Casio GMA-S140M-7A

Casio G-SHOCK GMA-S140M-7A Watch Instruction Manual

Model: GMA-S140M-7A

Introduction

This manual provides detailed instructions for the proper use and maintenance of your Casio G-SHOCK GMA-S140M-7A watch. This timepiece is engineered with shock-resistant construction and 200-meter water resistance, making it suitable for various activities. It features an analog-digital display, world time, stopwatch, timer, and multiple alarms.

Setup

Battery Information

Your watch comes with one CR2032 battery pre-installed. The approximate battery life is 2 years. When the battery runs low, the display may dim or functions may become unreliable. It is recommended to have the battery replaced by a qualified technician to ensure water resistance is maintained.

Initial Time Setting

Upon first use or after a battery change, you may need to set the current time and date. Refer to the specific button functions (usually labeled A, B, C, D on the watch case) to enter time-setting mode. Typically, you will press and hold a button (e.g., 'Adjust' or 'Mode') to enter setting mode, then use other buttons to select digits and adjust values. The analog hands will synchronize with the digital time automatically or can be adjusted manually.

Operating Instructions

The GMA-S140M-7A features multiple modes accessible via the 'Mode' button (typically located on the bottom left). Pressing this button cycles through the modes:

- **Timekeeping Mode:** Displays the current time, day, and date.
- **World Time Mode:** Allows you to view the current time in 48 cities (29 time zones) around the world. Use the adjustment buttons to scroll through cities.
- **Stopwatch Mode:** Measures elapsed time with 1/1000-second accuracy, up to 100 hours. Includes lap/split time measurement and speed measurement functions.
- **Timer Mode:** A countdown timer that can be set in 1-minute increments up to 24 hours, with auto-repeat functionality.
- **Alarm Mode:** Set up to 5 daily alarms, with one snooze function. An hourly time signal can also be activated.

LED Backlight

Press the light button (typically top right) to illuminate the display. The watch features an auto-light function and selectable afterglow durations (1.5 or 3 seconds).

Water Resistance (200 Meters / 20 ATM)

This watch is rated for 200-meter water resistance, suitable for swimming, showering, and snorkeling.**Do not operate any buttons while the watch is submerged in water**, as this can compromise the water seal.

Maintenance

Cleaning

Wipe the watch case and band with a soft, dry cloth. For stubborn dirt, use a soft cloth dampened with water and a mild neutral detergent, then wipe dry. Avoid using volatile agents like thinner or benzine, as they may damage the resin components.

Battery Replacement

When the battery needs replacement, it is strongly recommended to take the watch to an authorized Casio service center or a reputable watch repair shop. This ensures that the correct battery type is used and the watch's water resistance is properly re-sealed after the procedure.

Water Resistance Care

To maintain the 200-meter water resistance, have the gaskets checked and replaced periodically, especially if the watch is frequently exposed to water. Avoid exposing the watch to extreme temperature changes, which can affect the seals.

Troubleshooting

- **Incorrect Time:** If the time is incorrect, ensure you are in the correct time zone and that Daylight Saving Time (DST) settings are accurate. Re-adjust the time in Timekeeping Mode.
- **Analog Hands Not Matching Digital Time:** In some cases, the analog hands may need manual alignment. Refer to the full Casio module manual (available online) for specific hand alignment procedures for your module number.
- **Display is Blank or Dim:** This usually indicates a low battery. Replace the battery as described in the Maintenance section.
- **Buttons Not Responding:** Ensure the watch is not in a locked mode (if applicable) or that it is not submerged in water. If the issue persists, a battery reset or professional inspection may be required.

Specifications

Model Name: GMA-S140M-7A

Movement: Quartz Analog-Digital

Water Resistance: 20 ATM (200 Meters)

Case Material: Resin

Band Material: Resin

Crystal: Mineral Glass

Case Dimensions (H x W x D): Approximately 49 x 45.9 x 15.8 mm

Case Diameter: 49 Millimeters

Case Thickness: 15.8 Millimeters

Band Width: 25 Millimeters

Weight: Approximately 56 g (2.0 oz)

Battery Type: 1 x CR2032 (included)

Battery Life: Approximately 2 years

Accuracy: ±15 seconds per month (average)

World Time: 48 cities (29 time zones) + UTC

Stopwatch: 1/1000-second, 100-hour meter, speed measurement

Timer: 1-minute to 24-hour countdown, 1-second increments, auto-repeat

Alarms: 5 daily alarms (1 with snooze), hourly time signal

Light: LED backlight (Amber) with auto-light and selectable afterglow

Additional Features: Shock resistant, anti-magnetic (JIS 1 type), 12/24-hour format

Product Images

Side view of the Casio G-SHOCK GMA-S140M-7A watch, highlighting the white resin case and the functional buttons on the side.

Rear view of the Casio G-SHOCK GMA-S140M-7A watch, showing the stainless steel case back with model information and water resistance rating.

The Casio G-SHOCK GMA-S140M-7A watch displayed on a wrist, providing a perspective on its overall size and fit.

Warranty Information

Your Casio G-SHOCK watch is covered by a manufacturer's warranty against defects in materials and workmanship. The specific terms and duration of the warranty may vary by region. Please retain your proof of purchase for warranty claims. For detailed warranty information, refer to the warranty card included with your product or visit the official Casio website for your region.

Support

For further assistance, technical support, or service inquiries regarding your Casio G-SHOCK GMA-S140M-7A watch, please contact Casio customer service. You can typically find contact information, including phone numbers and online support portals, on the official Casio website for your country or region.

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