

## SEIKO SSK013

# SEIKO Presage Automatic GMT Analog Watch SSK013 User Manual

Model: SSK013

## INTRODUCTION

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Thank you for choosing the SEIKO Presage Automatic GMT Analog Watch, Model SSK013. This manual provides detailed instructions for the proper setup, operation, and maintenance of your timepiece. Please read this manual thoroughly to ensure optimal performance and longevity of your watch.

## PRODUCT OVERVIEW

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### Key Features

- Automatic movement with GMT function.
- Satin black dial with luminous hands and markers.
- Polished and brushed stainless steel case.
- 40.8mm case diameter.
- Brown grained perforated leather strap with buckle clasp.
- Date display.

### Watch Components



**Image 1: Front View of the Watch.** This image displays the watch face, including the satin black dial, gold-toned hands and hour markers, the GMT hand, date window, and the brown perforated leather strap. The stainless steel case and crown are also visible.



**Image 2: Back View of the Watch.** This image shows the transparent case back, revealing the automatic mechanical movement (Caliber 4R34A) with its rotor, gears, and jewels. Engravings for "SEIKO TIME CORP.", "MADE IN JAPAN", "WATER RESIST 5 BAR", and "STAINLESS STEEL" are visible around the edge.

## SETUP AND INITIAL ADJUSTMENT

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Your SEIKO Presage Automatic GMT watch is powered by the natural motion of your wrist. Before initial use or after a period of inactivity, follow these steps to set up your watch.

### 1. Initial Winding

1. Ensure the crown is in position 0 (normal position, pushed in).
2. Rotate the crown clockwise approximately 20-30 times. This will manually wind the mainspring and provide sufficient power to start the watch.
3. The second hand should begin to move.

### 2. Setting the Time

1. Pull the crown out to position 2 (the outermost position). The second hand will stop.

2. Rotate the crown to advance the hour and minute hands. Set the time to a few minutes past the current time.
3. Push the crown back to position 0 when a time signal (e.g., from a radio or phone) reaches the exact time you set.

### 3. Setting the Date

1. Pull the crown out to position 1 (the middle position).
2. Rotate the crown counter-clockwise to adjust the date.
3. **Important:** Avoid setting the date between 9:00 PM and 3:00 AM, as this can damage the date change mechanism. If you need to set the date during this period, first advance the time past 3:00 AM, then set the date, and finally reset the time.
4. Once the date is set, push the crown back to position 0.

### 4. Setting the GMT Hand (24-Hour Hand)

1. With the crown in position 1 (middle position), rotate the crown clockwise to adjust the GMT (24-hour) hand.
2. The GMT hand moves independently of the hour and minute hands. Use it to track a second time zone in 24-hour format against the fixed 24-hour bezel.
3. Once the GMT hand is set, push the crown back to position 0.

## OPERATING YOUR WATCH

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### Wearing the Watch

For optimal performance of the automatic movement, wear your watch regularly. The natural motion of your wrist will keep the mainspring wound. If the watch is not worn for an extended period, it may stop, requiring manual winding and time setting as described in the "Setup" section.

### Automatic Movement

The SSK013 features an automatic mechanical movement. This means it is powered by the kinetic energy generated by your arm's motion. It does not require a battery. When fully wound, the watch has a power reserve that allows it to continue running for approximately 41 hours when not being worn.

## MAINTENANCE AND CARE

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### Cleaning

- Wipe the case and crystal with a soft, dry cloth regularly to remove dust and fingerprints.
- For the leather strap, avoid prolonged exposure to water, direct sunlight, and harsh chemicals. Clean with a slightly damp cloth and allow to air dry.
- Do not use solvents or abrasive cleaners, as these can damage the watch's finish.

### Water Resistance

Your watch is water resistant to 5 BAR (50 meters). This means it is suitable for everyday use, such as hand washing, rain, and splashes. It is not suitable for swimming, showering, or diving. Always ensure the crown is fully pushed in to maintain water resistance.

