OPERATION

DISPLAY AND CROWN / BUTTON OPERATION

Minute hand

Button A:
60 Second hand adjustment

Hour hand

First position: Date setting

60 Second hand

Second position : Time setting

Crown at normal position

Button B:
60 Second hand adjustment

Second hand

24 hour hand
(Indicates the time on a 24 hour basis)
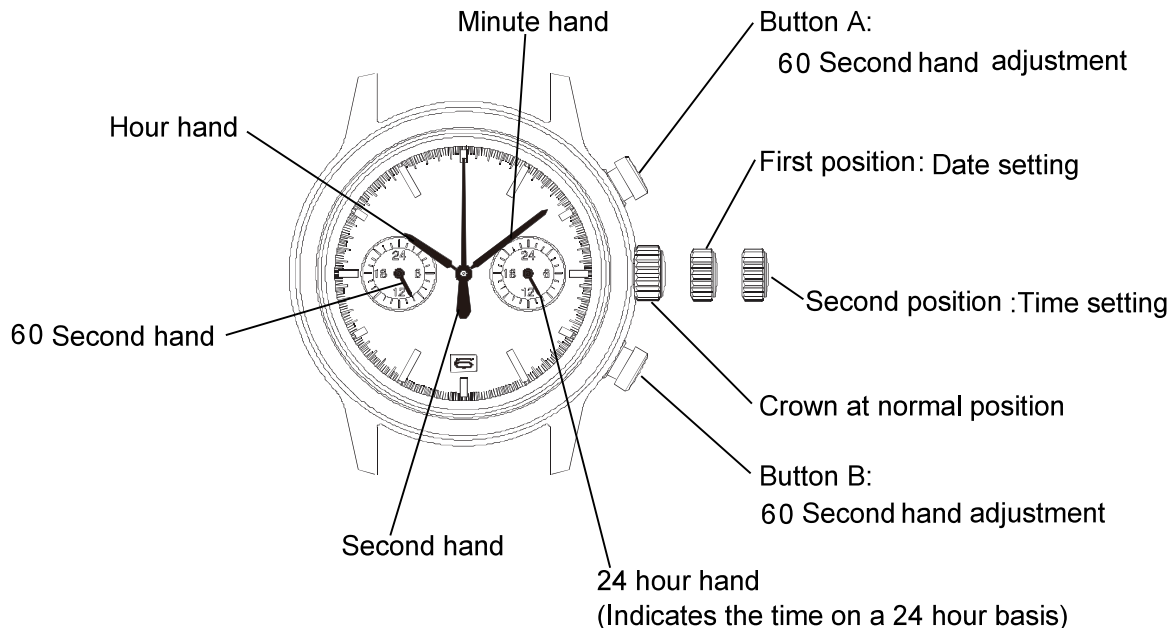
ADJUSTING THE DUAL TIME OF 24 HOUR HAND POSITION

Before setting the time,check if the dual time of 24 hour hand is in the "0" (24 o'clock) position.
If the 60 Second hand is not in the "0" position, reset i t following the procedure below.
For battery setting and after battery change, please execute the "0" position adjustment.
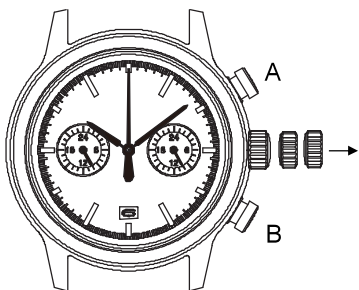
1.Pull out the crown : second click
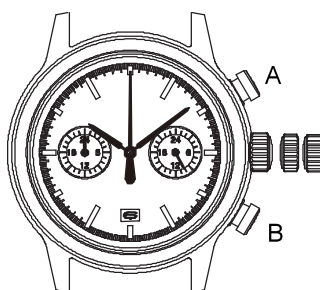
2.Keep the buttons A & B
pressed at the same time
more than 2 seconds,
and then release the buttons.

