

**SEIKO**



**METRONOME  
WATCH**

メトロノームウォッチ 取扱説明書  
METRONOME WATCH INSTRUCTIONS

**Thank you for purchasing the SEIKO METRONOME WATCH.  
For proper and safe use of your METRONOME WATCH,  
please read carefully the instructions in this booklet  
before using it.**

**Keep this manual handy for easy reference.**

- \* If your watch has a protective film for preventing scratches, make sure to peel it off before using the watch. If the watch is used with the film on it, dirt, sweat, dust, or moisture may be attached to the film and may cause rust.
- \* Please contact our customer center below for repair or battery replacement. It is possible that other stores cannot provide such services.

**Seiko Instruments Inc.**  
**METRONOME WATCH CUSTOMER CENTER**  
TEL:0120-786-780 (*Services only available in Japanese*)  
<https://www.sii.co.jp/music/mw/support/>



*\*Repair and battery replacement services are only available in Japan.*

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# Handling Precautions



## WARNING

To indicate the risks of serious consequences such as severe injuries unless the following safety regulations are strictly observed.

### Immediately stop wearing the watch in following cases:

- If the watch body or band becomes edged by corrosion etc.
- If the pins protrude from the band.

\* Immediately consult METRONOME WATCH CUSTOMER CENTER.

### Keep the watch and accessories out of the reach of babies and children.

Care should be taken to prevent a baby or a child accidentally swallowing the accessories.  
If a baby or child swallows the battery or accessories, immediately consult a doctor, as it will be harmful to the health of the baby or child.

### Do not remove the battery from the watch.

Replacement of the battery requires professional knowledge and skill. For battery replacement, please contact METRONOME WATCH CUSTOMER CENTER.

Do not charge the battery.  
It may explode, generate heat or catch fire.



## CAUTION

To indicate the risks of light injuries or material damage unless the following safety regulations are strictly observed.

### Avoid the following places for wearing or keeping the watch:

- Places where volatile agents (such as polish remover, bug repellent, thinners, etc.) are vaporizing
- Places where the temperature drops below 5 °C or rises above 35°C for a long time
- Places of high humidity
- Places affected by strong magnetism or static electricity
- Dusty places
- Places affected by strong vibrations

### If you observe any allergic symptoms or skin irritation

Stop wearing the watch immediately and consult a specialist such as a dermatologist or an allergist.

### Other cautions

- For adjusting the length of the metallic band, specialized knowledge and expertise are necessary.  
Please contact METRONOME WATCH CUSTOMER CENTER.
- Do not disassemble or tamper with the watch.
- Keep the watch out of the reach of babies and children. Extra care should be taken to avoid risks of any injury or allergic rash or itching that may be caused when they touch the watch.
- Do not leave the old battery inside the watch for a long time. Battery leakage may occur.
- When disposing of used batteries, follow the instructions of your local authorities.

 **WARNING**


**Do not use the watch for scuba diving or saturation diving.**

The various tightened inspections under simulated harsh environment, which are usually required for watches designed for scuba diving or saturation diving, have not been conducted on this watch. For diving, use special watches for diving.

 **CAUTION**


**Do not pour running water directly from faucet onto the watch.**

The water pressure of tap water from a faucet is high enough to degrade the water resistant performance of a water resistant watch for everyday life.

 **CAUTION**


**Do not push the buttons when the watch is wet.  
Water may get inside of the watch.**

\* If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, the water resistant performance of the watch is deteriorated. Immediately consult METRONOME WATCH CUSTOMER CENTER .



**Do not leave moisture, sweat and dirt on the watch for a long time.**

Be aware of a risk that a water resistant watch may lessen its water resistant performance because of deterioration of the adhesive on the glass or gasket, or the development of rust on stainless steel.

