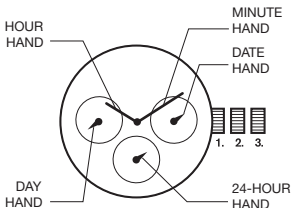


HOW TO SET A TWO-HANDED WATCH WITH 24-HOUR, DATE AND DAY HANDS VX3J

TIME/DAY SETTING

- (1) Pull out the crown to position 3.
- (2) Turn the crown clockwise to advance hour and minute hands. The hand showing the days of the week will also move with the hour and minute hands. Advance the hour and minute hands until the desired date appears.



24-HOUR HAND SETTING

The 24-hour hand moves correspondingly with the hour and minute hands. When setting the time be sure to check that the 24-hour hand is set properly.

DATE SETTING

- (1) Pull out the crown to position 2.
- (2) Turn the crown clockwise to advance the date hand.
- (3) Push the crown back in to position 1.