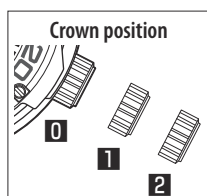
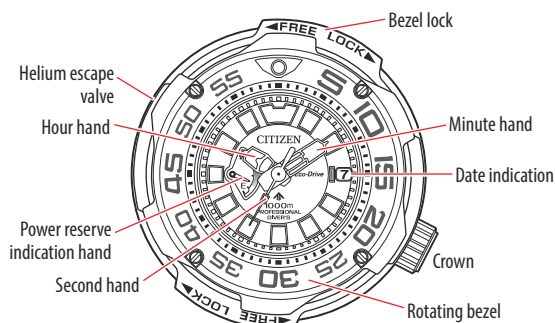


J210 Abbreviated instruction

- This watch is light-powered. Be sure your watch is fully charged before use.
- For complete instructions for setting, use, charging time and specifications, refer to the full instruction manual:

 J210 instruction manual

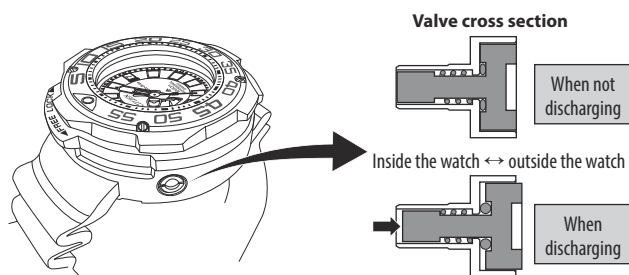
Component identification



- The illustrations in this instruction manual may differ from the actual appearance of your watch.
- A solar cell is placed under the dial.

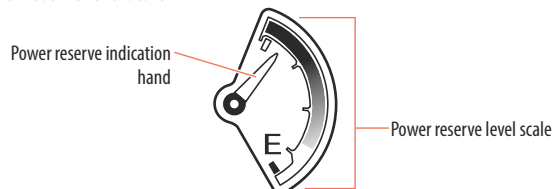
Helium escape valve





For professional saturation diving that uses helium, when decompressing to surface pressure in a diver decompression chamber the helium escape valve built into the watch automatically discharges the helium gas that has seeped into the watch. This prevents the watch from breaking.



Checking the current power reserve

Power reserve level scale



Level	3	2	1	0
Power reserve level scale				
Duration (approx.)	540 – 450 days	450 – 280 days	280 – 10 days	10 days or shorter
Meaning	Power reserve is sufficient.	Power reserve is OK.	Power reserve is getting low.	Power reserve is insufficient. The insufficient charge warning will start soon.
	OK for normal use.			Charge immediately.

Before diving

Always make sure to check the following items before diving.

- Is the time set correctly?
- Is the power reserve level “2” or more?
- Is the crown fully locked?
- Can the rotating bezel be operated correctly?
- Is the band securely attached?
- Is the band damaged?
- Are there any scratches, cracks or chips in the glass?
- Do you have the commercially available diving apparatus required?

Cautions while diving

- Never operate the crown while diving.
- Do not bump the watch against rocks or other hard objects.

Maintenance after diving

Be sure to check the following items to maintain the watch after diving.

Items to check after diving

- The watch is cleansed with fresh water immediately after use in water and water is wiped away with a dry soft cloth or something similar.
- No fog appears inside the watch's glass.
- No water entered the watch.
- The band of the watch is not worn or damaged.
- The crown is screwed down.
- The watch is fully recharged.

When cleansing the watch with fresh water

Cleanse the watch in a basin or something similar filled with fresh water.

- Do not expose the watch directly to water flowing from a water tap.
- Do not operate the crown or depress the buttons when the watch is wet.

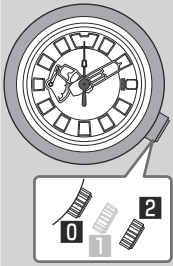
When fog appears inside the watch's glass or water enters the watch

If the inside of the watch fogs up for a long time or sea water enters it, put it in a box or plastic bag and immediately consult an authorized service center for repair.

- Otherwise, pressure inside the watch will increase and parts (crystal, crown, etc.) may come off.

Setting the time

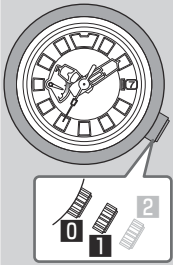
Make sure that the watch is not wet before operating the crown.



