



How to start the movement:

1. Wind the crown clockwise about 25–30 turns to charge the mainspring
2. 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