

**WATER RESISTANT****D**

Your new watch is a water-resistant watch. Check the marking on the back of the watch, find below the relevant usage recommendation.

- **Water Resistant 3ATM OR 30M (100 Feet)**  
Shall with stand splashes of water while washing the hand. But should not be worn while swimming or diving.
- **Water Resistant 5ATM or 50M (165 Feet)**  
Suitable for showering or swimming in shallow water.
- **Water Resistant 10ATM or 100M (330 Feet)**  
Suitable for swimming, snorkeling, but should not be worn while scuba diving.
- **Diver's 20ATM or 200M (660 Feet)**  
Meets the higher requirements of water resistant and suitable for scuba diving. We don't recommend swimming or diving with your watch unless it has a screw down crown and is water resistant to at least 10ATM or 100 Meters)

**GENERAL CARE FOR A WATER RESISTANT WATCH****E**

- DO NOT OPERATE ANY BUTTONS WHEN THE WATCH IS WET OR IN WATER.
- DO NOT WEAR THE WATCH IN A HOT SHOWER OR SAUNA. EXTREME HEAT CAN DAMAGE THE WATCH.
- AFTER USE IN SALT WATER OR CONTACT WITH SAND OR MUD, RINSE THE WATCH IN A STREAM OR FRESH WATER AND DRY IT WITH SOFT CLOTH.
- LEATHER STRAPS ARE MORE EASILY DAMAGED BY FREQUENT EXPOSURE TO WATER. AFTER EVERY USE IN WATER, WIPE THE STRAP WITH A SOFT CLOTH, TO IMPROVE THE LIFE OF THE STRAP.

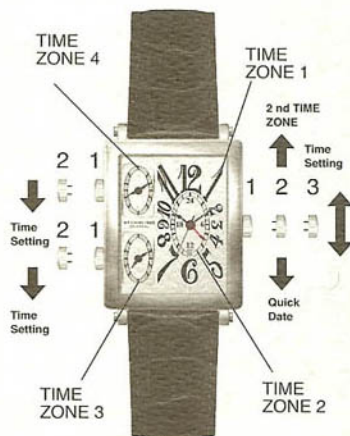
**IMPORTANT**

THIS WATCH IS EQUIPPED WITH 3 QUARTZ ANALOG MOVEMENTS.  
Battery Life: Approx 2 Yrs.

# STÜHLING ORIGINAL



## INSTRUCTION MANUAL - 4T (MULTI TIME ZONE)

**WATCH DISPLAY****A**

ALL 4 TIME - ZONES TO BE SET INDIVIDUALLY, AS PER THE INSTRUCTION.

**SETTING FOR ZONE 1 / 2****B**

**CROWN POSITION 1**  
Home Position, watch runs

**CROWN POSITION 2**  
Quick Setting of Date / GMT Hand (2 nd TIME ZONE).

- Gently pull the Crown to this position.
- Rotate the Crown forward to set the GMT Hand to the desired time difference.
- Rotate the Crown Backward to set the Quick Date.

**CROWN POSITION 3**  
Time Setting Position.

- Gently pull the Crown to this position.
- Rotate the Crown to set the desired time.

**SETTING FOR ZONE 3 / 4****C**

**CROWN POSITION 1**  
Home Position, watch runs

**CROWN POSITION 2**  
Time Setting Position

- Gently pull the Crown to this position.
- Rotate the Crown to set the desired time.

**IMPORTANT**

DO NOT USE QUICK SETTING OF DATE BETWEEN 22:00 HRS TO 02:00 HRS.