

# ALBA KINETIC®

## INSTRUCTION BOOKLET CAL. YT57/YT58

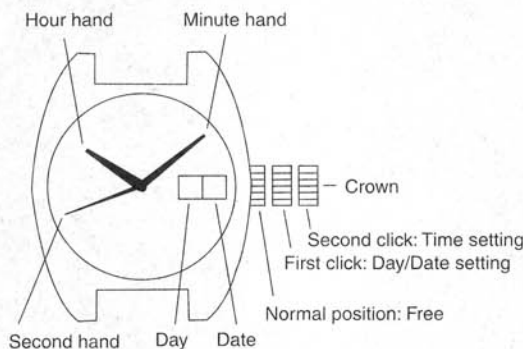
### FEATURES

Unlike the conventional quartz watch powered by the button-type battery, the KINETIC is equipped with an automatic power generating system developed by SEIKO. It generates the electrical energy to power the watch, utilizing the movement of the arm or wrist, and stores it in the KINETIC ELECTRICITY STORAGE UNIT (KINETIC E.S.U.), a power source completely different from conventional batteries for watches. The watch, therefore, does not require battery replacement.

### CAUTION

- The movement of the arm while the watch is worn causes the automatic power generating system to work, and the watch is powered by the electrical energy thus generated. Therefore, the watch will not be charged while left unused.
- As a guideline of recharging, it is recommended that the watch be worn on your wrist daily for more than 10 hours.
- When the energy stored in the KINETIC E.S.U. is reduced to an extremely low level, the second hand starts moving at two-second intervals instead of the normal one-second intervals, indicating that the watch needs recharging. Please see "How to charge the watch" in "HOW TO USE".

### DISPLAY AND CROWN



※ The position of the calendar frame differs depending on the model.

### BEFORE USE ● How to charge the watch

- When you start the watch or when the energy stored in the KINETIC E.S.U. is reduced to an extremely low level, follow the procedure below to charge the watch.
  - Swing the watch from the side to side rhythmically at a rate of twice a second as shown in the illustration below. Approximately 100 swings will reserve more than 12 hours of power. The second hand starts moving at the normal one-second intervals instead of two-second intervals.
  - It is recommended that the watch be swung further until one day of power is reserved. If fully charge, the watch will keep operating for approximately 6 months. It is not necessary, however, to fully charge the KINETIC E.S.U. at this step. 200 to 250 swings are required to reserve one day of power.



- To charge the KINETIC E.S.U. efficiently, swing the watch from side to side at a rate of twice a second, 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 sound, which is not a malfunction.

※ The watch is equipped with a system to prevent overcharge. Even if it is further swung after being fully charged, no malfunction will result.

### Two-second interval movement of the second hand

(When the second hand moves at two-second intervals)

If you find the second hand moving at two-second intervals while the watch is in use or while it is left unused, the watch may run down in 6 hours. Therefore, be sure to swing the watch and recharge the watch. (See "How to charge the watch".)

※ The watch remains accurate even while the second hand is moving at two-second intervals.

### NOTE ON THE POWER SUPPLY (KINETIC E.S.U.)

This watch is provided with a KINETIC E.S.U. for exclusive use with the watch. Unlike conventional battery-powered watches, therefore, battery replacement is not necessary.

### WARNING

Never insert a conventional silver battery in your watch as it may explode, generate an intense heat or catch fire.

### HOW TO USE (CAL. YT57) ● How to set the date

After charging the watch, set the date.



- Pull out the crown to the first click. If the crown is of the screw lock type, unscrew it by turning it counterclockwise, and then pull it to the first click.
- Turn the crown to set the previous day's date.
- Pull out the crown to the second click when the second hand is at the 12 o'clock position. Turn the crown to advance the hands until the date changes to the next.
- The time is now set for the AM period. Keep advancing the hands until the correct time. Proceed to step "2" in "How to set the time".

※ The Crown can be pulled out all the way to the second click.

※ Do not set the date between 9:00 p.m. and 1:00 a.m. Otherwise, the date may not change properly. If it is necessary to set the date during that time period, first pull out the crown to set the hour and minute hands to any time outside it, set the date and then reset the correct time.

※ Date adjustment at the end of the month  
It is necessary to adjust the date at the end of February and 30-day months or on the first day of March and a month following a 30-day month.

### ● How to set the time



- Pull out the crown to the second click when the second hand is at the 12 o'clock position. The second hand will stop on the spot.
- Turn the crown to set the hands to the desired time.
- Push the crown back in to the normal position in accordance with a time signal.

※ When setting the hour hand, check that AM/PM is properly set. (The watch is so designed that the date changes once every 24 hours.)

※ The mechanism of quartz watches is different from that of mechanical watches. To set the time accurately, advance the minute hand 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.

※ The telephone time signal is helpful in setting the second hand.

