

Promaster JV1007-07E

Citizen JV1007-07E PROMASTER Land Series User Manual

Model: JV1007-07E | Brand: Promaster

1. INTRODUCTION

Welcome to the user manual for your Citizen JV1007-07E PROMASTER Land Series watch. This timepiece is designed for durability and functionality, featuring Citizen's innovative Eco-Drive technology, which powers the watch using any light source, eliminating the need for regular battery replacement. It boasts a robust design with 20 ATM water resistance, making it suitable for various outdoor activities.

This manual provides essential information on setting up, operating, maintaining, and troubleshooting your watch to ensure optimal performance and longevity.



Figure 1: Front view of the Citizen JV1007-07E PROMASTER Land Series watch.

2. SETUP

2.1 Initial Charging (Eco-Drive)

Your PROMASTER watch is equipped with Eco-Drive technology, meaning it is powered by light. Before initial use, ensure the watch is sufficiently charged. Expose the watch dial to a bright light source (natural sunlight is ideal) for several hours. Avoid placing it in direct sunlight for extended periods in extremely hot environments, as this may cause damage. A fully charged watch can operate for approximately 3 years with power save activated.

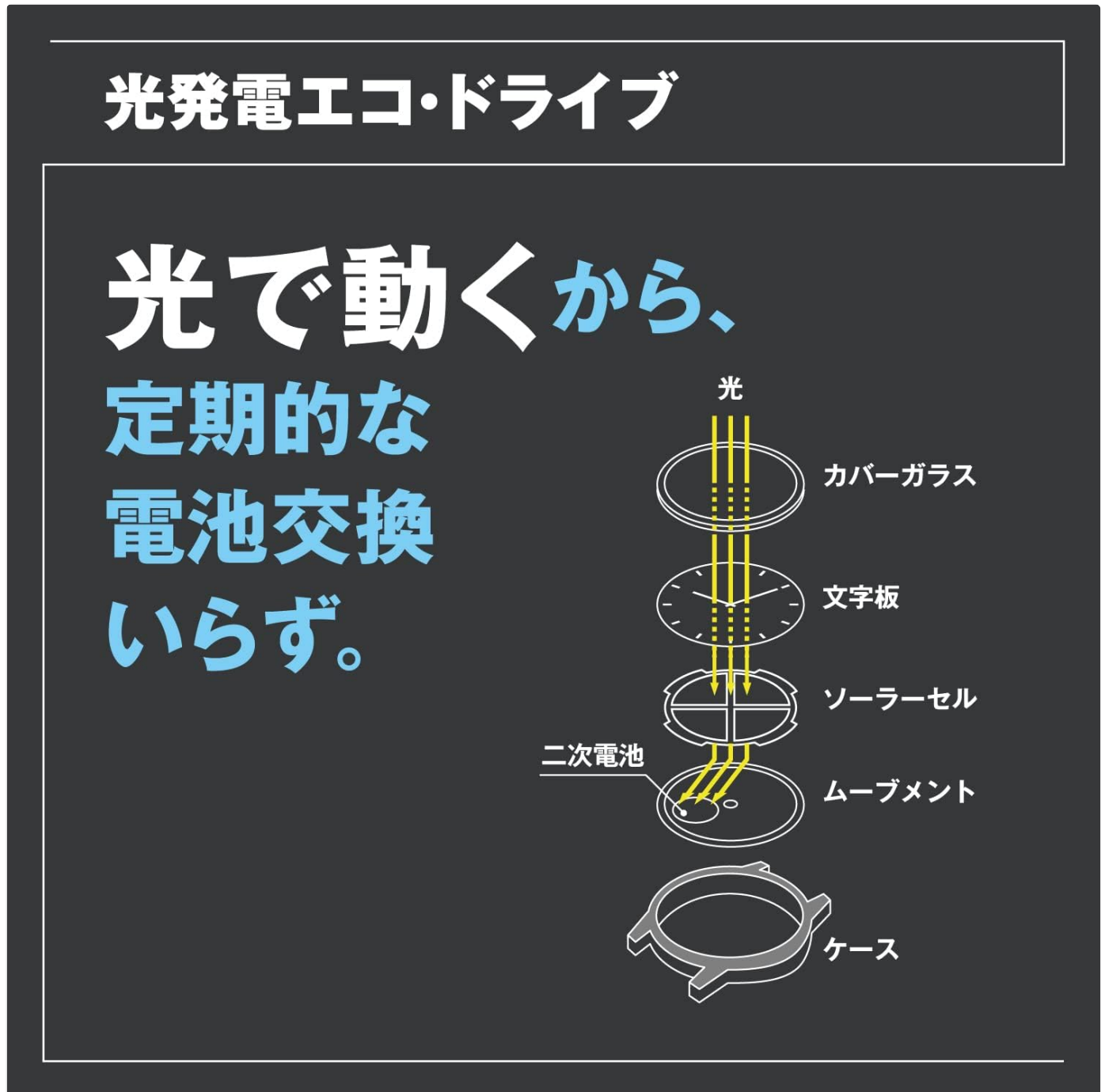


Figure 2: Diagram illustrating the Eco-Drive light-powered mechanism. Light passes through the cover glass and dial to a solar cell, which charges a secondary battery, powering the movement. This eliminates the need for regular battery replacement.

2.2 Setting Time and Date

Refer to the specific instructions provided in the full manual for detailed steps on setting the time, date, and other functions. Generally, the crown and push-buttons are used to navigate through modes and adjust settings.

- **Pull the crown:** To enter time setting mode.

- **Rotate the crown:** To adjust hours/minutes.
- **Push buttons:** To cycle through date, day, and other settings.

2.3 Adjusting the Band

The watch features a durable polyester (Cordura®) band with a buckle clasp. Adjust the buckle to ensure a comfortable and secure fit on your wrist. The band width is 22.0mm.

3. OPERATING YOUR WATCH

The Citizen JV1007-07E offers a range of advanced functions for various needs.



高解像度ディスプレイ
アナログ時計の視認性と美しさ、
デジタル時計の機能性とツール感あふれるデザイン

