

SEIKO SRPH29

SEIKO SRPH29 5 Sports Automatic Watch Instruction Manual

MODEL: SRPH29

Introduction

This manual provides essential information for the proper use and care of your SEIKO SRPH29 5 Sports Automatic Watch. This timepiece features an automatic movement with manual winding capability, a green dial with day/date display, a stainless steel case, and a green nylon strap. It is water-resistant to 100 meters (10 bar).

Setup

1. Initial Winding

Your SEIKO SRPH29 watch is powered by an automatic movement. If the watch has stopped, it can be started by swinging it gently from side to side in a horizontal arc for about 30 seconds, or by manually winding it. To manually wind, rotate the crown clockwise in the normal position (position 0) for approximately 20-30 turns. This will provide sufficient power to start the watch.

2. Setting the Time and Date

- Pull the crown to position 2:** Gently pull the crown out to the first click. This is the quick-set position for the day and date.
- Set the Day:** Rotate the crown counter-clockwise to advance the day.
- Set the Date:** Rotate the crown clockwise to advance the date.
- Pull the crown to position 3:** Gently pull the crown out to the second click. This is the time setting position. The second hand will stop.
- Set the Time:** Rotate the crown to set the hour and minute hands. To ensure the day/date changes at midnight, advance the hands past 12 o'clock. If the day/date changes, you are in the AM hours. Continue to advance the hands until the correct time is set.
- Push the crown back:** Once the time is set, push the crown back to the normal position (position 0). The second hand will resume movement.

Video: Demonstrating the Seiko SRPH29 watch, including setting the time and date.

Operating the Watch

Automatic Movement (Caliber 4R36)

The SEIKO SRPH29 is equipped with the reliable 4R36 automatic movement. This movement is self-winding, meaning it gains power from the natural motion of your wrist while wearing the watch. It also supports manual winding via the crown. When fully wound, the watch has a power reserve of approximately 41 hours.

Day/Date Display

The watch features a day and date display at the 3 o'clock position. The day is displayed in English and another language (typically Spanish or Japanese), and the date shows the numerical day of the month. Ensure the time is set correctly to avoid the day/date changing at noon instead of midnight.

Water Resistance (100m / 10 bar)

This watch is water-resistant to 10 bar (100 meters), making it suitable for swimming and showering. It is not intended for scuba diving. Always ensure the crown is fully pushed in before exposing the watch to water.



Image: Front view of the SEIKO SRPH29 watch, showcasing the green dial, luminous hands, and green nylon strap.



Image: Rear view of the SEIKO SRPH29 watch, highlighting the transparent case back that reveals the automatic movement.

Maintenance

Cleaning Your Watch

To maintain the appearance and longevity of your watch, wipe the case and crystal with a soft, dry cloth regularly. For the nylon strap, a mild soap solution and a soft brush can be used, followed by thorough rinsing and air drying. Avoid using harsh chemicals or abrasive materials.

Strap Care

The green nylon strap is durable but can show wear over time. Avoid prolonged exposure to direct sunlight or extreme temperatures, which can degrade the material. If the strap becomes heavily soiled or damaged, consider replacing it with an official SEIKO strap or a compatible alternative.

Storage

When not wearing your watch, store it in a cool, dry place away from direct sunlight and strong magnetic fields. If the watch will not be worn for an extended period, it may stop. Simply re-wind it manually or wear it to reactivate the automatic movement.

Troubleshooting

- **Watch not running:** Ensure the watch is sufficiently wound. If it has been stationary, manually wind it by rotating the crown clockwise in position 0 for 20-30 turns, or wear it for several hours.
- **Day/Date changes at noon:** This indicates the time is set for PM hours when it should be AM. Advance the time by 12 hours.
- **Inaccurate timekeeping:** Automatic watches can vary slightly in accuracy. If the deviation is significant, the watch may require adjustment by a qualified watchmaker.
- **Condensation under crystal:** If condensation appears, it may indicate a breach in water resistance. Have the watch inspected by a professional immediately to prevent damage to the movement.

Specifications

Model Number	SRPH29
Movement	Automatic with Manual Winding (Caliber 4R36)
Case Material	Stainless Steel
Strap Material	Green Nylon
Dial Color	Green
Water Resistance	10 bar (100 meters)
Functions	Day/Date Display, Luminous Hands and Markers
Dimensions	5 x 4 x 3.5 inches; 6.38 ounces

Warranty and Support

Your SEIKO SRPH29 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 service, repairs, or further assistance, please contact SEIKO customer support or an authorized service center. Keep your proof of purchase for warranty claims.

Related Documents - SRPH29



[Seiko Caliber 6T51, 8205, 8215, 821A Watch Movement Specifications and Operation Guide](#)

Detailed technical specifications, performance metrics, and operational instructions for Seiko watch movements including Caliber 6T51, 8205, 8215, and 821A. Learn about winding, time setting, date and day adjustment, and internal mechanisms.



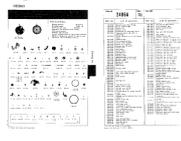
[Seiko 2516B Caliber Watch Movement Parts and Specifications](#)

Detailed technical information and parts list for the Seiko 2516B automatic watch movement, including specifications, characteristics, and component diagrams.



[SEIKO 4R35/4R36/4R37/4R38/4R39/4R71/4R72 Mechanical Watch Instruction Manual](#)

Comprehensive user manual for SEIKO mechanical watches with calibers 4R35, 4R36, 4R37, 4R38, 4R39, 4R71, and 4R72, covering operation, maintenance, care, and troubleshooting.



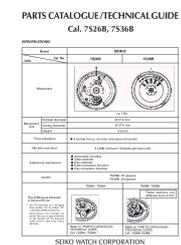
[Seiko Calibre 2406A Watch Movement: Technical Specifications and Parts List](#)

Detailed technical specifications, parts list, and assembly instructions for the Seiko Calibre 2406A automatic watch movement. Includes diagrams and component identification for watchmakers and enthusiasts.



[Seiko 6L35 Mechanical Watch Instructions](#)

Comprehensive instructions for the Seiko 6L35 mechanical watch, covering usage, care, maintenance, and troubleshooting.



[Seiko Cal. 7S26B, 7S36B Parts Catalogue and Technical Guide](#)

Comprehensive parts catalogue and technical guide for Seiko Cal. 7S26B and 7S36B automatic watch movements. This document details specifications, provides exploded views of components, lists part numbers, and offers instructions for disassembly, reassembly, balance staff handling, and hairspring adjustment.