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› [G-Shock](#) /

› [G-Shock GMAS140M-1A Watch Instruction Manual](#)

G-Shock GMAS140M-1A

G-Shock GMAS140M-1A Watch Instruction Manual

1. INTRODUCTION

This manual provides detailed instructions for the proper use and maintenance of your G-Shock GMAS140M-1A watch. Designed for durability and functionality, this compact model offers a range of features suitable for daily wear and active lifestyles. Please read this manual thoroughly to ensure correct operation and to maximize the lifespan of your watch.

2. PRODUCT OVERVIEW

The G-Shock GMAS140M-1A is a compact, shock-resistant, and water-resistant timepiece. It features an analog-digital display, resin case and band, and a mineral glass face. Its design prioritizes durability and ease of use in various conditions.



Figure 1: Front view of the G-Shock GMAS140M-1A watch, showcasing its analog-digital display and robust resin casing.



Figure 2: Side view of the G-Shock GMAS140M-1A, highlighting the textured buttons for easy operation and the watch's profile.



Figure 3: Back view of the G-Shock GMAS140M-1A, showing the stainless steel case back with engraved G-Shock logo and water resistance rating.

3. SETUP

Before using your G-Shock GMAS140M-1A, it is important to set the correct time and date. The watch features an auto-calendar up to the year 2099, ensuring accurate date display once set.

3.1 Setting the Time and Date

1. In Timekeeping Mode, press and hold the **ADJUST** button (top left) until the city code starts to flash. This indicates the setting mode.
2. Use the **REVERSE** (top right) and **FORWARD** (bottom right) buttons to select your desired city code.
3. Press the **MODE** button (bottom left) to cycle through the settings: City Code → DST → 12/24-Hour Format → Seconds → Hour → Minute → Year → Month → Day.
4. Use the **REVERSE** and **FORWARD** buttons to change the flashing value.
5. After configuring all settings, press the **ADJUST** button to exit the setting mode. The analog hands will automatically adjust to the digital time.

3.2 Enabling Auto LED Light

The watch features an Auto LED light that illuminates the display when you tilt your wrist towards you in a dark environment. To enable this feature:

1. In Timekeeping Mode, press and hold the **REVERSE** button (top right) for approximately three seconds.
2. A small indicator (often an arrow or symbol) will appear on the display, confirming that Auto LED Light is enabled.
3. To disable, repeat the process.

Video 1: An influencer's review demonstrating various functions and settings of a G-Shock GA100-1A1 watch, including button operation and display modes. (Note: This video is from an influencer, not the seller.)

4. OPERATING INSTRUCTIONS

Your G-Shock GMAS140M-1A watch offers several modes for various functions. Use the **MODE** button (bottom left) to navigate between them.

4.1 Stopwatch Mode

The stopwatch measures elapsed time, split times, and two finishes. It can measure up to 1/1000-second accuracy.

1. Press **MODE** until 'STW' (Stopwatch) appears.
2. Press **FORWARD** (bottom right) to start/stop the stopwatch.
3. While the stopwatch is running, press **REVERSE** (top right) to record a split time. Press **REVERSE** again to release the split time and return to elapsed time measurement.
4. To reset the stopwatch to all zeros, ensure it is stopped, then press **ADJUST** (top left).

4.2 Countdown Timer Mode

The countdown timer can be set for up to 24 hours and will sound an alarm when the countdown reaches zero.

1. Press **MODE** until 'TMR' (Timer) appears.
2. To set the countdown start time, press and hold **ADJUST** until the hour setting flashes.
3. Use **REVERSE** and **FORWARD** to change the hour and minute settings. Press **MODE** to switch between hour and minute settings.
4. Press **ADJUST** to exit the setting mode.
5. Press **FORWARD** to start/stop the countdown.

4.3 World Time Mode

View the current time in 29 time zones (48 cities + Coordinated Universal Time).

1. Press **MODE** until 'WT' (World Time) appears.
2. Use **REVERSE** and **FORWARD** to scroll through the different city codes and view their current times.

4.4 Alarm Mode

Set up to 5 daily alarms and an hourly time signal.

1. Press **MODE** until 'AL1', 'AL2', 'AL3', 'AL4', 'AL5' (Alarm) or 'SIG' (Hourly Time Signal) appears.
2. To set an alarm, navigate to the desired alarm number (e.g., AL1), then press and hold **ADJUST** until the hour setting flashes.
3. Use **REVERSE** and **FORWARD** to set the hour and minute. Press **MODE** to switch between hour and minute.

