





INDUSTRIAL SKILLS by:

SEVEN --- FRIDAY

Q-SERIES

NFC AUTHENTICATION & REGISTRATION:



-  **DOWNLOAD APP:**
sevenfriday.com/app
-  **CREATE ACCOUNT**
-  **SCAN BACK OF YOUR WATCH**
-  **CONFIRM OWNERSHIP**

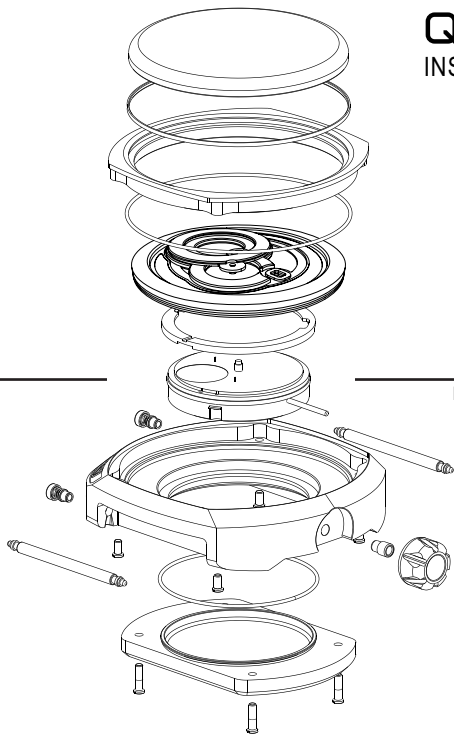
SEVENFRIDAY watches guarantee authenticity through scanning the integrated NFC chip, which is readable by NFC enabled devices*.

Download the **SEVENFRIDAY** app, scan to ensure authenticity, create your account and register as the official owner.

*The chip is completely passive, data exchange is activated and powered by the device from close distance of 2-5mm. iPhones are not NFC enabled devices.

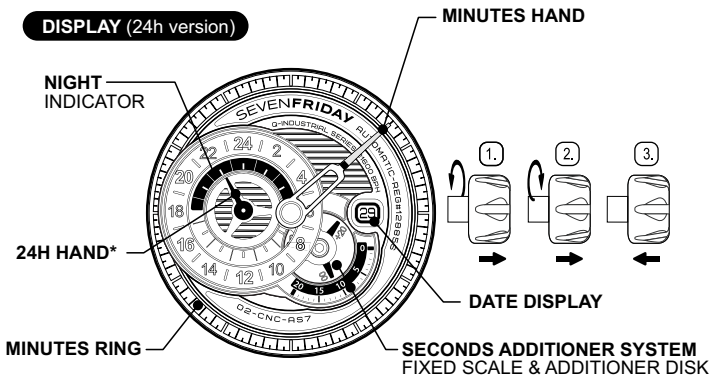
Q-SERIES

INSTRUCTION MANUAL



AUTOMATIC MOVEMENT

MIYOTA 8219- MADE IN JAPAN



*The shape of the 24h hand changes depending on the version. The time principle is the same.

WINDING THE MAINSPRING

Automatic winding watches can also be hand-wound by turning the crown several times clockwise in the normal position.



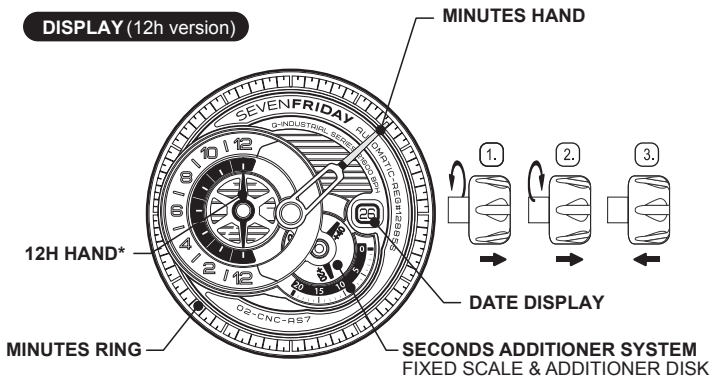
WATCH WINDER

Counter Clockwise
650 to 950 turns per day.

SETTING THE TIME

1. Pull the crown out to the 1st Click position to set the date. Rotate counter clockwise to adjust.
2. Turn the crown to set the hour, minute hands.
3. After the time has been set, push the crown back to the normal position.

DISPLAY (12h version)



*The shape of the 24h hand changes depending on the version. The time principle is the same.

WINDING THE MAINSPRING

Automatic winding watches can also be hand-wound by turning the crown several times clockwise in the normal position.



