

User's Guide

Watch

5726*EN

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Congratulations upon your selection of this CASIO watch.

To ensure that this watch provides you with the years of service for which it is designed, carefully read and follow the instructions in this manual, especially the information under "Operating Precautions" and "User Maintenance".

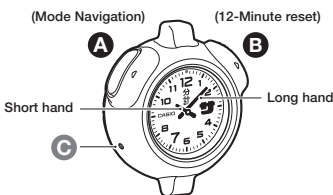
This watch is specifically designed for use in saunas.

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



Important!

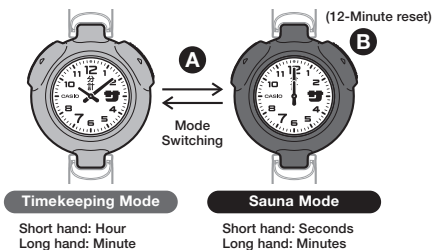
- The **C** button is designed to prevent accidental operation and cannot be easily pressed with a fingertip. Use a pointed object to press the recessed part of the button.

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



A button

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

B 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 **C**.
- STEP 2** Use **A** and **B** 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 **C** 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 **C** for at least five seconds.
- STEP 2** Use **A** (left) and **B** (right) to align the short hand with 12 o'clock. Holding down either button moves the hand at high speed.
- STEP 3** Press **C**.
- STEP 4** Use **A** (left) and **B** (right) to align the long hand with 12 o'clock. Holding down either button moves the hand at high speed.
- STEP 5** Press **C** 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.

Operating Precautions

Water Resistance

- This watch is water-resistant to 5 atmospheres (5BAR). It can be used under the conditions described below.

		Water Resistance Under Daily Use	Enhanced Water Resistance Under Daily Use		
			5 Atmospheres	10 Atmospheres	20 Atmospheres
Marking	On watch front or on back cover	No BAR mark	5BAR	10BAR	20BAR
Example of Daily Use	Hand washing, rain	Yes	Yes	Yes	Yes
	Water-related work, swimming	No	Yes	Yes	Yes
	Windsurfing	No	No	Yes	Yes
	Skin diving	No	No	Yes	Yes

- Do not use your watch for scuba diving or other types of diving that requires air tanks.
- Unlike ordinary watches, this watch is designed to withstand sauna use. However, please avoid the conditions described below.
Such types of use reduce water resistance performance and can cause fogging of the glass.
 - Operating the buttons while the watch is submerged in water
 - Using the watch in hot springs, heated pools, or during regular bathing
 - Do not wear your watch while washing your hands or face, while doing housework, or while performing any other task that involves soaps or detergents.
- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years).

Fogging

- If the watch is exposed to high temperatures in a sauna and then suddenly cooled, condensation may form on the inner surface of the glass. If the fogging clears within a few minutes, there is no need for concern.
If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to an authorized CASIO service center.

Temperature

- This watch is intended for use in saunas with a temperature setting of 100°C or lower. Do not use the watch in saunas where the temperature exceeds 100°C. The watch itself will become hot during use in high-temperature environments. While this watch is designed with safety in mind, stop using it immediately if you notice anything unusual.
- Do not leave your watch where it will be exposed to very low temperatures. Temperature extremes can cause your watch to lose or gain time, to stop, or otherwise malfunction.
- Do not use this watch in a far-infrared sauna. Mistaken use of the watch in such environments can cause a fault.

Impact

- Your watch is designed to withstand impact incurred during normal daily use and during light activity such as playing catch, tennis, etc. Dropping your watch or otherwise subjecting it to strong impact, however, can lead to malfunction.

Band

- Wearing the watch too tightly on your wrist may reduce airflow, causing increased perspiration and a higher risk of skin irritation. If this happens, stop using the watch.
- Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.

Magnetism

- The hands of analog and combination (analog-digital) watches are moved by a motor that uses magnetic force. When such a watch is close to a device (audio speakers, magnetic necklace, cell phone, etc.) that emits strong magnetism, the magnetism can cause timekeeping to slow down, speed up, or stop, resulting in the incorrect time being displayed.
- Very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of your watch and damage to electronic components.

Chemicals

- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Doing so can cause discoloration of or damage to the resin case, resin band, and other parts.

Electrostatic Charge

- Exposure to very strong electrostatic charge can cause your watch to display the wrong time. Very strong electrostatic charge even can damage electronic components.

Storage

- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.

Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Semi-transparent resin parts can become discolored due to sweat and dirt, and if exposed to high temperatures and humidity for long periods.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.
- Should the watch become dirty, gently scrub it using a soft-bristle toothbrush.

Bacteria and Odor Resistant Band

- The bacteria and odor resistant band protects against odor generated by the formation of bacteria from sweat, which ensures comfort and hygiene. In order to ensure maximum bacteria and odor resistance, keep the band clean. Use an absorbent soft cloth to thoroughly wipe the band clean of dirt, sweat, and moisture. A bacteria and odor resistant band suppresses the formation of organisms and bacteria. It does not protect against rash due to allergic reaction, etc.

Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

User Maintenance

Caring for Your Watch

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a metal band or a resin band with metal parts, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- Not operating a watch crown, buttons, or rotary bezel could lead to later problems with their operation. Periodically rotate the crown and rotary bezel, and press buttons to maintain proper operation.

Dangers of Poor Watch Care

Rust

- Though the metal steel used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
 - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to an authorized CASIO service center.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

- Leaving sweat or water on a resin band or bezel, or storing your watch in an area subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

- Individuals with sensitive skin or certain health conditions may experience skin irritation. Clean the watch regularly. If irritation occurs, remove the watch and consult a dermatologist.

Battery Replacement

- Leave battery replacement up to your original retailer or authorized CASIO service center.
- Have the battery replaced only with the type specified in the User's Guide. Use of a different battery type can cause malfunction.
- When replacing the battery, also request a check for proper water resistance.
- Ornamental resin components may become worn, cracked, or bent over time when subjected to normal daily use. Note that if cracking or any other abnormality indicating possible damage is noticed in a watch submitted for battery replacement, your watch will be returned with an explanation of the abnormality, without the requested servicing being performed.

Initial Battery

- The battery that comes loaded in your watch when you purchase it is used for function and performance testing at the factory.
- The test battery may go dead quicker than the normally rated battery life as noted in the User's Guide. Note that you will be charged for replacement of this battery, even if replacement is required within your watch's warranty period.

Low Battery Power

- Low battery power is indicated by large timekeeping error, by dim display contents, or by a blank display.
- Operation while battery power is low can result in malfunction. Replace the battery as soon as possible.

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CASIO COMPUTER CO., LTD.

6-2, Hon-machi 1-chome
Shibuya-ku, Tokyo 151-8543, Japan