







**This manual contains instructions that should be strictly followed at all times**



## Before using this watch



How to use a specially designed crown/push button

Recessed buttons

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# Component identification





## Charging your watch

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When the watch reaches a low charge state (insufficient charge

## Charging time by environment

Below are the approximate times required for charging when exposing the watch dial to light continuously. This table is for general reference only and does not represent exact charging times.





























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Function for switching the home time and the local time











## Setting Summer Time (SMT)

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## Setting Summer Time (SMT)





3. Press and release the lower right button



















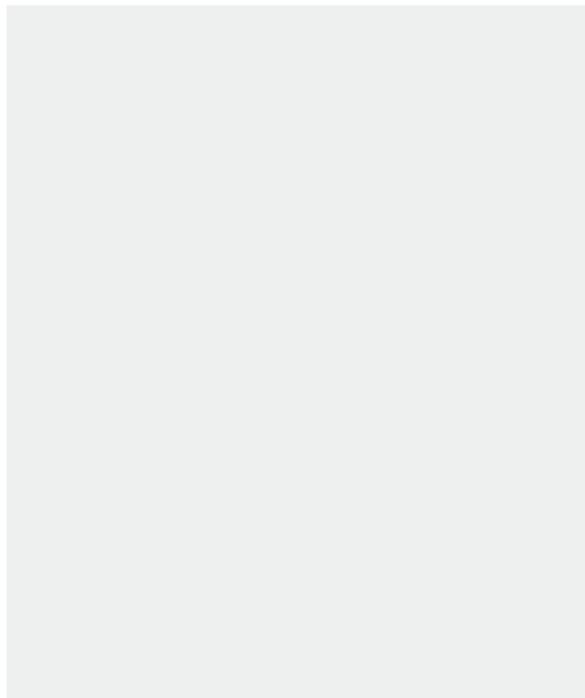






## Notes on the time signal reception

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### Poor reception areas

It may be difficult to receive the time signal properly under certain environmental conditions or in areas susceptible to radio noise.

‡ 7j fdW VkZaf adUaV



1. Ensure that the crown is in position 0 .
- 2.









## Adjusting the time/calendar manually

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4.



## Adjusting the time/calendar manually

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## Precautionary items and usage limitations

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‡ BSW

### <Strong Shock>

‡ 3h[VVcabb]` YfZW SIZ adegTWM[` Y[f fa afZWfda` Y[ bSuf;f\_ Sk USgeW S%g` U[a` eS V!



### Caring for Your Watch

‡ I [bV\$ kV[d ad\_ a[efgdVgZSeWb[cf]a` Xa\_ fZVSeV\$ VUkeS^







