

Thank you for your purchase of this Citizen watch.  
 Before using the watch, read this instruction manual (PDF) carefully to ensure correct use.  
 Caliber No. of this watch: **0210**  
 You can access the web instruction manual in addition by using the QR code or the URL: <https://www.citizenwatch-global.com/support/html/en/0210/0210.html>  
 Some models may be equipped with enhanced features functions such as slide rules and tachymeters. To see how to use such features and functions, which is not covered with the instruction manual, and other information, access the CITIZEN support page (<https://www.citizenwatch-global.com/support/>).



**Safety precautions — IMPORTANT**

This manual contains instructions that should be strictly followed at all times not only for optimal use, but to prevent any injuries to yourself, other persons or property. We encourage you to read the entire booklet (especially, page 4) and understand the meaning of the following symbols:

■ Safety advisories are categorized and depicted in this manual as follows:

	<b>DANGER</b>	Highly likely to cause death or serious injury
	<b>WARNING</b>	Can cause serious injury or death
	<b>CAUTION</b>	Can or will cause minor or moderate injury or damage

■ Important instructions are categorized and depicted in this manual as follows:  
 (Following symbols are examples of Pictograms.)

	Warning (caution) symbol followed by prohibited matters.
	Warning (caution) symbol followed by instructions that should be followed or precautions that should be observed.

**Before using this watch**

**Band adjustment**

We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool).

Consult an authorized service center. Other shops may charge for, or may not provide, the service.

**Protective stickers**

Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

**How to use a specially designed crown/button**

Some models are equipped with a specially designed crown and/or push button to prevent accidental operation.

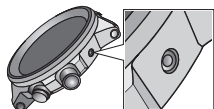
■ **Screw down crown/button**

Unlock the crown/button prior to operate your watch.

	Unlock	Lock
<b>Screw down crown</b>	 Rotate the crown counterclockwise until it releases from the case.	 Push the crown in to the case. With gentle pressure towards the case, rotate the crown clockwise to secure it to the case. Be sure to tighten firmly.
<b>Screw down push button</b>	 Rotate the locking screw counterclockwise, and loosen until it stops.	 Rotate the locking screw clockwise, and tighten firmly.

■ **Recessed button**

Press the button with a non-marring narrow-tipped object.



- Metal objects may cause marring or scratching of the button.

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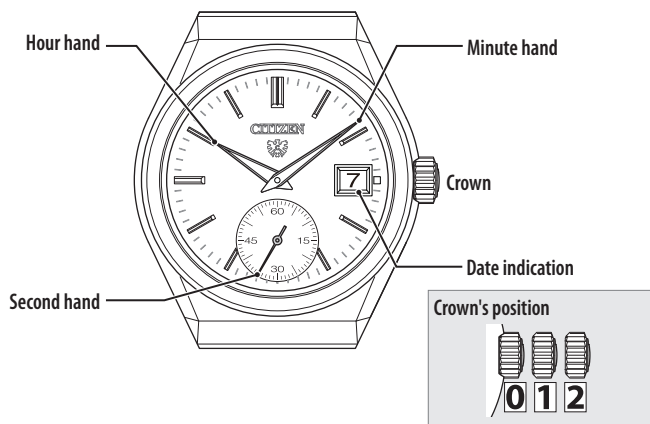
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## Component identification

- The illustrations in this instruction manual may differ from the actual appearance of your watch.



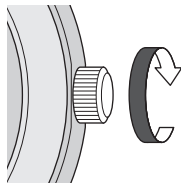
## Winding the mainspring

This is an automatic mechanical watch powered by a spring. When wearing the watch, your arm's movement rotates the oscillating weight to wind the mainspring automatically.

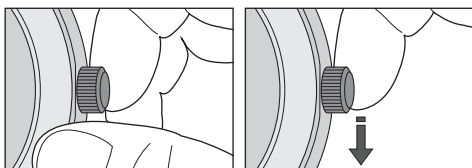
- When your arm's movement is small and/or a few, winding will become insufficient. We recommend to wear the watch as long as possible or wind the mainspring manually in such cases.
- When not worn, the mainspring will run out in about 2 or 3 days and the watch will stop.
- Once the mainspring is wound fully, the watch will run for about 60 hours.

### Winding the mainspring manually

- Push the crown in to position 0.
- Hold the crown with your thumb and index finger and rotate it clockwise slowly.