Figure 3: Close-up view of the watch dial, highlighting its high-resolution display. This design combines the clear visibility and aesthetic appeal of an analog watch with the functionality and robust feel of a digital watch.

3.1 Key Functions

- **LED Perpetual Calendar:** Automatically adjusts for month length and leap years.

- **Light Level Indicator:** Displays the current light intensity being received by the solar cell, helping you monitor charging efficiency.
- **Time Difference Setting Function:** Allows for easy adjustment to different time zones.
- **Chronograph Function:** A precise stopwatch capable of measuring up to 40 hours in 1/100 second increments.
- **Rotating Ring with Simple Compass:** The bezel features markings that can be used in conjunction with the sun's position to determine cardinal directions.

3.2 Using the Chronograph

To activate the chronograph, press the designated push-button (refer to your watch's specific button layout). Press again to stop, and a third time to reset. The sub-dials will display the elapsed time in hours, minutes, and 1/100 seconds.

3.3 Compass Function

To use the simple compass function, hold the watch horizontally. Point the hour hand towards the sun. South will be halfway between the hour hand and the 12 o'clock mark (in the Northern Hemisphere). Rotate the bezel to align the 'S' (South) mark with this point. Other cardinal directions will then be indicated on the rotating ring.

4. MAINTENANCE

4.1 Charging Guidelines

To maintain optimal performance, ensure your watch is regularly exposed to light. Avoid prolonged storage in dark places. If the watch stops or the low charge indicator activates, expose it to bright light immediately.

4.2 Cleaning Your Watch

Wipe the watch case and crystal with a soft, dry cloth. For the polyester band, a damp cloth can be used. Avoid using harsh chemicals or abrasive materials, which can damage the watch's finish or components.

4.3 Water Resistance

Your watch has a water resistance rating of 20 ATM (200 meters), making it suitable for swimming, showering, and snorkeling. However, it is not intended for saturation diving. Always ensure the crown is pushed in completely before exposing the watch to water. Do not operate buttons underwater.

高い防水性

日常生活で
水に濡れても
安心。



Figure 4: Diagram depicting the high water resistance of the watch, indicating it is safe even if wet during daily activities.

