

# equilibrium

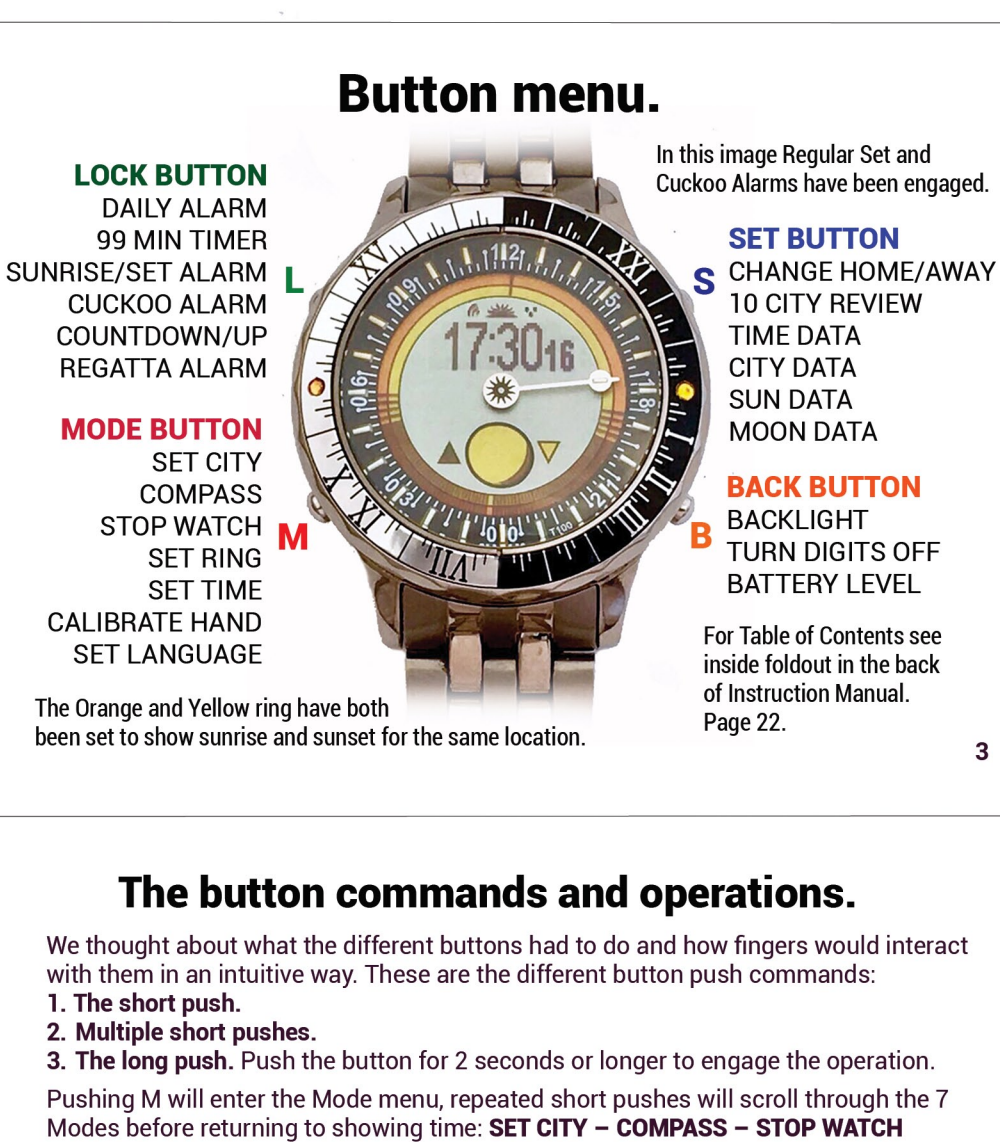
Ana-digit 24-hour solunar movement with automatic analog hand and tritium tubes.

Welcome to a broader universe of time keeping.

