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› [FORSINING AH691 Men's Automatic Watch User Manual](#)

## FORSINING AH691



# FORSINING AH691 Men's Automatic Watch User Manual

Model: AH691

## 1. INTRODUCTION

This manual provides comprehensive instructions for the proper use, setup, and maintenance of your FORSINING AH691 Men's Automatic Watch. Please read this guide thoroughly to ensure optimal performance and longevity of your timepiece.

## 2. PRODUCT OVERVIEW

The FORSINING AH691 is an automatic mechanical watch featuring a multi-function dial with day, date, and moon phase indicators. It is powered by the natural motion of your wrist.



Figure 2.1: Front view of the FORSINING AH691 watch, showcasing the main dial, subdials, and diamond-set bezel.



Figure 2.2: Rear view of the FORSINING AH691 watch, displaying the transparent case back and the automatic mechanical movement.

## Components:

- **Crown:** Used for winding the watch and setting the time.
- **Pushers:** Used for adjusting specific functions (e.g., day, date, moon phase).
- **Main Dial:** Displays hours, minutes, and seconds.
- **Subdials:** Indicate day of the week, date, and a 24-hour/moon phase display.
- **Case Back:** Stainless steel with a transparent window to view the automatic movement.
- **Strap:** Leather strap with a buckle clasp.

## 3. SETUP INSTRUCTIONS

### 3.1 Initial Winding

As an automatic watch, the AH691 powers itself through the motion of your wrist. However, for initial use or after a period of inactivity, manual winding is recommended to ensure sufficient power reserve.

1. Ensure the crown is in its fully pushed-in position (Position 0).
2. Rotate the crown clockwise approximately 15-20 times. This will provide an initial power reserve.
3. The watch will then continue to wind automatically with regular wear.

### 3.2 Setting the Time

1. Gently pull the crown out to Position 2 (the outermost position). The second hand may stop.
2. Rotate the crown to move the hour and minute hands clockwise until the desired time is set. When setting the time, advance the hands past 12 o'clock to determine if it is AM or PM for correct date change.
3. Once the time is set, push the crown back into Position 0.

### 3.3 Setting Day, Date, and Moon Phase

The AH691 features dedicated pushers for adjusting the day, date, and moon phase indicators.

1. **Date Adjustment:** Locate the pusher on the side of the watch corresponding to the date subdial. Use a small, non-metallic tool (e.g., a toothpick) to gently press this pusher until the correct date is displayed.
2. **Day Adjustment:** Locate the pusher on the side of the watch corresponding to the day subdial. Gently press this pusher until the correct day of the week is displayed.
3. **Moon Phase/24-Hour Adjustment:** Locate the pusher on the side of the watch corresponding to the moon phase/24-hour subdial. Gently press this pusher to advance the indicator until the desired moon phase or 24-hour time is shown.
4. *Important:* Avoid adjusting the date or day between 9 PM and 3 AM, as this is when the watch's internal mechanisms are engaged in changing these indicators, and manual adjustment can cause damage.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Automatic Movement

Your FORSINING AH691 watch is equipped with an automatic mechanical movement. This means it does not require a battery. The movement of your arm causes an oscillating weight inside the watch to rotate, winding the mainspring and powering the watch.

- For continuous operation, wear the watch for at least 8-10 hours daily.
- If the watch stops due to insufficient movement, manually wind it as described in Section 3.1.

### 4.2 Subdial Functions

- **Day Subdial:** Indicates the current day of the week (e.g., MON, TUE).
- **Date Subdial:** Displays the current numerical date.
- **Moon Phase/24-Hour Subdial:** This subdial typically tracks a 24-hour cycle, often incorporating a visual representation of the moon's phase or a sun/moon indicator for AM/PM.

## 5. MAINTENANCE

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### 5.1 Cleaning

- Wipe the watch case and crystal with a soft, dry cloth regularly to remove dust and fingerprints.
- For the leather strap, avoid prolonged exposure to water, direct sunlight, and harsh chemicals to prevent damage and discoloration.

### 5.2 Water Resistance

The FORSINING AH691 watch features a water-resistant structure. However, it is **not suitable for swimming**,

**diving, showering, or any activities involving prolonged water immersion or high-pressure water exposure.** Exposure to steam or hot water can also compromise the seals.

- Avoid pressing pushers or pulling the crown when the watch is wet.
- If the watch comes into contact with water, wipe it dry immediately with a soft cloth.

### 5.3 Storage

When not wearing your watch for an extended period, store it in a cool, dry place away from direct sunlight and strong magnetic fields.

## 6. TROUBLESHOOTING

- **Watch has stopped:** The watch may have run out of power reserve. Manually wind the watch (Section 3.1) and wear it regularly.
- **Time is incorrect:** Reset the time as described in Section 3.2. Ensure the crown is fully pushed in after setting.
- **Date/Day is incorrect:** Adjust the date/day using the dedicated pushers (Section 3.3). Remember to avoid adjustment between 9 PM and 3 AM.
- **Condensation under crystal:** This may indicate a breach in water resistance. Avoid further water exposure and contact customer support.

## 7. SPECIFICATIONS

Model Number	AH691
Movement Type	Automatic Mechanical (17-Jewels Hand-wind)
Case Material	Alloy
Case Back	Stainless Steel with Transparent Window
Crystal	Protective Mineral Crystal Window
Strap Material	Leather
Clasp Type	Buckle
Water Resistance	Water Resistant (Not for swimming, diving, showering)
Functions	Time (Hour, Minute, Second), Day, Date, Moon Phase/24-Hour Indicator

## 8. WARRANTY AND SUPPORT

### 8.1 Warranty Information

Your FORSINING AH691 watch comes with a two-year manufacturer's warranty from the date of purchase, covering defects in materials and workmanship under normal use. This warranty does not cover damage resulting from improper handling, accidents, unauthorized repairs, or normal wear and tear.

Additionally, a 90-day manufacturer's promise is provided for returns related to initial defects.

### 8.2 Customer Support

For warranty claims, technical assistance, or any questions regarding your FORSINING watch, please contact the seller or FORSINING customer support. Refer to your purchase documentation for specific contact details.

