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Instruction Manual

Vol. 1.90 EN

AV-4090

AUTOMATIC WATCH

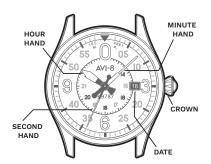
This timepiece is equipped with a self-winding Mechanical Automatic movement.

It does not need a battery.

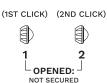
It is powered by the motions of the user's own wrist during the wear of the watch. You may also choose to wind the watch manually.

For more details on operating this timepiece please refer to the enclosed booklet or visit:

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Before you use this watch, it is recommended that you manually wind the mainspring to start it moving.

This watch is an automatic watch equipped with a manual winding mechanism.

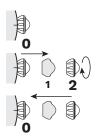
WINDING THE MAINSPRING



When it is in position [0], turn the crown clockwise to wind. Wind 5-10 times and it will start to move naturally after shaking slightly. * This watch MUST be worn for at least 8
(Eight) hours each day to ensure it is fully wound. An automatic watch will only wind when the watch is on your wrist and your arm moves. Winding the watch by the crown will put power on the spring but not enough to allow the watch to function fully. If your watch stops overnight or loses time it means it is not being fully wound.

HOW TO SET THE TIME

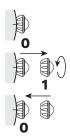
- 1. Pull the crown out to position [2]-(2nd click).
- 2. Turn the crown clockwise to set the correct time.
- 3. Push the crown in.



* Take A.M./P.M. into consideration when setting the hour and minute hands to the desired time.

HOW TO SET THE DATE

- 1. Pull the crown out to position [1]-(1st click).
- 2. Turn the crown anti-clockwise to set the correct date.
- 3 Push the crown in



* Do not set the date between 9:00 P.M. and 4:00 A.M.

WATER RESISTANCE

Note that the water resistance chart serves only as a guide (please refer to the water resistance chart on the next page). Actual water resistance may vary depending on a number of factors including water temperature, water salinity and use under water. The water resistance of your timepiece may eventually be compromised over time with general wear and tear and use of your timepiece under adverse conditions.

Note that you should **NEVER** wear your watch in a jacuzzi, hot shower or steam room where steam may enter the case despite the watertight seals used to protect your watch. This may cause condensation inside your watch, which may affect and damage the inner workings of your watch

WATER RESISTANCE CHART	50M/ 5ATM
SPLASH/ SHOWERING	\bigcirc
SWIMMING/ BATHING	\bigcirc
BRIEF SWIMMING/ WATER SPORTS	\otimes
PROLONGED SWIMMING/ FREE DIVING	\otimes
SCUBA DIVING	\otimes
PROFESSIONAL DEEP SEA DIVING	\otimes