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› [Seiko Prospex Alpinist SBDC091 / SPB121J1 Automatic Watch Instruction Manual](#)

SEIKO SBDC091

Seiko Prospex Alpinist SBDC091 / SPB121J1 Automatic Watch Instruction Manual

Model: SBDC091 (also known as SPB121J1)

INTRODUCTION

This manual provides essential instructions for the proper use and care of your Seiko Prospex Alpinist SBDC091 / SPB121J1 automatic watch. This timepiece is designed for durability and precision, featuring an automatic mechanical movement and a distinctive inner rotating compass bezel. Please read this manual thoroughly to ensure optimal performance and longevity of your watch.



Image: Front view of the Seiko Prospex Alpinist SBDC091 watch, showcasing its green dial, gold-toned hands and markers, date window with cyclops magnifier, and brown leather strap.

FEATURES

- **Automatic Movement:** Powered by the wearer's motion, featuring manual winding capability.
- **Caliber 6R35:** Offers a 70-hour power reserve.
- **Water Resistance:** 20 BAR (200 meters / 660 feet), suitable for diving.
- **Inner Rotating Bezel:** Operated by a separate crown for compass functionality.
- **Sapphire Crystal:** With a cyclops magnifier over the date window for enhanced readability.
- **Luminous Hands and Markers:** For visibility in low-light conditions.
- **Screw-down Crown:** Enhances water resistance.

SETUP AND INITIAL OPERATION

1. Winding the Mainspring

Your Seiko Alpinist watch is equipped with an automatic mechanical movement. It is powered by the natural motion of your wrist. If the watch has stopped or its power reserve is low, it can be manually wound.

1. Ensure the main crown (at 3 o'clock) is in the normal position (Position 0) and screwed down.
2. Unscrew the main crown by turning it counter-clockwise.
3. Gently pull the crown out to Position 1.
4. Turn the crown clockwise approximately 20-30 times. This will provide sufficient power to start the watch.
5. Push the crown back to Position 0 and screw it down tightly to maintain water resistance.

Wearing the watch for several hours will continue to wind the mainspring automatically.

2. Setting the Time and Date



Image: Side profile of the Seiko Prospex Alpinist SBDC091, highlighting the main crown at 3 o'clock and the compass bezel crown at 4 o'clock.

1. **Unscrew the Main Crown:** Turn the main crown (at 3 o'clock) counter-clockwise until it is free.

2. **Set the Date (Position 1):** Pull the crown out to Position 1. Turn the crown clockwise to advance the date. Avoid setting the date between 9:00 PM and 3:00 AM, as this can interfere with the automatic date change mechanism. If the current time falls within this period, first advance the time past 3:00 AM, then set the date.
3. **Set the Time (Position 2):** Pull the crown out further to Position 2. The second hand will stop. Turn the crown to set the hour and minute hands. To ensure accurate time setting, synchronize with a reliable time source. When setting the time, advance the minute hand a few minutes past the desired time, then turn it back to the exact time.
4. **Push and Screw Down the Crown:** Once the time and date are set, push the crown back into Position 0 and screw it down tightly while turning clockwise. This ensures the watch's water resistance.

OPERATING THE COMPASS BEZEL

The Seiko Alpinist features an inner rotating bezel with compass markings, operated by the crown at 4 o'clock. This function can be used as a basic directional guide.

The logo for Prospex, featuring a stylized yellow and black 'P' symbol followed by the word 'PROSPEX' in a bold, black, sans-serif font.

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Image: Close-up of the Seiko Prospex Alpinist SBDC091 dial, showing the inner rotating bezel with cardinal and intercardinal points (N, NE, E, SE, S, SW, W, NW).

Using the Compass in the Northern Hemisphere:

1. Point the hour hand towards the sun.
2. Unscrew the crown at 4 o'clock by turning it counter-clockwise.
3. Rotate the inner bezel so that the "S" (South) mark is halfway between the hour hand and the 12 o'clock position on the dial.
4. The "N" (North) mark on the bezel will then indicate North.
5. Screw down the crown at 4 o'clock tightly to secure the bezel and maintain water resistance.