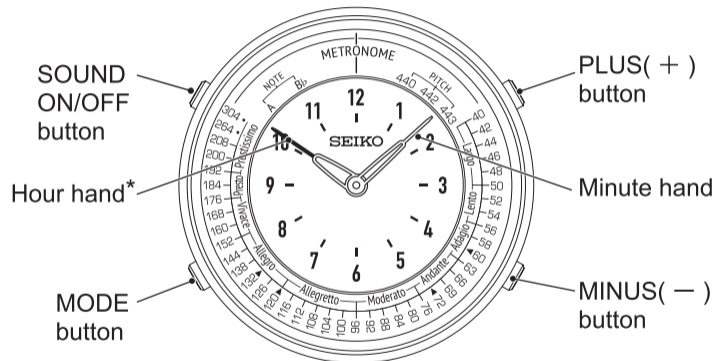


**Do not wear the watch while taking a bath or a sauna.**

Steam, soap or some components of a hot spring may accelerate the deterioration of water resistant performance of the watch.

## Names of Parts

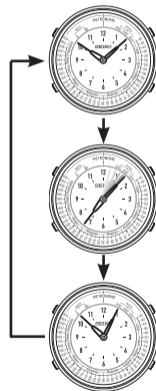
The markings on the bezels and the design of the watch may differ from model to model.



\* The hand with the colored tip is the hour hand.  
Note that this product does not come with a second hand.

## Functions of Each Mode

This product has 3 functions including watch, metronome and reference tone. By pushing the MODE button, you can switch between functions.



### TIME mode

- Time display
- Time setting (P.11)
- Hand position adjustment (P.17)

### METRONOME mode

- Turning the tempo sound ON/OFF (P.13)
- Setting the tempo value (P.13)

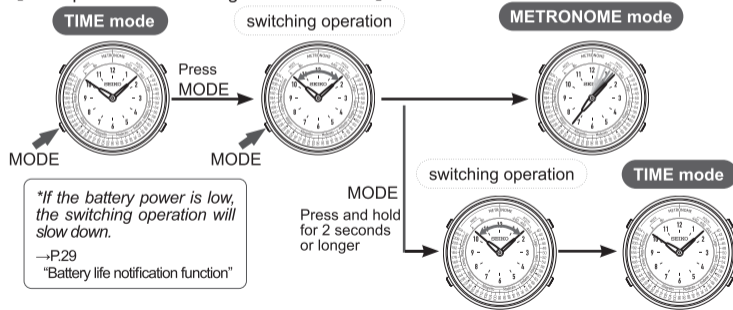
### REFERENCE TONE mode

- Turning the reference tone ON/OFF (P.15)
- Setting the reference pitch (note) (P.15)

## Switching Modes

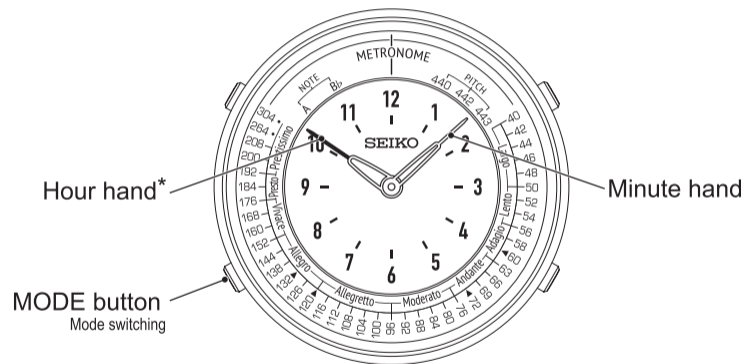
When the MODE button is pushed, the hour and minute hands perform a “switching operation” where both hands do a round trip from left to right and back again. Further, if you push the MODE button for 2 seconds or longer, the hour and minute hands perform another round trip left to right and back again, after which the time mode is initiated.

【Example: Mode switching from time mode】



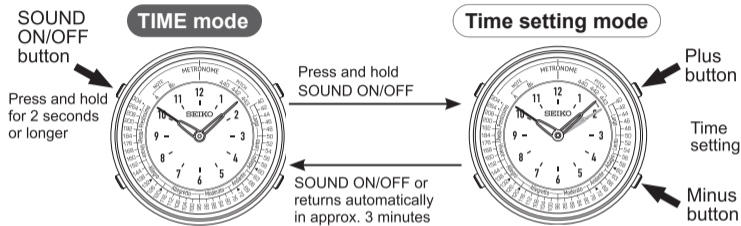
## Time Display

When in time mode, the clock is displayed on the dial on the inner side.