3.Press button A or B to reset the
60 Second hand to
"0" position.
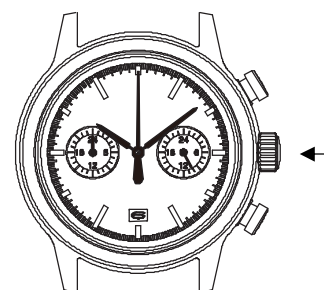*By pressing button A the hand
moves counter clockwise.
*By pressing button B the hand
moves clockwise.
*Press and hold the button,
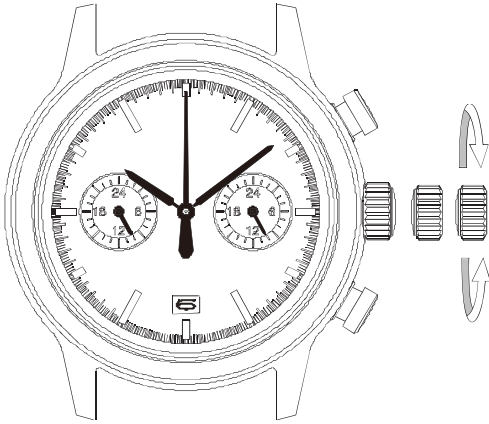to fast-forward.

* 60 Second hand moves.
Returned to where it was.
However, confirmation is difficult
because the amount of movement
is small.

4.Push the crown back to
the normal position.
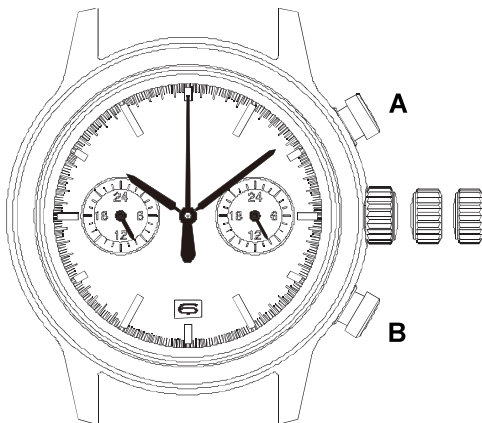
OPERATION

TIME SETTING

1. Pull out the crown when the second hand is at the
   12 o'clock position.
   [Crown position]
      second click

2. Turn the crown to set the hour and minute hands.
   (Check that 24 hour hand is set correctly)

3. Push the crown back to normal position in accordance with
   a time signal.

Note
   *The 24 hour hand moves correspondingly with the hour hand.
   *The moment of the date change is midnight. When setting the hour hand, make sure that AM/PM
    is correctly set by using the 24 hour hand as an AM/PM indicator

TIMER (60 SECOND HAND)

1. Pull out the crown when the second hand is at the
   12 o'clock position.
   [Crown position]
      second click

2. Press the buttons A or B.
   By pressing button A the hand moves counter clockwise.
   By pressing button B the hand moves clockwise.
   *Press and hold the button, possible to fast-forward modification.

3. Push the crown back in to the normal position.

OPERATION

DATE SETTING

*Before setting the date, be sure to set the time.
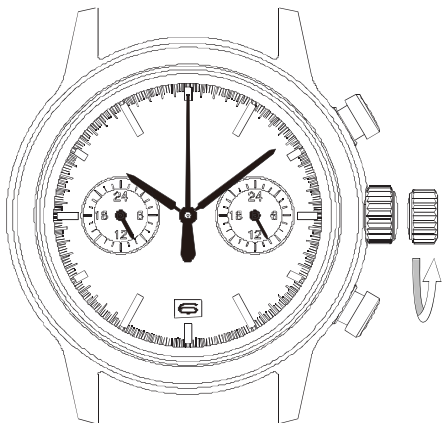
1.Pull out the crown to the fist click.

2.Turn the crown to clockwise until the next date appears.

3.Push the crown back in to the normal position.

Note
  *Do not set the date during any time between 9:00 P.M. and 1:00 A.M.
    Otherwise, the date may not change properly. If it is necessary to set the date during that time period,
    First change the time to any time outside it, set the date and then set the correct time.