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Operation Guide 5726

CASIO

You can also find information about operational procedures at the CASIO website.

https://s.casio.jp/mw/en/5726/

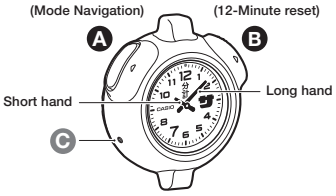
This watch is specifically designed for use in saunas.

- Do not use it in other, non-sauna high-temperature environments.
- Always keep the watch on your wrist while inside a sauna. Do not hand carry it or leave it in a location exposed to high temperatures.
- Limit each use of this watch inside the sauna to 15 minutes or less.

About This Watch

General Guide

Use buttons Ⓐ, Ⓑ, and Ⓒ to perform watch operations.
The names of each part are as shown below.



Important!

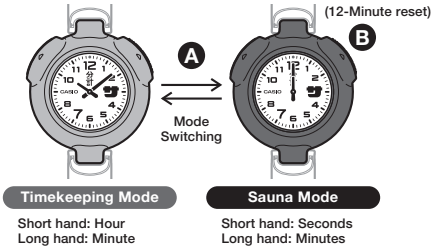
- The Ⓒ button is designed to prevent accidental operation and cannot be easily pressed with a fingertip. Use a pointed object to press the recessed part of the button.

Sauna Mode (12-Minute Timer)

This mode measures elapsed time for up to 12 minutes from the moment it is started. It serves as your personal 12-minute timer, so there's no need to remember when you entered the sauna. It lets you easily keep track of the time you spend in the sauna.

Operation

Timekeeping Mode ⇄ Sauna Mode



Ⓐ button

Toggles between the Timekeeping Mode and Sauna Mode.
You can press Ⓐ while in the Sauna Mode to view the current Timekeeping Mode time without interrupting the 12-minute timer.

Ⓑ button

Resets the 12-minute timer and starts a new timing cycle.

Note

- The 12-minute timer is continuous and there is no way to stop it. After 12 minutes, the timer automatically resets and starts a new 12-minute count up operation. The watch automatically returns to the Timekeeping Mode if you do not perform any button operation for 23 to 24 hours.

Setting the Current Time

STEP 1 In the Timekeeping Mode, press Ⓒ.

STEP 2 Use Ⓐ and Ⓑ to change the current time setting.
Holding down either button causes the setting to change at high speed. The short hand moves in conjunction with the long hand.

STEP 3 Press Ⓒ to exit the setting operation.

Correcting Hand Alignment

If the hands do not return to 12 o'clock when you reset the 12-minute timer, use the steps below to correct the home position.

STEP 1 In the Timekeeping Mode, hold down Ⓒ for at least five seconds.

STEP 2 Use Ⓐ (left) and Ⓑ (right) to align the short hand with 12 o'clock.
Holding down either button moves the hand at high speed.

STEP 3 Press Ⓒ.

STEP 4 Use Ⓐ (left) and Ⓑ (right) to align the long hand with 12 o'clock.
Holding down either button moves the hand at high speed.

STEP 5 Press Ⓒ to exit the correction operation.

Specifications

Accuracy: ±15 seconds per month
12-Minute Timer: Count up unit: 1 second
Measurement range: 12 minutes
Battery: One heat-resistant battery (Type: BR1225A)
Battery nominal voltage: 3V
Battery life: Approximately 5 years
Usage condition: Sauna Mode 1 hour per day
Operating environment: Saunas with a temperature setting of 100°C (212°F) or lower (when worn on the wrist and used for no more than 15 minutes at a time)

Specifications are subject to change without notice.