

**WATER RESISTANT****E**

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****F**

- \* 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.

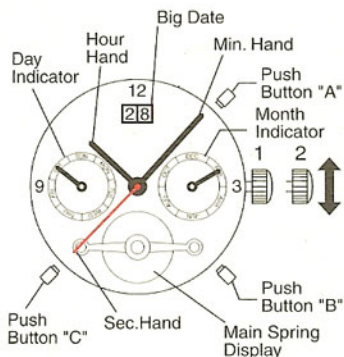
THE MOVEMENT IS ENERGIZED BY

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

# STÜHLING ORIGINAL



**INSTRUCTION MANUAL - J**  
(AUTOMATIC MOVEMENT WITH OPEN DISPLAY)

**WATCH DISPLAY****A****VERSION A****TIMESETTING(VERSION A&B)****B****CROWN POSITION 1**

Home Position, watch runs

**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 watch stops in this position.

**DATE/ DAY/ MONTH SETTING (VERSION A ONLY)****C****Date Setting**

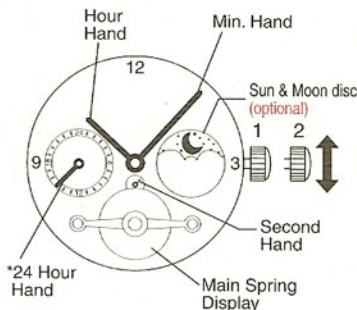
- Press Button "A" for adjusting Big Date.
- For each press the disc moves by one date.

**Day Setting**

- Press Button "C" for adjusting Day Indicator.
- For each press the hand moves by one day

**Month Setting**

- Press Button "B" for adjusting Month Hand.
- For each press the hand moves by one month.

**WATCH DISPLAY****D****VERSION B**

\* The position of 24 Hour Hand may vary.