How to start the movement:

1. Unscrew the crown gently by turning it counterclockwise until it releases
2. Wind the crown clockwise about 25–30 turns to charge the mainspring
3. Push the crown back in (and screw down if applicable)

** Alternatively, gently shake the watch side to side for a few seconds to start the movement

How to set the time:

1. Pull crown until you feel or hear two clicks
2. Turn the crown to adjust hour and minute hands
3. Push crown back in