

For older movements, please contact Customer Care in your market.
Contact information is located on the Customer Care page of the website.

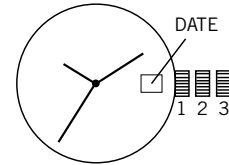
ANALOG

ENGLISH

Date Models

Date Setting

1. Pull the crown out to position 2.
2. Turn the crown either clockwise or counter-clockwise and set the date for the previous day.
The direction that moves the date varies on different watch models.



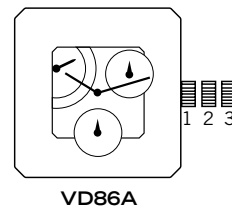
Time Setting

1. Pull crown out to position 3.
2. Turn counter-clockwise to advance the time and continue until the day changes to the present day.
3. Set to the correct time.
4. Push crown back to position 1.

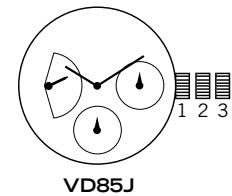
Retrograde with Date Sweep VD86A / VD85J

Time and Date Setting

1. Pull crown out to position 3 and rotate clockwise to set day of week. Hand in upper left indicates weekday and will automatically reset to "M" at the end of the week.
2. Keeping crown in position 3, rotate hands to set the time (make sure am/pm is set correctly).
3. Push crown back to position 1.
4. Pull crown out to position 2 and rotate counter-clockwise to set date.
5. Push crown back to position 1.



VD86A



VD85J

AUTOMATIC

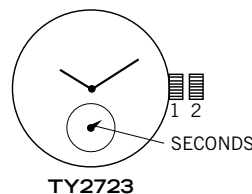
Automatic Winding Movement

A timepiece fitted with an automatic winding movement obtains the power to wind itself by the movement of your wrist, there is no battery. Therefore, not wearing the timepiece for several consecutive days could exhaust the power reserve. If your watch stops, it is recommended that you manually wind the movement by rotating the crown clockwise to achieve the necessary power reserve.

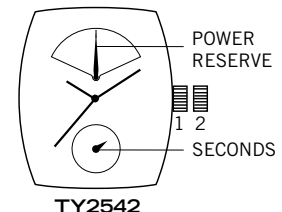
It is important your timepiece is adjusted to match the size of your wrist. A loose fit may result in a loss in capacity of the timepiece to wind itself. When fully wound, your timepiece has a power reserve of approximately 38 hours.

Automatic TY2723 / TY2542

1. To start time-keeping, rotate the crown clockwise 15-20 times in position 1.
2. Pull crown out to position 2 and rotate clockwise to set time. Push crown back to position 1.



TY2723



TY2542

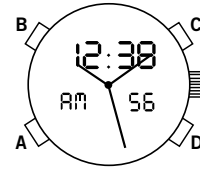
ANALOG - DIGITAL

Ana-Digi FL1331A

Normal Time Display

1. Press A or B for EL.
2. Press and hold A or B for 2 seconds to turn digital display off. Press any pusher to turn on the display when it is off.
3. Press C to toggle 12/24-hour format. Display will show "AM" or "PM" for 12-hour format.
4. Press D to change mode. Mode sequence is time, date, chronograph, alarm.

NOTE: In any setting mode, if no pusher is operated for 30 seconds, all changes will be saved and the setting will automatically return to display mode.



Time and Calendar Setting

1. In normal time display or calendar display, press and hold C for 2 seconds, year will begin flashing.
2. Press D to advance digits; press and hold D for fast advance.
3. Press C to advance to next setting value.
4. Setting sequence is: year, month, date, hour, minute, seconds.
5. Press C to exit setting mode.

NOTE: Weekday will automatically update upon exiting setting mode.

Chronograph Mode

1. Press D to change to chronograph mode.
2. Press D and hold 2 seconds to reset chronograph to zero.
3. Press C to start/stop the chronograph.
4. Press D to reset to zero.

Alarm Mode

1. Press D to change to alarm mode.
2. Press C to toggle alarm/chime on/off.
3. Alarm will sound at preset time for 20 seconds; press any pusher to silence alarm.

