

You are now the proud owner of a SEIKO KINETIC®

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,

HOW TO CHARGE AND START THE WATCH

- 1 Swing the watch from side to side.
** Swing rhythmically at a rate of twice a second.*

Charge the KINETIC E.S.U. sufficiently.

POWER RESERVE INDICATOR

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



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.

● CAL. 5M63

- 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,