### HOW TO USE (CAL. YT58) ● How to set the calendar



- Pull out the crown to the first click position. If your watch is one whose crown cannot be pulled out (a screw-lock type crown), turn the crown counterclockwise to loosen the screw, and then pull out the crown to the first click position.
- Turn the crown to set the day before designated day, and turn the crown to set the designated date.
- Pull the crown out to the second click, and turn the hands to set the correct date and day of the week.
- After adjusting the time and calendar, push in the crown. With a screw-lock type crown model, turn the crown clockwise while depressing it until it locks in place.

※ The crown can be pulled out all the way to the second click.

※ Do not set the calendar when the hands are pointing to the time between 9 P.M. and 3 A.M. If the setting of the calendar is made when the hands are pointing to the time between 9 P.M. and 3 A.M., the date or day will not change to the next date or day. Please set the calendar after turning the hands except during the above period.

※ Date adjustment at the end of the month.  
It is necessary to adjust the date at the end of February and 30-day months or on the first day of March and a month following a 30-day month. Please adjust the date.

### ● How to set the time



- Pull the crown out all the way to the second click and the second hand stops moving. Stop the second hand at the 12 o'clock position.
- Turn the crown to set the time.
- Push the crown back to the normal position in accordance with a time signal.

※ While setting the time, be sure to check that the correct A.M. or P.M. period is set. (The date and day of the week will change automatically once every 24 hours.)

※ The mechanisms of the quartz watch and the mechanical watch are different. When you set the time, first set the minute hand to a properly advanced time, then return the minute hand to the correct time.

※ The telephone time signal is helpful in setting the second hand.

### CARE OF YOUR WATCH

#### CAUTION

#### WATER RESISTANCE

- Check the dial or case back of your watch for the water resistant quality, and then see the table below.
- Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.

"WATER RESISTANT" is not inscribed on the back of your watch case.	×	×	×	×	×
"WATER RESISTANT" is inscribed on the back of your watch case.	○	×	×	×	×
"WATER RESISTANT 5 · 10 · 15 · 20 BAR." "WATER RESISTANT" and marks inscribed on the back of your watch case.	○	○	×	×	○
5 BAR	○	○	○	×	○
10 · 15 · 20 BAR.	○	○	○	×	○

#### ABOUT BATHING

Your watch can be worn while bathing if it is equipped with water resistance over 10 bar. In that case, please note the following carefully.

- Please do not operate your watch (Crown operation, Button operation etc.) When it is wet with soap or shampoo. It sometimes causes a reduction in the water proofing.
- When the watch gets warm due to warm water, the watch could gain or lose time to some degree. However, the watch will return to its usual accuracy at normal temperatures.

#### WARNING

- If your watch is 3 bar water resistant, do not use it in the water.
- If your watch is 5 bar water resistant, do not use it in any type of diving including skin diving.
- If your watch is 10 or 20 bar water resistant, do not use it in saturation diving or scuba diving.

#### PLACES TO KEEP YOUR WATCH



- If the watch is left in a temperature below -5°C or above +50°C for a long time, it may function improperly or stop operating.
- This watch is so adjusted that it will maintain stable time accuracy in normal temperatures (5°C-35°C). It will lose or gain slightly, but it will regain high time accuracy when it returns to normal temperature.
- Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.
- Do not leave the watch where there is strong vibration.
- Do not leave the watch in a dusty place.
- Do not expose the watch to gases or chemicals. (Ex.: Organic solvents such as benzene and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)
- Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

#### CAUTION

#### CARE OF YOUR WATCH

- 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 of 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, adding to the life of the gasket.

#### METAL BRACELET

- Clean the watch bracelet with a soft toothbrush dipped in water or soapy water. If your watch is not water-resistant, be careful not to get the case wet when cleaning.

#### 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.

#### SOFT PLASTIC BRACELET

- 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.

- If your watch is not water-resistant, be careful not to get wet with water or sweat. When it gets wet with water or sweat, wipe it thoroughly dry with a hygroscopic cloth.

- If your watch is 5, 10 or 20 bar water resistant, rinse it in a bowl of fresh water after used in seawater. Do not use chemicals to wash it.

- If your watch has a rotating bezel, clean the bezel regularly. Otherwise, dust will gather under it, making the rotation harder.

#### RASH AND ALLERGY

- 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 an itch 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.

#### PRECAUTIONS ON WEARING YOUR WATCH

Take utmost care in the following cases:

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

#### CAUTION

- If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.

#### PERIODIC CHECK

- We suggest that you have your watch checked by ALBA DEALER every 2 or 3 years or when the battery is replaced for oil condition, battery electrolyte leakage or damage due to water or sweat. After checking the watch, adjustment and repair may be required.
- When replacing the parts or battery, please specify "ALBA GENUINE PARTS". If an old battery is kept in the watch for a long time, electrolyte leakage from the battery may damage the module.
- Be sure to have the gasket and push-pin replaced with new ones by the ALBA DEALER when checking the watch or the battery is replaced.