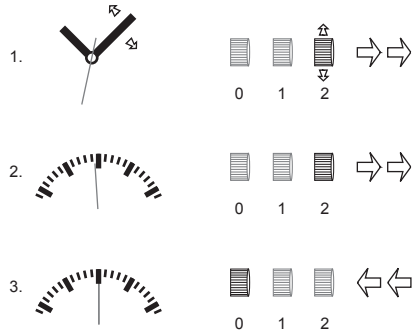
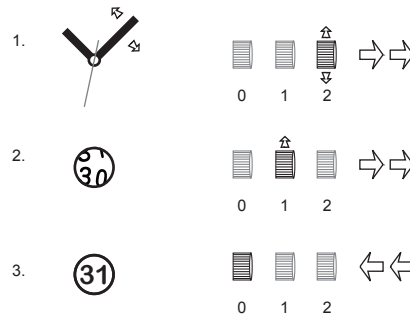


TIME



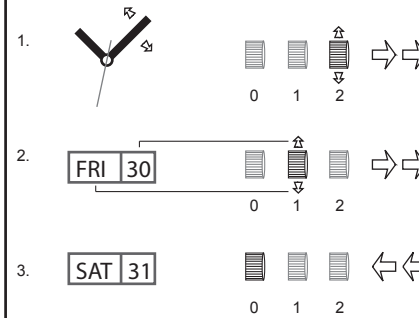
1. Pull out the crown to position 2, and set the hour and minute hands.
2. For the accurate setting of the second hand: When the second hand is 1 second before the 12 o'clock position, pull out the crown to position 2. Set the hour and minute hand to the exact same time. (Some Models Only)
3. At the top time signal (phone, radio, TV), push in the crown fully. The watch will start accurately at the second. To ensure maximum water-resistance, please ensure that the crown is firmly screwed in.

DATE



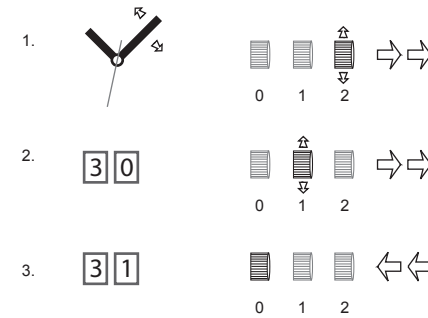
1. Pull out the crown to position 2, and set the hour and minute hand to the correct time - AM or PM (Date changes at midnight)
2. Now pull out the crown to position 1, and rotate clockwise until current date appears. Caution: Do not change the date between 8pm and 2am
3. Push in the crown to its normal position. To ensure maximum water-resistance, please ensure that the crown is firmly pushed down and screwed in.

DAY DATE



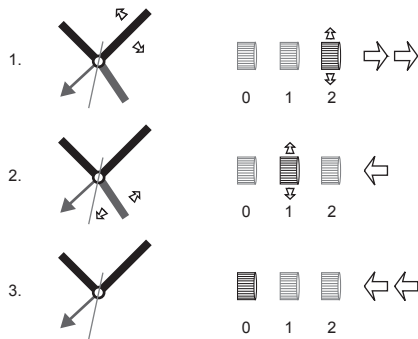
1. Pull out the crown to position 2, and set the hour and minute hand to the correct time - AM or PM (Date changes at midnight)
2. Now pull out the crown to position 1 and rotate clockwise/ counter clockwise until the current date/ day appears. Caution: Do not change the date between 8pm and 2am
3. Push in the crown to its normal position. To ensure maximum water-resistance, please ensure that the crown is pushed down and screwed in.

BIG DATE



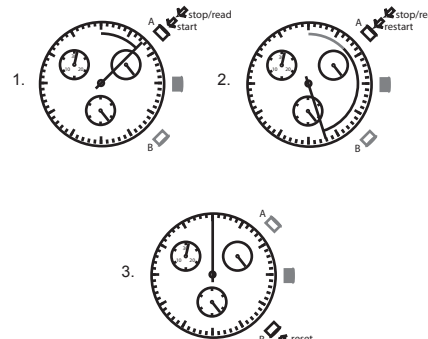
1. Pull out the crown to position 2, and set the hour and minute hand to the correct time - AM or PM (Date changes at midnight)
2. Now pull out the crown to position 1 and rotate clockwise until the current date appears. Caution: Do not change the date between 8pm and 2am
3. Push in the crown to its normal position. To ensure maximum water-resistance, please ensure that the crown is firmly pushed down and screwed in.

GMT



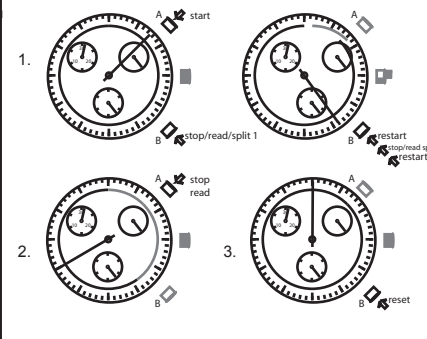
1. Pull out the crown to position 2, and set the hour and minute hands for time zone 1.
2. Push out the crown to position 1, and set the hour for time zone 2.
3. Push in to the crown to its normal position. To ensure maximum water-resistance, please ensure that the crown is firmly pushed down and screwed in.

AUTOMATIC CHRONOGRAPH



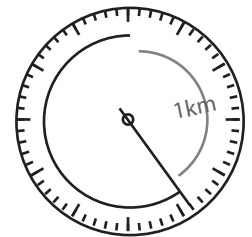
1. Start/ stop:
Press pusher A: The chrono hand will start.
Press pusher A again: The chrono hand will stop and display the measured seconds.
One counter displays measured minutes, other counter displays the measured hours (please refer to model for detailed information)
2. Cumulated Time:
Press pusher A more than once: The chrono hand will start/ stop again with cumulated time displayed
3. Reset:
Press pusher B: All chrono hands will return to "0" position

RONDA QUARTZ CHRONOGRAPH



1. Start Interim Time/Catch Up Chrono Time:
Press pusher A: The chrono hand will start.
Press pusher B: "Freeze" and display 1st interim time
Press pusher B more than once: catch up chrono time/ take 2nd interim time/ catch up chrono time
 2. In
2. Stop Interim Time:
Press pusher A: All chrono hands will stop and display final reading
 3. Reset:
Press pusher B: All chrono hands will return to "0" position
- NB: please refer to Automatic Chronograph for "Cumulated Time" instructions

TACHYMETER



If your watch is fitted with a tachymeter scale, you can determine your average speed or number of repeated activities per hour.

- Example:
- Start of chrono hand at "0" (eg. upon passage of a kilometer post).
 - Stop triggered at next kilometer post.
 - Elapsed time: 24 seconds.
 - Read off at "24" = 150km/h average speed.
- OR
- 24 seconds are required to complete an activity, 150 of these can be carried out in 1 hour.