5. TROUBLESHOOTING

5.1 Watch Not Running or Running Intermittently

- **Cause:** Insufficient charge.
- **Solution:** Expose the watch to bright light for an extended period (several hours to a full day).

5.2 Time or Date is Incorrect

- **Cause:** Time/date not set correctly, or watch has entered power save mode and needs to resynchronize.
- **Solution:** Refer to Section 2.2 for setting instructions. If the watch has been in power save, expose it to light to reactivate and allow it to update.

5.3 Buttons or Crown Not Responding

- **Cause:** Watch may be in a specific mode that locks controls, or internal issue.

- **Solution:** Try pulling the crown out and pushing it back in to reset. If the issue persists, contact customer support.

6. SPECIFICATIONS

Citizen JV1007-07E PROMASTER Land Series

Caliber	U822 [008MS04]
Accuracy	±15 seconds/month
Power Source	Light-powered (Eco-Drive), approx. 3 years (with power save)
Functions	LED perpetual calendar, light level indicator, time difference setting, chronograph (1/100 seconds, 40 hour counter)
Water Resistance	20 ATM (200 meters)
Thickness	14.0mm
Width	43.9mm
Glass	Sapphire glass (anti-reflective coating)
Case Material	Stainless steel plating (gray color)
Band Material	Polyester (Cordura®)
Band Width	22.0mm
Clasp Type	Buckle
Antimagnetic	Class 1
Luminous	Hands + Indexes
Dial Parts	Recycled materials
Item Model Number	JV1007-07E
Package Dimensions	4.06 x 3.43 x 3.43 inches
Item Weight	8.11 ounces
Batteries	1 CR2 batteries required (included) - <i>Note: This refers to the internal secondary battery for Eco-Drive, not a replaceable primary battery.</i>



バイオマスウレタン(ベネビオール)





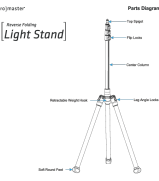

三菱ケミカル株式会社が開発した植物由来の
ウレタン原料、高い耐久性と環境配慮の両立を実現

Figure 5: Detail of the watch band, made from Biomass Urethane (Benebiol). This plant-derived urethane raw material, developed by Mitsubishi Chemical Corporation, offers both high durability and environmental consideration.

7. WARRANTY AND SUPPORT

Your Citizen PROMASTER watch is covered by a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions, including warranty period and coverage details.

For technical support, repairs, or further inquiries, please contact Citizen customer service. Contact information can typically be found on the official Citizen website or in the warranty documentation.

	<p>ProMaster PB35B Bi-Color LED Light User Manual and Specifications</p> <p>Comprehensive guide for the ProMaster PB35B Bi-Color LED Light, covering features, specifications, usage instructions, safety precautions, and warranty information.</p>
	<p>ProMaster GH26 Professional Gimbal Head - Assembly, Operation, and Tips</p> <p>Comprehensive guide to assembling, attaching cameras, and operating the ProMaster GH26 Professional Gimbal Head. Includes operational tips, tripod setup advice, and warranty information.</p>
	<p>ProMaster CL36RGB LED Light 3.0 User Manual and Specifications</p> <p>Detailed user manual for the ProMaster CL36RGB LED Light 3.0, covering features, operation, charging, modes, wireless control, safety, and specifications. Learn how to use this versatile RGB LED light for photography and videography.</p>
	<p>ProMaster Air Support Light Stand 6' - Instruction Manual and Safety Guide</p> <p>Comprehensive guide for the ProMaster Air Support Light Stand 6', covering setup, operation, safety precautions, and warranty information. Learn how to deploy, secure, and adjust your light stand safely.</p>
	<p>ProMaster LS-RF Reverse Folding Light Stand User Guide</p> <p>A comprehensive guide to using the ProMaster LS-RF Reverse Folding Light Stand, covering setup, operation, safety precautions, and warranty information for photographers.</p>
	<p>ProMaster RL100 Macro LED Ring Flash Instruction Manual</p> <p>Detailed instruction manual for the ProMaster RL100 Macro LED Ring Flash, covering part descriptions, LCD panel understanding, installation of diffusers and flash unit, operation modes, power saving features, technical specifications, and warranty information.</p>