

# LORUS KINETIC®

## INSTRUCTION MANUAL CAL. YT57 (RAR SERIES) CAL. YT58 (RD2 SERIES)

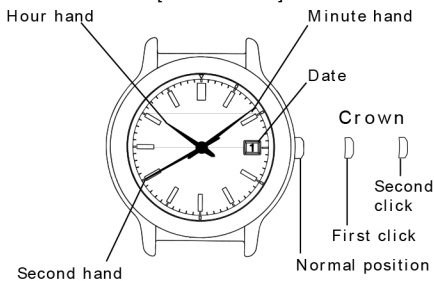
Unlike mechanical watches or conventional quartz watches, LORUS KINETIC® requires no windup springs or batteries. Instead, it utilizes the movement of the wearer as its power source.



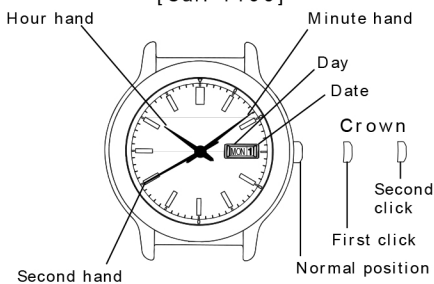
When the watch was purchased, you may find the crown pulled out to the second click. In that case, push it back in to the normal position, and follow the instructions below.

### ■ DISPLAY AND CROWN

[Cal. YT57]

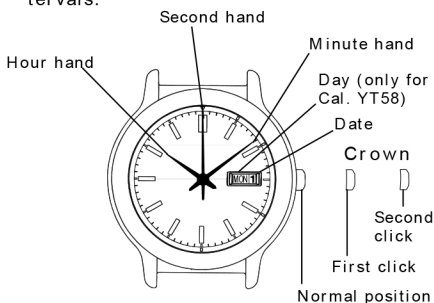


[Cal. YT58]



### ■ TIME/CALENDAR SETTING

- Before setting the time, make sure that the second hand is moving at one-second intervals.



1. [For Cal. YT57]  
Pull out the crown to the first click and turn it until the previous day's date appears.  
[For Cal. YT58]  
Pull out the crown to the first click and turn it clockwise until the previous day's date appears. Then, turn the crown counterclockwise until the previous day of the week appears.
2. Pull out the crown to the second click when the second hand is at the 12 o'clock position.
3. Turn the crown to set the desired date (and day for Cal. YT58).
4. Turn the crown to set the hour and minute hands to the desired time.
5. Push the crown back in to the normal position in accordance with a time signal.

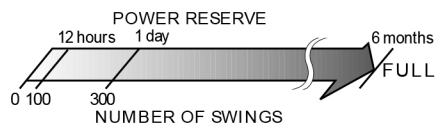
### Notes:

1. For Cal. YT57, do not set the date between 9:00 p.m. and 1:00 a.m. For Cal. YT58, do not set the day/date between 9:00 p.m. and 3:00 a.m. Otherwise, the calendar may not change properly. If it is necessary to set the calendar during that time period, first change the time to any time outside it, set the calendar and then reset the correct time.
2. When setting the hour hand, check that AM/PM is correctly set. The watch is so designed that the calendar changes once a day.
3. When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact minute.
4. It is necessary to adjust the date at the end of February and 30-day months.

### ■ POWER RESERVE IN YOUR LORUS KINETIC WATCH

- The electric energy generated while the watch is worn on your wrist is stored in the KINETIC ELECTRICITY STORAGE UNIT (KINETIC E.S.U.). It is a power source completely different from conventional batteries for watches, and therefore, this watch does not require battery replacement.
- The watch has been charged fully at the factory. Normally, therefore, it is not necessary to charge the watch by swinging it. If you should find the second hand being at a stop, however, charge the watch following the procedure in "How to charge the watch".

#### How to charge the watch



1. When the watch stops completely, a few swings will start the second hand moving at two-second intervals. The watch, however, will run down shortly, if left untouched.
2. Swing the watch approximately 100 times. There will be about 12 hours of power reserve available.
3. Then, wear the watch on your wrist.

\* Even if the watch is worn on your wrist, it will not be charged while your arm is not in motion.

\* It is recommended that, before worn on your wrist, the watch be swung further until one day of power is reserved. As a guideline of recharging, an additional 200 swings, about 300 swings in total, will reserve one day of power. It is not necessary to charge the watch fully, as it is charged automatically while it is worn on your wrist.

