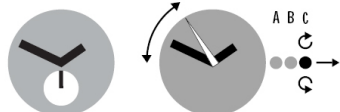


TIME SETTING



SET



GO

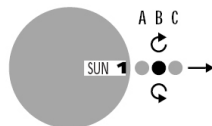


A: Normal position of the crown
C: Position for setting the time
 To set the time, pull the crown out to position **C** and turn clockwise or anticlockwise. After resetting has been completed, press the crown back to position **A**.

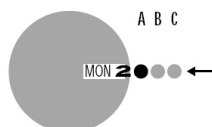
DATE OR DAY SETTING



SET



GO



To set the date, pull the crown out to position **B**, and turn anticlockwise. To set the day, turn the crown in a clockwise direction. After resetting has been completed, press the crown back to position **A**.