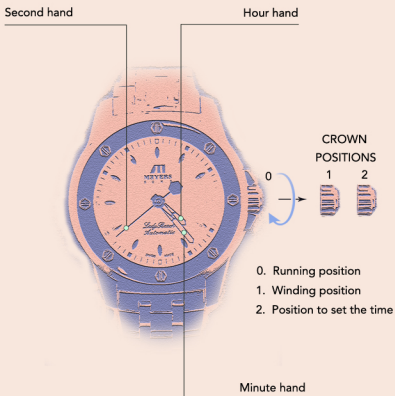


## INSTRUCTIONS FOR USE



### Starting the watch

Release the crown by turning it downwards (blue arrow), until it reaches position 1. This position enables manual winding of the self winding movement. Then, secure the crown by pushing it back and turning it upwards.

When worn on the wrist, the watch is automatically rewound. Nevertheless it is recommended to rewind your watch completely before it's first use, as well as after a long period of inactivity.

### Setting the time

Release the crown by turning it downwards (blue arrow) until it reaches position 1, then pull it towards position 2.

Turn the crown upwards to move the hands forwards. Finally push the crown back to position 1 and secure it by pressing and turning it upwards.