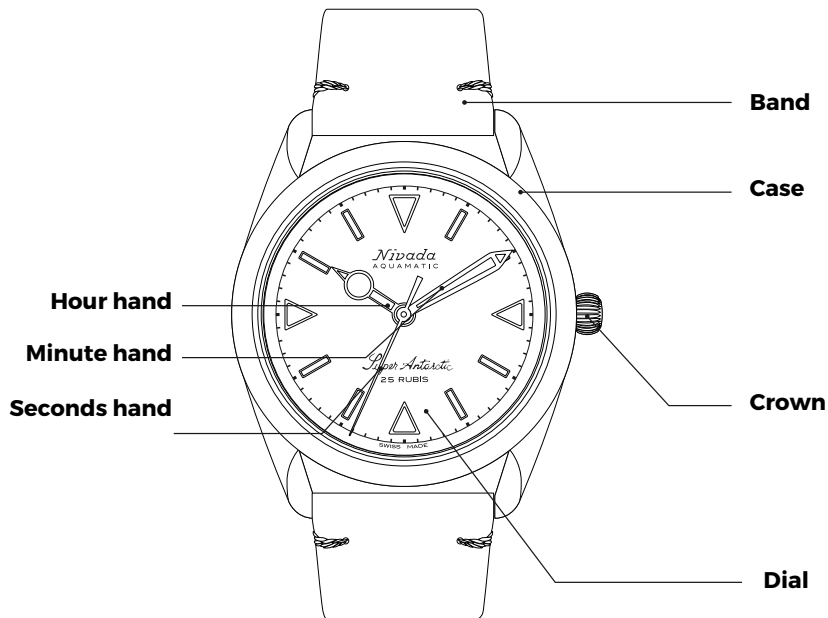


SUPER ANTARCTIC

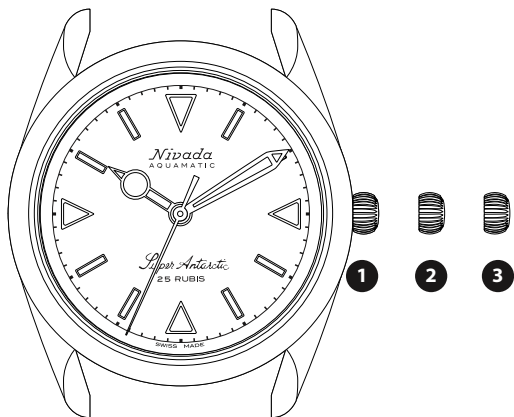
AUTOMATIC

INSTRUCTION MANUAL

SUPER ANTARCTIC Watch parts



SUPER ANTARCTIC Crown Position



1 Position normal

2 Manual winding

3 Setting the time

SUPER ANTARCTIC Manual winding



1. **1** Position turn the crown unclockwise , unscrew crown
To **2** position

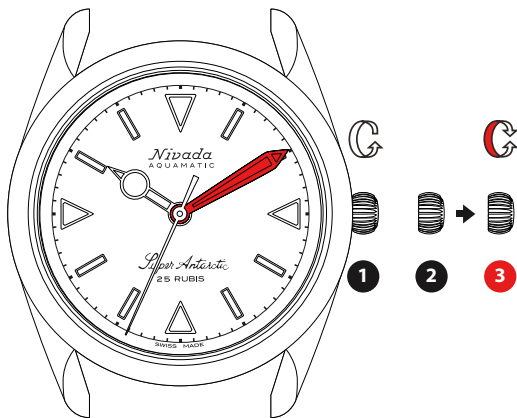
2. **2** Manual winding

To manually wind the movement twist the crown clockwise approximately 8-9 times and keep wearing .

★ *This an automatic winding movement. with daily wear the movement will wind itself and will not require manual winding. but it is not worn for a certain amount of time, its power reserve (in this model, 38 hours) is exhausted, and the watch stops.*

3. Screw in crown back to normal position **1**

SUPER ANTARCTIC Setting the time



1. 2 Crown out to the 3 position

2. Turn the crown to set hour and minute hands

3. Screw in crown back to normal position 1

*Nivada
Grenchen*