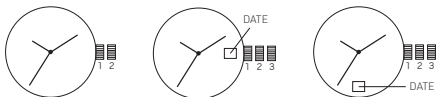


# ENGLISH

## 3 Hand / 3 Hand Date



### Date Setting

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

**NOTE:** If watch has no date function, pull crown out to position 2 for time setting.

## 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 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.



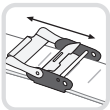
### Time and Calendar Setting

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.

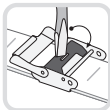
**NOTE:** At any point in setting mode, press A to exit setting mode and return to normal time display.



Lift



Shift



Press

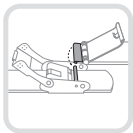
## Mesh Band Adjustment Instructions

**To adjust the band: lift - shift - press**

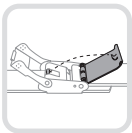
1. Position a flathead screwdriver or other adjustment tool in the slot on the clasp. Lift the bar in the direction facing away from the straight pin.

**IMPORTANT:** Ensure that the tool handle points toward the watch case. Pressing the adjustment tool against the straight pin may bend and destroy the pin.

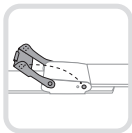
2. Shift the adjustable buckle to the desired position. Clasp must be placed in one of the adjustment indentations on the back of the band.
3. Press the slotted clasp closed.



Hook



Snap



Clasp

**To secure the band: hook - snap - clasp**

Pull the hook over the pin, snap the flat clasp closed, then close the security clasp.





## Water Resistance

See caseback for water resistance rating.

The water resistance rating provides guidelines for appropriate water-related exposure to avoid damage to internal watch components. Please see chart for recommended usage guidelines.

In order to ensure water does not enter the watch and cause damage to it, please follow the instructions listed below:

- Do not adjust the crown while the timepiece is in contact with water.
- Ensure the crown is in the closed position before contact with water. For timepieces with screw-down crowns, ensure the crown is completely tightened before contact with water.
- For timepieces with pusher-enabled functionality, do not engage the function underwater.
- Exposure to extreme atmospheres is not recommended (i.e. hot water, saunas or steam rooms).
- Avoid exposure to water moving with force (i.e. water running from a faucet, ocean waves or waterfalls).
- Avoid long exposure to salt water. After contact with salt water, rinse watch under tap water if rated 5ATM or higher and wipe dry with a soft cloth.

RECOMMENDATIONS FOR WATER-RELATED USE				
INDICATION	SPLASH RESISTANT  (Hand Washing)	SUBMERSIBLE  (Swimming)	SHALLOW DIVING  (Snorkeling)	SCUBA DIVING  (Not Deep Sea)
[NONE]				
3 ATM • 3 BAR • 30 Meters	✓			
5 ATM • 5 BAR • 50 Meters	✓	✓		
10 ATM • 10 BAR • 100 Meters	✓	✓	✓	
20 ATM • 20 BAR • 200 Meters	✓	✓	✓	✓