- When the watch is stopped, turning the crown about 45 times will wind the mainspring fully.
- Rotating the crown further after the mainspring was wound fully does not damage the mainspring.
- Rubbing down the crown from the back side of the watch can also rotate it.



## Setting the time

When the watch is stopped, wind the mainspring beforehand.

- Pull the crown out to position 2 when the second hand points 0 second.**  
The second hand stops.
- Rotate the crown to set the time.**
  - The hour and minute hands move synchronously as you rotate the crown.
  - The calendar also move synchronously as the time is advanced. Change of calendar shows it just became 0:00 AM. Take care the time set is AM or PM.
- Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.**

## Adjusting the calendar

When the watch is stopped, wind the mainspring beforehand.

- The date indication based on the 31-day calendar. Calendar adjustment is required on the first days of March, May, July, October and December.
- Adjusting the calendar in a certain period of time on the watch may cause incorrect change of indication.  
Do not adjust the calendar when the watch indicates a time between 7:30 PM and 1:00 AM.

- Pull the crown out to position 1.**
- Rotate the crown clockwise to set the calendar.**
- Push the crown in to position 0 to finish the procedure.**

## About mechanical watches

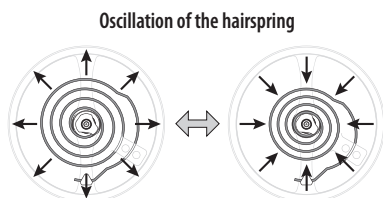
The accuracy of a mechanical watch in this instruction manual is static accuracy at normal temperatures.

Accuracy of a mechanical watch may not be kept within a normal accuracy range due to using conditions such as below.

<b>Winding amount of the mainspring</b>	A mechanical watch keeps its accuracy best when its mainspring is sufficiently wound.
<b>Posture of the watch</b>	Accuracy of a mechanical watch varies affected by gravity. The accuracy varies as the result that the watch may take various attitude while worn and gravitate to a different direction every moment.
<b>Temperature</b>	Metal parts are used for the part for keeping accuracy in a mechanical watch. The accuracy varies affected by their thermal expansion and contraction and change of physical characteristics of a spring owing to temperature variation. *It is recommended to use this watch within +8 °C - +38 °C (46 °F - +100 °F).
<b>Magnetism</b>	Metal parts are used in a mechanical watch. Magnetism affects them and accuracy of the watch in consequence. Do not bring it close to things which have or generate strong magnetism.
<b>Impact and others</b>	Strong shocks and continuous vibration may also affect the accuracy.

### Taking care of magnetism of your surroundings

The most important part in a mechanical watch for its time accuracy is "balance". The balance has a very small and thin spring (hairspring). It oscillates in a certain period of time to keep accuracy of a mechanical watch.



Oscillation of the hairspring may fluctuate and total movement of a mechanical watch is consequently affected much if a thing with strong magnetism exists its nearby.

#### Everyday items with strong magnetism

Notebook computer, smartphone, tablet, tablet cover, speaker, earphones, headphones, clasps of handbags, magnets used in the latches of refrigerator doors, magnetic health devices, etc.

Keep the devices and equipment at least 5 cm away from the watch.

### Caring of a mechanical watch

Mechanical watches may become inaccurate due to insufficient lubrication or worn parts. Have the watch disassembled and cleaned (overhaul) every 2-3 years (charge basis). It may be difficult to restore the watch from degradation after long-term use to its initial performance even after repairs.

## Troubleshooting

### ■ Movement of a hand seems strange

Symptom	Remedies	Page
No hands move.	The mainspring may not be wound enough. Wind up the mainspring manually.	2

### ■ The watch cannot be operated

Symptom	Remedies	Page
The crown and buttons do not work.	Screw down crown and buttons must be unlocked before operation.	1

### ■ Mainspring

Symptom	Remedies	Page
The mainspring is not wound though even after wearing the watch for a certain period of time.	If you do not move your arms much in your daily life, for example you spend a lot of time sat at a desk, the mainspring may not be wound sufficiently. In such cases, wind the mainspring manually.	2

### ■ Calendar

Symptom	Remedies	Page
The calendar changes in the daytime.	AM/PM setting is incorrect. Set the calendar to the previous of the target date following the steps of calendar adjustment and set AM/PM and date correctly in the course of time setting.	2
The calendar does not change.	On this watch, you should not adjust the calendar in a certain period of time. Adjusting the calendar in the period of time on the watch may cause incorrect change of indication.	2