The Equilibrium is the kind of time piece were you want to read the IM in order to get the full use of it.

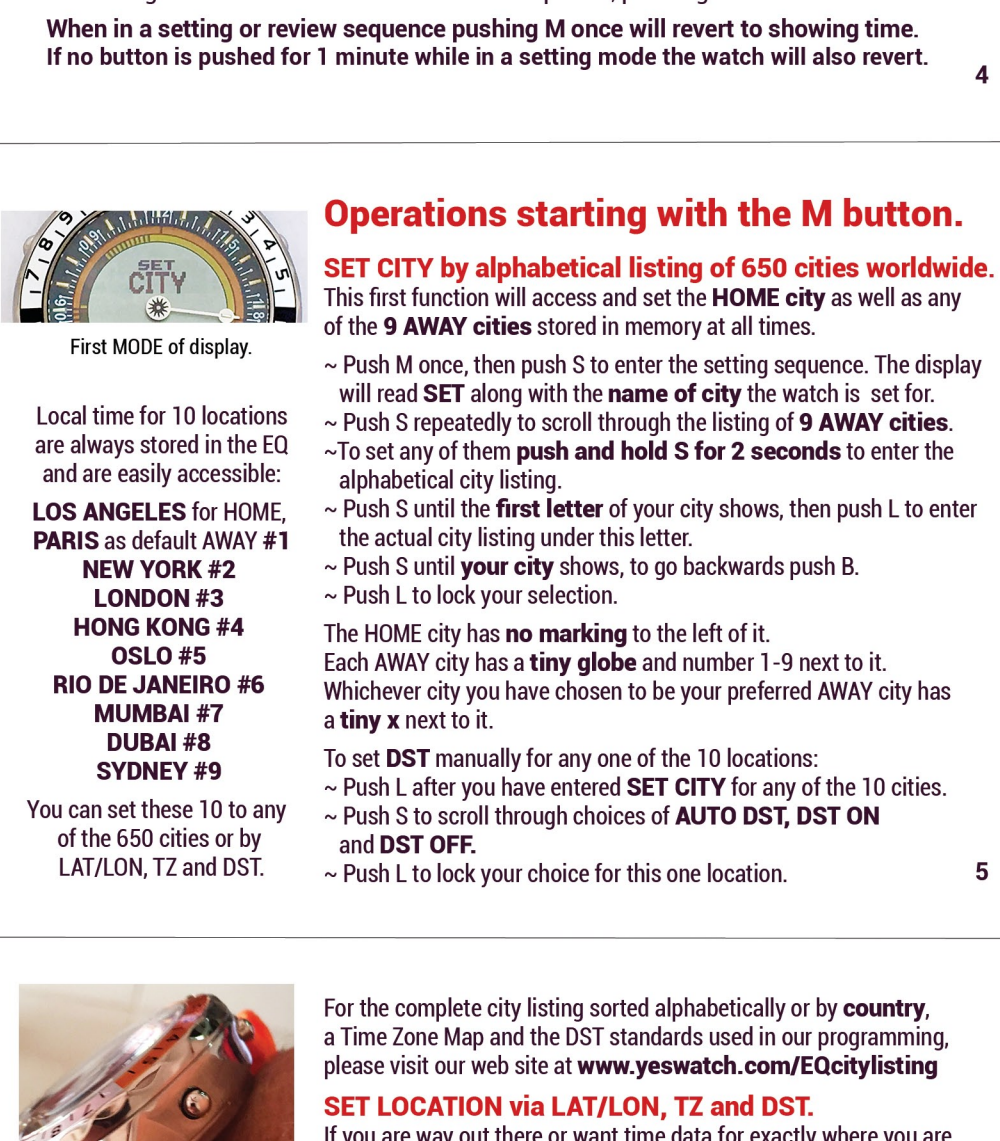
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## Interpreting the watch face.



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## Button menu.



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## The button commands and operations.