\* The hand with the colored tip is the hour hand.  
Note that this product does not come with a second hand.

## How to Adjust Time



### ■ Operation Method

- 1 If the SOUND ON/OFF button is pushed for 2 seconds or longer while in time mode, the minute hand moves to the 0 second position of the minute following the currently displayed minute. Afterwards, the minute hand makes a small movement to show that the device has switched to “Time setting mode”.

- 2 Time can be set using the plus and minus buttons. If you push the plus button once, the time progresses by 1 minute while pushing the minus button delays time by 1 minute.

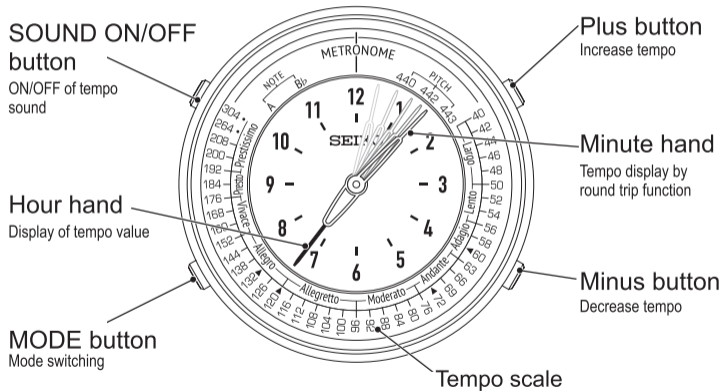
Further, you can fast-forward by holding each button. The minute hand and hour hand move in conjunction.

- 3 Once time setting is done, push the SOUND ON/OFF button. A beep will sound to notify the ending of time setting mode and the device will return to the regular time mode (Time mode), after which the clock begins running from “0 seconds”. Further, if no operations are performed for approximately 3 minutes while in time setting mode, Time mode is automatically activated.

*\*If accuracy does not go back to normal even after adjusting the time, please contact our customer center. →P.36*

# How to Use the Metronome Function

[METRONOME mode display examples and function of each button]



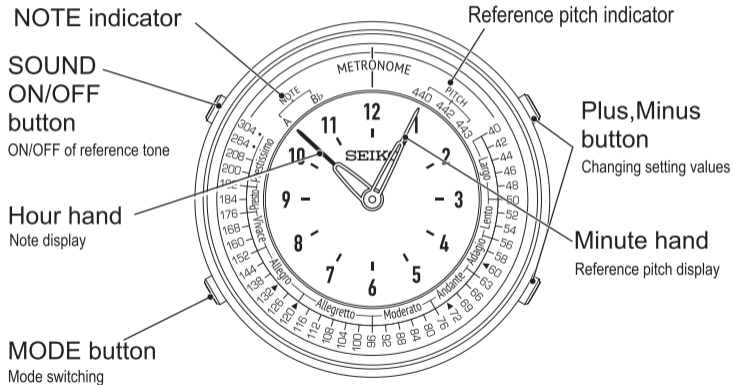
## ■ Operation Method

- 1 Switch the device to “METRONOME mode” from time mode by pushing the MODE button. In Metronome mode, the tip of the hour hand shows the tempo value. Further, the minute hand performs a round trip operation in sync with the tempo.
- 2 The desired tempo can be set using the plus button and the minus button. This device allows you to set a 41 step tempo which is the result of adding 2 fast tempos to the tempo set for the regular pendulum type metronome. By pushing the plus button once, the tempo is increased by 1 step and by pushing the minus button once, the tempo is decreased by 1 step. Further, you can fast-forward by holding down each button.
- 3 Use the SOUND ON/OFF button to make the tempo sound audible. You can turn the tempo sound ON/OFF by pushing this button.
- 4 In the case of ending Metronome mode, the device will switch to REFERENCE TONE mode by pushing the MODE button. Further, if no operations are performed for 7 minutes while in Metronome mode, or if battery power becomes low while in Metronome mode, Time mode is automatically activated.



