


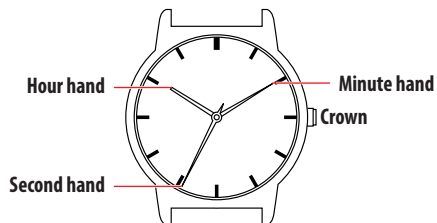
J7**/J80**/J81**/J83** Abbreviated instruction

ENGLISH

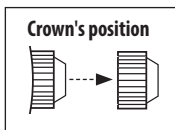
- This watch is light-powered. Be sure your watch is fully charged before use.
- For complete instructions for setting, use, charging time and specifications, refer to the full instruction manual:  J7**/J80**/J81**/J83** instruction manual

Component identification

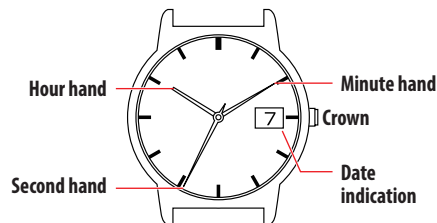
3-hand models



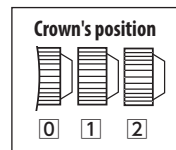
- Illustrations for reference only. Actual appearance of your watch may differ from the illustrations above. Some models do not have the second hand.



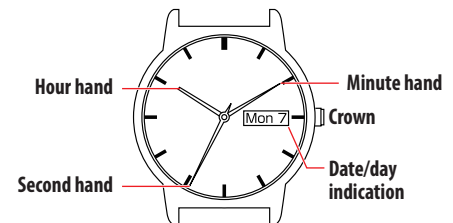
3-hand and date models



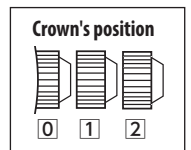
- Illustrations for reference only. Actual appearance of your watch may differ from the illustrations above.



3-hand and date/day models



- Illustrations for reference only. Actual appearance of your watch may differ from the illustrations above.



Setting the time

1. Pull the crown out when the second hand points to 12:00 (0 second).

The second hand stops.

2. Rotate the crown to set the time.

- Move the hands 4 or 5 minutes forward of desired minutes and move them back to the right time to set the time more precisely.

3. Push the crown in in accordance with a reliable time source.

The second hand starts moving.

Setting the time

- Do not adjust between 9:00 PM and 1:00 AM. Otherwise the date indication may change incorrectly.

1. Pull the crown out to position 2 when the second hand points to 12:00 (0 second).

The second hand stops.

2. Rotate the crown to set the time.

- Change of date indication shows it just became AM. Set the time to ensure proper AM or PM time is set.
- Move the hands 4 or 5 minutes forward of desired minutes and move them back to the right time to set the time more precisely.

3. Push the crown in to position 0 in accordance with a reliable time source.

The second hand starts moving.

Setting the time

- Do not adjust between 9:00 PM and 4:30 AM. Otherwise the date and day indication may change incorrectly.

1. Pull the crown out to position 2 when the second hand points to 12:00 (0 second).

The second hand stops.

2. Rotate the crown to set the time.

- Change of date indication shows it just became AM. Set the time to ensure proper AM or PM time is set.
- Move the hands 4 or 5 minutes forward of desired minutes and move them back to the right time to set the time more precisely.

3. Push the crown in to position 0 in accordance with a reliable time source.

The second hand starts moving.

Setting the date indication

- Do not adjust between 9:00 PM and 1:00 AM. Otherwise the date indication may change incorrectly.
- Date indication adjustment is required on the first of the following months: March, May, July, October and December.

1. Pull the crown out to position 1.

2. Rotate the crown counterclockwise to adjust the date indication.

- Clockwise rotation moves nothing.

3. Push the crown in to position 0 to finish the procedure.

Setting the date and day indication

- Do not adjust between 9:00 PM and 4:30 AM. Otherwise the date and day indication may change incorrectly.
- Date indication adjustment is required on the first of the following months: March, May, July, October and December.

1. Pull the crown out to position 1.

2. Rotate the crown to adjust the date and day indication.

- Rotate it counterclockwise to change the date indication.
- Rotate it clockwise to change the day indication.

3. Push the crown in to position 0 to finish the procedure.