

## B) WINDING THE MAINSPRING

Automatic winding watch can be hand wound by turning the crown in it's normal crown position. Wind 15-20 times and it will start to move naturally after shaking slightly.

## note:

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.