## Water resistance

### **WARNING** Water resistance

- Refer to the watch dial and/or the case back for the indication of the water resistance of your watch. The following chart provides examples of use for reference to ensure that your watch is used properly. (The unit "1bar" is roughly equal to 1 atmosphere.)
- WATER RESIST(ANT) ××bar may also be indicated as W.R.××bar.
- Non-water resistant models are not designed to come into contact with any moisture. Take care not to expose a watch with this rating to any type of moisture.
- Water resistance for daily use (to 3 atmospheres) means the watch is water resistant for occasional accidental splashing.
- Upgraded water-resistance for daily use (to 5 atmospheres) means that the watch may be worn while swimming, but is not to be worn while skin diving or scuba diving.
- Upgraded water-resistance for daily use (to 10/20 atmospheres) means that the watch may be worn while skin diving, but not while scuba diving or saturated diving using helium gas.

Name	Indication	Specification	Water-related use					
	Dial or Case back		Minor exposure to water (washing face, rain, etc.)	Swimming and general washing work	Skin diving, marine sports	Scuba diving using an air tank	Saturation diving using helium gas	Operate the crown or button when the watch is wet
Non-water resistant	—	Non-water resistant	NO	NO	NO	NO	NO	NO
Everyday-use water resistant watch	WATER RESIST	Water-resistant to 3 atmospheres	OK	NO	NO	NO	NO	NO
Upgraded everyday use water resistant watch	W. R. 5 bar	Water-resistant to 5 atmospheres	OK	OK	NO	NO	NO	NO
	W. R. 10 bar W. R. 20 bar	Water-resistant to 10 and 20 atmospheres	OK	OK	OK	NO	NO	NO

## Precautionary items and usage limitations

### **CAUTION** To Avoid Injury

- Be particularly careful when wearing your watch while holding a small child, to avoid injury.
- Be particularly careful when engaged in strenuous exercise or work, to avoid injury to yourself and others.
- Do NOT wear your watch while in a sauna or other location where your watch may become excessively hot, since there is the risk of burns.
- Be careful when putting on and taking off your watch, since there is a risk of damaging your fingernails, depending on the manner in which the band is fastened.
- Take off your watch before going to bed. It may cause an unexpected injury or a rash.

### **CAUTION** Precautions

- Always use the watch with the crown pushed in (normal position). If the crown is of the screw lock-type, make sure it is securely locked.
- Do not operate (use the crown and/or buttons) the watch when it is wet. Water may enter the watch causing damage to vital components.
- If water enters the watch or the watch fogs up and does not clear up even after a long time, consult your dealer or an authorized service center for inspection and/or repair.
- Even if your watch has a high level of water resistance, please be careful of the following.
  - If your watch is immersed in sea water, rinse thoroughly with fresh water and wipe with a dry cloth.
  - Do not pour water from a tap directly onto your watch.
  - Take off your watch before taking a bath.
- If seawater enters the watch, place the watch in a box or plastic bag and immediately take it in for repair. Otherwise, pressure inside the watch will increase, and parts (crystal, crown, push button, etc.) may come off.

### **CAUTION** When Wearing Your Watch

#### <Band>

- Leather bands and rubber (urethane) bands will deteriorate over time due to perspiration or dirt. In addition, they are made of natural material and will be worn, deformed and discolored over time. It is recommended to replace the band periodically.
- The durability of a leather band may be affected when wet (fading, peeling of adhesive), owing to the properties of the material. Moreover, wet leather may cause a rash.
- Do not stain a leather band with substances containing volatile materials, bleach, alcohol (including cosmetics). Discoloration and premature aging may be occurred. Ultraviolet light such as direct sunlight may cause discoloration or deformation.
- It is recommended to take off the watch if it gets wet, even if the watch itself is water-resistant.
- Do not wear the band too tightly. Try to leave enough space between the band and your skin to allow adequate ventilation.
- The rubber (urethane) band may be stained by dyes or soil present in or on clothing or other accessories. Since these stains may not be removable, caution is required when wearing your watch with items that tend to easily transfer color (articles of clothing, purses, etc.). In addition, the band may be deteriorated by solvents or moisture in the air. Replace with a new one when it has lost elasticity or become cracked.
- Please request adjustment or repair of the band in the following cases:
  - You notice an abnormality with the band due to corrosion.
  - The pin of the band is protruding.
- We recommend seeking the assistance of an experienced watch technician for sizing of your watch. If adjustment is not done correctly, the bracelet may unexpectedly become detached leading to loss of your watch or injury (excluding products containing the band adjustment tool). Consult an authorized service center. Other shops may charge for, or may not provide, the service.

