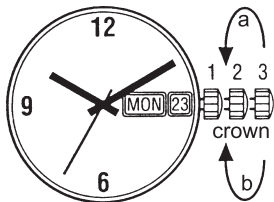


To Set the Time

Gently pull out the crown until it stops**. This is Position 3. Turn crown in either direction until the desired time is set. After setting time, push crown in completely (Position 1) to activate movement.



To Set Date (if applicable) *

Gently pull out the crown to position 2. Turn crown in either direction until date wheel moves. After setting date, push crown in completely (Position 1) to activate movement.

To Set Day/Date (if applicable) *

Pull out the crown to Position 2. Turn crown in clockwise direction (arrow "b") to adjust day. Turn crown in counterclockwise direction (arrow "a") to adjust date. After setting date/day, push crown in completely (Position 1) to activate movement.

* Do not adjust the day/date when the hour hand is between 11 and 1 to prevent damage to the movement. Return crown to position 1.

** Some watch models incorporate "screw-down" crowns. If your watch has a "screw-down" crown and you need to reset the time or date, you will first have to unscrew the crown which is done by turning the crown in a counter-clockwise direction until the stem releases from the case. After it is released the crown may be pulled out to one of the setting positions (see diagram) After adjusting the time / date, reverse the process by gently pushing the crown in and screwing it down by turning the crown in a clock-wise direction until it is firmly closed. DO NOT OVER TIGHTEN.