### Storage

When not wearing your watch, store it in a cool, dry place away from direct sunlight, extreme temperatures, and strong magnetic fields. A watch box or pouch is recommended to protect it from dust and scratches.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch has stopped or runs intermittently.	Insufficient power reserve (not worn enough or not manually wound).	Manually wind the watch by rotating the crown clockwise 20-30 times. Wear the watch regularly.
Time is inaccurate.	Watch is not fully wound, exposed to strong magnetic fields, or requires servicing.	Ensure the watch is fully wound. Keep away from magnets. If issues persist, contact SEIKO service.
Date does not change at midnight.	AM/PM setting is incorrect, or date was set during restricted hours.	Advance the time by 12 hours. Avoid setting the date between 9:00 PM and 3:00 AM.

## SPECIFICATIONS

- **Model Number:** SSK013
- **Movement:** Automatic Mechanical (Caliber 4R34A)
- **Case Material:** Stainless Steel (Polished and Brushed)
- **Case Diameter:** 40.8 mm
- **Dial:** Satin Black
- **Crystal:** Hardlex
- **Strap Material:** Brown Grained Perforated Leather
- **Clasp Type:** Buckle
- **Water Resistance:** 5 BAR (50 meters)
- **Functions:** Hours, Minutes, Seconds, Date, GMT (24-hour hand)
- **Power Reserve:** Approximately 41 hours
- **Jewels:** 24
- **Product Dimensions:** 5 x 4 x 4 inches (packaging)
- **Item Weight:** 14.39 ounces (packaging)

## WARRANTY AND SUPPORT

Your SEIKO watch is covered by a limited warranty against manufacturing defects. For specific warranty terms and conditions, please refer to the warranty card included with your purchase or visit the official SEIKO website. For service, repairs, or further assistance, please contact an authorized SEIKO service center. For more information, visit the [Official SEIKO Store on Amazon](#).

 <p>Cal. 6R20/6R21/6R24/6R27</p> <p>INSTRUCTIONS P. 31  REPAIR/REPLACEMENTS P. 243  INDEX P. 243  INTRODUCTION P. 30  INDEX P. 243  INDEX P. 243  INDEX P. 243  INDEX P. 243  INDEX P. 243</p>	<p><a href="#">Seiko Caliber 6R20/6R21/6R24/6R27 Automatic Watch User Manual</a></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. 31  REPAIR/REPLACEMENTS P. 243  INDEX P. 243  INTRODUCTION P. 30  INDEX P. 243  INDEX P. 243  INDEX P. 243  INDEX P. 243</p>	<p><a href="#">SEIKO Cal. 4R35/36 Automatic Watch User Manual</a></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. V195</p> <p>INSTRUCTIONS P. 31  REPAIR/REPLACEMENTS P. 243  INDEX P. 243  INTRODUCTION P. 30  INDEX P. 243  INDEX P. 243  INDEX P. 243  INDEX P. 243</p>	<p><a href="#">SEIKO Cal. V195 Analog Quartz Solar Watch: User Manual and Instructions</a></p> <p>Explore the comprehensive user manual for the SEIKO Cal. V195 Analog Quartz Solar Watch. This guide provides detailed instructions on time setting, world time, stopwatch functions, charging, maintenance, and troubleshooting for your SEIKO timepiece.</p>
 <p>Cal. 5R86</p> <p>INSTRUCTIONS P. 31  REPAIR/REPLACEMENTS P. 243  INDEX P. 243  INTRODUCTION P. 30  INDEX P. 243  INDEX P. 243  INDEX P. 243</p>	<p><a href="#">SEIKO Spring Drive Cal. 5R86 Watch User Manual</a></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><a href="#">Seiko Time Module GMT Watch Function Explained</a></p> <p>An informational guide detailing the GMT watch function available on Seiko Time Module watches, explaining its utility for tracking multiple time zones.</p>
	<p><a href="#">Seiko Series SNJ (H023) Analog/Digital Watch: Operational Instructions</a></p> <p>Detailed operational guide for the Seiko Series SNJ (H023) analog/digital watch, covering features like time setting, world time, chronograph, alarm, and time transfer. Learn to use all functions of your Seiko watch.</p>

Documents - SEIKO – SSK013



[Seiko 2024-2025 Catalog: Prospex, Presage, Coutura, and More Watch Collections](#)

Explore the official Seiko 2024-2025 Catalog featuring detailed information on Prospex, Presage, Coutura, Diamonds, Crystals, and Essentials watch collections, highlighting innovative technology and timeless design.

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