Using the Compass in the Southern Hemisphere:

1. Point the 12 o'clock position on the dial towards the sun.
2. Unscrew the crown at 4 o'clock by turning it counter-clockwise.
3. Rotate the inner bezel so that the "N" (North) mark is halfway between the 12 o'clock position and the hour hand.
4. The "S" (South) mark on the bezel will then indicate South.
5. Screw down the crown at 4 o'clock tightly to secure the bezel and maintain water resistance.

Note: This compass function is a basic guide and should not replace professional navigation equipment. Accuracy depends on factors such as daylight saving time and geographical location.

MAINTENANCE AND CARE

Water Resistance

Your watch is water resistant to 20 BAR (200 meters). This rating means it is suitable for professional marine activity and serious surface water sports, but not for saturation diving. Always ensure both crowns are screwed down tightly before exposing the watch to water. Avoid operating the crowns while the watch is wet or submerged.

Cleaning

To maintain the appearance of your watch, wipe the case and crystal with a soft, dry cloth regularly. For the leather strap, avoid prolonged exposure to water, direct sunlight, and harsh chemicals to prevent damage and discoloration.

Temperature and Magnetic Fields

Avoid exposing your watch to extreme temperatures (above 60°C / 140°F or below 0°C / 32°F) or strong magnetic fields, as these can affect the accuracy of the mechanical movement.

Service

For optimal performance, it is recommended to have your mechanical watch inspected and serviced by an authorized Seiko service center every 3 to 5 years.

TROUBLESHOOTING

- **Watch has stopped or is running slow:**

This indicates insufficient power reserve. Manually wind the watch by turning the main crown clockwise 20-30 times after unscrewing it from Position 0 to Position 1. Wear the watch regularly to keep it wound. If the issue persists after regular winding and wear, professional servicing may be required.

- **Date changes at noon:**

The AM/PM setting is incorrect. Advance the time by 12 hours. The date should then change around midnight.

- **Crown is stiff or difficult to operate:**

Ensure the crown is fully unscrewed before pulling it out. Do not force the crown. If it remains stiff, avoid further operation and seek assistance from an authorized service center.

- **Condensation inside the crystal:**

This indicates a potential breach in water resistance. Immediately take the watch to an authorized service center to prevent further damage to the movement.

SPECIFICATIONS

Brand	SEIKO
Model Number	SBDC091 (also known as SPB121J1)
Movement	Automatic (Self-winding) with Manual Winding Capability, Caliber 6R35
Power Reserve	Approximately 70 hours
Water Resistance	20 BAR (200 meters / 660 feet)
Crystal	Sapphire with Cyclops Magnifier
Case Material	Stainless Steel
Strap Material	Leather (as pictured)
Case Dimensions	Refer to product listing for exact diameter and thickness.
Date First Available	October 30, 2019

WARRANTY AND SUPPORT

Your Seiko watch is covered by a manufacturer's warranty against defects in materials and workmanship. Please refer to the warranty card included with your purchase for specific terms, conditions, and duration. For warranty claims, service, or technical support, please contact an authorized Seiko service center or the retailer from whom you purchased the watch. Keep your proof of purchase in a safe place.

For more information, visit the official [SEIKO Store on Amazon](#).



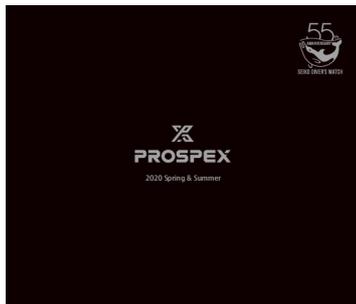
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Related Documents - SBDC091

	<p>SEIKO KINETIC Cal. 5M85 Watch User Manual</p> <p>Comprehensive user manual for the SEIKO KINETIC Cal. 5M85 watch, covering features, operation, time setting, date setting, time difference adjustment, world time display, and specifications.</p>
	<p>Seiko Caliber 6R20/6R21/6R24/6R27 Automatic Watch User Manual</p> <p>This user manual provides detailed instructions for operating and maintaining Seiko automatic watches with Calibers 6R20, 6R21, 6R24, and 6R27. It covers watch characteristics, parts identification, how to use, setting time/day/date, power reserve indicator, care, places to keep, troubleshooting, and specifications.</p>