Alarm Setting

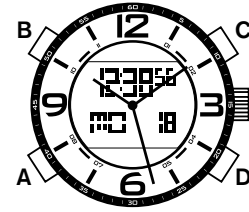
1. In alarm mode, press and hold C for 3 seconds; hour will begin flashing.
2. Press D to advance digit; press and hold D for fast advance.
3. Press C to set and advance to minute.
4. Press D to advance digit; press and hold D for fast advance.
5. Press C to exit setting mode.

Ana-Digi QFL133

Normal Time Display

1. Press A to change mode. Mode sequence is normal time display, alarm, chronograph, and time/calendar setting.
2. Press B for EL.
3. Press C to toggle 12/24 hour time.

NOTE: In any setting mode, if no pusher is operated for 2 minutes, all changes will be saved and the setting will automatically return to normal time display.



Time and Calendar Setting

1. Press A to change to time/calendar setting mode; seconds will begin flashing.
2. Press C to set seconds to zero.
3. Press D to advance to next setting value.
4. Press C to increase digit, press and hold C for fast advance.
5. Setting sequence is: seconds, hour, minute, month, date and weekday.
6. Press A to exit setting mode.

Alarm Mode

1. Press A to change to alarm mode.
2. Press C to toggle alarm/chime on/off.
3. Alarm will sound at preset time for 20 seconds; press C or D to silence alarm.

Alarm Setting

1. In alarm mode, press D to enter setting mode; hour will begin flashing.
2. Press C to increase hour; press and hold C for fast advance.
3. Press D to set and advance to minutes.
4. Press C to increase minutes; press and hold C for fast advance.
5. Press D to save data and exit setting mode; press A to save data, exit setting mode, and return to normal time display.

Chronograph Mode

1. Press A to change to chronograph mode.
2. Press C to start/stop the chronograph.
3. Press D to reset to zero.

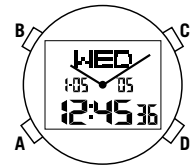
Split Time

1. Press D while the chronograph is running for split time.
2. Press D again to return to chronograph.
3. Repeat steps 1 and 2 to measure multiple split times.
4. Press C to finalize timing.
5. Press D to reset to zero.

World Time Module (Analog-Digital and Digital)

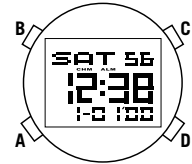
Normal Time Display

1. Press pusher B for EL.
2. Press pusher C for hourly chime on/off.
3. Press pusher D for DST on/off for the selected city.
4. In any mode or setting, if no pusher is operated for 60 seconds, setting will be returned to normal time display.



Time and Calendar Mode

1. Press and hold pusher B for 2 seconds to enter setting mode. 12/24 hour time will begin flashing.
2. Press pusher C to select 12/24 hour time.
3. Press pusher A to select and change seconds, minute, hour, year, month, day and city.
4. Press pusher C to increase the digit; press pusher D to decrease the digit.
5. Press pusher B to exit setting mode.



World Time Mode

1. Press pusher A to select world time mode.
2. Press pusher C to select city.
3. Press pusher D for DST on/off for the selected city.

Words	City	Hour Difference	Words	City	Hour Difference
MDY	Midway	-11 hours	PAR	Paris	+1 hour
HNL	Honolulu	-10 hours	CAI	Cairo	+2 hours
ANC	Anchorage	-9 hours	MOW	Moscow	+3 hours
LAX	Los Angeles	-8 hours	DXB	Dubai	+4 hours
DEN	Denver	-7 hours	KHI	Karachi	+5 hours
CHI	Chicago	-6 hours	DAC	Dacca	+6 hours
NYC	New York	-5 hours	BKK	Bangkok	+7 hours
CCS	Caracas	-4 hours	HKG	Hong Kong	+8 hours
RIO	Rio de Janeiro	-3 hours	TYO	Tokyo	+9 hours
-2H	-2H	-2 hours	SYD	Sydney	+10 hours
-1H	-1H	-1 hour	NOU	Noumea	+11 hours
LON	London	0 hours	AKL	Auchland	+12 hours

Alarm Setting (3 alarms)

1. Press pusher A to select alarm mode.
2. Press pusher C to scroll through alarms.
3. Press pusher D for alarm on/off.
4. Press and hold pusher B for 2 seconds to enter setting mode. Minutes will begin flashing.
5. Press pusher A to select minutes and hour.
6. Press pusher C to increase the digit; press pusher D to decrease the digit. Alarm is automatically turned on when setting is changed.
7. Press pusher B to exit setting mode.