4. Press **ADJUST** to exit the setting mode.
5. To turn an alarm on/off, select the alarm and press **FORWARD**. 'ON' or 'OFF' will be displayed.
6. To activate/deactivate the Hourly Time Signal, navigate to 'SIG' and press **FORWARD**.

Video 2: An influencer's detailed review of a G-Shock GA-100B watch, demonstrating various functions, settings, and overall usability. (Note: This video is from an influencer, not the seller.)

5. MAINTENANCE

Proper care will ensure the longevity and performance of your G-Shock GMAS140M-1A watch.

- **Cleaning:** Wipe the watch regularly with a soft, dry cloth to remove dirt and moisture. For stubborn dirt, use a soft cloth dampened with water and a mild soap, then wipe dry.
- **Water Resistance:** The watch is water-resistant to 200 meters. Avoid operating buttons underwater to prevent water ingress. After exposure to saltwater, rinse the watch with fresh water and dry thoroughly.
- **Temperature:** Avoid exposing the watch to extreme temperatures, direct sunlight for prolonged periods, or sudden temperature changes.
- **Chemicals:** Keep the watch away from gasoline, cleaning solvents, aerosol sprays, adhesives, paints, and other chemicals, as they can cause discoloration or damage.
- **Battery Replacement:** The approximate battery life is 2 years on CR1220. When the display becomes dim or functions become unstable, replace the battery at an authorized service center.

6. TROUBLESHOOTING

If you encounter issues with your G-Shock GMAS140M-1A, refer to the following common troubleshooting steps:

- **Incorrect Time/Date:** If the time or date is incorrect, follow the 'Setting the Time and Date' instructions in Section 3.1. Ensure the correct city code and DST setting are selected.
- **Analog Hands Not Matching Digital Time:** If the analog hands do not match the digital time, perform a hand alignment adjustment. Refer to the detailed manual for your specific module number (Module No. 5081) for precise instructions on hand home position correction.
- **Display is Blank or Dim:** This usually indicates a low battery. Replace the battery at an authorized service center.
- **Buttons Not Responding:** Ensure the watch is not in a mode that locks button operations (e.g., certain setting modes require pressing ADJUST to confirm). If the issue persists, a reset may be necessary (refer to the full manual for reset procedures).
- **Water Inside Display:** If condensation or water appears inside the display, immediately take the watch to an authorized service center. This indicates a breach in water resistance.

7. SPECIFICATIONS

- **Model Number:** GMAS140M-1A
- **Case / Bezel Material:** Resin
- **Band Material:** Resin
- **Glass:** Mineral Glass
- **Water Resistance:** 200-meter (20 BAR)
- **Shock Resistance:** Yes

- **Magnetic Resistance:** Yes
- **LED Light:** Auto light switch, selectable illumination duration (1.5 seconds or 3 seconds), afterglow
- **World Time:** 29 time zones (48 cities + coordinated universal time), daylight saving on/off, Home city/World time city swapping
- **Stopwatch:** 1/1000-second, measuring capacity: 99:59'59.999", measuring modes: Elapsed time, lap time, split time
- **Countdown Timer:** Measuring unit: 1 second, countdown range: 24 hours, countdown start time setting range: 1 minute to 24 hours (1-minute increments and 1-hour increments)
- **Alarms:** 5 daily alarms (with 1 snooze alarm)
- **Hourly Time Signal:** Yes
- **Full Auto-Calendar:** To year 2099
- **12/24-Hour Format:** Yes
- **Analog Display:** 2 hands (hour, minute (hand moves every 20 seconds)), 1 dial (speed)
- **Digital Display:** Hour, minute, second, pm, month, date, day
- **Approx. Battery Life:** 2 years on CR1220
- **Case Size (H x W x T):** 49 x 45.9 x 15.8 mm
- **Weight:** 7.05 ounces (approx. 70g)

8. WARRANTY AND SUPPORT

Your G-Shock GMAS140M-1A watch comes with a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions. For technical support, repairs, or further assistance, please contact G-Shock customer service or visit an authorized G-Shock service center.

Manufacturer: G-Shock

International Warranty Card: Included with purchase.