We thought about what the different buttons had to do and how fingers would interact with them in an intuitive way. These are the different button push commands:

- The short push.**
- Multiple short pushes.**
- The long push.** Push the button for 2 seconds or longer to engage the operation.

Pushing M will enter the Mode menu, repeated short pushes will scroll through the 7 Modes before returning to showing time: **SET CITY – COMPASS – STOP WATCH SET RING – SET TIME – CALIB HAND – SET LANGUAGE – TIME for HOME/AYWAY**

Pushing the S button while in one of these Modes will **enter** it. Another push of the S button will **start** setting it.

Each selection in the setting sequence of **flashing** readouts are **locked** by pushing L. The B button is used to go **backwards** during setting sequence, **turn on** the backlight, turn the dot matrix **off** and check **battery level**.

During running mode pushing S or L will enter into their own separate menus:

- ~ Pushing S will enter **daily time data review, change between HOME/AYWAY cities and review time** for the 10 locations..
- ~ Pushing L will access the 6 different **alarm** options, pushing S will enter them.

**When in a setting or review sequence pushing M once will revert to showing time.**

**If no button is pushed for 1 minute while in a setting mode the watch will also revert.**

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## Operations starting with the M button.

**SET CITY by alphabetical listing of 650 cities worldwide.**

This first function will access and set the **HOME CITY** as well as any of the **9 AWAY cities** stored in memory at all times

- ~ Push M once, then push S to enter the setting sequence. The display will read **SET** along with the **name of city** the watch is set for.
- ~ Push S repeatedly to scroll through the listing of **9 AWAY cities**.
- ~ To set any of them **push and hold S for 2 seconds** to enter the alphabetical city listing.
- ~ Push S until the **first letter** of your city shows, then push L to enter the actual city listing under this letter.
- ~ Push S until your **city** shows, to go backwards push B.
- ~ Push L to lock your selection.

The HOME city has **no marking** to the left of it. Each AWAY city has a **tiny globe** and number 1-9 next to it. Whichever city you have chosen to be your preferred AWAY city has a **tiny x** next to it.

To set **DST** manually for any one of the 10 locations:

- ~ Push L after you have entered **SET CITY** for any of the 10 cities.
- ~ Push S to scroll through choices of **AUTO DST, DST ON and DST OFF**.
- ~ Push L to lock your choice for this one location.

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For the complete city listing sorted alphabetically or by **country**, a Time Zone Map and the DST standards used in our programming, please visit our web site at [www.yeswatch.com/ECitylisting](http://www.yeswatch.com/ECitylisting)

**SET LOCATION via LAT/LON, TZ and DST.**

If you are way out there or want time data for exactly where you are you can set the watch this way. You need to know the specific data before you enter the setting mode. To enter this option go to **LAT/LON** under L in the alphabetical **city listing** as described above.

- ~ Push S to enter and set each flashing letter or number. Push B to go backwards. Push L to lock each flashing display in the sequence of:
  - LATITUDE: South-North **0-90 degrees**
  - LONGITUDE: East-West **0-180 degrees**
  - TIME ZONE: +/- 12 hours in 15 minutes increments
  - DST: USA / EUROPE / AUSTRALIA / LATIN AMERICA / NO

When setting sequence is completed the watch will read **WAIT** while calculating time before setting display and hand for your location.

**DIGITAL COMPASS with degrees and NSEW arrows.**

- ~ Push M twice until display reads **COMPASS**.
- ~ Push S once and the hand will move to **neutral position** at 1200, and the compass will engage. The **arrow** will point to north and the LCD will display **degrees** from this neutral hand position. When the arrow and hand **aligns** it will read 0 degrees, true north.

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However, to operate correctly the compass must be **calibrated**. Once hand has moved to **neutral position** as described above:

- ~ Push and hold the S button for 2 seconds until display reads **CALIB COMPASS**, and shows a checked pattern.
- ~ Push L once and display will read **ROTATE**. Then rotate the watch slowly a full 360 degrees.
- ~ Push S and the display will read **CALIB SUCCESS**.
- ~ Push S again to engage the compass.

