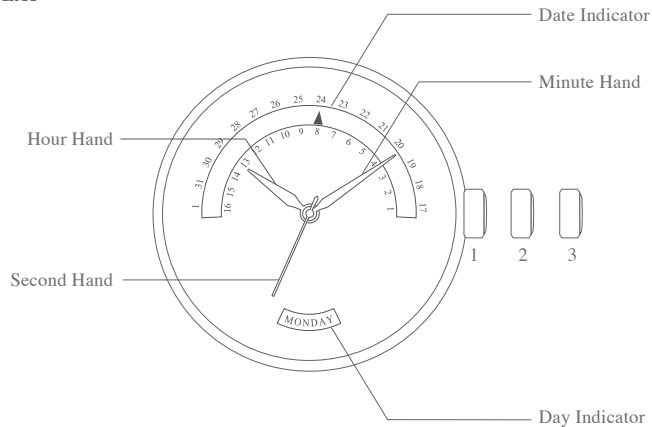


JAPAN QUARTZ 3 HANDS WITH DATE & DAY

A) DISPLAY



B) DATE & TIME SETTING

1. Pull the crown to **position 3**.
2. Turn the crown clockwise to advance the time. Set to the correct time.
3. Push the crown back to **position 2**.
4. Turn the crown anti-clockwise to set the date.
5. Turn the crown clockwise to set the day.
5. Push the crown back to **position 1**.

NOTE:

Do not set the date between 10:00PM and 2:00AM, otherwise the date may not change properly.

If it is necessary to set the date during that time period, change the time to any time outside of it, set the date and then reset to the correct time.