Chronograph Mode

1. Press pusher A to select chronograph mode (STW).
2. Press pusher C to start chronograph; press pusher D to stop chronograph.
3. Press pusher D to reset chronograph when it is not running.

Lap Counting

1. Press pusher C while chronograph is running (will record up to 20 laps).
2. Press pusher D to finalize timing.
3. Press pusher A to recall laps (TOT) when information is recorded in the chronograph (will recall up to 20 laps).
4. Press pusher C to view next lap; press pusher D to view previous lap.
5. Enter regular chronograph mode; press pusher D to reset to zero.

Countdown Timer

1. Press pusher A to select timer mode.
2. Press pusher C to start/stop the timer.
3. Press pusher D to reset timer when it is not running. Timer will show all zero's before timer is started again.
4. Press and hold pusher B for 2 seconds to enter setting mode. Seconds will begin flashing.
5. Press pusher A to select seconds, minutes and hour.
6. Press pusher C to increase digit; press pusher D to decrease digit.
7. Press pusher B to exit setting mode.

MULTIFUNCTION

Multi-Time Zone 505.24H

Time / Calendar Setting

1. Pull RED crown B (at 4:00 position) out to position 2.
2. Turn crown clockwise to set to previous day's date.
3. Pull crown out to position 3.
4. Turn crown counter-clockwise until date changes to today's date; set correct a.m. or p.m. time.
5. Return crown to position 1.

NOTE: Second time zone hand will move in conjunction with hour and minute hands. Set hour and minute hands before setting second time zone.

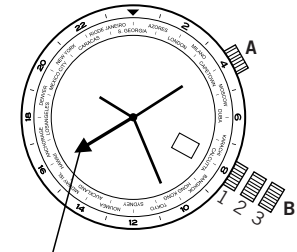
Second Time Zone Setting

1. Pull RED crown B (at 4:00 position) out to position 2.
2. Turn crown counter-clockwise to set second time zone.
3. Return crown to position 1.

NOTE: Second time zone hand is read in military time, indicated on the bezel.

Third Time Zone Reading

1. Turn crown A clockwise or counter-clockwise to match current hour with current city time zone.
2. For third time zone reading, locate the city indicating the new time zone. Each increment (to the right) indicates +1 hour; each decrement (to the left) indicates -1 hour.



SECOND TIME ZONE HAND

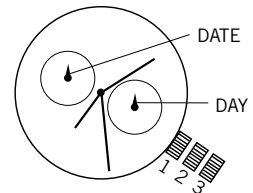
Multifunction 6P25

Date Setting

1. Pull crown out to position 2.
2. Turn counter-clockwise to select date.

Day and Time Setting

1. To set time, pull crown out to position 3.
2. Turn clockwise to set hour and minute hands. The hand showing days of the week will also move with the hour and minute hands. Keep turning until you have reached the desired day.
3. Push crown back to position 1.



Multifunction VX3R / VX3RE

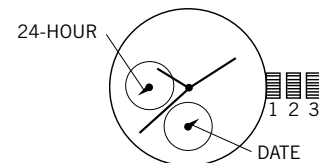
Time Setting

1. Pull crown out to position 2.
2. Turn crown clockwise to set time.
3. Return crown to position 1.

NOTE: 24-hour hand moves correspondingly with the hour and minute hands. When setting the time be sure to check that the 24-hour hand is set properly.

