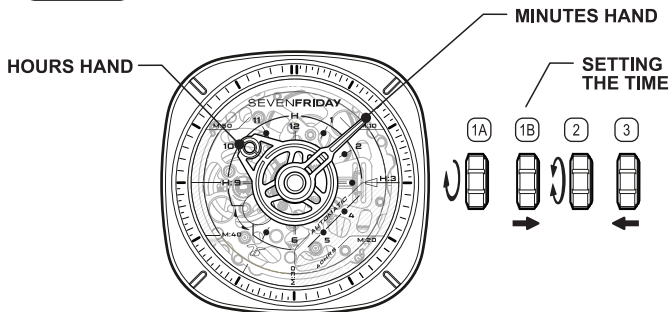


INSTRUCTIONS - T-SERIES

DISPLAY



AUTOMATIC MOVEMENT - TMI (SEIKO) NH70 - MADE IN JAPAN

3ATM/30M WATER RESISTANT

WINDING THE MAINSPRING

Automatic winding watch can also be hand wound by turning the crown upwards at normal position (1A). Fully wound up by turning the crown minimum 55 times.

SETTING THE TIME

1. Pull the crown out to position 1B.
2. Adjust the time, by rotating the crown upwards or downwards.
3. After the time has been set, push the crown back into normal position.

TIME READING

DISPLAY (12H)

EXAMPLE 1

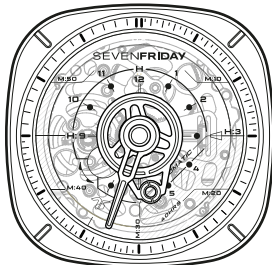


10:08

HOURS: 10 AM OR PM

MINUTES: 08 MIN

EXAMPLE 2



5:33

HOURS: 5 AM OR PM

MINUTES: 33 MIN