

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 withstand 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 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

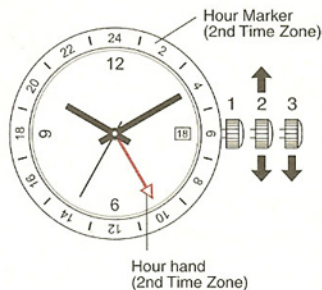
THIS WATCH IS EQUIPPED WITH AN AUTOMATIC MOVEMENT, WITH MANUAL WINDING FUNCTION.

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 - L
(AUTOMATIC MOVEMENT WITH GMT FUNCTION)

WATCH DISPLAY**A****TIME SETTING****B****CROWN POSITION 1**

Home Position, watch runs (Winding Position)

CROWN POSITION 3

Time Setting Position

- Gently pull the Crown to this position
- Rotate the Crown downward to Set the time.
- The watch stops in this position.

QUICK DATE SETTING**C****CROWN POSITION 2**

- Gently pull the Crown to this position
- If the watch is fit with a Screw-down Crown, unscrew the crown and then gently pull the Crown.
- Rotate the Crown forward to Set the Date
- The watch runs in this position.

READING SECOND TIME ZONE**D**

Ex: 10:10 A.M at the 2nd Time zone

**SETTING THE 2ND TIME (Crown Position 2)**

- Gently Pull the Crown to this position
- If the Watch is fit with a Screw-down Crown, unscrew the crown and then gently pull the Crown
- Rotate the Crown downwards to set the Hour Hand to the desired position
- The Watch runs in this position

The Minute and the Second hands are common for both time zones