Date Setting

1. Pull crown out to position 3. Turn crown counterclockwise to set date.
2. Return crown to position 1.



Chronograph Stopwatch VD54 (with date - VD53)

(1 crown/2 pushers)

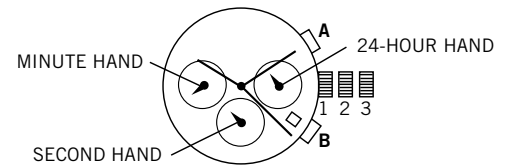
Time and Date Setting

1. Before setting the time, make sure the chronograph is stopped and set to zero (12:00) position.
2. Pull crown out to position 2.
3. Turn crown clockwise until the previous day's date is displayed.
4. Pull crown out to position 3 when the second hand is at the 12:00 position.
5. Turn crown to set time.

NOTE: 24-hour hand moves correspondingly with the hour and minute hands. When setting the time be sure to check that the 24-hour hand is set properly.

6. Return crown to position 1.

NOTE: When the crown is in position 2, do not press the pushers. Otherwise the chronograph hands will move.



Chronograph

1. Press A to start/stop the chronograph.
2. Press B to reset to zero.

Split Time

1. Press B while the chronograph is running.
2. Press B again to return to the chronograph.
3. Press A to finalize timing.
4. Press B to reset.

Chronograph Zero Reset

1. If either of the chronograph hands is not at the zero (12:00) position, pull crown out to position 3.
2. Press A to move hands clockwise; press B to move hands counter-clockwise.
3. Return crown to position 1.

Chronograph Stopwatch VD55 (with date - VD57)

(1 crown/2 pushers)

Time Setting

1. Pull crown out to position 3.
2. Set time by turning the crown clockwise.
3. Push back to position 1 to start the watch.

Using the Stopwatch

1. Press A to start/stop the stopwatch.
2. Press B to control the split time and reset.

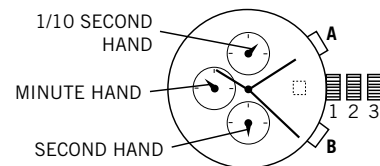
Stopwatch Hand Adjustment

1. Pull crown out to position 3.
2. Press A to reset the stopwatch 1/10 second hand to the "0" position.
3. Press B to reset the second and minute hands. The hands only move clockwise.
4. With each press of A or B, the hands move one position. They move quickly if the buttons are kept pressed.

NOTE: If the stopwatch hands function improperly, pull out crown and press A and B at the same time for over 2 seconds. When the buttons are released, the stopwatch second and 1/10 second hands will spin around and return to "0." This will indicate that the internal circuit has been reset.

Date Setting (On some models only)

1. Pull crown out to position 2.
2. Turn clockwise until desired date appears in window.
3. Push crown back to position 1.



Chronograph Stopwatch OS20, FS00

(1 crown/2 pushers)

Time Setting

1. Pull crown out to position 3. Chronograph second hand will return to "0."
Do not return the crown to position 1 while the hands are returning to "0," or else the position the hands are at when this is done will be recognized as the new "0" position.
2. Turn crown to set the desired time.
3. Return the crown to position 1.

Date Setting

1. Pull crown out to position 2.
2. Turn crown counter-clockwise until the correct date is shown in the date window.
3. Return crown to position 1.

Chronograph Zero Reset

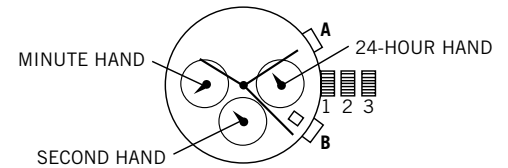
This procedure should be performed when the chronograph second hand does not return to the "0" position after the chronograph has been reset.

1. Pull crown out to position 3.
2. Press A to set the chronograph second hand to the "0" position.
NOTE: The hands move quickly if the pushers are kept pressed.
3. Once the hand has been zeroed, reset the time and return the crown to position 1.
Do not return the crown to position 1 while the hands are returning to "0." Doing so will cause the position of the hands to be recognized as the new "0" position.

Chronograph Operation

This chronograph is able to measure and display time in 1/1 second up to maximum of 1 hour.

