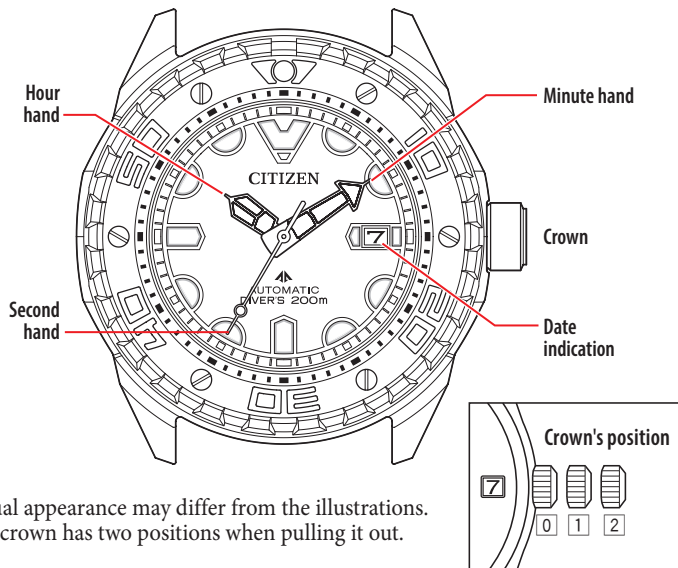


- When operating the watch, make sure that it is not wet.
- To see details of specifications and operations, refer to the online guide: <https://www.citizenwatch-global.com/support/html/en/9051/9051.html>

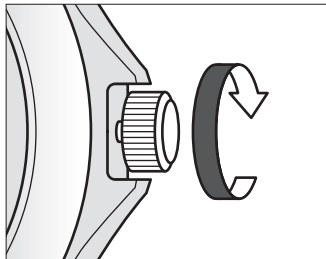
## Component identification



## Winding the mainspring

### Winding the mainspring manually

1. Push the crown in to position 0.
2. Hold the crown with your thumb and index finger and rotate it clockwise slowly.



- You can rotate the crown also by rubbing it down from the back side of the watch.
- When the watch stops, turning the crown about 40 times will wind the mainspring fully.
- Once the mainspring is wound fully, the watch will run for about 42 hours.
- Turning the crown further after the mainspring was wound fully does not damage the mainspring.

### Automatic winding function

When wearing the watch, your arm's motion rotates the oscillating weight to wind the mainspring automatically.

- The mainspring is wound for about 1-day movement automatically when wearing the watch for 8 hours or more a day.
- If you do not move your arms much in your daily life, the mainspring may not be wound sufficiently.

## Adjusting the time and calendar

### Setting the time

1. Pull the crown out to position 2 as the second hand points 0 second.  
The second hand stops.
2. Rotate the crown to set the time.
  - When you rotate the crown counterclockwise, the hour and minute hands and the date indication move synchronously.
  - Take care the time set is AM or PM. Change of date indication shows it just became 0:00 AM.
3. Push the crown in to position 0 in accordance with a reliable time source to finish the procedure.

### Adjusting the calendar

- Do not adjust the calendar between 8:30 PM and 2:00 AM. Otherwise, the calendar may change improperly.
- The date indication on the watch is based on a 31-day calendar. Calendar adjustment is required on the first days of March, May, July, October and December.

1. Pull the crown out to position 1.
2. Rotate the crown clockwise to adjust the date indication.
3. Push the crown in to position 0 to finish the procedure.