#### Instruction Manual

Phrase read this instruction manual carefully before use. Keep this instruction manual at hand and refer to it as necessary.



How to use an automatic chrosograph......

- . This is an automotic mechanical watch.
- The main spring is wound with the normal motion of the arm while the watch is on the wrist, You can also wind the mainspring in turning the crown.
- When using a watch that has stopped, shake the watch to start it. When the second hand starts to move, set the time and put the watch on your wrist.
- To wind the spring with the crown, hold the watch in your left hand and turn it with the fingers of your right hand in the direction of the crown. The spring is designed to prevent the spring from cutting if it is wound to its full capacits.
- Insufficient winding of the mainspring can cause delays, so it is recommended that you carry the watch for at least eight hours a day. If you are working at your deak and have relatively leaser motion in your arm, turn the crown to wind the main spring accordingly to maintain good accuracy.

(i) If the chronograph is running, he sure to stop it before setting the line. Please note that the hand of the accumulator will also turn when you set the time while the chronograph is in operation. This is not a malfunction.

- (2) Pull the crown out to position "3".
- 3: Turn the crown to adjust to the current time.
- it Push the grown into position '1'.



- Pail the crown out to position "3" and set the time to approximately 6 o'clock.
- (2) Return the crown to position "2" and set the date to the day before the desired date. (You may turn the crown back back to move the date one day by day.)
- (3)Pull the rown out again to position "Y" and move the hand forward until the date is set for the day. Then set the time, paying attention to the a.m. and p.m. times.
- (8) Do not make any date convections between 8:00 p.m. and 2:00 a.m. on the time display. Do not attempt to adjust the date between 8:00 p.m. and 2:00 a.m. as doing no may result in a mailtenetien.
- S Castion: After setting the time and date, he sure to push the crown in to position "I". If the crown is pulled out, the watch will not be water resistant.
  SHow to use chronograph function.
- Press pusher A to start the chronograph.
   The accumulator will advance one tick every minute and can measure up to 30 minutes.
- (2) Press button 'A' again to stop the chronograph.

  Press and hold crown for 3 seconds to reset the
  chronograph to zero.

(3) Posse button B to reset the chronograph to zero. Do not attempt to reset the chronograph while the watch is running as this may result in a midfunction.

Fiftee to Use the Perimeter Scale

The outer circumference of Chronograph I (the inner circumference of Chronograph I) has a pulsometer to the II-second mark, and after II seconds, a tackymeter scale. The pulsometer was designed to measure the heart rate per minute in a short period of time. It counts the heart rate sate at the start of the chronograph and stops the chronograph after IS counts. The number on the pulse meter scale corresponds to the number of hearthests per minute with a range of 25-160.

The taclemeter determines the average speed based on the time it takes to travel one kilometer. For example, the chromograph starts measuring when the cut has passed the point of origin and stops 1 kilometer from the point where the chromograph is stopped. The tachemeter scale is then used to determine the average speed over this distance. The measurement stange is from 200 to 60 km h. The enter circumference of Chromograph 2 has a telemeter.

#### E. Roduct Specifications

Functions: 3 hands 2soors, minutes, seconds), stopwatch Environcy: 28,000 vibrations per bour Carrying accuracy: -10 to +25 seconds per day at room temperature (5 to 35°C) Drive system: automatic spring with manual winding Number of stones used: 34 Water resistance: 3 ATM

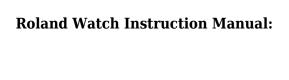
Specifications are subject to change without notice for improvement.

Repairs and other inquiries regarding products are handled at the sloop where you purchased the product.

Manufacturier: Precision Watch Tokyo Co. Ltd.

# **Roland Watch Instruction Manual**

**L** Towne



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