the A.M. period. If the calendar does not change, the time is set for the P.M. period.
- When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.
- When setting the time, make sure that the second hand is moving at one-second intervals.
- It is necessary to adjust the date at the end of February and 30-day months. In this case, pull out the crown to the first click and turn it until the desired date appears.

## SPECIFICATIONS

1	Frequency of crystal oscillator .....	32,768 Hz (Hz = Hertz ... Cycles per second)
2	Loss/gain (Monthly rate) .....	Less than 15 seconds at normal temperature range (5° C ~ 35° C) (41° F ~ 95° F)
3	Operational temperature range .....	-10° C ~ +60° C (14° F ~ 140° F)
4	Display system	
	Time indication .....	3 hands (hour, minute and second hands)
	Calendar indication	
	Cal. 3M62/5M62 .....	Date is displayed.
	Cal. 5M63 .....	Day and date are displayed.
5	Driving system .....	Step motor
6	Duration of charge	
	Full charge (Cal. 3M62) .....	Approximately 2 months
	Full charge (Cal. 5M62/5M63) .....	Approximately 6 months
7	Additional function .....	Power reserve indicator, energy depletion forewarning function and overcharge prevention function
8	IC (Integrated Circuit) .....	C-MOS-IC, 1 piece
9	KINETIC ELECTRICITY STORAGE UNIT ....	Button type, 1 piece

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

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