



A Watch You Can Trust



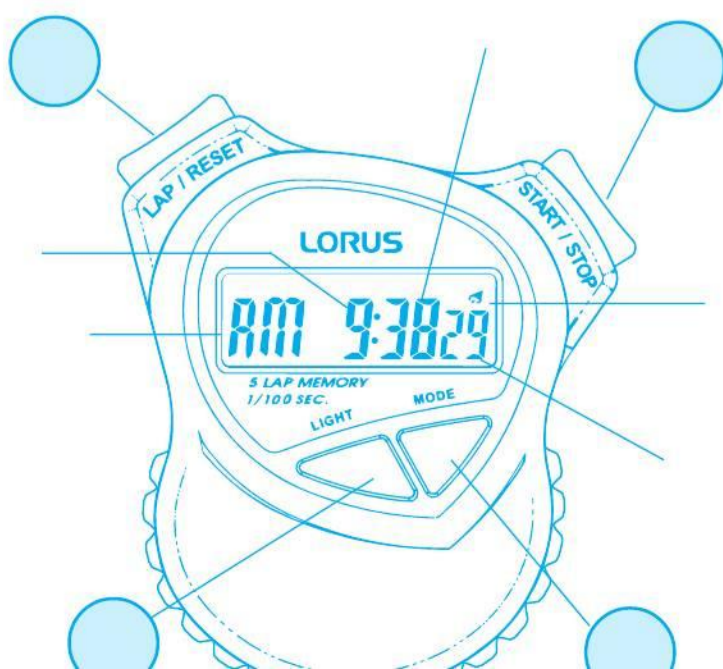
WARNING



Instruction Manual

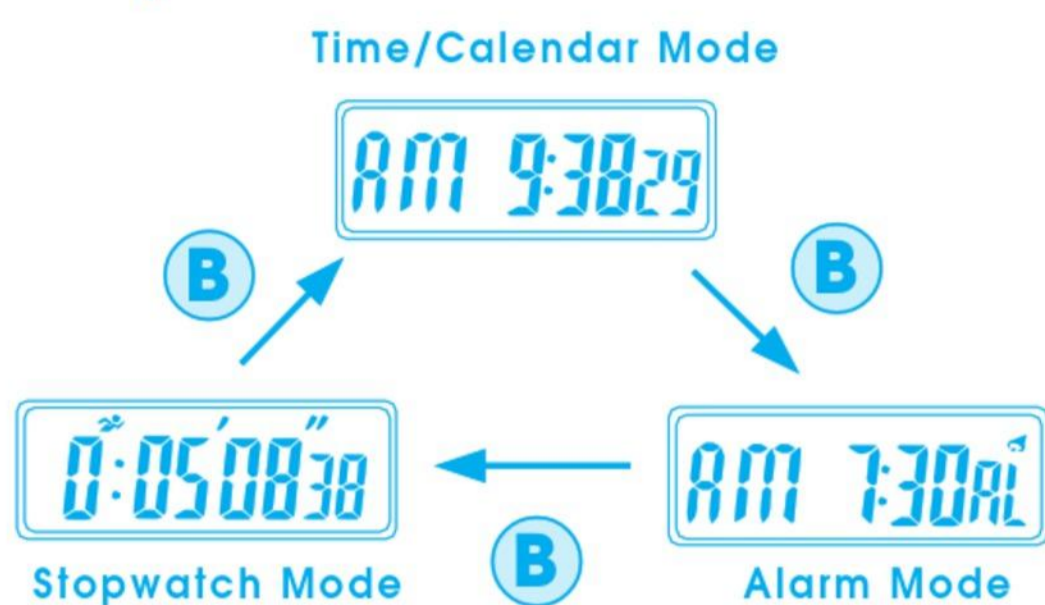
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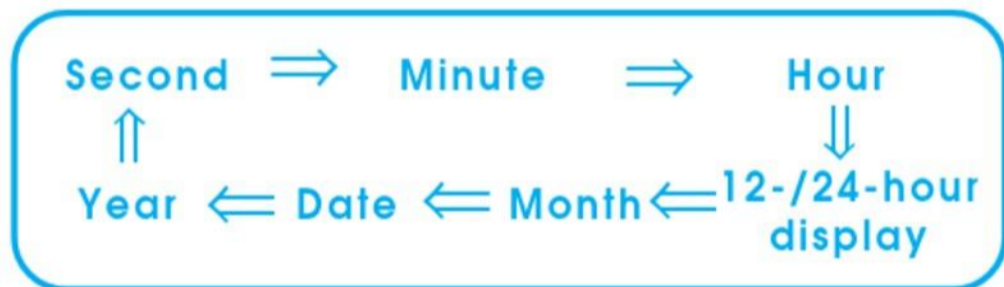
Press button B to select display mode. Display mode changes over in the following order by each press of the button.