#### <Temperature>

- The watch may stop or the function of the watch may be impaired in extremely high or low temperature. Do not use the watch in places where the temperature is outside the operating temperature range as stated in the specifications.

#### <Magnetism>

- Parts of the movement may be magnetized in a strong magnetic field and it may adversely affect accuracy of the watch.
- Do not allow the watch to come into close proximity to magnetic health devices (magnetic necklaces, magnetic elastic bands, etc.) or the magnets used in the latches of refrigerator doors, clasps used in handbags, the speaker of a cell phone, electromagnetic cooking devices and so on.

#### <Strong Shock>

- Avoid dropping the watch or subjecting it to other strong impact. It may cause malfunctions and/or performance deterioration as well as damage to the case and bracelet.

#### <Chemicals, Corrosive Gasses and Mercury>

- Do not use the watch in environment with chemicals or corrosive gasses. If paint thinner, benzene or other solvents or products containing these solvents (including gasoline, nail-polish remover, cresol, bathroom cleaners and adhesives, water repellent, etc.) are allowed to come into contact with the watch, they may discolor, dissolve or crack the materials. Be careful when handling these chemicals. Contact with mercury such as that used in thermometers may also cause discoloration of the band and case.

#### <Protective Stickers>

- Be sure to remove any protective stickers that may be on your watch (case back, band, clasp, etc.). Otherwise, perspiration or moisture may enter the gaps between the protective stickers and the parts, which may result in a skin rash and/or corrosion of the metal parts.

### **CAUTION** Always Keep Your Watch Clean

- Rotate the crown while it is pressed in fully and press the buttons periodically so they do not become stuck due to accumulations of foreign matter.
- The case and band of the watch come into direct contact with the skin. Corrosion of the metal or accumulated foreign matter may result in black residue coming from the bracelet when exposed to moisture or perspiration unnoticed soiling such as that caused by perspiration. Be sure to keep your watch clean at all times.
- The case and band of the watch come into direct contact with the skin. In rare circumstances, accumulated dirt, foreign matter may cause irritation with the skin. If you think there is something wrong, discontinue wearing the watch immediately and consult your physician. In the case of accumulation of sweat or dirt on a metal band or case, clean thoroughly using a brush and neutral detergent. In the case of a leather or rubber (urethane) band, wipe clean using a dry cloth.
- Leather bands may become discolored by perspiration or dirt. Always keep your leather band clean by wiping with a dry cloth.

#### Caring for Your Watch

- Wipe any dirt or moisture such as perspiration from the case and crystal with a soft cloth.
- For a metallic, plastic or rubber (urethane) watchband, wash any dirt off with water. Remove the small amounts of dirt trapped between the crevices of the metallic band with a soft brush.
- For a leather band, wipe off dirt using a dry cloth.
- If you will not be using your watch for an extended period of time, carefully wipe off any perspiration, dirt or moisture and store in a proper location, avoiding locations subject to excessively high or low temperatures and high humidity.

#### When Luminous Paint is used for your watch

The paint on the dial and hands helps you with reading the time in a dark place. The luminous paint stores light (daylight or artificial light) and glows in a dark place.

It is free from any radioactive substance or any other material harmful to a human body or environment.

- The light emission gradually becomes weaker as time passes.
- The duration of the light ("glow") will vary depending on the brightness, types of and distance from a light source, exposure time, and the amount of the paint.
- The paint may not glow and/or may dissipate quickly if exposure to light was not sufficient.

## Specifications

<b>Model</b>	0210
<b>Number of jewels</b>	26
<b>Type</b>	Automatic mechanical watch
<b>Timekeeping accuracy</b>	-3.0 seconds to +5.0 seconds per day in average (static accuracy)
<b>Operating temperature range</b>	-10°C (14°F) to +60°C (140°F)
<b>Display functions</b>	<ul style="list-style-type: none"> <li>• Time: Hours, minutes, seconds</li> <li>• Calendar: Date</li> </ul>
<b>Duration</b>	About 60 hours (when fully wound)
<b>Beats</b>	28,800 times per hour (8 beats)
<b>Additional functions</b>	<ul style="list-style-type: none"> <li>• Automatic winding</li> <li>• Manual winding</li> <li>• Second hand stop function</li> <li>• Quick date-indication adjustment</li> </ul>

Specifications and contents are subject to change without prior notice.