

SEIKO SRPD76K1

Seiko 5 Sports Automatic Watch SRPD76K1 Instruction Manual

Model: SRPD76K1 | Brand: SEIKO

1. INTRODUCTION

This manual provides essential information for the proper use and care of your Seiko 5 Sports Automatic Watch, Model SRPD76K1. This timepiece features an automatic movement with manual winding capability, LumiBrite hands and indexes for enhanced visibility, 10 bar (100m) water resistance, a transparent caseback, a screwed back case, and a unidirectional rotating bezel.



Front view of the Seiko 5 Sports Automatic Watch SRPD76K1, featuring a black dial, rose gold-toned case, and black silicone strap. The watch displays the day and date.

2. SETUP

2.1 Setting the Time and Date

1. To set the **date and day**: Pull the crown out to the first click. Rotate the crown to adjust the date and day. Avoid setting the date/day between 9 PM and 4 AM to prevent damage to the movement.
2. To set the **time**: Pull the crown out to the second click. The second hand will stop (hacking function). Rotate the crown to set the desired time. Push the crown back in to start the watch.

2.2 Winding the Watch

- **Automatic Winding**: The watch is powered by the natural motion of your wrist. Wearing the watch regularly will keep it wound.
- **Manual Winding**: If the watch has stopped or its power reserve is low, you can manually wind it. With the crown in the normal (pushed-in) position, rotate it clockwise approximately 20-30 times.



A side profile of the watch, highlighting the rose gold-toned crown and the curved case design. The black silicone strap is visible.

3. OPERATING THE WATCH

3.1 Automatic Movement (Caliber 4R36)

Your Seiko 5 Sports watch is equipped with the reliable Caliber 4R36 automatic movement. This movement features a power reserve of approximately 41 hours, operates at 21,600 vibrations per hour, and contains 24 jewels. It supports both automatic and manual winding, and includes a hacking function for precise time setting.



Detailed rear view of the watch, clearly showing the intricate automatic movement through the transparent caseback, with 'SEIKO' and 'WATER RESISTANT 10 BAR' engravings.

3.2 Water Resistance

The watch has a water resistance rating of 10 bar (100 meters). This makes it suitable for everyday use, including showering, swimming, and snorkeling. It is **not** suitable for scuba diving or high-impact water sports.

3.3 Unidirectional Rotating Bezel

The bezel rotates in one direction (counter-clockwise) to prevent accidental changes to elapsed time measurements. To use, align the bezel's triangle marker with the minute hand at the start of an activity. The minute

hand's position on the bezel will then indicate the elapsed time.

3.4 LumiBrite

The hands and hour markers are coated with LumiBrite, a luminous paint that absorbs light energy and emits it in the dark, providing enhanced readability in low-light conditions.

4. MAINTENANCE

- **Cleaning:** Regularly wipe the watch case and strap with a soft, dry cloth. For water-resistant models, you can use a mild soap solution and water, then rinse thoroughly and dry completely.
- **Temperature:** Avoid exposing your watch to extreme temperatures (above 60°C / 140°F or below 0°C / 32°F) or sudden temperature changes, as this can affect the movement and seals.
- **Shocks:** Protect your watch from strong impacts and vibrations.
- **Chemicals:** Avoid contact with solvents, detergents, perfumes, and cosmetics, as they can damage the case, strap, or seals.

5. TROUBLESHOOTING

- **Watch Stops Running:** If your automatic watch stops, it may be due to insufficient wrist movement. Wear the watch more frequently or manually wind it as described in Section 2.2.
- **Time Inaccuracy:** Automatic watches may exhibit slight variations in timekeeping. If you notice significant or consistent inaccuracy, it may require adjustment by a qualified watchmaker.

6. SPECIFICATIONS

Feature	Detail
Model Number	SRPD76K1
Movement	Automatic with manual winding (Caliber 4R36)
Power Reserve	Approximately 41 hours
Vibrations	21,600 vibrations per hour
Jewels	24 jewels
Case Material	Stainless Steel
Crystal	Hardlex

Feature	Detail
Water Resistance	10 bar (100 meters)
Case Diameter	43.0mm
Case Thickness	13.4mm
Lug Width	22mm
LumiBrite	On hands and indexes
Bezel	Unidirectional rotating

DIAL SIZE guide



A visual guide showing the 42.5mm dial diameter of the watch, with measurements indicated against a coin and a credit card for scale.



An illustration of the watch on a wrist, demonstrating its fit and suggesting it is suitable for wrist sizes between 6 and 7 inches.

7. OFFICIAL PRODUCT VIDEOS

Seiko Watch Manufacturing and Testing

Your browser does not support the video tag.

This video provides a brief overview of the meticulous manufacturing process and rigorous quality control measures applied to Seiko watches, highlighting the craftsmanship involved.

Seiko Men's Analogue Automatic Watch SRPD76K1 Overview

Your browser does not support the video tag.

An official product video demonstrating the Seiko Men's Analogue Automatic Watch SRPD76K1, showcasing its design, features, and how it looks on the wrist.

8. WARRANTY AND SUPPORT

For detailed information regarding your watch's warranty, service, and support, please refer to the warranty card included with your purchase or visit the official Seiko website. You can also find more information and contact support through the official [SEIKO Store](#).