

WATER RESISTANT

C

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

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- 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 AN AUTOMATIC MOVEMENT, WITH MANUAL WINDING FUNCTION.

THE MOVEMENT IS ENERGIZED BY

- i. Winding the crown (or)
- ii. By the movements of the arm wrist (or)
- iii. By the watch winder

STÜHLING ORIGINAL

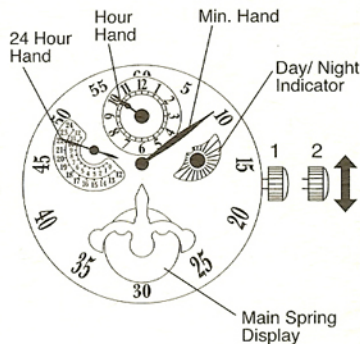


INSTRUCTION MANUAL - J1
(AUTOMATIC MOVEMENT WITH OPEN DISPLAY)

WATCH DISPLAY

A

VERSION A



This watch displays the time by means of two hands located separately (Hour hand at 12H & Minute hand at the centre)

The watch also displays the Military time by means of hand at 9H and the Day Night indicator at 3H

TIMESETTING(VERSION A&B)

B

CROWN POSITION 1

Home Position or winding position

CROWN POSITION 2

Time Setting Position

- Gently pull the Crown to this position
- If the watch is fitted with a Screw-down Crown, unscrew the crown and then gently pull the Crown.
- Rotate the Crown to Set the time.
- The 24 Hour hand and the Day / Night indicator are synchronized with the main hands.