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› [MVMT Men's Minimal Sport Automatic Watch Abyss Black User Manual](#)

MVMT 28000320

MVMT Men's Minimal Sport Automatic Watch Abyss Black

Model: 28000320 | Brand: MVMT

INTRODUCTION

Welcome to the user manual for your MVMT Men's Minimal Sport Automatic Watch. This timepiece is designed with a focus on minimalist aesthetics and robust functionality, featuring an automatic movement powered by your motion. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your watch to ensure its longevity and optimal performance.

The MVMT Minimal Sport Automatic Watch combines sophisticated design with practical features, making it suitable for both daily wear and adventurous activities. Its automatic movement, sapphire crystal, and high water resistance are hallmarks of its quality and durability.

KEY FEATURES

- Automatic Miyota 821A Movement:** Self-winding mechanical movement that harnesses kinetic energy from your wrist to power the watch, eliminating the need for batteries. Features an exhibition case back to view the intricate mechanism.
- 20 ATM Water Resistance:** Designed for serious water activities, capable of withstanding pressures equivalent to a depth of 200 meters. Features a screw-down crown for enhanced water protection.
- Sapphire Crystal:** Extremely scratch-resistant watch face material, offering superior durability and clarity compared to standard mineral glass.
- Luminous Super-LumiNova:** Watch hands and hour markers are coated with luminous material for excellent visibility in low-light conditions, inspired by bioluminescent marine life.
- Hydro-Dynamic Silicone Strap:** Comfortable and durable silicone strap, ideal for active lifestyles and water exposure.





Front view of the MVMT Minimal Sport Automatic Watch in Abyss Black, showcasing its sleek design and luminous blue accents.



Detailed view of the MVMT Minimal Sport Automatic Watch partially submerged in water, highlighting key features such as the Miyota 8215 Automatic movement, Swiss Super-LumiNova, 20 ATM water resistance with screw-down crown, sapphire crystal, and hydro-dynamic silicone strap.





Rear view of the MVMT Minimal Sport Automatic Watch, showing the case back and the MVMTX logo on the strap buckle.

SETUP

Initial Winding and Time Setting

- Unscrew the Crown:** Locate the crown on the right side of the watch case. Gently unscrew it counter-clockwise until it pops out to the first position. This is the winding position.
- Manual Winding:** In the first position, turn the crown clockwise approximately 30-40 times. This will provide an initial power reserve to start the automatic movement. The second hand should begin to move.

- Setting the Date:** Pull the crown out to the second position (one click further). Turn the crown clockwise or counter-clockwise to adjust the date. Avoid setting the date between 9 PM and 3 AM, as this can damage the movement.
- Setting the Time:** Pull the crown out to the third position (the outermost click). Turn the crown to set the hour and minute hands. To ensure accuracy, set the time a few minutes ahead and then turn the crown counter-clockwise to move the hands backward to the exact time.
- Secure the Crown:** Once the time and date are set, push the crown back in firmly and screw it clockwise until it is fully tightened against the watch case. This ensures the watch's water resistance.

Note: As an automatic watch, it will continue to run as long as it is worn regularly (typically 8-10 hours a day) or kept on a watch winder. If the watch stops due to lack of motion, simply repeat the manual winding steps.

OPERATING YOUR WATCH

Automatic Movement Operation

Your MVMT Minimal Sport watch is equipped with a Japanese Miyota 821A automatic movement. This sophisticated mechanism is powered by the natural motion of your wrist. As you move, an oscillating weight (rotor) inside the watch rotates, winding the mainspring and storing energy. This stored energy then powers the watch, allowing it to keep accurate time without the need for a battery.

For optimal performance, it is recommended to wear your watch daily. If the watch is not worn for an extended period (typically 40-42 hours, depending on the power reserve), it will stop. Simply pick it up, give it a gentle shake, or manually wind it as described in the Setup section to restart it.

Water Resistance Guidelines

The MVMT Minimal Sport Automatic Watch boasts a 20 ATM (200 meters) water resistance rating. This means it is suitable for professional marine activity and serious surface water sports, but not for saturation diving. Always ensure the crown is fully screwed down before any water exposure.

Water Resistance Guide

Rating	Activity	Suitability
3 ATM (30 meters)	Washing hands, light rain	Splash resistant only. Not for showering or swimming.
5 ATM (50 meters)	Showering, shallow swimming	Suitable for short periods of recreational swimming.
10 ATM (100 meters)	Swimming, snorkeling, diving (non-scuba)	Suitable for recreational surfing, swimming, snorkeling, sailing and water sports.
20 ATM (200 meters)	Diving (non-saturation), serious water sports	Suitable for professional marine activity and serious surface water sports.

WATER RESISTANCE GUIDE



3ATM

Washing hands
Walking in the rain

5ATM

Showering
Swimming

10ATM

Scuba
Diving up to 100 Meters

20ATM

Diver's Watch
Diving up to 200 Meters

Visual guide illustrating different levels of watch water resistance, from 3 ATM for hand washing to 20 ATM for diving.

MAINTENANCE

Cleaning Your Watch

- Case and Crystal:** Wipe the watch case and sapphire crystal with a soft, lint-free cloth. For stubborn dirt, dampen the cloth slightly with plain water. Avoid using harsh chemicals or abrasive materials.
- Silicone Strap:** The hydro-dynamic silicone strap can be cleaned with mild soap and water. Rinse thoroughly and dry completely before wearing.
- After Water Exposure:** After swimming or diving, rinse your watch with fresh water to remove any salt or chlorine, then dry it with a soft cloth. Ensure the crown is fully screwed down before rinsing.