1. Press A to start/stop the chronograph.
2. Press B to reset the chronograph.



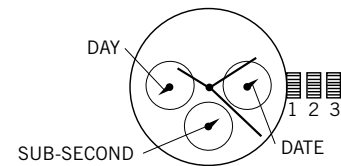
Multifunction VD75A1

Date Setting

1. Pull crown out to position 2.
2. Turn counter-clockwise to advance the date hand.
3. Push crown back to position 1.

Day and Time Setting

1. Pull crown out to position 3.
2. Turn clockwise to advance hour and minute hands. The hand showing days of the week will also move with the hour and minute hands. Keep turning until you have reached the desired day.

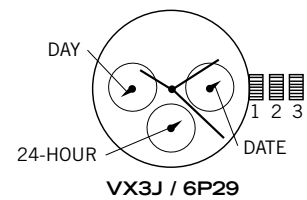


Multifunction VX3J / 6P29 / 6P79 / VX3NE

(1 crown)

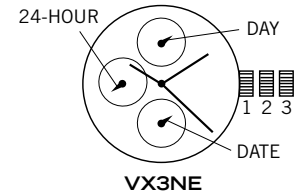
Date Setting

1. Pull crown out to position 2.
2. Turn clockwise to advance the date hand.
3. Push crown back to position 1.



Day and Time Setting

1. Pull crown out to position 3.
2. Turn clockwise to advance hour and minute hands.
The hand showing days of the week will also move with the hour and minute hands. Keep turning until you have reached the desired day.



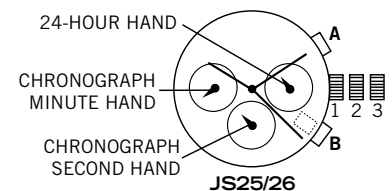
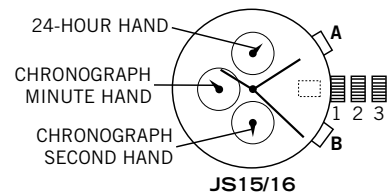
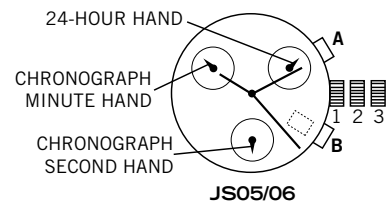
24-Hour Sub-Dial Setting

The 24-hour hand moves correspondingly with the hour and minute hands. When setting the time be sure to check that the 24-hour hand is set properly.

Chronograph JS05 / JS06 / JS15 / JS16 / JS25 / JS26

Time and Date Setting

1. Pull crown out to position 2.
2. Rotate crown clockwise until the previous day's date is shown in the date window.
3. Pull crown out to position 3.
4. Rotate crown clockwise until the correct date is shown in the date window.
5. Continue to rotate crown to set correct am/pm time.
NOTE: 24-hour hand moves correspondingly with the hour and minute hands. When setting the time be sure to check that the 24-hour hand is set properly.
6. Return crown to position 1.
NOTE: When the crown is in position 2, do not press the pushers. Otherwise the chronograph hands will move.
NOTE: Do not set the date between 9:00 p.m. and 1:00 a.m. to ensure accuracy.



Chronograph

1. Press A to start/stop the chronograph.
2. Press B to reset to zero.

Chronograph Zero Reset

1. If either of the chronograph hands is not at the zero (12:00) position, pull crown out to position 3.
2. Press A to move hands clockwise; press B to move hands counter-clockwise. Each press of A or B will move the chronograph hands by one increment/decrement. Or press and hold A or B for fast increment/decrement.
3. When both hands are in the zero position, reset time and return crown to position 1.
NOTE: Chronograph minute hand will synchronize with chronograph second hand during chronograph zero reset.

DIGITAL

Digital MLL-004

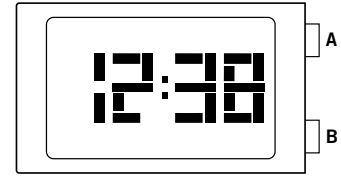
Normal Time Display

1. Press A to display month/date for 3 seconds.
2. Press A twice (or once if date is displayed) to display seconds. Press A again to return to Normal Time Display.