The watch will revert to showing time after 1 minute of compass operations. If you want to keep compass **active** push the S button once and a while.

**STOP WATCH with lap time and 1/100 second count.**

The stopwatch will run up to 99 hours, 99 minutes and 99 seconds before it automatically stops. If you revert to showing time it will still run in the background and can be accessed at any time.

- ~ Push M 3 times until display reads **STOP WATCH**.
- ~ Push S to **enter**.
- ~ Push S to **start** stopwatch.
- ~ To take **lap times** push L when every lap is passed.

The stop watch watch will seamlessly continue running while showing the last lap time for 5 seconds before it starts showing the new lap time.

- ~ When finished push S, the **last lap** time will show.
- ~ Then push S again to show **total time** of all laps.

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If you then want to **review** your lap times and total time

- ~ Push the M button once and watch will read **RECALL**.
- ~ Push S to scroll through your lap times and total time to study it as you see fit.
- ~ Pushing M during recall will return to stopwatch function.

Once you have entered RECALL mode it will be indicated by two tiny **overlapping squares** to the left of the readout. To **reset** stop watch to 00:00:00 from this mode:

- ~ Push and hold the L button for 2 seconds until display reads **RESET**.
- ~ Push L again to reset and start over.

If you have not recalled lap times and want to **reset** the STOP WATCH ~ Push and hold the S button for 2 seconds until the **RESET** displays.

- ~ Push L to reset and start again at 00:00:00.

The STOPWATCH will stay engaged until M is pushed to return to time.

## SET YELLOW LCD RING.

This setting is for the inner yellow ring in the LCD. It allows you to choose if you want to see MR/MS for where you are, or the times for SR/SS in your alternate city. On solstices, equinoxes and cross quarter days this ring displays a **checked pattern**.

- ~ Push M 4 times to display **SET RING**, then push S to enter setting.
- ~ Push S to toggle between **ALT SR/SS** and **MR/MS**.
- ~ Push L to lock your selection. The display will change instantly.

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If you set both **HOME** and **AWAY** for the same city and choose **ALT SRSS** the display will show the same **SR/SS** times. It is a way to focus the display on only the sun time if you prefer.

**SET TIME in AM/PM or 2400 format.**

Digital time is set **manually** and is **always** set for HOME time location. The watch is set **automatically** adjust to local time when location is changed. The analog hand is synced to this master quartz time and will automatically set itself as well.

- ~ Push M 5 times until **SET TIME** is displayed.
- ~ Push S to enter the setting sequence. **At first +S/MONTH will display.**
- ~ Push L to proceed. Push S to choose **2400 or AM/PM** mode.
- ~ Push S to lock your choice.
- ~ Then set **year, month, date, hours and minutes** in the sequence of the flashing displays. Push S to set (push B to go backwards) and lock each choice by pushing L.

The **seconds** will start running at 00 when the minutes are locked. Once you have completed the setting sequence the watch will read **WAIT** while doing the calculations.

## \* MANUAL QUARTZ TIME ACCURACY TRIM

Quartz movements are accurate to about **plus/minus 20 seconds per month**. We added a programming feature that allows you to **compensate for the actual discrepancy in your watch to plus/minus 60 seconds**. Go to atomic time at <http://time.gov>, then set your watch syncing it exactly to this clock by locking the minutes at 00 seconds. 10 days later go back online, compare it to your watch to determine the discrepancy, and then multiply it by 3 to get the monthly discrepancy.

- ~ Push M 5 times to enter **SET TIME** and **S/MONTH** - seconds per month, will display.
- ~ Push S or B to enter your monthly discrepancy by +/- **60 seconds**. If your watch runs too fast you go minus, if it runs too slow you go plus.
- ~ Push L to lock and then **complete** the regular setting sequence of time. Please note the watch **must again sync the seconds to the atomic clock for the watch to run at a +/- 1 second a month accuracy**.

