

SEIKO SSK025

SEIKO Men's SSK025 5 Sports Field GMT Watch Instruction Manual

Comprehensive guide for the setup, operation, and maintenance of your SEIKO SSK025 timepiece.

1. OVERVIEW

The SEIKO Men's SSK025 5 Sports Field GMT Watch is an automatic timepiece designed for reliability and functionality. It features a GMT function with a distinct red hand, a durable stainless steel case, and a thick, curved glass crystal. The LumiBrite hands and indexes ensure visibility in low-light conditions, and the watch offers water and magnetic resistance for everyday wear.



Figure 1: Front view of the SEIKO SSK025 5 Sports Field GMT Watch, showcasing the black dial, luminous markers, and red GMT hand.

2. SETUP

2.1 Winding the Watch

This watch is equipped with an automatic mechanical movement. It is self-winding through the motion of your wrist. If the watch has stopped or its power reserve is low, it can be manually wound by rotating the crown in the normal position (position 0) clockwise approximately 30-40 times. This will provide sufficient power to start the watch and allow the automatic winding mechanism to take over.

2.2 Setting the Time and Date

1. **Pull the crown out to position 2 (first click).** Rotate the crown clockwise or counter-clockwise to set the date.
2. **Pull the crown out to position 3 (second click).** The second hand will stop. Rotate the crown to set the hour and minute hands. To ensure accurate time setting, align the minute hand to a time a few minutes ahead of the current time, then rotate it counter-clockwise to the correct time.
3. **Push the crown back to position 0.** The second hand will resume movement.

2.3 Setting the GMT Hand

The red GMT hand allows you to track a second time zone on the 24-hour scale located on the bezel. To set the GMT hand:

1. **Set the main time (hour and minute hands) first** as described in Section 2.2.
2. **Pull the crown out to position 2 (first click).** Rotate the crown counter-clockwise to adjust the GMT hand to the desired second time zone on the 24-hour scale.
3. **Push the crown back to position 0.**



Figure 2: Angled view of the SEIKO SSK025, highlighting the crown and case profile.

3. OPERATING THE WATCH

3.1 Automatic Movement

The watch is powered by an automatic mechanical movement. It gains power from the natural motion of your arm while worn. When fully wound, the watch has a power reserve of approximately 41 hours. If the watch is not worn for an extended period, it may stop, requiring manual winding to restart.

3.2 GMT Functionality

The GMT hand, in conjunction with the 24-hour markings on the bezel, allows for simultaneous tracking of two different time zones. The main hour hand indicates the local time, while the red GMT hand indicates the time in a second, user-selected time zone.

3.3 Water Resistance

The SEIKO SSK025 is water resistant up to 100 meters (10 bar). This rating makes it suitable for everyday use, including showering, swimming, and snorkeling. It is not recommended for scuba diving or high-impact water sports. Always ensure the crown is fully pushed in before any contact with water.

3.4 LumiBrite Illumination

The watch features LumiBrite on its hands and indexes. This luminous material absorbs light energy and emits it in the dark, providing enhanced readability in low-light conditions. The brightness and duration of the glow depend on the amount and intensity of light absorbed.



Figure 3: Front view of the SEIKO SSK025, showing the clear dial and markers.

4. MAINTENANCE

4.1 Cleaning

To maintain the appearance of your watch, wipe the case and crystal with a soft, dry cloth regularly. For the stainless steel case and bracelet, a slightly damp cloth can be used, followed by a dry cloth. Avoid using harsh chemicals or abrasive materials.

4.2 Storage

When not wearing your watch, store it in a cool, dry place away from direct sunlight and extreme temperatures. To prevent magnetization, keep the watch away from strong magnetic fields, such as those produced by speakers, refrigerators, and certain electronic devices.

4.3 Periodic Servicing

For optimal performance and longevity, it is recommended to have your watch inspected and serviced by an authorized SEIKO service center every 2-3 years. This includes checking the movement, water resistance, and general condition of the watch.

5. TROUBLESHOOTING

5.1 Watch Not Running or Running Slowly

- **Insufficient Winding:** If the watch has not been worn for a while, manually wind it by rotating the crown clockwise in position 0 for 30-40 turns.
- **Lack of Movement:** Ensure the watch is worn regularly or placed on a watch winder to maintain its power reserve.

5.2 Incorrect Date/Day Display

- **Manual Adjustment:** Adjust the date and day as described in Section 2.2. Avoid adjusting the date between 9:00 PM and 4:00 AM, as this can damage the movement.

5.3 Condensation Inside the Crystal

- **Immediate Service Required:** If condensation appears under the crystal, it indicates a breach in water resistance. Seek professional service immediately to prevent further damage to the movement.







6. SPECIFICATIONS

Feature	Detail
Model Number	SSK025
Movement	Automatic with Manual Winding
Case Material	Stainless Steel
Crystal	Thick, Curved Glass
Water Resistance	100 meters (10 bar)
Luminous Material	LumiBrite on hands and indexes
Functions	GMT Function (Red Hand), Date Display
Product Dimensions	4.9 x 6.4 x 4 inches; 7.58 ounces
Manufacturer	Seiko
Date First Available	June 26, 2024

7. WARRANTY AND SUPPORT

For information regarding your product's warranty, please refer to the warranty card included with your purchase or visit the official SEIKO website. For technical support, repairs, or any other inquiries, please contact an authorized SEIKO service center or your retailer. Keeping your proof of purchase is recommended for warranty claims.

Related Documents - SSK025

	<p>Seiko Watch Corporation: User Manual for Caliber 4R34</p> <p>Comprehensive user manual for Seiko watches featuring the Caliber 4R34 automatic movement. Learn about setting time, date, 24-hour hand, using the rotating bezel, compass functions, daily care, water resistance, magnetic resistance, band maintenance, and troubleshooting.</p>
	<p>Seiko Time Module GMT Watch Function Explained</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>SEIKO Diving Watch 8L35/8L55 User Manual</p> <p>Comprehensive user manual for SEIKO 8L35/8L55 diving watches, covering operation, safety precautions, maintenance, and technical specifications for proper and safe use.</p>
	<p>Seiko Caliber 4R35-4R39 Mechanical Watch User Manual</p> <p>Comprehensive user manual for Seiko mechanical watches featuring calibers 4R35, 4R36, 4R37, 4R38, and 4R39. Covers watch characteristics, part names, usage, setting time and date, care, water resistance, storage, troubleshooting, and specifications.</p>
	<p>SEIKO 4R35/4R36/4R37/4R38/4R39/4R71/4R72 Mechanical Watch Instruction Manual</p> <p>Comprehensive user manual for SEIKO mechanical watches with calibers 4R35, 4R36, 4R37, 4R38, 4R39, 4R71, and 4R72, covering operation, maintenance, care, and troubleshooting.</p>
	<p>Seiko Prospex Diver's Watch 8L35/8L55 Instruction Manual</p> <p>Detailed instructions for the Seiko Prospex 8L35/8L55 diver's watch, covering usage, care, maintenance, and troubleshooting for air diving.</p>