■ HOW TO SET THE TIME/CALENDAR



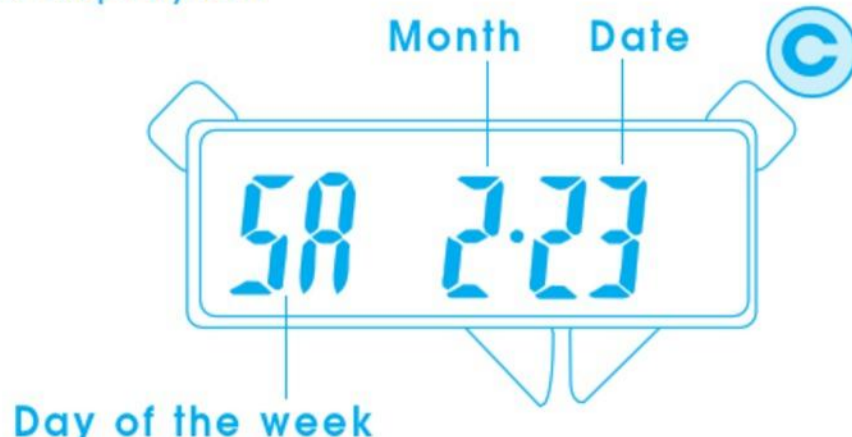
1. Press button B to go to the Time/Calendar Mode.
2. Press and hold button B for 2 seconds, the display changes to the Time/Calendar Setting Mode. The second numeral starts flashing.
3. Press button A to select an item to be adjusted. Items change over in the following order.



- ❖ When an item is selected for adjustment, it starts flashing.
4. Use button C to adjust each item.
 - ❖ For the second setting, while the second numeral is flashing, press button C in accordance with a time signal. The second numeral is reset to "00" and starts counting immediately.
 - ❖ For the choice of time display format, each press of button C selects alternately 12-hour display or 24-hour display.
 - ❖ For the minute, hour, month, date and year settings, each press of button C advances the displayed numeral by one. Keep button C pressed to advance the numeral quickly.
 5. Press button A to confirm the adjustment of the selected item and move on to the next item.
 6. Upon completion of all necessary adjustments, press button B to return to the Time/Calendar Mode.
 - ❖ Under 12-hour display, an "AM" indicator in the morning and a "PM" indicator from the afternoon are displayed.
 - ❖ Once year, month and date are set, the day of the week is automatically set accordingly.

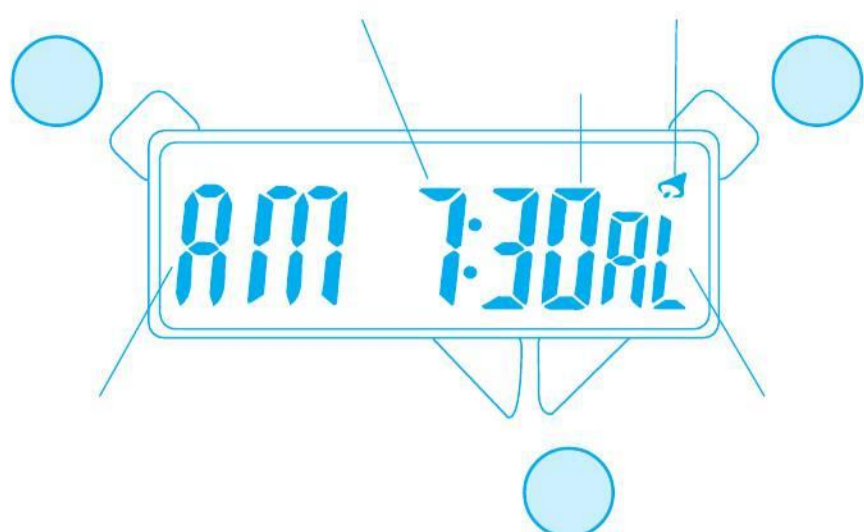
How to check the calendar

Keep button C pressed while in the Time/Calendar Mode. While the button is kept pressed, the day of the week, month and date are displayed.