**CALIBRATING the 24-hour ANALOG HAND.**

The Swiss made Ronda analog hand movement is run by a tiny motor that will automatically set the hand when location is changed and DST changes. However, to set itself accurately the hand must first be calibrated.

- ~ Push M 6 times until **CALIB HAND** is displayed.
- ~ Push S to enter. At 1200 you will see a flashing black segment.
- ~ Push and hold S to manually move the hand until it **aligns** with this flashing segment.
- ~ Push L to lock and watch the hand set itself.

The gears are tiny, if the hand doesn't quite align with the 24-hour dial, calibrate it again adjusting hand position necessary.

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## SET LANGUAGE.

We have included 7 languages in the watch.

- ~ Push M 7 times until **SET LANGUAGE** displays.
- ~ Push S to enter and keep pushing S until desired language is displayed in the sequence of **ENGLISH, ESPANOL, DEUTSCH, FRANCAIS, NORSK, ITALIANO, PORTUGUES**.
- ~ Push L to lock your choice.

**Operations starting with the S button.**

When the watch is in regular time running mode the S button is used to access a wide range of **time data**, to switch between HOME and AWAY cities and to choose a new **AWAY CITY** from the 9 locations in memory.

- ~ Push S once and the display will show **date, month, day, DOY, week #, year and location** before reverting to showing time.
- ~ Pushing L during this review will forward to next display.

- ~ Push the S button **twice** and you have the option to change to show time for **AWAY or HOME**. This is a toggle function between the two.
- ~ Push L to confirm and watch will reset to show time for alternate city.
- ~ OR push S again (**third** consecutive push) and you have the option to view time data for the 10 cities always stored in memory.
- ~ Push L to enter this automatic scroll through sequence.
- ~ Push S to go to the next city in sequence at will.

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## \*\*CHOOSING A NEW AWAY CITY.

If you push L for any of these 9 cities while scrolling through them you will be asked if you want to set this as your **AWAY city**.

- ~ Push L to confirm this choice. A small x will appear next to this citylisting. The watch will read **WAIT** while setting.
- ~ OR push S again (**fourth** consecutive push) to review time data for the alternate city, either **HOME or AWAY**.
- ~ Push L to enter this time data sequence.

**EXTENSIVE TIME DATA REVIEW.**

This function will give you extensive time data information for the location the watch is showing time for.

- ~ Push and hold S for 2 seconds to unleash a long string of time data for the location the watch is set for. It will auto sequence forward every 8 seconds.
- ~ Push S anytime to move to next data screen.
- ~ Push L anytime to forward to the next category.

The time data information shown in this sequence is:

**CITY DATA**  
HTS:MIN:SEC date, month, day, year, location  
LAT/LON, time zone=TZ, DST, day of year=DOY, week #

**SUN DATA**  
sunrise, zenith, sunset,  
civil twilight=CT, nautical twilight=NT, astronomical twilight=AT

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**MOON DATA**  
moonrise, lunar high noon=LHN, moonset, % luminance, time and date for next new moon=NM and full moon=FM

## SOLSTICES, EQUINOXES AND CROSS-QUARTERS.

On these 8 main turning points of the sun the yellow circle will display a **checker pattern** to alert you to the day. The size of the checkers progresses throughout the year. At the top of the hour the dot matrix will read out the exact **name, time and date** of the event.

**Alarm operations starting with L button.**

When the watch is in regular time running mode pushing L will access the 6 alarm options in the sequence of:

**Daily Alarm** with 10 minute snooze

**99 Minute Timer**

**SR/SS Alarm** with 0-60 minute pre-alarm

**Cuckoo Alarm** with choice of time range 00-23

**Count DOWN/UP** for set time and date through the years 2000-2099

**Regatta Alarm** with postponement and stopwatch with lap times

**DAILY ALARM with 10 minute snooze.**

- ~ Push L once to display.
- ~ Push S to turn it **ON or OFF**.
- ~ Push L to lock your selection.

