

SEVENFRIDAY M1B/01

SEVENFRIDAY Urban Explorer Automatic Watch M1B/01 User Manual

Model: M1B/01

INTRODUCTION

Welcome to the world of SEVENFRIDAY. This manual provides essential instructions for the proper setup, operation, and maintenance of your new SEVENFRIDAY Urban Explorer Automatic Watch, model M1B/01. Please read this guide carefully to ensure optimal performance and longevity of your timepiece.

PACKAGE CONTENTS

Your SEVENFRIDAY M1B/01 watch package typically includes:

- SEVENFRIDAY M1B/01 Automatic Watch
- User Manual (this document)
- Warranty Card
- SEVENFRIDAY Wooden Box



Image: The SEVENFRIDAY M1B/01 watch is presented in a distinctive wooden box, featuring the brand logo and 'FRESH FROM THE PRESS' text.

WATCH COMPONENTS

Familiarize yourself with the main components of your SEVENFRIDAY M1B/01 watch.



Image: Side view of the SEVENFRIDAY M1B/01 watch, highlighting the crown on the right side of the dark blue PVD case.

- **Crown:** Used for winding the movement and setting the time.
- **Case:** The main body of the watch, made of stainless steel with dark blue PVD elements.
- **Dial:** The face of the watch, displaying time indicators with a unique industrial design.
- **Strap:** Blue leather strap for wearing the watch.
- **Case Back:** The rear cover of the watch, often displaying model information and movement details.



Image: The case back of the SEVENFRIDAY M1B/01 watch, featuring engravings such as 'SEVENFRIDAY', 'AUTOMATIC', 'SF-M1B/01-A007', and a world map design.

SETUP AND INITIAL OPERATION

Initial Winding

Your SEVENFRIDAY M1B/01 watch is equipped with an automatic mechanical movement (Miyota 8215). It is powered by the motion of your wrist. If the watch has stopped or has not been worn for an extended period, it requires initial winding.

1. Ensure the crown is in position 1 (fully pushed in).
2. Turn the crown clockwise approximately 30-40 times. This will provide sufficient power reserve to start the watch.
3. The watch will begin to run as soon as it has enough power.

Setting the Time

1. Pull the crown out to position 2 (the outermost position).
2. Turn the crown clockwise or counter-clockwise to set the desired time. Observe the hour and minute indicators on the dial.
3. Once the time is set, push the crown back into position 1 (fully pushed in) to engage the movement and ensure water resistance.



Image: Front view of the SEVENFRIDAY M1B/01 watch, showcasing its unique black dial with industrial design elements and time indicators.

OPERATING YOUR WATCH

Automatic Movement

The Miyota 8215 automatic movement in your SEVENFRIDAY M1B/01 watch is self-winding. As you wear the watch, the rotor inside moves, winding the mainspring and storing energy. A fully wound watch has a power reserve of approximately 40 hours. If the watch is not worn for an extended period, it will stop and require manual winding as described in the "Initial Winding" section.

Reading the Dial

The M1B/01 features a distinctive dial design:

- **Hours:** Indicated by the large disc on the left side of the dial, marked with numbers like 10, 11, 12, 1.
- **Minutes:** Indicated by the central hand, pointing to the minute track around the dial's periphery, marked in 15-minute intervals (0, 15, 30, 45, 60).
- **Seconds:** A small rotating disc, typically located near the 4 o'clock position, indicates the running seconds.
- **24-Hour Indicator:** A small disc, often near the 9 o'clock position, provides a 24-hour indication.



Image: Angled front view of the SEVENFRIDAY M1B/01 watch, providing a clear perspective of its multi-layered dial and unique time display.

MAINTENANCE AND CARE

Cleaning

To maintain the appearance of your watch:

- Wipe the case and crystal with a soft, dry, lint-free cloth.

- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Clean the blue leather strap with a dry cloth. Avoid excessive moisture, which can damage the leather.

Water Resistance (30M)

Your SEVENFRIDAY M1B/01 watch has a water resistance rating of 30 meters (3 ATM). This means it is suitable for everyday use and can withstand splashes or brief immersion in water.

- **Do NOT** operate the crown while the watch is wet or submerged.
- **Do NOT** use for swimming, showering, bathing, or diving.
- Always ensure the crown is fully pushed in to maintain water resistance.

Storage and Handling

- Store your watch in a cool, dry place, away from direct sunlight and extreme temperatures.
- Avoid exposing the watch to strong magnetic fields, which can affect the accuracy of the mechanical movement.
- Protect the watch from impacts and drops.

Service

For optimal performance, it is recommended to have your mechanical watch serviced by an authorized SEVENFRIDAY service center every 3-5 years. This includes cleaning, lubrication, and adjustment of the movement.

TROUBLESHOOTING

- **Watch not running:** If the watch has stopped, manually wind it by turning the crown clockwise 30-40 times while it is in position 1. If it still does not start, ensure it has been worn sufficiently to allow the automatic movement to wind.
- **Time inaccuracy:** Minor variations in accuracy are normal for mechanical watches. If the watch is consistently gaining or losing significant time, it may require adjustment by a professional watchmaker. Avoid exposing the watch to strong magnetic fields.
- **Condensation under crystal:** If you notice condensation inside the watch, this indicates a breach in water resistance. Immediately take the watch to an authorized service center to prevent further damage to the movement.

SPECIFICATIONS

Feature	Detail
Model Number	M1B/01 (SF-M1B-01)
Movement	Automatic, Miyota 8215, 21 Jewels
Case Material	Stainless Steel with Dark Blue PVD
Case Diameter	Approximately 48mm
Case Thickness	Approximately 15mm
Crystal	Hardened K1 Mineral Crystal
Dial Color	Black
Strap Material	Leather (Blue)
Clasp Type	Buckle

Feature	Detail
Water Resistance	30 meters (3 ATM)
Power Reserve	Approx. 40 hours

WARRANTY AND SUPPORT

Your SEVENFRIDAY M1B/01 watch comes with a manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, service, or warranty claims, please contact your authorized SEVENFRIDAY dealer or visit the official SEVENFRIDAY website for contact information.

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This manual is for informational purposes only. Specifications are subject to change without notice.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question