



A Watch You Can Trust

**INSTRUCTION MANUAL FOR
WATCH CALIBRE
Z031**



WARNING



THIS PRODUCT CONTAINS A BUTTON BATTERY

If swallowed or placed inside any part of the body, the battery can cause severe or fatal injuries within 2 hours or less.

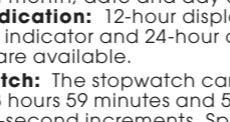
Button batteries are hazardous. Keep batteries out of reach of children.

If you think the battery may have been swallowed or placed inside any part of the body, seek immediate medical attention. Contact the Australian Poisons Information Centre immediately on 13 11 26 for 24/7 fast, expert advice.

Instruction Manual



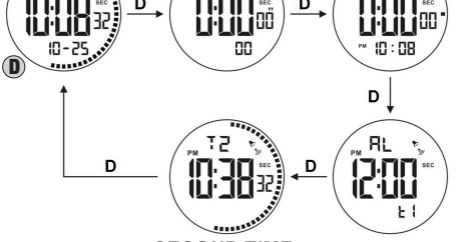
CAL. Z025, Z031 (R23 SERIES)



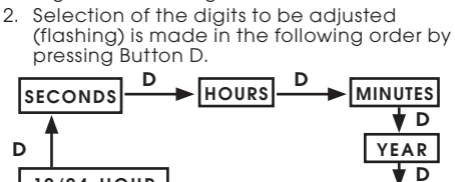
CHARACTERISTICS

- Time/calendar display:** Hour, minute, second, month, date and day of the week
- Time indication:** 12-hour display format with PM indicator and 24-hour display format are available.
- Stopwatch:** The stopwatch can measure up to 23 hours 59 minutes and 59 seconds in 1/100-second increments. Split time measurement is available.
- Alarm:** The alarm can be set to sound at the designated time on a 24-hour basis.
- Chime:** The chime can be set to sound every hour on the hour with a single beep.
- Countdown timer:** The countdown timer can be set up to 23 hours 59 minutes and 59 seconds.
- Illuminating light:** The built-in electro-luminescent (EL) light evenly illuminates the display for easy viewing in darkness.

BUTTONS AND DISPLAYS

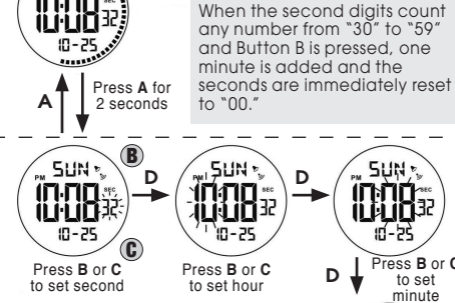


The display mode changes in the following order by pressing Button D.



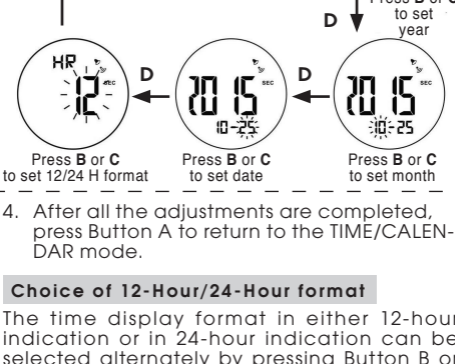
HOW TO SET THE TIME/CALENDAR

- Press Button A for 2 seconds. The second digits start flashing.
- Selection of the digits to be adjusted (flashing) is made in the following order by pressing Button D.



- One digit (flashing) is advanced with each press of Button B, and reversed with each press of Button C. The digits except seconds are advanced or reversed quickly by keeping Button B (advance) or C (reverse) pressed.

Second setting
 Press Button B in accordance with a time signal. The second digits are reset to "00" and start counting immediately.
 When the second digits count any number from "30" to "59" and Button B is pressed, one minute is added and the seconds are immediately reset to "00."



- After all the adjustments are completed, press Button A to return to the TIME/CALENDAR mode.

Choice of 12-Hour/24-Hour format

The time display format in either 12-hour indication or in 24-hour indication can be selected alternately by pressing Button B or C. Under the 12-hour indication format, "PM" mark appears in the afternoon, but no AM mark appears in the morning. Under the 24-hour indication format, no mark appears on the display.

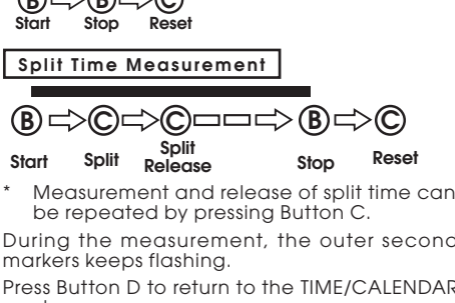
How to set the hourly chime

In the TIME/CALENDAR mode, press Button C to turn ON or OFF the hourly chime.

