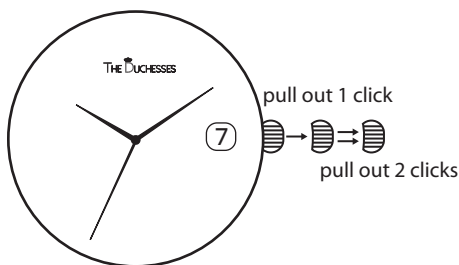


Date setting:

In order to set the date, the crown must be pulled out 1 click (out of 2 clicks)
Rotate the crown to set the date, then return the crown to its original position.

Time setting:

In order to set the time, the crown must be pulled out 2 clicks.
Rotate the crown to set the time and then return the crown to its original position. (It is recommended to set the date when the clock is set to 12 o'clock so that the date changes exactly at midnight).



Water Resistance					
Watch Dial	Back of the watch case	Light spray, Light Rain, Splash	Shower, Dishes Washing	Swimming, Snorkeling Water Sports	Scuba Diving
Water Resistant	Water Resistant	OK	NO	NO	NO
ATM 3	W/R 3 ATM	OK	NO	NO	NO
ATM 5	W/R 5 ATM	OK	OK	NO	NO
ATM 10	W/R 10 ATM	OK	OK	OK	NO
ATM 20	W/R 20 ATM	OK	OK	OK	OK