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- ~ Then push S to set first set **hours** and then **minutes**, push B to go back. Lock each choice by pushing L.
- The alarm will sound at time set with a 10 minute **snooze** reminder.
- ~ Push L during chiming to silence alarm if you need to.
- A little symbol looking like a **sound wave** will show on top of digits to the left when activated.

**99 MINUTE TIMER.**

- ~ Push L twice to display.
- ~ Push S to enter and keep pushing S to first set minutes and then seconds, push L to lock each selection.
- ~ Push L to start the timer.

Timer can be stopped and started anytime by pushing L. The watch will remain in TIMER mode until M is pushed to return to time.

## SR/SS ALARM with 0-60 minute pre-alarm.

- ~ Push S 3 times to display.
- ~ Push S to turn **SR/SS ALARM ON or OFF**, push L to lock.
- ~ Then push S (B to go backwards) to choose **pre-alarm time** for 00-60 minutes before the event. Give you time to get up for the first rays or catch the sun sinking into the ocean.
- A little **sunrise symbol** will show on top of digits when activated.

**CUCKOO ALARM with choice of hour range from 00-23.**

- ~ Push L 4 times to display.
- ~ Push S to turn alarm **ON or OFF**, push L to lock your choice.

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- ~ Then push S to set **hour range alert** from **00 to 23**. First set **starting** hour then **ending** hour, push L to lock each selection in the flashing sequence of 0000-2300.
- A symbol almost looking like a **cuckoo** will show on top of digits to the right when activated. The alarm will chime at the **top** of the hour.

**COUNT DOWN/UP for set time and date.**

- ~ Push L 5 times to display.
- ~ Push S to start setting the **moment in time** when you want to count down to or from.
- ~ Push S and B to set **year, month, date, hours and minutes** in sequence of flashing digits. Push L to lock each of your choices.
- The countdown will then start to run. If you want to turn it off push and hold L for two seconds until **OFF** reads, then push L to confirm choice.

The **COUNTDOWN/UP** will stay engaged until you push M to revert to showing time. When you want to get back to your **COUNTDOWN/UP** push L 5 times and push S to enter and the display will show . Pushing S again will enter setting mode. You can **abort** this setting effort by pushing M to revert to showing time.

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Pushing L while **COUNTDOWN/UP** is running and displaying will toggle to give you the event date set for it is counting. A small UP/DOWN arrow to the right of digits will indicate if it is seconds up or down. The alarm will start chiming 30 seconds before the event.

**REGATTA ALARM with postponement and stopwatch.**

We worked with a professional sailor to make sure this alarm sequence follow official rules. Since we do not recommend to push the buttons while submerged or in contact with water, this function may be an **oxymoron**. We'll see how it goes. Try to keep the buttons **dry**.

- ~ Push L 6 times to display **REGATTA ALARM**.
- ~ Push S to enter.
- ~ Once the **starting shot** sounds push the L to start the 5 minutes countdown until regatta starts.
- ~ At 1 minutes left the alarm will beep for 10 seconds.
- ~ At 1 minute left the alarm will beep for 10 seconds.
- ~ At 30 and 20 seconds the alarm will chime for 2 short beeps.
- ~ At 10 seconds it will count down every second until it chimes for the long 5 second beep after which it will automatically change to the **STOPWATCH** function with lap times similar to this function described on page 7, except it will reset to **REGATTA ALARM** mode by pushing and holding the L button for 2 seconds.

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Lining up a bunch of sailboats to cross the starting line at the same time is easier said than done. The start is often postponed. If that happens push the L button once and the watch will read **POSTPONE** and then revert back to the starting positioning.

The watch will remain in the REGATTA function until M is pushed.

