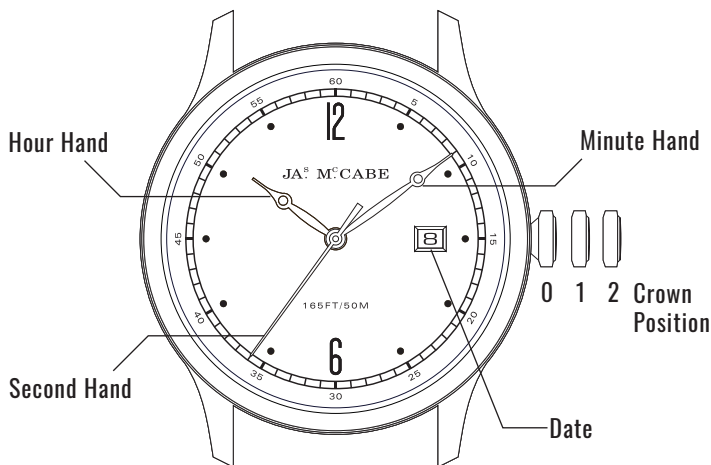


JAPAN QUARTZ 3 HANDS WITH DATE



SETTING THE TIME

1. Pull the crown out to the 2nd position.
2. Turn the crown to set hour and minute hands.
3. Push the crown back to the 0 position.

SETTING THE DATE

1. Pull the crown out to the 1st position.
2. Turn the crown counter-clockwise to set the date.
** Do not set the date between the hours of 9:00 PM and 1:00 AM, otherwise the date may not change in the following day.*
3. After the date has been set, push the crown back to the 0 position.