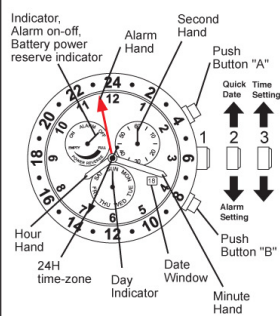


WATCH DISPLAY



QUICK SETTING MODE

Quick Date Setting
Pull the Crown to position 2. Rotate the crown for rapid change of date. Push the crown back to position 1. (Note: Please do not use the quick date between 22:00 Hrs 03:00 Hrs to avoid improper timing for the date change on the following day)

Setting the Day
The Day can only be changed by complete rotation of 24Hrs. Pull the Crown to position 3 while the watch enters the time setting mode. Rotate the crown back to position 1 and for every 24Hrs of rotation the day will jump to the next. Repeat the above until the desired day is reached.

ALARM MODE

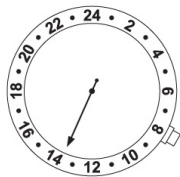
ALARM MODE
Pull the Crown to position 2. Rotate the Crown back to position 1. Push the crown back to position 1.

To set the ALARM on simply press the button 'A'. The ALARM indicator hand should be in 'ON'. The ALARM can be turned 'OFF' by pressing the button 'A'. The ALARM will ring for 2 minutes and will repeat after 2 minutes if its set on.

POWER RESERVE INDICATION
When the Button 'A' is pressed while the ALARM hand is in 'OFF' position, the ALARM indicator hand will show the POWER LEFT in the Battery for 3 second and will automatically reset to 'ON', which will ring the ALARM at the set time.

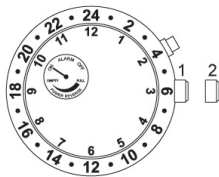
GMT FUNCTION

This watch has a GMT function (DUAL TIME). To enter the GMT mode, press the button B for 3sec. A beep sound will confirm entering the GMT mode. To set the 2nd time zone, simply press the button B, which will move the 24Hr Hand. Once you reach the desired time zone, stop pressing and after 3sec the GMT mode will resume. Ex: To set the 2nd time zone, simply follow the above setting procedure to set the time, using the graduations on the watch bezel.



RESETTING THE ALARM INDICATION HANDS

This is to be done only after changing the battery or in-correct indication due to mis-handling. Pull the Crown to position 2 and keep pressing the button A, while the indicator hand start to move. Stop pressing the pusher A when the hand reaches 'ON'. Push the crown back to position 1.



WATER RESISTANT

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 30M or 30M (100 Feet)**
Shall with 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 requirements of water resistant 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

- 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, RINSE THE WATCH IN A STREAM OF 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
YOUR WATCH IS POWERED BY BATTERY AND THE BATTERY LIFE ABOUT 1.5 YEARS.

STÜHLING ORIGINAL



**INSTRUCTION MANUAL - ICR-GMT
QUARTZ ALARM GMT-POWER RESERVE
MOVEMENT**