TIME SETTING

1. Remove the plastic stopper to start the watch*
2. Pull the crown to the first position
3. Turn the crown to set the time
4. Push the crown back to the normal position

This is only required when you first purchase the watch and use it for the first time.

TIME & DATE SETTING

1. Remove the plastic stopper to start the watch*
2. Pull the crown to the first position for date setting
3. Pull the crown to the second position to set the time
4. Push the crown back to the normal position

TIME & DATE SETTING

1. Remove the plastic stopper to start the watch*
2. Pull the crown to the first position to for date setting
3. Pull the crown to the second position to set the time
4. Push the crown back to the normal position

STOP WATCH SETTING

1. Press Button A to start/stop the stopwatch
2. Press Button B to reset the stop watch
3. To reset the stopwatch to normal position, pull out the crown and press either Button A or Button B to reset individually.