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› UMF RUHLA 1970-3 Automatic Watch User Manual

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Model: 1970-3

INTRODUCTION

Thank you for choosing the UMF RUHLA 1970-3 Automatic Watch. This timepiece is designed for both daily wear and water sports enthusiasts, combining maximum functionality with an elegant design. It features a robust automatic movement, scratch-resistant sapphire glass, and a high water resistance rating. This manual provides essential information for the proper setup, operation, and maintenance of your watch.

PRODUCT OVERVIEW



Image: The UMF RUHLA 1970-3 Automatic Watch features a black dial with luminous markers, a rotating bezel, and a black silicone strap. The watch face displays "UMF RUHLA", "AUTOMATIK", "OSTSEE III", "LIMITED EDITION", "300m/984 ft", and "MADE IN GERMANY". A date window is visible at the 3 o'clock position.

The UMF RUHLA 1970-3 is an automatic mechanical watch, meaning it is powered by the motion of your wrist and does not require a battery. It is equipped with a unidirectional rotating bezel, a screw-down crown, and a date display.

SETUP

Initial Winding

As an automatic watch, it gains power from your movement. If the watch has stopped or is low on power, it needs to be manually wound to start.

1. Unscrew the crown by turning it counter-clockwise until it springs free.
2. Turn the crown clockwise approximately 20-30 times. This will provide enough power for the watch to start running.
3. Once the watch is running, wearing it regularly will keep it wound.

Setting Time and Date

1. **Unscrew the crown** by turning it counter-clockwise.
2. **Pull the crown out to the first click position** to set the date. Turn the crown clockwise or counter-clockwise until the correct date is displayed. Avoid setting the date between 9 PM and 3 AM, as this can damage the movement.
3. **Pull the crown out to the second click position** to set the time. Turn the crown to move the hands clockwise until the correct time is displayed. Ensure you differentiate between AM and PM when setting the date.
4. Once the time and date are set, **push the crown back in** and **screw it down tightly** by turning it clockwise. This ensures water resistance.

Strap Adjustment

The silicone strap is equipped with quick-release spring bars, allowing for easy strap changes without tools. To remove the strap, locate the small lever on the underside of the strap near the lug and slide it inwards to release the spring bar. To attach a new strap, align the spring bar with the lug holes and slide the lever to compress the spring bar, then release it into the lug hole.

OPERATING INSTRUCTIONS

General Use

- **Automatic Movement:** Your watch is powered by the natural motion of your wrist. Consistent wear will keep it running accurately. If not worn for an extended period, it may stop and require manual winding as described in the "Setup" section.
- **Unidirectional Rotating Bezel:** The bezel rotates in one direction (counter-clockwise) and can be used to measure elapsed time, typically for diving or other timed activities. Align the bezel's zero marker with the minute hand at the start of an activity.

Water Resistance (30 ATM / 300 meters)

The UMF RUHLA 1970-3 watch is water-resistant to 30 ATM (300 meters / 984 feet), making it suitable for all water activities, including swimming, snorkeling, and professional diving.

- **Before Water Exposure:** Always ensure the crown is fully screwed down to maintain water resistance.
- **After Water Exposure:** Rinse the watch with fresh water, especially after exposure to saltwater or chlorinated water, and dry it thoroughly with a soft cloth.
- **Avoid Temperature Extremes:** Do not expose the watch to sudden temperature changes (e.g., hot shower immediately after swimming in cold water), as this can compromise seals.
- **Do Not Operate Crown Underwater:** Never unscrew or operate the crown while the watch is submerged in water.

MAINTENANCE

Cleaning

- Wipe the watch case and sapphire glass with a soft, lint-free cloth.
- For stubborn dirt, use a slightly damp cloth. Ensure the crown is screwed down before using any moisture.
- The silicone strap can be cleaned with mild soap and water. Rinse thoroughly and dry.
- Avoid using harsh chemicals, solvents, or abrasive materials, as these can damage the watch's finish or seals.

Storage

When not wearing your watch, store it in a cool, dry place away from direct sunlight and strong magnetic fields. A watch box or pouch is ideal for protection.

Periodic Servicing

Like all mechanical watches, your UMF RUHLA 1970-3 will benefit from periodic servicing (typically every 3-5 years) by a qualified watchmaker. This includes cleaning, lubrication, and checking the movement's accuracy and water resistance seals.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch has stopped or is running slowly.	Insufficient power reserve.	Manually wind the watch (20-30 turns of the crown) and wear it regularly.
Date changes at noon instead of midnight.	Time is set to PM instead of AM.	Advance the time by 12 hours.
Condensation under the crystal.	Loss of water resistance or extreme temperature change.	Immediately take the watch to a qualified watchmaker for inspection and repair. Do not attempt to open the watch yourself.
Crown does not screw down.	Cross-threaded or debris in threads.	Gently try to re-thread the crown. If it still doesn't screw down, do not force it. Avoid water exposure and seek professional assistance.

For issues not listed here or if troubleshooting steps do not resolve the problem, please contact UMF RUHLA customer support or a certified watch repair center.

SPECIFICATIONS

- **Model:** UMF RUHLA 1970-3
- **Movement:** Automatic Mechanical
- **Water Resistance:** 30 ATM / 300 meters (984 feet)
- **Crystal:** Scratch-resistant Sapphire Glass
- **Strap Material:** Silicone with Quick-Release Spring Bars
- **Dial:** Grained texture
- **Bezel:** Unidirectional Rotating
- **Crown:** Screw-down
- **Case Dimensions (approximate):** Refer to package dimensions for overall product size.

- **Weight (approximate):** 310 grams (including packaging)
- **Intended User:** Men

WARRANTY AND SUPPORT

Warranty information for your UMF RUHLA 1970-3 watch is typically provided with your purchase documentation. Please refer to these documents for details regarding coverage, duration, and terms.

For further assistance, technical support, or warranty claims, please contact the retailer where you purchased the watch or visit the official UMF RUHLA website for customer service contact information.