

SWISS QUARTZ CALIBER Z60a

USER MANUAL

APPLICABLE TO:

THE CHRONO PHANTOM

THE CHRONO .BLU


Fromanteel
AMSTERDAM

CONGRATULATIONS

Welcome to the small circle of individuals who, if we are to be absolutely precise, demand slightly more of a watch than absolute precision.

Appreciation of a watch is more than a mere recognition of the correct time. It is enthusiasm for an ingenious idea. For the interplay between precision and imagination. Between time and timelessness. Between boundaries and infinity. Between laws to which the entire world is subject, and taste, which cannot be dictated to anyone.

That's why Fromanteel devotes time to watches that must not only run with absolute precision but which also, with every passing second, exert a fascination with the great achievements of master craftsmanship: a fascination with new inventions of a technical, material or formal nature, even if they are concealed in minute details that are perhaps not even visible.

You are now the owner of a beautiful new example of this Fromanteel tradition, gifted to you by a special someone, or by yourself. Whoever it was, has come to realize that this was the time to credit you for the good you did or achieved. May this watch forever be the reminder of that moment.

Fromanteel. Quality Time you can truly own.

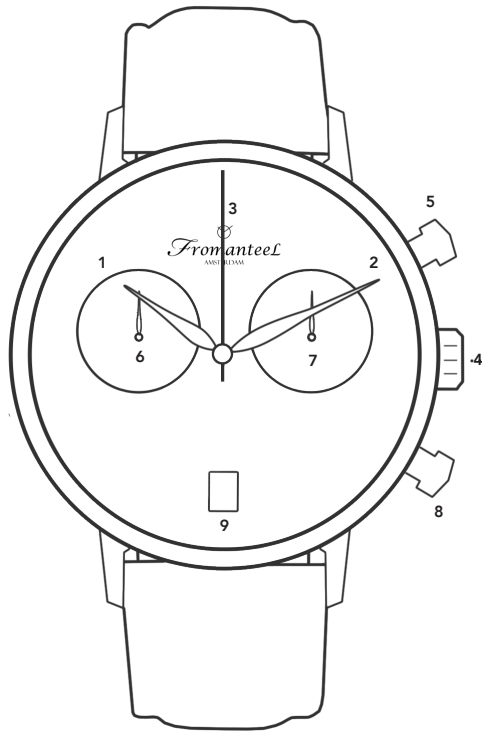
TECHNICAL FUNCTIONS OF THE QUARTZ Z60a CALIBER

Your Fromanteel watch displays the time in hours, minutes and seconds, together with the date. The Z60a Caliber is a chronograph movement, meaning it can also measure and track time with its stopwatch function and track time laps up to 30 minutes.

The Swiss Quartz movement is of the highest quality and manufactured by the renowned Swiss caliber (movement) manufacturer Ronda.

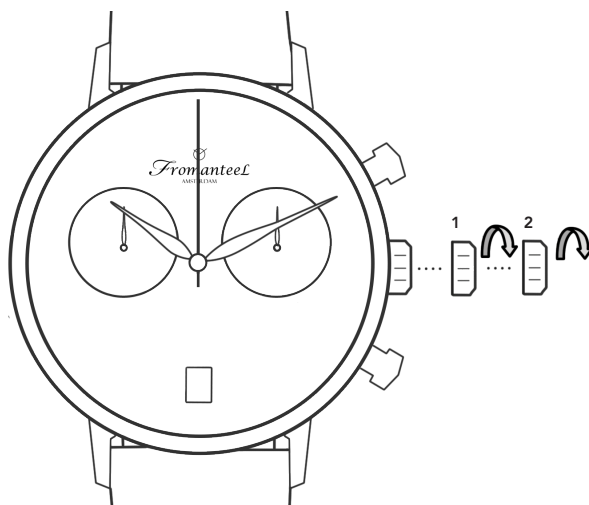
Your watch is protected by a sapphire glass of hardness grade 9 on Mohs' scale. Your watch is water-resistant to 5 ATM.

To ensure that this extraordinary watch continues to perform faultlessly in the future, we present you with a good set of tips on how to operate and maintain it.



- | | |
|-------------------------------|--------------------------|
| Hour hand ... 1 | 6 ... Minute counter |
| Minute hand ... 2 | 7 ... Small seconds hand |
| Center Stop-Second hand ... 3 | |
| Crown ... 4 | 8 ... Pusher B |
| A-Pusher ... 5 | 9 ... Date Indicator |

FUNCTIONS OF THE CROWN



NORMAL POSITION

With the crown in the normal position (0), your watch is 'locked' from an accidental adjustment of your hour, minute, or date. Also, the Quartz movement is activated and draws power from its battery at this position. The crown must always be in position 0 when you are wearing your watch.

DATE SETTING

If a month has fewer than 31 days, you will need to set the date manually to the first day of the following month. Pull the crown out to position (1). You can now set the date by turning the crown to the left (direct advance).

TIME & WEEKDAY SETTING

Pull out the crown to position (2). This will stop the movement.

Now move the minute hand a few minute-strokes beyond the time to be set. Then position the minute hand by moving it gently backward until it is precisely above the correct minute stroke. This ensures that the minute hand begins to run immediately when you restart the movement.

To start the counter seconds-hand, push in the crown to position 0. When setting the time, please be aware of the date change, which always takes place at 12 midnight. If this change has already taken place at 12 noon, you must move the hands forwards by 12 hours.

A full 24 hour rotation of the hour hand sets the day retrograde one weekday further. Use full 24 hour rotations to set the correct day.