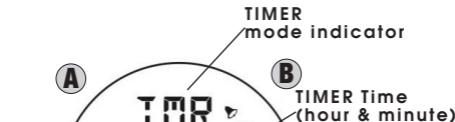


HOW TO USE THE CHRONOGRAPH

Press Button D to go to the CHRONOGRAPH mode. The CHRONOGRAPH mode indicator appears on the display.



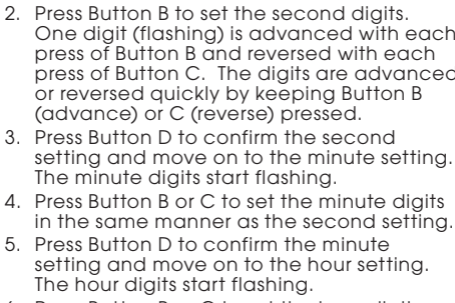
Chronograph operation



* Measurement and release of split time can be repeated by pressing Button C.

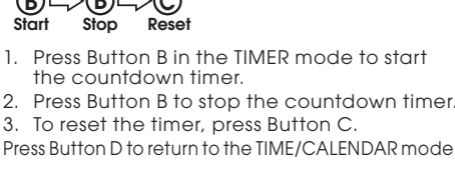
During the measurement, the outer second markers keeps flashing.
Press Button D to return to the TIME/CALENDAR mode.

HOW TO USE TIMER



Press Button D twice to go to the TIMER mode. The TIMER mode indicator appears on the display.

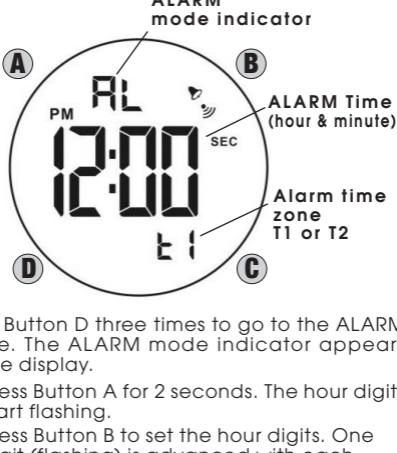
- Press Button A for 2 seconds. The second digits start flashing.
- Press Button B to set the second digits. One digit (flashing) is advanced with each press of Button B and reversed with each press of Button C. The digits are advanced or reversed quickly by keeping Button B (advance) or C (reverse) pressed.
- Press Button D to confirm the second setting and move on to the minute setting. The minute digits start flashing.
- Press Button B or C to set the minute digits in the same manner as the second setting.
- Press Button D to confirm the minute setting and move on to the hour setting. The hour digits start flashing.
- Press Button B or C to set the hour digits in the same manner as the second and minute setting.
- Press Button A to complete the timer setting.



Timer operation

- Press Button B in the TIMER mode to start the countdown timer.
 - Press Button B to stop the countdown timer.
 - To reset the timer, press Button C.
- Press Button D to return to the TIME/CALENDAR mode.

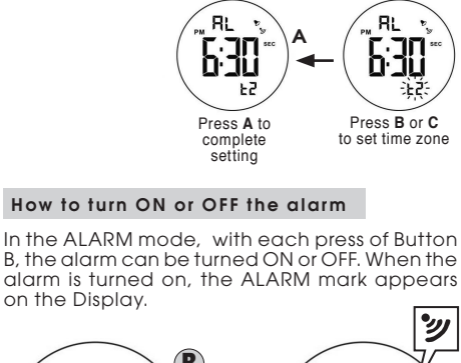
■ HOW TO SET ALARM TIME



Press Button D three times to go to the ALARM mode. The ALARM mode indicator appears on the display.

1. Press Button A for 2 seconds. The hour digits start flashing.
2. Press Button B to set the hour digits. One digit (flashing) is advanced with each press of Button B and reversed with each press of Button C. The digits are advanced or reversed quickly by keeping Button B (advance) or C (reverse) pressed.
3. Press Button D to confirm the hour setting and move on to the minute setting. The minute digits start flashing.
4. Press Button B or C to set the minute digits in the same manner as the hour setting.
5. Press Button D to confirm the minute setting and move on to the time zone setting.
6. Press Button B or C to select the time zone.
7. Press Button A to complete the alarm setting.

Press Button D to return to the TIME/CALENDAR mode.



Note: The alarm can be set only in one time zone.

How to turn ON or OFF the alarm

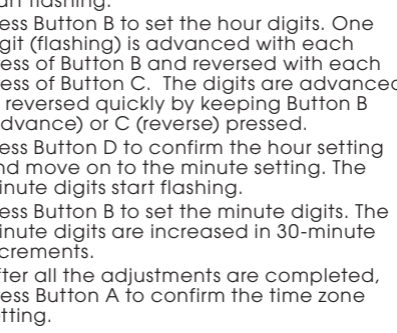
In the ALARM mode, with each press of Button B, the alarm can be turned ON or OFF. When the alarm is turned on, the ALARM mark appears on the Display.