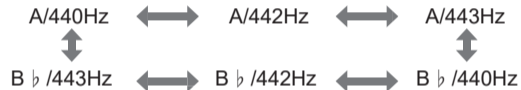
# How to Use the Reference Tone Function

[Reference tone mode display examples and function of each button]



## ■ Operation Method

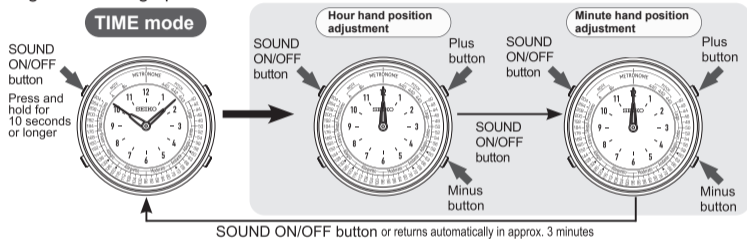
- 1 Switch to "REFERENCE TONE mode" by pushing the MODE button twice while in time mode. When in reference tone mode, the tip of the hour hand will show the current note and the minute hand will show the reference pitch.
- 2 Set the desired note/reference pitch using the plus button and minus button. This product allows setting of the following combinations of notes/reference pitches.



- 3 To make the reference tone audible, push the SOUND ON/OFF button. You can stop the sound by pushing the SOUND ON/OFF another time while sound is audible, or wait 30 seconds after the sound begins. Further, if the note or reference pitch setting is changed while sound is audible, the sound will be audible for 30 seconds after making the change.
- 4 If you want to end reference tone mode, the device can be switched back to Time mode by pushing the MODE button. Further, if no buttons are pushed for approximately 3 minutes while in reference tone mode, or if battery power becomes low while in the reference tone mode, the device will automatically switch to Time mode.

## How to Adjust Hand Position

There are instances where due to damage from physical shock, magnetic fields, etc., the hand is no longer positioned correctly. You can correct the hand positioning by performing the following operation.



### ■ Operation Method

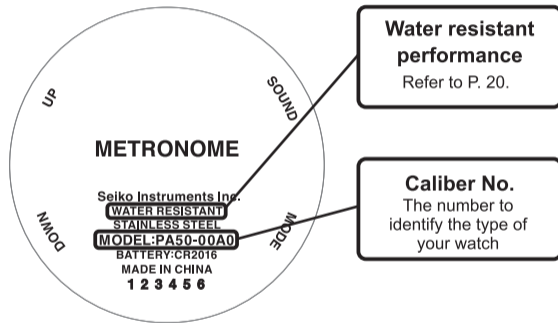
- 1 Press and hold SOUND ON/OFF button for 10 seconds or longer in TIME mode. The device switches to “Hand positioning mode” and the two hands return to the 12 o'clock position and stop moving. Further, the hour hand moves and the device switches to “Hour hand positioning mode”.

*\*You will see “Time setting mode (P.11)” while switching from the Time mode to the “Hand positioning mode” but please continue to push the SOUND ON/OFF button for 10 seconds.*

- 2 If any of the two hands do not point to the 12 o'clock position exactly, follow the procedure below to set it to the 12 o'clock position.
- 3 Position the hour hand in the 12 o'clock position as needed. Set the hour hand using the plus button and the minus button. You can fast-forward by holding down each button.
- 4 Once the hour hand is in position, push the SOUND ON/OFF button. This causes the minute hand to move switching the device to the “Minute hand positioning mode.”.
- 5 Position the minute hand in the 12 o'clock position as needed. You can set the minute hand by using the plus button and minus button in a similar manner. You can fast-forward by holding down each button.
- 6 Once the hands are in the desired position, push the SOUND ON/OFF button. This ends the Hand positioning mode and the display returns to the time mode (Time mode), causing the clock to start. Further, even in the case that no operations are performed for approximately 3 minutes, the Hand positioning mode is ended and the set hand position is recorded.

## Performance and Type

The case back shows the caliber No. and performance of your watch.



*\*The case back design differs from model to model, and the case back illustrated above may not be the same as that of your watch.*

## Water Resistance

The water resistant performance of the watch is “Water resistance for everyday life”. The watch withstands accidental contact with water in everyday life.