THE CHRONOGRAPH FUNCTION

With the crown in the normal position (0), your watch is ready to be used as a stopwatch.

MEASURING A TIME-LAPSE

Tracking time-lapse starts with pressing the A-pusher. Doing so, the center stop-second hand will start a measurement. Pressing the A-pusher once again will stop the measurement. Pressing the A-pusher a third time will continue the measurement from where it was stopped.

Press the A-pusher again to stop the measurement and press the B-pusher to reset the center stop-second hand to the zero position.

PAUSING & CONTINUING A TIME-LAPSE

In certain occasions, one wishes to pause a time-lapse, but continuing the measurement on the background. This is done the following way:

Start the time-lapse starts by pressing the A-pusher. Doing so, the center stop-second hand will start a measurement. Pressing the B-pusher will pause this measurement. However, the measurement will continue on the background.

Pressing the B-pusher once again will continue the time-lapse. You will notice the center stop-second hand 'jumping' a bit, as it will continue the measurement where it left before pausing it.

By pressing the A-pusher, you will stop the measurement. Finally, pressing the B-pusher will reset the center stop-second hand back to its zero position.

RESET CHRONOGRAPH HANDS TO ZERO POSITION

Your chronograph hands may be set at a different position than zero. Often this happens when a watch crown has been kept at position 1 or 2 while operating the A or B pushers. This can be easily corrected.

RESET THE CENTER STOP-SECOND HAND TO ZERO POSITION

Pull the crown out to position 2. This will deactivate your watch. Now, press both A and B pushers simultaneously and keep them pressed for 2 seconds. When you notice that the center stop-second hand makes a full rotation, the watch is ready for recalibration. You can now release both pushers.

Press the A-pusher to reset the start position of the center stop-second hand. This can be done in two ways: 1) repeatedly pressing the A-pusher will allow you to set the center stop-second hand with exact strokes of a second, or 2) keeping the A-pusher pressed will enable you to set the center stop-second hand to the zero position fluidly.

Once set, push the crown to its normal position 0 and test your chronograph. The center stop-second will now start & stop from the zero position.

RESET THE MINUTE-COUNTER HAND TO ZERO POSITION

Pull the crown out to position 2. This will de-activate your watch. Now, press both A and B pushers simultaneously and keep them pressed for 2 seconds. When you notice that the center stop-second hand makes a full rotation, the watch is set for recalibration. You can now release both pushers.

Press the B-pusher once. Now, press the A-pusher to reset the start position of the minute-counter hand. This can be done in two ways: 1) repeatedly pressing the A-pusher will allow you to set the minute counter hand with exact strokes of a minute, or 2) keeping the A-pusher pressed will enable you to set the minute-counter hand to the zero position fluidly.

Once set, push the crown to its normal position 0. The minute-counter hand will now start & stop from the 0/30 position.

PREVENTIVE MAINTENANCE

Dust and dirt tend to collect in gaps in the back of the case or strap. We advise, therefore, to clean your watch occasionally. Use a dry toothbrush to clean your watch-case. Avoid contact with solvents, detergents, perfumes, cosmetic products, since they may damage the leather strap, your watch case or the gaskets between the pushers or crown.

Avoid speakers or refrigerators, since these have strong magnetic fields. Avoid shocks, whether thermal or other. Avoid temperatures above 60°C (140°F), below 0°C (32°F) or extreme temperature changes.

For the Chronograph: do not operate the pushers under water to prevent water from entering the movement. Store your watch in a dry place when not using it.

Replace an empty battery as soon as possible. Fromanteel offers a battery replacement service on its website or in The Fromanteel Store. Each Fromanteel Quartz watch comes with an 'end-of-life' battery indicator. You will notice the second-hand jumping in intervals of 3 to 4 seconds. This means the battery should be changed in the next 2-3 weeks to prevent permanent damage to the watch.

A THING OR TWO ABOUT WATER RESISTANCE

The water-resistance of Fromanteel watches is stated in ATM (atmosphere) instead of in meters. 1 ATM stands for a unit of pressure equal to the air pressure at sea level (or 14.72 pounds of weight per square inch). Meters, which are often used elsewhere in the watch industry to indicate water-resistance, cannot be equated with dive depth because of the test procedures that are frequently used.

Water-resistance shown in meters provides no indication as to actual use of the watch in the presence of moisture and wetness, and in or under water. As body movement caused by swimming or strong water current can also influence the increase in pressure. Depth alone would be inaccurate to address the water-resistance of your watch. All Fromanteel watches are made to resist 5 ATM (or more, if differently indicated).

To ensure that your watch continues to function correctly, you should have it checked by a Fromanteel Service Centre at least once every two years. Your watch should also be tested after exposure to unusually harsh conditions. If the tests are not carried out as stipulated, or if the watch is opened by an unauthorized third party, Fromanteel will accept no warranty or liability claims.

A NOTE: ABOUT THE STRAPS

Most of the Fromanteel straps are made of leather. Fromanteel offers, however, a small selection of textile or rubber with a leather or textile inlay. These straps are carefully made by hand and use natural materials. It is therefore essential to make sure that the high-quality strap does not come into contact with water, oily substances, solvents, cleaning agents, or cosmetic products. This way, you can prevent discoloration and premature aging of the material.

SERVICE YOUR WATCH

Although the parts in this watch are all manufactured from top-quality materials, some components are subject to natural wear and tear. It is particularly important to ensure that the points at which wear occurs are always well lubricated and that oil contaminated by metal abrasion is regularly removed. For this reason, we recommend that you have your watch serviced approximately every 3 to 4 years.