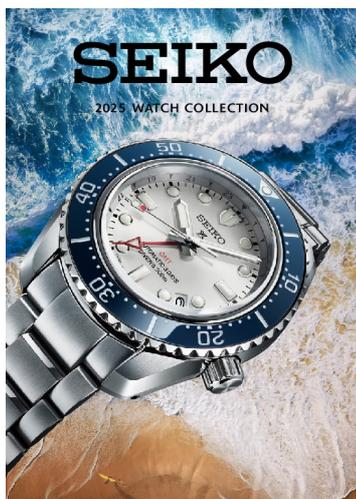
 <p>Cal. 4R35/36</p> <p>INSTRUCTIONS P. 3 BEREITUNGSEINSTELLUNG IS. 24 INSTRUCTIONS P. 48 INTRODUCTION P. 68 INSTRUCTIONS P. 113 INSTRUCTIONS P. 152 INSTRUCTIONS P. 152 INDEX (10) 21</p>	<p>SEIKO Cal. 4R35/36 Automatic Watch User Manual</p> <p>Comprehensive user manual for the SEIKO Cal. 4R35/36 automatic watch, covering features, operation, maintenance, troubleshooting, and specifications. This guide provides detailed instructions for setting the time, date, and day, as well as care and water resistance information.</p>
 <p>Cal. 5R86</p> <p>INSTRUCTIONS P. 11 BEREITUNGSEINSTELLUNG IS. 171 INSTRUCTIONS P. 171 INTRODUCTION P. 181 INSTRUCTIONS P. 211 INSTRUCTIONS P. 211 INDEX (10) 211</p>	<p>SEIKO Spring Drive Cal. 5R86 Watch User Manual</p> <p>Comprehensive user manual for the SEIKO Spring Drive Cal. 5R86 watch, detailing its features, operation, time and date setting, stopwatch usage, care, troubleshooting, and specifications.</p>
 <p>Cal. 8R28</p> <p>INSTRUCTIONS P. 11 BEREITUNGSEINSTELLUNG IS. 24 INSTRUCTIONS P. 48 INTRODUCTION P. 68 INSTRUCTIONS P. 113 INSTRUCTIONS P. 152 INDEX (10) 21</p>	<p>SEIKO Cal. 8R28 Automatic Chronograph Watch Manual</p> <p>Comprehensive user manual for the SEIKO Cal. 8R28 Automatic Chronograph watch, detailing its features, operation, care, troubleshooting, and technical specifications.</p>
 <p>SEIKO PROSPEX GPS SOLAR Complete User Guide GPS SOLAR watch (Dual Time)</p>	<p>SEIKO 8X53 GPS SOLAR PROSPEX Watch: Complete User Guide</p> <p>Explore the features and operation of the SEIKO 8X53 PROSPEX GPS Solar watch with this comprehensive user guide. Learn about GPS time synchronization, solar charging, time zone settings, handling precautions, and maintenance for your advanced timepiece.</p>

Documents - SEIKO – SBDC091



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20121 2016 MVP2018 202 ... 9, 6 0 0 Cal.6R54 46.439.513.6 m SBDC087 10 0 ,10 0
Cal.6R35 46.439.513.2 mF **SBDC091** 9 7,9 0 0 Cal.6R35 46.439.513.2 m SBDL111
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価格改定のお知らせ

ご変更、マイナーアップデート等に伴い一部商品について価格を改定させていただきます。
 弊社の価格改定となります。お断り申し上げます。

改定時期：2023年10月15日

SEIKO

品番	旧価格 (旧税込)	新価格
SBBN047	¥75,000	¥80,000
SBBN049	¥27,000	¥28,000
SBDC081	¥43,000	¥45,000
SBDC083	¥60,000	¥63,000
SBDC087	¥63,000	¥65,000
SBDC091	¥93,000	¥95,000
SBDC101	¥110,000	¥115,000
SBDC105	¥110,000	¥115,000
SBDC109	¥110,000	¥115,000
SBDC111	¥110,000	¥115,000
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SBDC209	¥110,000	¥115,000
SBDC211	¥110,000	¥115,000
SBDC215	¥110,000	¥115,000
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SBDC145 SBDC147 SBDC149 SBDC150 SBDC159 SBDC161 SBDC163 SBDC165

SBDC167 SBDC169 SBDC171 SBDC173 SBDC175 SBDC177 SBDC179 SBDC187

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