Indication on the Case Back	Water Resistant Performance	Condition of Use	
No indication	Non-water resistance	Avoid drops of water or sweat	
WATER RESISTANT	Water resistance for everyday life	The watch withstands accidental contact with water in everyday life.	⚠ CAUTION Not suitable for swimming
WATER RESISTANT 5 BAR	Water resistance for everyday life at 5 barometric pressures	The watch is suitable for sports such as swimming.	
WATER RESISTANT 10(20) BAR	Water resistance for everyday life at 10 (20) barometric pressures	The watch is suitable for diving not using an air cylinder.	

## Magnetic Resistant Performance



This watch is affected by nearby magnetic fields which may cause the watch to malfunction or stop. In order to avoid this, when using and storing the watch, please keep the watch at least 10cm away from products that emit magnetic fields.

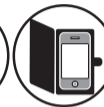
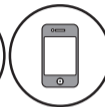
**In particular, smart devices such as smart phones and tablet devices, their cases with magnet, and audio speakers emit strong magnetic fields.**

There are instances where due to damage from magnetic fields, the hand is no longer positioned correctly. You can correct the hand positioning as needed. (Refer to P. 17 "How to Adjust Hand Position")

### The reason why a watch is affected by magnetism

The built-in motor is provided with a magnet, which may be influenced by a strong external magnetic field.

### Examples of common magnetic products that may affect watches



Smartphone, cellular phone, tablet terminal (speaker), and their case with magnet



AC adapter



Bag (with magnet buckle)



AC-powered shaver



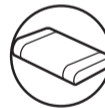
Magnetic cooking device



Portable radio (speaker)



Magnetic necklace



Magnetic health pillow

*\* If the watch becomes magnetized and its accuracy deteriorates to an extent exceeding the specified rate under normal use, the watch needs to be demagnetized and readjusted. In this case, you will be charged for demagnetization and accuracy readjustment even if it happens within the guarantee period.*

## Daily Care

- **The watch requires good daily care.**
  - Wipe away moisture, sweat or dirt with a soft cloth.
  - Do not wash the watch.
    - \* If the inner surface of the glass is clouded with condensation or water droplets appear inside of the watch for a long time, consult METRONOME WATCH CUSTOMER CENTER.
  - Do not use thinner or alcohol to clean the watch.

## Band

The band touches the skin directly and becomes dirty with sweat or dust. Therefore, lack of care may accelerate deterioration of the band or cause skin irritation or stain on the sleeve edge. The watch requires a lot of attention for longer use.

### ● 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- or 20-BAR water resistant).

### ● Metallic band

- Moisture, sweat or soil will cause rust even on a stainless steel band if they are left for a long time.

- Lack of care may cause skin irritation or a yellowish or gold stain on the lower sleeve edge of shirts.
- Wipe off moisture, sweat or soil with a soft cloth as soon as possible.
- To clean the soil around the joint gaps of the band, wipe it out in water and then brush it off with a soft toothbrush.  
(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- Because some titan bracelets use pins made of stainless steel, which has outstanding strength, rust may form in the stainless steel parts.
- If rust advances, pins may poke out or drop out, and the watch case may fall off the bracelet, or the clasp may not open.
- If a pin is poking out, personal injury may result. In such a case, refrain from using the watch and request repair.

### ● Silicone 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.

### ● Polyurethane band

- A polyurethane band is susceptible to discoloration from light, and may be deteriorated by solvent or atmospheric humidity.
- Especially a translucent, white, or pale colored band easily adsorbs other colors, resulting in color smears or discoloration.
- Wash out dirt in water and clean it off with a dry cloth.  
(Protect the watch body from water splashes by wrapping it up in plastic wrap etc.)
- When the band becomes less flexible, have the band replaced with a new one. If you continue to use the band as it is, the band may develop cracks or become brittle over time.

Notes on skin irritation and allergy

Skin irritation caused by a band has various reasons such as allergy to metals or leathers, or skin reactions against friction on dust or the band itself.

Notes on the length of the band

Adjust the band to allow a little clearance with your wrist to ensure proper airflow. When wearing the watch, leave enough room to insert a finger between the band and your wrist.



## Remarks on Battery

### ● Notes on the battery

#### (1) Battery life

If new, undefective batteries are used in this product, it will continue to operate under the following conditions for approximately 2 years.