Time and Date Setting

1. From Normal Time Display, press B twice to enter setting mode; month will be displayed.
2. Press A to increase value.
3. Press B to set and advance to next setting.
4. Setting sequence is: month, date, hour, minute.
5. Press B to exit setting mode; press A to activate watch.

NOTE: Colon will flash between hour and minutes in Normal Time Display to indicate watch is active.

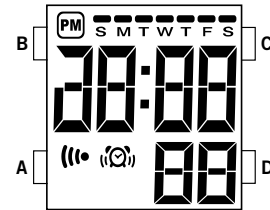


Digital MLL-020

Normal Time Display

1. Press A to change to chronograph mode.
2. Press B for EL.
3. Press and hold C to display date.
4. Press and hold C and then push D to toggle month/date format.
5. Press and hold D to display alarm time.
6. Press and hold D and then push A to toggle 12/24-hour format.

NOTE: At any point in any setting mode, press A to exit setting mode.



Time and Calendar Setting

1. In normal time display, press and hold A for 3 seconds, then press A again; Tuesday flag and seconds digits will begin flashing.
2. Press D to set seconds to zero.
3. Press C to advance to minute.
4. Press D to advance digit, press and hold D for fast advance.
5. Press C to advance to next setting value.
6. Setting sequence is: seconds, minute, hour, month, date, weekday.
7. Press A to exit setting mode.

Alarm Mode

1. In normal time display, press and hold D and then push C to toggle alarm/chime on/off.
2. Alarm will sound at preset time for 30 seconds; press D to silence alarm.
3. To test alarm, press and hold C and D simultaneously. Alarm will beep.

Alarm Setting

1. In normal time display, press and hold A for 3 seconds; Monday flag and hour will begin flashing.
2. Press D to advance digit; press and hold D for fast advance.
3. Press C to set and advance to minute.
4. Press D to advance digit; press and hold D for fast advance.
5. Press A to exit setting mode.

Chronograph Mode

1. Press A to change to chronograph mode.
2. Press C to start/stop the chronograph.
3. Press D to reset to zero.

Split Time

1. Press D while the chronograph is running for split time.
2. Press D again to return to chronograph.
3. Repeat steps 1 & 2 to measure multiple split times.
4. Press C to finalize timing.
5. Press D to reset to zero.

Digital MLG-017

Normal Time Display

1. Press A to change mode. Mode sequence is normal time, alarm, time zone 2, timer, and chronograph.
2. Press B for EL.

NOTE: At any point in any setting mode, press D to exit setting mode.

NOTE: In any setting mode, if no pusher is operated for 2 minutes, all changes will be saved and the setting will automatically return to display mode.

Time and Calendar Setting

1. In normal time display, press D; seconds will begin flashing.
2. Press C to set seconds to zero.
3. Press A to advance to hour.
4. Press C to advance digit, press and hold C for fast advance.
5. Press A to set and advance to next setting value.
6. Setting sequence is: seconds, hour, minute, year, month, and date.
7. Press D to exit setting mode.

NOTE: Weekday is automatically updated upon exiting setting mode.

NOTE: At any point in time/calendar setting mode, press B to toggle 12/24 hour format.

Alarm Mode

1. Press A to change to alarm mode.
2. Press B to toggle alarm/chime on/off.

Alarm Setting

1. Press A to change to alarm mode.
2. Press D to enter setting mode; hour will begin flashing.
3. Press C to advance digit; press and hold C for fast advance.
4. Press A to set and advance to next setting value.
5. Setting sequence is: hour, minutes, month, date. For daily alarm, leave month and date set at "----".
6. Press D to exit setting mode.

Time Zone 2

1. Press A to change to time zone 2.
NOTE: In time zone 2 display, normal time is shown in the lower portion of the display.
2. Press D to enter setting mode; hour will begin flashing.
3. Press C to advance digit, press and hold C for fast advance.
4. Press A to set and advance to minutes.
5. Press C to advance digit, press and hold C for fast advance.
6. Press D to exit setting mode.

NOTE: At any point in time zone 2 setting mode, press B to toggle 12/24 hour format.