- 1 Pull the crown out to position 2 as the second hand points to 0 seconds.**
The watch stops and the power reserve indication hand moves to the reference position.
- 2 Rotate the crown to set the time.**
 - Pay attention to whether the time set is AM or PM.
 - Date indication starts to change as the setting passes 10PM. Rotating the crown counter-clockwise does not turn back the date indication.
- 3 Push the crown in to position 0 accordance with a reliable time source to finish the procedure.**

Adjusting the calendar

Make sure that the watch is not wet before operating the crown.



- You must correct the date on the first day of March, May, July, October and December.
- Do not set the date during the period below, when the date indication is changing on this watch. If you do, the date indication may change incorrectly.
Period of time: From 10PM to 0AM (12:00AM)
- 1 Pull the crown out to position 1.**
 - 2 Rotate the crown clockwise to set the date.**
 - 3 Push the crown in to position 0 to finish the procedure.**

Using the rotating bezel

You can see the elapsed time from a certain moment, or remaining time to a decided moment, easily by using the rotating bezel.

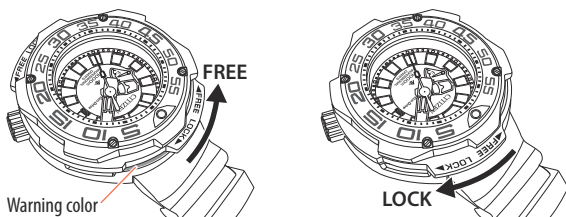
- Be sure to use a specialized instrument when diving. Use the watch only as a reference.
- The rotating bezel moves counter-clockwise only.

Bezel lock mechanism

The watch has a bezel lock mechanism that locks the rotating bezel in place.



To move the rotating bezel, move the lock to **FREE** until it clicks.

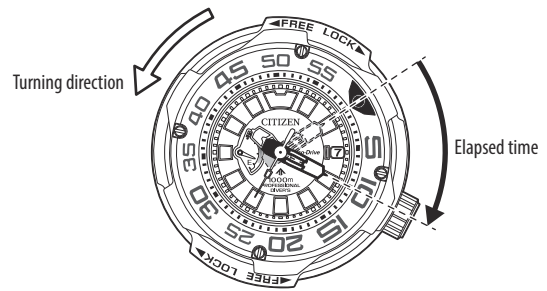
When you have finished rotating the bezel, move the lock to the **LOCK** position until the orange warning color is no longer visible.





- Depending on the model, the warning color may differ or there may be no warning color.

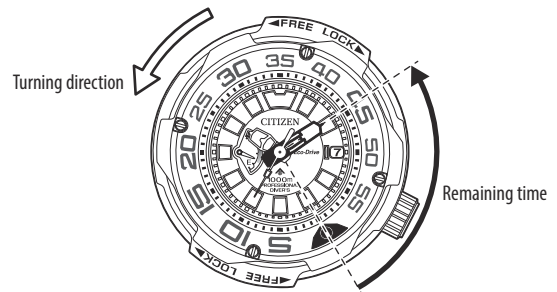
Finding the elapsed time

Set the bezel lock to **FREE**, and rotate the rotating bezel until the  mark is in line with the minute hand. Then move the bezel lock to **LOCK**. Use the markings on the rotating bezel between the  mark and the minute hand to find the elapsed time (within 60 minutes).



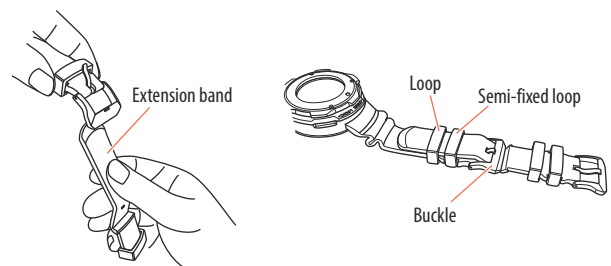
Finding the remaining time

Set the bezel lock to **FREE**, and rotate the rotating bezel until the  mark is set to your desired time (within 60 minutes). Use the markings on the rotating bezel between the  mark and the minute hand to find the remaining time.



Adjusting the length using the extension band

- The extension band is not supplied for some models.
- When wearing the watch over a wetsuit and so forth, and the length of the standard band is not long enough, attach the extension band provided to adjust the length of the band.



Note

- Securely attach the extension band by passing the end of the extension band through the buckle and sliding it through the loops.