Metronome function: 120 seconds/day at 120,

Reference tone mode: 20 seconds/day

#### (2) Monitor battery

The battery in your watch is a monitor battery which is inserted at the factory to check the function and performance of the watch. Its actual life once in your possession may be less than the specified period.

#### (3) Battery replacement

- **Contact METRONOME WATCH CUSTOMER CENTER for battery replacement. (Refer to P. 36)**
- If the old battery is left in the watch for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.
- Battery replacement is made at cost even if it runs down within the guarantee period.
- Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed.

When you have the battery replaced with a new one, also request the water resistance test suitable for the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced. Please note that it takes several days to check the water resistant quality of your watch. When requesting the checking, therefore, please confirm the period required for it.

- If the watch stops operating soon after the battery is replaced with a new one, it needs to be overhauled. (Refer to P. 36.)



WARNING

- Do not open the case back to take out the battery.
- If the battery is removed from the case back for any unavoidable reason, put it in a place beyond the reach of children. If it is swallowed by a child, consult the doctor immediately.
- Never short-circuit, heat or disassemble the battery. Never put it close to a fire. It may explode, generate an intense heat or catch fire.
- The battery inserted in your watch is not rechargeable. Never attempt to recharge it. If it is recharged accidentally, it may explode.
- Use only the battery specified for your watch. If a battery other than specified is inserted in the watch, it may cause battery leakage or breakage.



CAUTION

- When disposing of an old battery, observe the regulations of the local authorities concerned.

## ● Battery life notification function

This watch is equipped with the ability to notify approximate remaining battery power, and the timing of battery replacement based on stages.

Remaining battery power	Sufficient	Slightly low	Low	None
Time display	<b>Normal operation</b> (Minute hand moves slightly every 10 seconds)	<b>Normal operation</b> (Minute hand moves slightly every 10 seconds)	<b>Power-saving operation</b> (Minute hand moves every minute)	<b>Does not operate</b> (Hour hand and minute hand fixed to 12 o'clock position)
Switch mode	<b>Normal switching</b>	<b>Slow switching</b> (this slows down the "switching" while switching) →P.9	<b>Switching impossible</b> (Fixed to watch mode)	<b>Switching impossible</b>

If the movement of the minute hand becomes slow while in watch mode or mode switching cannot be performed, it is time to change the batteries.  
Please contact our customer center for battery replacement. (Refer to P. 36.)

## After-Sales Service

### ● Notes on guarantee and repair

- Contact METRONOME WATCH CUSTOMER CENTER for repair. (Refer to P. 36.)
- Within the guarantee period, present the certificate of guarantee to receive repair services.
- Guarantee coverage is provided in the certificate of guarantee. Read carefully and retain it.
- For repair services after the guarantee period has expired, if the functions of the watch can be restored by repair work, we will undertake repair services upon request and payment.

### ● Notes on replacement parts

- SEIKO makes it a policy to typically keep a stock of replacement parts for this watch for 7 years. Replacement parts are those which are essential to maintaining the functional integrity of the watch.
- Please note that if original parts are not available, they may be replaced with substitutes whose external appearance may differ from the originals.



# Troubleshooting

Problem	Possible Cause	Solution	Refer to
The watch has stopped operating.	The battery has run down.	Please check the condition of the product on the battery life notification function page and request battery replacement via customer center.	P.29
The minute hand is moving at one-minute intervals.	The battery nears its end.		
Cannot switch between modes			
The watch temporarily gains or loses time.	The watch has been left in an extremely high or low temperature place for a long time.	The watch has been adjusted so that it works accurately when it is worn on your wrist under a normal temperature range between 5°C and 35°C. Return the watch to a normal temperature so that it works accurately as usual, and then reset the time. If the watch does not work accurately again after the above procedure, contact our customer center.	P.11
	The watch is left close to an object with a strong magnetic field.	Prevent the watch from making close contact with magnetic objects so that the watch works accurately as usual, and then reset the time. If the watch does not work accurately again after the above procedure, contact our customer center.	
	You drop the watch, hit it against a hard surface, or wear it while playing active sports. The watch is exposed to strong vibrations.	Reset the time. If the watch does not work accurately as usual after resetting the time, contact our customer center.	