Countdown Timer

1. Press A to change to timer mode.
2. Press C to start/stop the timer.
3. Press B to clear the countdown and reset the timer.

Timer Setting

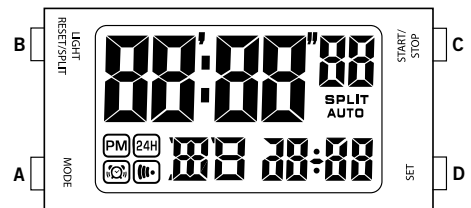
1. Press D to enter setting mode; hour will begin flashing.
2. Press C to advance digit; press and hold C for fast advance.
3. Press A to set and advance to next setting value.
4. Setting sequence is: hour, minutes, seconds.
5. Press D to exit setting mode.
NOTE: At any point in setting mode, press B to toggle auto reset on/off. When auto reset is on, timer will automatically re-start upon reaching zero.

Chronograph Mode

1. Press A to change to chronograph mode.
2. Press C to start/stop the chronograph.
3. Press B to reset to zero.

Split Time

1. Press B while the chronograph is running for split time.
2. Press B again to return to chronograph.
3. Press C to finalize timing.
4. Press B to reset to zero.



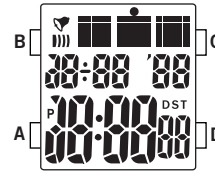
Digital BJ2635

Normal Time Display

1. Press A to change mode. Mode sequence is normal time, world time, alarm, chronograph, recall mode, and timer.
2. Press B for EL.
3. Press C to toggle chime on/off.
4. Press D to toggle DST on/off.

NOTE: In any mode, if no pusher/button is operated for 60 seconds, the setting will automatically return to normal time display.

NOTE: At any point in any setting mode, press B to exit setting mode and return to normal time display.



Time and Calendar Setting

1. In normal time display, press and hold B; 12/24-hour format will begin flashing.
2. Press C or D to increase/decrease digits; press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Setting sequence is: 12/24-hour format, seconds, minutes, hour, year, month, date, time zone.
5. Press B to exit setting mode.

NOTE: Weekday is automatically updated upon exiting setting mode.

World Time Mode

1. Press A to change to world time mode.
2. Press C to scroll to next city; press and hold C for fast advance.
3. Press D to toggle DST on/off for the current city time zone.

City Code	City	Time Difference
MDY	Midway	-11:00
HNL	Honolulu	-10:00
ANC	Anchorage	-09:00
LAX	Los Angeles	-08:00
DEN	Denver	-07:00
CHI	Chicago	-06:00
NYC	New York	-05:00
CCS	Caracas	-04:00
RIO	Rio De Janeiro	-03:00
-2H	-2H	-02:00
-1H	-1H	-01:00
LON	London	00:00
PAR	Paris	+01:00
CAI	Cairo	+02:00
MOW	Moscow	+03:00
DXB	Dubai	+04:00
KHI	Karachi	+05:00
DAC	Dacca	+06:00
BKK	Bangkok	+07:00
HKG	Hong Kong	+08:00
TYO	Tokyo	+09:00
SYD	Sydney	+10:00
NOU	Noumea	+11:00
AKL	Auckland	+12:00

Alarm Mode

1. Press A to change to alarm mode.
2. Press C to select alarms 1-3.
3. Press D to toggle alarm on/off.

NOTE: Alarm will sound at present time for 30 seconds. Press any pusher to silence alarm.

Alarm Setting

1. In alarm mode, press C to select alarm 1, 2 or 3.
2. Press and hold B; minutes will begin flashing.
3. Press C or D to increase/decrease digits; press and hold C or D for fast increment/decrement.
4. Press A to advance to next setting value.
5. Setting sequence is minutes, hour.
6. Press B to exit setting mode.

Chronograph Mode

1. Press A to change to chronograph mode.
2. Press C to start the chronograph; press D to stop the chronograph.
3. Press D to reset to zero.