**Operations starting with the B button.**

During setting procedures the B button is used to go **backwards**. During normal running mode it is used to turn on the **backlight**, turn off the digits and to **check** the battery level.

- ~ Push B once to activate the **backlight** for 3 seconds. If you are setting the watch at night push B regularly to keep the light on.
- Please note that for the watches fitted with a black negative non-TDF LCD the backlight will turn on when any button is pushed. This is done to improve readability under all light conditions.*
- ~ Pushing the B button twice will **turn off** the digital display.
- ~ Pushing any button will turn the display back on.
- ~ Push and hold B for 2 seconds to show **battery level** in 4 bars. The battery display will **start flashing** when you are about to run out of power and the LCD display will eventually go blank.

## Recharge watch right away when this happens.

**BATTERY information, care and lifetime.**

We recommend you recharge the watch for a **full** night before you reach the last bar showing 25% left of battery power. Make sure the contacts in back plate are **clean** before attaching the charge clip. The contacts are protected and insulated with a **small sticker** that must be removed before charging. Once charging is complete attach a new sticker to protect the contacts in back plate.

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The light on charge clip will **change** from green to red when proper contact is established. When battery is charged to 75% 4 bars will read and the green light **turn on**.

- ~ Once charge clip and USB cable has been connected, **DO NOT** take them apart again.
- ~ If you let the battery sit flat for any length of time the battery life time will be **seriously shortened**.
- ~ DO NOT manually short the contacts in backplate with any metal object.
- ~ The battery can handle hundreds of recharges.
- ~ Battery life is estimated conservatively at about 4 years.
- ~ The battery operating temperature range is 10 to 45 deg C for charging, and -20 to 60 deg C for regular use.

Contact us for battery replacement procedure when the time comes.

## RESETTING THE WATCH.

Pushing and holding all 4 buttons at once will reset the watch. Time will have to be reset but the 10 city locations and time format will be kept in memory.

**Bezel descriptions and replacement.**

5 bezel inserts in 3 colors of silver, yellow and orange. Each bezel has a 12/12 hour day/night indication. As such they can all be rotated to indicate time for a second location at a glance.

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**2400** The best bezel for use as a second time location is the 2400 bezel. This bezel is also perfect for military use and those who live in a place where 24-hour time is the standard.

**AM/PM** The perfect bezel for those who live in a place where AM/PM time is used.

**SYMBOL** The original bezel design. The symbols can be used as code for your own daily personal rhythms, you decide. The symbols do align with the hour markers.

**SOLUNAR** The cleanest design. A simple 24-hour sweep that can be rotated to trace the sun or the moon cycle.

**ROMAN** A 24-hour bezel using classic Roman Numerals. Kind of makes the watch face look like a sparkling sun.

In case you want to replace the bezel insert rotate the bezel so the stones align with 0600 and 1800, put a pinset tool in the tiny notch in sapphire crystal collar at 1200. Push inwards between the bezel insert and bezel , and gently pry the old bezel insert out.

Carefully done you can get it out so it is reusable. Clean out dirt and old double stick tape as necessary. When installing the new bezel insert makes sure the stones fits into the indentations in bezel and align with the tip of the finger grip.

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## Tritium tubes.

## T100 HALF LIFE AT 12.4 YEARS.

24 color coded tritium tubes marks the hours on the inner dial. Coupled with the one tube on the hand and a bright electro luminescent back light night time viewing is crystal clear.

The tubes contain a Gaseous Tritium Light Source -GTLS, and is slightly radioactive. The activity in the watch however, is very small, far below strict government regulation safety standards. The sun and the universe punnels you with way more radio-activity every day than this watch ever will.

GTLS is completely safe when using watch normally. If you break the crystal, please contact us and return the watch to our company address. Do not try to handle such a repair by yourself.