General Care

- Avoid Extreme Temperatures:** Do not expose your watch to extreme hot or cold temperatures, as this can affect the movement's accuracy and the integrity of seals.
- Magnetic Fields:** Keep your watch away from strong magnetic fields (e.g., speakers, refrigerators, certain electronic devices), as magnetism can affect the accuracy of mechanical movements. If your watch becomes magnetized, it may need demagnetization by a professional.
- Impacts:** While durable, avoid dropping your watch or subjecting it to severe impacts, which can damage the internal components.
- Servicing:** For optimal performance and longevity, it is recommended to have your automatic watch serviced by a qualified watchmaker every 3-5 years.

TROUBLESHOOTING

Common Issues and Solutions

Problem	Possible Cause	Solution
Watch has stopped or is running slow.	Insufficient power reserve (not worn enough).	Manually wind the watch by unscrewing the crown and turning it clockwise 30-40 times. Wear the watch regularly (8-10 hours daily).
Watch is running too fast or too slow consistently.	Exposure to strong magnetic fields; needs regulation.	Keep away from magnets. If problem persists, consult a professional watchmaker for demagnetization or regulation.
Condensation under the crystal.	Temperature change; compromised water resistance.	Immediately take the watch to a professional watchmaker. Do not attempt to dry it yourself.
Crown does not screw down properly.	Cross-threaded or damaged crown/stem.	Do not force it. This compromises water resistance. Seek professional repair.

SPECIFICATIONS

Product Specifications

Feature	Detail
Model Number	28000320
Movement	Japanese Miyota 821A Automatic
Water Resistance	20 ATM (200 meters)
Crystal Material	Sapphire Glass

Feature	Detail
Clasp Type	Buckle
Item Type Name	Diving Watch
Package Dimensions	6.26 x 3.78 x 2.32 inches
Item Weight	10.23 ounces
Manufacturer	MVMT

WARRANTY AND SUPPORT

Your MVMT Minimal Sport Automatic Watch is backed by a **Two-Year Guarantee** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage resulting from improper handling, accidents, unauthorized repairs, or normal wear and tear.

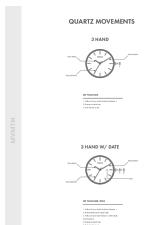
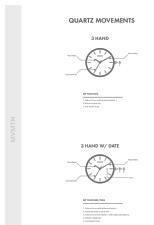
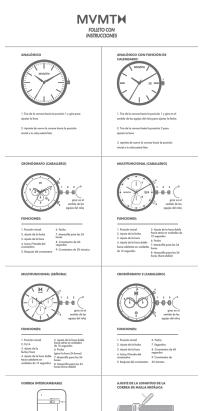
For warranty claims, technical support, or any inquiries regarding your watch, please contact MVMT customer service directly. You can find more information and contact details on the official MVMT website or through their Amazon Brand Store.

MVMT Official Store: Visit the [MVMT Store on Amazon](#)

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This manual is for informational purposes only. Specifications are subject to change without notice.

Related Documents - 28000320

	<p>MVMT Watch User Manual: Quartz, Solar, and Automatic Movements</p> <p>Comprehensive guide to MVMT watches, explaining how to set time, date, and use various functions for Quartz, Solar, and Automatic movement types. Includes battery safety information.</p>
	<p>MVMT Watch User Manual: Quartz, Solar, Automatic, and Moon Phase Movements</p> <p>Comprehensive user guide for MVMT watches, detailing operation of Quartz, Solar, Automatic, and Moon Phase movements. Includes instructions for setting time, date, day, chronograph, and dual time features across various models.</p>
	<p>MVMT Minimal Sport Automatic Watch Instructions</p> <p>Comprehensive instructions for the MVMT Minimal Sport Automatic Watch, covering assembly, battery installation, and detailed instructions for setting the time, date, and other functions. Includes diagrams for the crown and case back.</p>

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5	56	✓	✗	✗	✗	✗	✗
10	104	✓	✓	✓	✓	✓	✗
39	390	✓	✓	✓	✓	✓	✓

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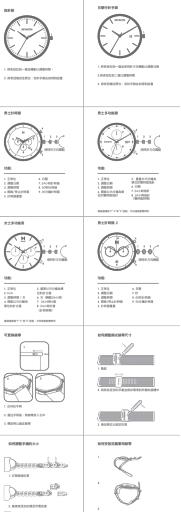
MVMT Watch Instruction Manual and Product Guide

A comprehensive guide to MVMT watches, detailing analog, chronograph, and multifunction models. Includes instructions for strap adjustment, water resistance ratings, warranty information, and company mission.



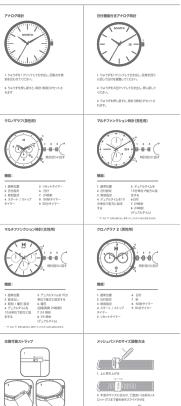
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[MVMT 3-in-1 Foldable Magnetic Travel Charger - User Manual](#)

User manual for the MVMT 3-in-1 Foldable Magnetic Travel Charger, detailing device layout, specifications, packaging contents, usage instructions, and FCC compliance information.



[MVMT SP3418 GAMMA IPX4 Water-Resistant Bluetooth Speaker User Manual](#)

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