How to stop the alarm while sounding

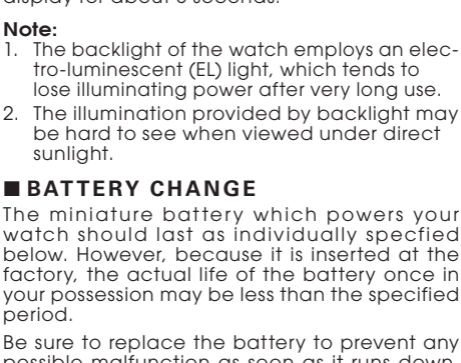
The alarm sounds for 20 seconds at the designated time. To stop it manually while sounding, press any Button.

■ HOW TO SET SECOND TIME ZONE



Press Button D four times to go to the SECOND TIME ZONE. The SECOND TIME ZONE indicator appears on the display.

1. Press Button A for 2 seconds. The hour digits start flashing.
2. Press Button B to set the hour digits. One digit (flashing) is advanced with each press of Button B and reversed with each press of Button C. The digits are advanced or reversed quickly by keeping Button B (advance) or C (reverse) pressed.
3. Press Button D to confirm the hour setting and move on to the minute setting. The minute digits start flashing.
4. Press Button B to set the minute digits. The minute digits are increased in 30-minute increments.
5. After all the adjustments are completed, press Button A to confirm the time zone setting.



Press Button D to return to the TIME/CALENDAR mode.

■ HOW TO USE EL BACKLIGHT

In any mode press Button A to illuminate the display for about 3 seconds.

- Note:**
1. The backlight of the watch employs an electro-luminescent (EL) light, which tends to lose illuminating power after very long use.
 2. The illumination provided by backlight may be hard to see when viewed under direct sunlight.

■ BATTERY CHANGE

The miniature battery which powers your watch should last as individually specified below. However, because it is inserted at the factory, the actual life of the battery once in your possession may be less than the specified period.

Be sure to replace the battery to prevent any possible malfunction as soon as it runs down. To replace the battery we recommend taking the watch to a local watch repair shop.

CAL. NO.	BATTERY	BATTERY LIFE (Approx.)
Z025	CR2032, 1 piece	4 years
Z031	CR2016, 1 piece	3.5 years

* Battery from SEIKO, SONY or Maxell

Note: If the alarm is used for more than 20 seconds a day and/or the illuminating light for more than 6 seconds a day, the battery life may be less than the specified period.

■ CARE OF YOUR LORUS WATCH

• BATTERY

CAUTION
Do not expose the old battery to fire or recharge it. Keep it at a place beyond the reach of children. If a child swallows it, consult a doctor immediately.

• WATER RESISTANT

Condition of use Indication on the dial/case back	Accidental contact with water, such as splashes and rain	Swimming and taking a shower	Skin diving	Scuba diving
	No Indication	NO	NO	NO
WATER RESISTANT	YES	NO	NO	NO
WATER RESISTANT (50M/5 BAR)	YES	YES	NO	NO
WATER RESISTANT (100M/10 BAR) or above	YES	YES	YES	NO

* If your watch is 200 M/20 BAR, 100 M/10 BAR or 50 M/5 BAR water resistant, it is so indicated on the dial/case back.

- Do not operate the buttons when the watch is wet.
- If the watch is exposed to salt water, rinse it in fresh water and then wipe it thoroughly dry.

Caution:

• Leather Band

- A leather band is susceptible to discoloration and deterioration from moisture, sweat and direct sunlight.
- Wipe off moisture and sweat as soon as possible by gently blotting them up with a dry cloth.
- Do not expose the watch to direct sunlight for a long time.
- Please take care when wearing a watch with light-colored band, as dirt is likely to show up.
- Refrain from wearing a leather band watch other than Aqua Free bands while bathing, swimming, and when working with water even if the watch itself is water-resistant enforced for daily use(10-BAR/20-BAR water resistant).

• Plastic band

- As for material characteristics, the band is easily dirtied, and may be stained and discolored. Wipe off dirt with a wet cloth or cleaning tissue.
- Unlike bands of other materials, cracks may result in the band being cut. Take care not to damage the band with an edged tool.

• ALLERGIC REACTION

Because the case and band touch the skin directly, it is important to clean them regularly. If not, shirt sleeves may be stained and those with delicate skin may develop a rash. Please wear the watch with some play to avoid any possible allergic reaction. If you develop a rash on your wrist, stop wearing and consult a physician.

• MAGNETISM

Your watch will not be affected by magnetism generated by household electric appliances.

• SHOCKS AND VIBRATIONS

Your watch may be worn for normal sports activities, but be careful not to drop it or hit it on hard surfaces.

• TEMPERATURE

Your watch is pre-adjusted so that constant accuracy may be insured at normal temperature.

■ SERVICE

When your LORUS watch requires repair or servicing, please see the enclosed WARRANTY/GUARANTEE.