## 10 ATM water resistance.

The Equilibrium has been constructed to 10 ATM water resistance. This means it will withstand pressure to 100 meters of depth. However, it also assumes that you **DO NOT** operate the buttons while submerged or in contact with water. If you do, you risk breaching the double o-ring seal for a brief moment and the water pressure will try to push water in, the capillary effect briefly created will try to suck it in.

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When removing the pin in a link make sure to push it out in the direction of the arrow marked on the back of the link. Reverse the process when reattaching the link.

**Bracelet adjustments and watch care.**

The titanium bracelet is fitted with a locking clasp that has **4 holes** in it. The clasp is attached with a spring and can be adjusted for a snug fit. Bracelet links can be removed or added using the enclosed link removal tool. Make sure to remove the link pin in the direction the **arrow** on the back of the link points.

To exchange the bracelets and straps release the springpin from the case with springpin tool enclosed. When working on the watch put it face down on a cloth on a firm surface. Take your time. Study every move with a lube before you do it.

To clean the watch and bracelet use warm water with a little bit of soap and a soft tooth brush. Make sure you don't push the buttons.

After some use the rubber o-ring creating the bezel friction may get crudded up and bezel will get stuck. If and when that happens, put a couple of drops of the enclosed oil between the crystal and bezel, let it soak in and with a firm grip rotate the bezel slowly. It will come loose.

For every right move there is a wrong one, please do not hesitate to contact us with any questions before you work on your watch.

**DO NOT attempt to remove the back plate on your own, it will void the warranty.**

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<b>CHOOSING A NEW AWAY CITY.</b>	
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<b>EXTENSIVE TIME DATA REVIEW.</b>	
Time data information shown in this sequence is:	
CITY DATA	
HTS:MIN:SEC date, month, day, year, location	
LAT/LON, time zone=TZ, DST, day of year=DOY, week #	
SUN DATA	
sunrise, zenith, sunset,	
civil twilight=CT, nautical twilight=NT, astronomical twilight=AT	
MOON DATA	
moonrise, lunar high noon=LHN, moonset, % luminance,	
time and date for next new moon=NM and full moon=FM	
<b>SOLSTICES, EQUINOXES AND CROSS-QUARTERS.</b>	
On these 8 main turning points of the sun the yellow circle will display a checker pattern to alert you to the day. The size of the checkers progresses throughout the year. At the top of the hour the dot matrix will read out the exact name, time and date of the event.	
<b>Alarm operations starting with L button.</b>	
When the watch is in regular time running mode pushing L will access the 6 alarm options in the sequence of:	
Daily Alarm with 10 minute snooze	
99 Minute Timer	
SR/SS Alarm with 0-60 minute pre-alarm	
Cuckoo Alarm with choice of time range 00-23	
Count DOWN/UP for set time and date through the years 2000-2099	
Regatta Alarm with postponement and stopwatch with lap times	
DAILY ALARM with 10 minute snooze.	
Push L once to display.	
Push S to turn it ON or OFF.	
Push L to lock your selection.	
Then push S to set first set hours and then minutes, push B to go back. Lock each choice by pushing L.	
The alarm will sound at time set with a 10 minute snooze reminder.	
Push L during chiming to silence alarm if you need to.	
A little symbol looking like a sound wave will show on top of digits to the left when activated.	
99 MINUTE TIMER.	
Push L twice to display.	
Push S to enter and keep pushing S to first set minutes and then seconds, push L to lock each selection.	
Push L to start the timer.	
Timer can be stopped and started anytime by pushing L. The watch will remain in TIMER mode until M is pushed to return to time.	
SR/SS ALARM with 0-60 minute pre-alarm.	
Push S 3 times to display.	
Push S to turn SR/SS ALARM ON or OFF, push L to lock.	
Then push S (B to go backwards) to choose pre-alarm time for 00-60 minutes before the event. Give you time to get up for the first rays or catch the sun sinking into the ocean.	
A little sunrise symbol will show on top of digits when activated.	
CUCKOO ALARM with choice of hour range from 00-23.	
Push L 4	