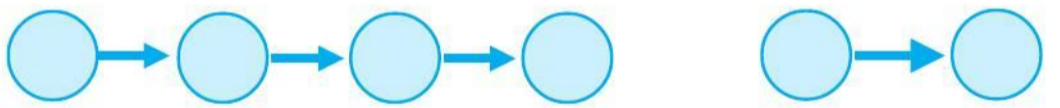
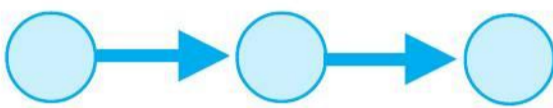
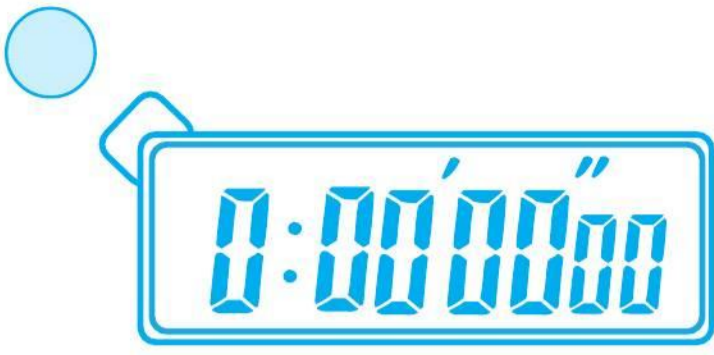
■ HOW TO SET THE ALARM

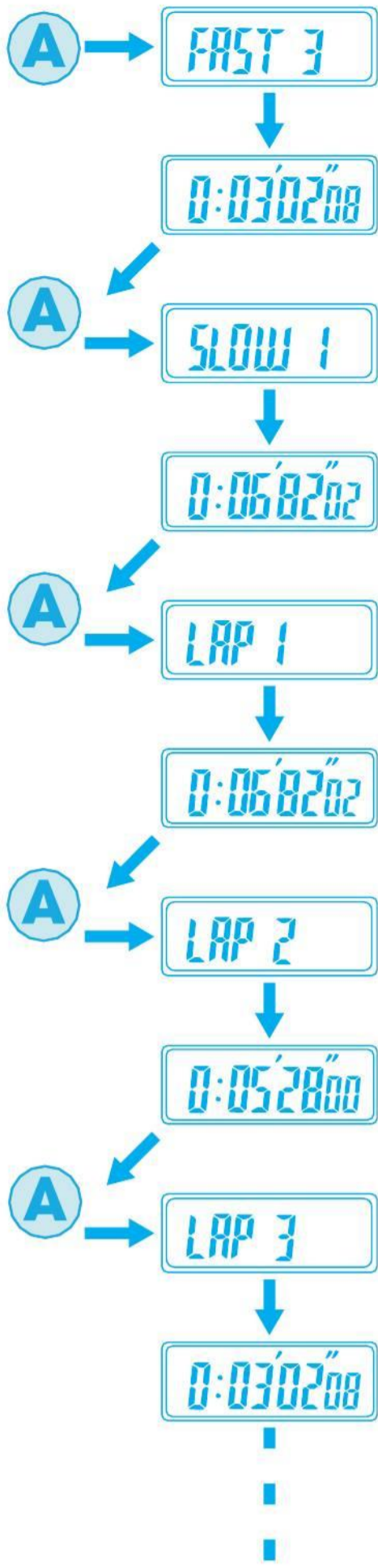




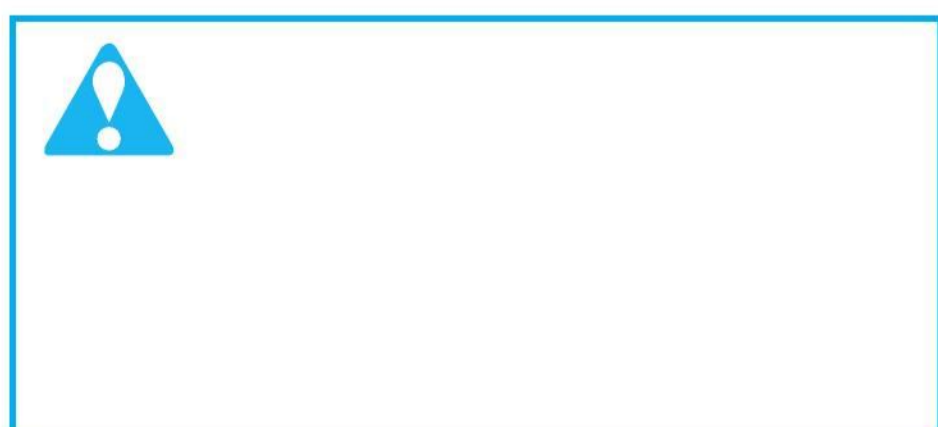
	



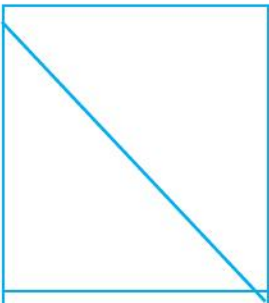




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