WATCH WINDER

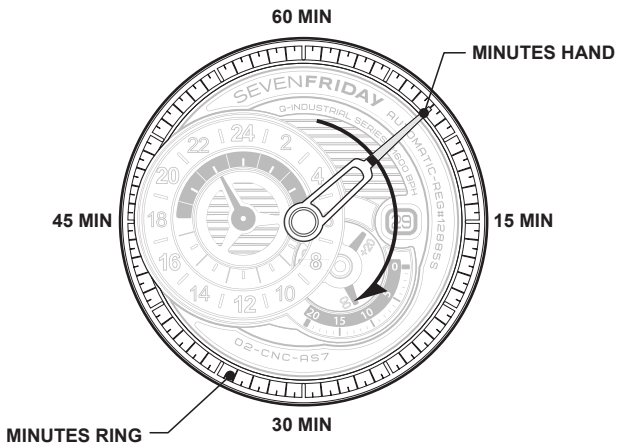
Counter Clockwise
650 to 950 turns per day.

SETTING THE TIME

1. Pull the crown out to the 1st Click position to set the date. Rotate counter clockwise to adjust.
2. Turn the crown to set the hour, minute hands.
3. After the time has been set, push the crown back to the normal position.

MINUTES

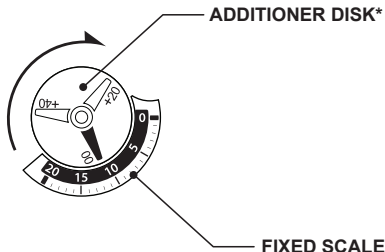
RING



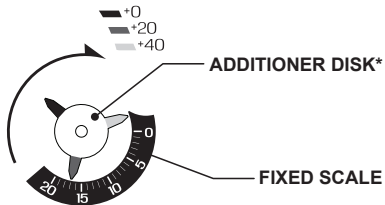
SECONDS

ADDITIONER SYSTEM

Q1/01 and Q2/01 Seconds Reading



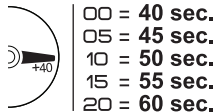
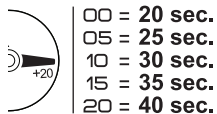
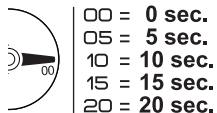
Q3/01 Seconds Reading



*CLOCKWISE ROTATION

HOW DOES IT WORK?

ADDITIONER DISK +
FIXED SCALE = SECONDS



DISPLAY (24h Version)

EXAMPLE 1



22:08:11

HOURS: 22H

(Day & Night indicator in the night area)

MINUTES: 08MIN

SECONDS: 00+11= 11S

EXAMPLE 2



13:53:31

HOURS: 13H

(Day & Night indicator in the day area)

MINUTES: 53MIN

SECONDS: 20+11= 31S

DISPLAY (12h Version)