Lap Time

1. Press C while the chronograph is running for lap time. Display will show lap time for 5 seconds, then will resume chronograph time.
2. Press C again to measure multiple lap times (up to 99 laps).
3. Press D to finalize timing. Display will show current lap time for 5 seconds, then total time.
4. Press D again to reset to zero.

Recall Mode

1. Press A to change to recall mode. Total time will be displayed.
NOTE: If no data has been stored, pressing A will advance chronograph mode to timer mode.
2. Press C to view next record; press D to view previous record (memory stores up to 20 laps, lap 1-lap19, and final lap).

Countdown Timer

1. Press A to change to timer mode.
2. Press C to start/stop the timer.
3. Press D to reset the timer to preset value.
NOTE: When timer reaches zero or preset value, alarm will sound for 30 seconds. Press any key to silence alarm.

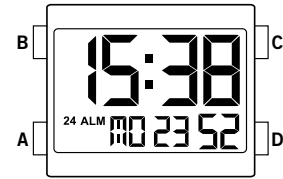
Timer Setting

1. In timer mode, press and hold B; seconds will begin flashing.
2. Press C or D to increase/decrease digit, press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Setting sequence is: seconds, minutes, hour.
5. Press B to exit setting mode.

Ten Half Digit Digital FL145 / FL186

Normal Time Display

1. Press A to change mode.
2. Press B for EL.
3. Press C to toggle 12/24 hour format.
4. Press D to stop alarm sound.



Time/Calendar Setting

1. From normal time display, press A three times to enter setting mode. Seconds will begin flashing.
2. Press C to reset seconds to zero.
3. Press D to set and advance to next setting value.
4. Press C to increase digit; press and hold C for fast advance. Press D to set each setting value.
5. Setting sequence is: seconds, hour, minutes, month, date, day of week.
6. Press A to exit setting mode.

Alarm Setting

1. Press A to change to alarm mode (AL).
2. Press and hold C for alarm sound testing.
3. Press C to toggle alarm/chime on/off.
4. Press D to enter setting mode; hour will begin flashing.
5. Press C to advance digit; press and hold C for fast advance.
6. Press D to set hour and minutes.
7. Setting will automatically exit setting mode mode after minutes are set.

Chronograph Mode

1. Press A to change to chronograph mode (ST).
2. Press C to start/stop chronograph.
3. Press D to reset chronograph when it is not running.

Split Time

1. Press D while the chronograph is running.
2. Press D again to return to the chronograph.
3. Press C to finalize timing.
4. Press D to reset to zero.

Digital FO-001

Normal Time Display

Press A to change display. Display sequence is normal time, date, seconds.

Time and Calendar Setting

1. In normal time display, press B twice; month will begin flashing.
2. Press A to increase digits.
3. Press B to advance to next setting value.
4. Setting sequence is: month, date, hour, and minute.
5. Press B to exit setting mode.
NOTE: At any point in setting mode, press A to exit setting mode and return to normal time display.



MISCELLANEOUS

Use Precautions - Resistance to Water

Indication		Water-related Use				
Depth	Caseback Marking	Light spray perspiration, light rain, etc.	Bathing, etc.	Swimming, etc.	Skin diving (Diving without oxygen cylinder)	Water-resistant characteristics
-	-	NO	NO	NO	NO	Non-water-resistant; must be kept away from water.
WATER-RESISTANT 30m (3 bar)	3 ATM	OK	NO	NO	NO	Normal daily water contact.
WATER-RESISTANT 50m (5 bar)	5 ATM	OK	OK	NO	NO	Suitable for bathing, but cannot be worn for swimming or diving.
WATER-RESISTANT 100m-200m (10bar-20bar)	10 ATM-20 ATM	OK	OK	OK	OK	Suitable for skin diving.
<i>Always set the crown in the normal position. Tighten screw-lock crown completely.</i>						

- Clean your watch with a soft cloth and water only. Do not submerge your watch under water unless it is water rated (see caseback).
- After salt water use, rinse watch under tap water and wipe dry with a soft cloth.
- Metal watch bands should be washed periodically to keep them looking beautiful. Clean with a soft brush dipped in mild, soapy water. Be sure to wipe dry thoroughly with a soft cloth.