Notes:

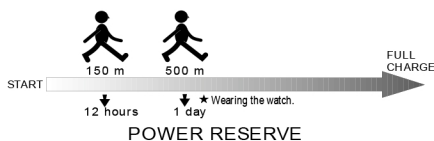
1. No additional benefit is obtained by swinging the watch more quickly or with greater vigor.
2. When the watch is swung, the oscillating weight in the generating system rotates to drive the mechanism. As it rotates, it gives out a sound, which is not a malfunction.
3. The watch is equipped with a system to prevent overcharge. Even if it is further swung after being fully charged, no malfunction will result.

< How to swing the watch >



- Swing the watch from side to side, making an arc of about 20 cm.
- Swing rhythmically at a rate of twice a second.

■ POWER RESERVE ACCUMULATED WHILE YOU ARE WALKING



Note:

The illustration above provides only a general guideline of the relationship between the power reserve and the distance you walk. Actual amount of power reserve differs from person to person.



- \* While you walk with your watch on your wrist, swinging your arm will charge the KINETIC E.S.U. more efficiently than merely swinging the watch by hand.

⟨ The relationship between the period (the number of days) during which the watch is worn and the power reserve ⟩

If the watch is worn for 12 hours a day, about 36 hours (one and a half days) of power reserve will be newly accumulated every day.

Ex.: If the watch is worn almost every day:  
If the watch is worn for 12 hours a day over a week, about 10 additional days of power reserve is accumulated.

■ FULL CHARGE OF THE KINETIC E.S.U.

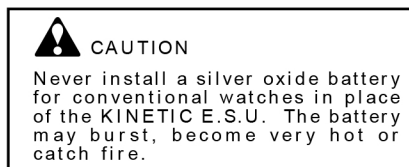
- When the KINETIC E.S.U. is fully charged, the watch will keep operating for a maximum of about 6 months without recharging the KINETIC E.S.U.

■ REMARKS ON THE KINETIC E.S.U.

- The electric energy generated while the watch is worn on your wrist is stored in the KINETIC E.S.U. It is a power source completely different from conventional batter-

ies for watches, and therefore, this watch does not require battery replacement.

- The KINETIC E.S.U. is a clean and environmentally friendly power source.



■ ENERGY DEPLETION FOREWARNING FUNCTION

- When the second hand starts moving at two-second intervals instead of the normal one-second intervals, the watch will run down in approximately 12 hours. In this case, swing the watch from side to side to charge the KINETIC E.S.U. sufficiently.

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

■ INSTANT-START FUNCTION

- When a long time has passed since the watch stopped, you can get it started quickly with only a few swings.

- This function is available as long as the watch has been stopped for less than a year.

\* When this function is activated, the second hand will start moving at two-second intervals. Swing the watch from side to side to charge the KINETIC E.S.U. by referring to "How to charge the watch".

\* After the second hand starts moving at one-second intervals, put the watch on your wrist so that it will be charged further.

■ PRECAUTION ON SEE-THROUGH CASE-BACK MODELS

- If your watch has a glass case back, do not expose the case back to strong light such as direct sunlight or an incandescent light at close range, as this may temporarily increase the power consumption of the watch circuit, thus reducing the power reserve in the KINETIC E.S.U. This condition, however, will be corrected when the case back is turned away from the light.

■ LUMIBRITE WATCH

(dial, hands, buttons, case, bezel, strap, etc.)



- ☆ If your watch is a LORUS LUMIBRITE watch, it has following features.

LORUS LUMIBRITE watches absorb and store light energy from natural and artificial light sources and emit light in the dark. They are made of environmentally friendly material, and therefore, are harmless to human beings and the environment.

- With a full charge, LORUS LUMIBRITE watches glow in the dark hours longer than conventional luminous watches of this type. If exposed to a light of more than 500 lux (i.e., the brightness of a typical office) for approximately 10 minutes, or direct sunlight for 2 minutes, they will glow for hours.

- Since LORUS LUMIBRITE watches emit the light they store, the brightness will decrease gradually over time. The length of time they will glow may also differ slightly depending on such factors as the brightness of and distance from the light source used to charge the watch.

## ■ CARE OF YOUR LORUS WATCH

### • 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	NO
WATER RESISTANT	YES	NO	NO	NO
WATER RESISTANT (50 M/ 5 BAR)*	YES	YES	NO	NO
WATER RESISTANT (100 M/ 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 crown 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 straps are not water resistant except so indicated, even if the watch head is water resistant.

### • 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 preadjusted 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.