EXAMPLE 1



6:08:11

HOURS: 6AM OR PM

MINUTES: 08MIN

SECONDS: 00+11= 11S

EXAMPLE 2



10:53:31

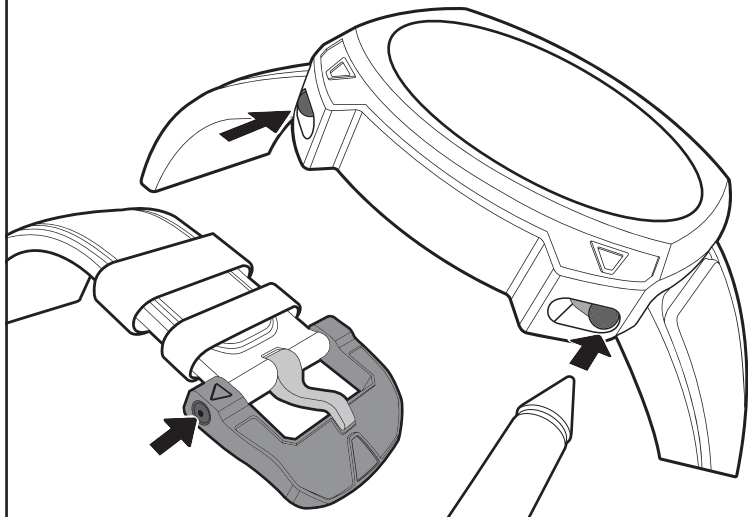
HOURS: 10AM OR PM

MINUTES: 53MIN

SECONDS: 20+11= 31S

FSC

FAST STRAP CHANGER

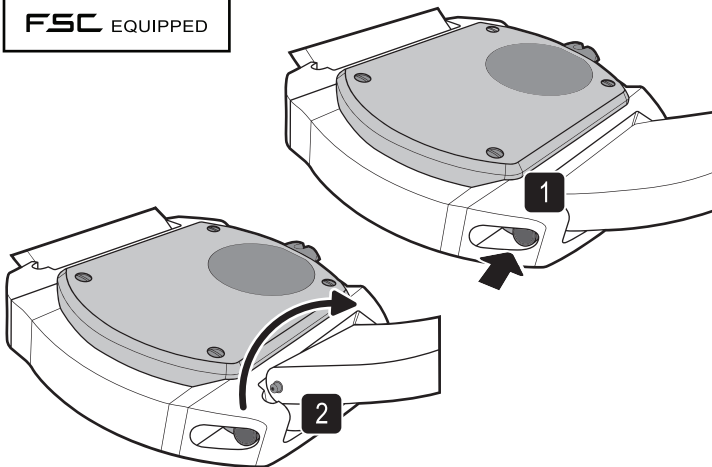


ATTENTION

TO AVOID DAMAGING THE SYSTEM, DO NOT USE SHARP OR POINTY OBJECTS, USE A WATCH PUSHER TOOL FOR CORRECTOR OR ANY SOFT POINTED OBJECTS.

REMOVING STRAP

FSC EQUIPPED



- 1** Press to release.
- 2** Release the strap from the side slot.

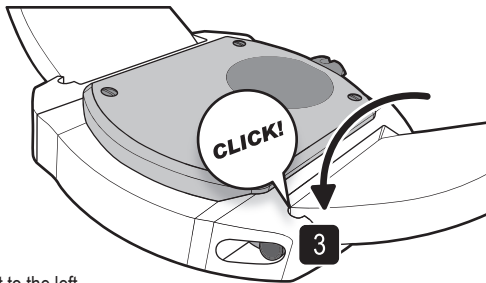
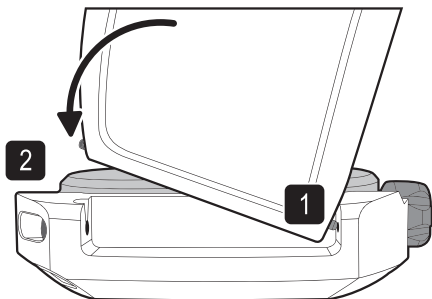


ATTENTION

MAKE SURE YOU ARE PROPERLY AND SAFELY INSTALLED TO PROCEED STRAP CHANGE (ON TOP OF A RIGID SURFACE).

ASSEMBLING STRAP

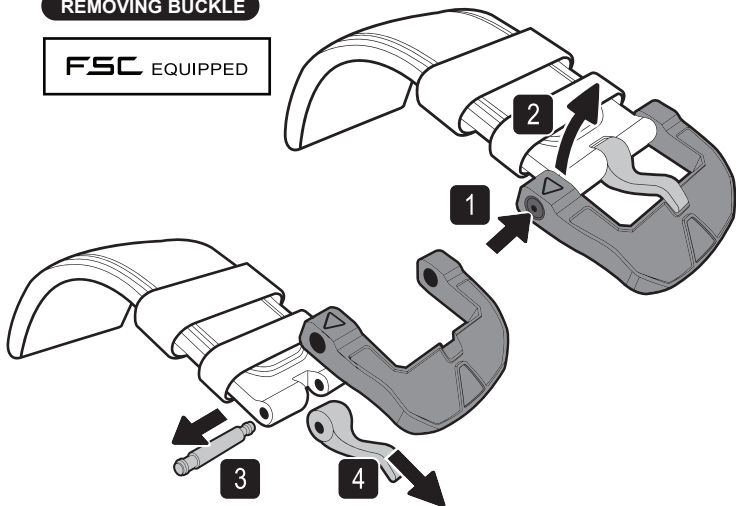
FSC EQUIPPED



- 1 Insert the Pin from the right to the left.
- 2 Engage the Pin in the slot.
- 3 Make sure it **CLICKS** and it is secure.

REMOVING BUCKLE

FSC EQUIPPED



1 Press to release.

2 Pull out the buckle from the strap.

3 Pull out the spring bar.

4 Pull out the pin buckle.



ATTENTION

TO AVOID DAMAGING THE SYSTEM, DO NOT USE SHARP OR POINTY OBJECTS, USE A WATCH PUSHER TOOL FOR CORRECTOR OR ANY SOFT POINTED OBJECTS.

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