Problem	Possible Cause	Solution	Refer to
Any of the hands will not point to its proper position. Ex.) Time is completely off, minute hand does not return to 12 o'clock position while in metronome mode, etc.)	The hands have become misaligned from the original position due to strong magnetism, shock or other external cause.	Use the hand position adjustment mode to check if the hand position needs to be adjusted. If any of the hands do not point to the 12 o'clock position exactly, adjust its hand position.	P.17
Blur on the watch glass persists.	Water has entered inside the watch due to a deteriorated gasket or for any other reason.	Contact our customer center.	P.36

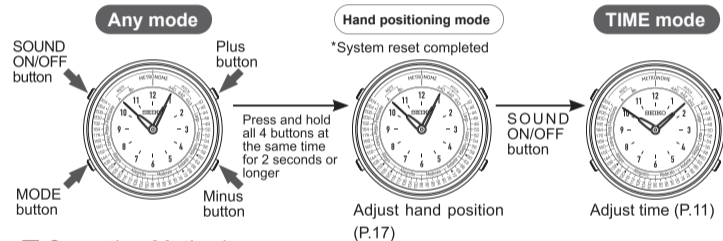
**Seiko Instruments Inc.**  
**METRONOME WATCH CUSTOMER CENTER**  
 TEL:0120-786-780 *(Services only available in Japanese)*  
<https://www.sii.co.jp/music/mw/support/>



*\*Repair and battery replacement services are only available in Japan.*

## How to Reset Built-In IC (System Reset)

If the watch should function improperly, follow the procedure below to reset the built-in IC (system reset). It will return to normal. After the system reset is performed, be sure to adjust hand position and to set the time properly before use.



### ■ Operation Method

- 1 You can perform a system reset by holding down all 4 buttons for 2 seconds or longer, causing the hand position to switch to "Hand positioning mode" as is. Further, the hour hand moves and initiate "Hour hand positioning mode". (Hands will not automatically return to the 12 o'clock position)

- 2 Follow the procedures in "How to Adjust Hand Position" on P.17 to adjust the hour and minute hands to the 12 o'clock position.

- 3 Once hand positioning is done, you can return to the time display using the SOUND ON/OFF button.

\*After system reset, time mode will not be automatically displayed even if approximately 3 minutes go by.

- 4 Follow the procedures on P.11 "How to Adjust Time" to set the correct time.

\*After system reset, the tempo and reference tone setting will be reset. (Tempo: 120/minute, reference tone: A-440Hz)

# Specifications

## 1. Basic functions / Accuracy

- Basic watch function (hour and minute hands)  
Loss/gain (monthly rate)..... Less than 15 seconds (when the watch is worn on the wrist at normal temperature range between 5°C and 35°C)
- Metronome function (The default value is "120")  
Tempo range..... 40 ~ 304 beats/min., 41 steps  
Accuracy.....  $\pm 0.2\%$
- Reference tone function (The default value is "A-440Hz")  
Note..... A, B  $\flat$   
Pitch shift..... 440Hz, 442Hz, 443Hz  
Accuracy.....  $\pm 1$  cent

2. Operational temperature range    -10°C ~ + 60°C (TIME mode)  
  5°C ~ + 60°C (Other than TIME mode)

3. Driving system                        Step motor, 2 pieces
4. Battery                                  Lithium battery, SB-T11 (CR2016), 1 piece
5. Battery life                             Approximately 2 years  
(on the condition that metronome function is used at tempo 120 for 120 seconds/day and reference tone function is used for 20 seconds/day)

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

Contact (usage, repairs, battery replacement, etc.)

*\*Repair and battery replacement services are only available in Japan.*

## Seiko Instruments Inc. METRONOME WATCH CUSTOMER CENTER

3-21-10, Minamiyawata, Ichikawa-shi, Chiba, 272-0023

**Toll Free Number (Services only available in Japanese)**

**0120-786-780**

Business hours : 9:00-12:00, 13:00-17:00

Monday to Friday (except holidays)

**WEB**

<https://www.sii.co.jp/music/mw/support/>

