



OPERATING YOUR AUTOMATIC CESTRIAN FIELD SERIES WATCH

- 1 UNSCREW THE CROWN ANTI-CLOCKWISE UNTIL IT RELEASES INTO POSITION B
- 2 **MANUAL CHARGE**
IN POSITION B, ROTATE IN EITHER DIRECTION TO CHARGE THE AUTOMATIC MOVEMENT. APPROXIMATELY 10x TURNS MAXIMUM. DO NOT OVER CHARGE AS THIS MAY DAMAGE YOUR WATCH.
- 3 **SETTING THE DATE**
PULL CROWN OUT TO FIRST CLICK (POSITION C) AND ROTATE ANTI-CLOCKWISE TO SET THE DATE.
- 4 **SETTING THE TIME**
PULL CROWN OUT TO SECOND CLICK (POSITION D) AND ROTATE EITHER DIRECTION TO SET THE TIME.
- 5 **TO MAKE SECURE**
PUSH IN AND SCREW CLOCKWISE UNTIL TIGHT AT POSITION A