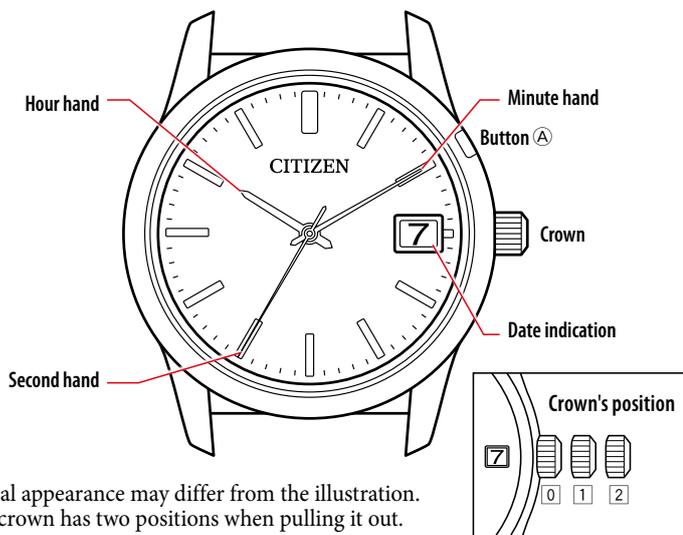


- This watch is solar-powered. Expose the dial to light and use it sufficiently charged.
- To see details of charging time, specifications and operations, refer to the instruction manual:  E76* instruction manual

Component identification



- Actual appearance may differ from the illustration.
- The crown has two positions when pulling it out.

Setting the time

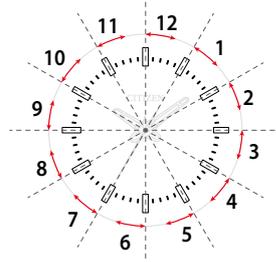
- 1. Pull the crown out to position 2.**
The second hand points 0 second.
- 2. Rotate the crown to set the time.**
 - The hour and minute hands move synchronously.
 - Change of date indication shows it just became AM. Take care the time set is AM or PM.
 - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
- 3. Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.**
The second hand starts moving.

Setting the calendar

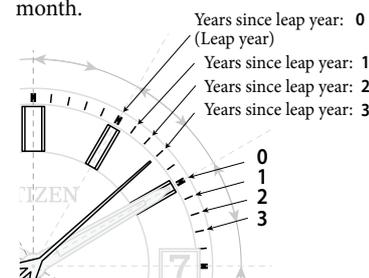
The calendar of this watch does not have to be adjusted manually until February 28, 2100 including leap years. (perpetual calendar)

- 1. Pull the crown out to position 1.**
The second hand indicates “year” and “month”.
- 2. Rotate the crown clockwise to set the year and month.**

“Month” corresponds to one of the 12 zones shown in the figure below.
Each number means month.



“Year” corresponds to the years since leap year and indicated with markers in the zone of each month.



- 3. Rotate the crown counterclockwise to set the date indication.**
 - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
 - The date indication changes to the first day of the next month after finishing setting if you set a non-existing day (ex.: Feb. 30).
- 4. Push the crown in to position 0 to finish the procedure.**
The indication returns to current time.

Setting the time difference

You can set time difference to the time currently shown in 1-hour increments.
• You cannot set time difference if power reserve is insufficient.

- 1. Push the crown in to position 0.**
- 2. Press and release button (A).**
The second hand turns fully around.
- 3. Rotate the crown to set time difference.**
 - Turn the crown clockwise to add hours; turn it counterclockwise to subtract them.
 - When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.
 - To turn back the time difference adjustment, move the hour hand opposite.
 - The adjustment status is automatically finished in 30 seconds after finishing operation.

Correcting the reference position

1. Pull the crown out to position **2**.

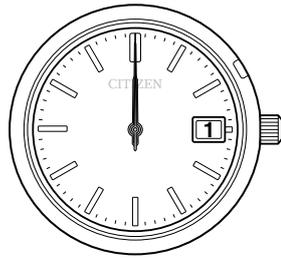
The second hand moves to its current reference position.

2. Press and hold button **A** for 2 seconds or more.

The hands move and all reset is executed.

3. After the hands stop, turn the crown to set the hour and minute hands to the 12 o'clock position.

- When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.



Correct reference positions:

- **All hands:** 0 hour 00 minute 0 second
- **Date indication:** "1"

4. Pull the crown out to position **1**.

5. Rotate the crown clockwise to set the second hand to 0 second.

- When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

6. Rotate the crown counterclockwise to set the date indication to "1".

- When you rotate the crown quickly, the hand/indication will move continuously. To stop the rapid movement, rotate the crown in either direction.

7. Push the crown in to position **0** to finish the procedure.

The second hand starts the irregular 2-second interval movement after about 1 second. Set the time and calendar referring to [Setting the time](#) and [Setting the calendar](#).