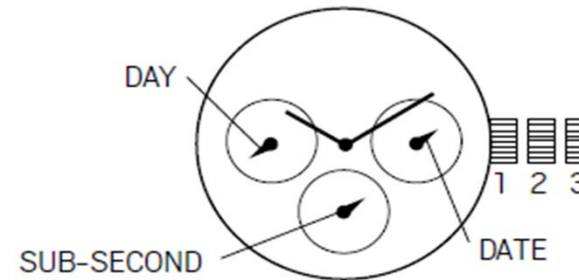


# MD005C-12/VD75A1



## Automatic Winding Movement

*NOTE: A timepiece with an automatic winding movement obtains the power to wind itself by the movement of your wrist, there is no battery. Therefore, not wearing the timepiece for several consecutive days could exhaust the power reserve. If your watch stops, it is recommended that you manually wind the movement by rotating the crown clockwise at position 1 to achieve the necessary power reserve.*

*It is important your timepiece is adjusted to match the size of your wrist. A loose fit may result in a loss in capacity of the timepiece to wind itself. When fully wound, your timepiece has a power reserve of approximately 36 hours.*

## Multifunction VD75A1

### Date Setting

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

### Day and Time Setting

1. Pull crown out to position 3.
2. Turn clockwise to advance hour and minute hands. The hand showing days of the week will also move with the hour and minute hands. Keep turning until you have reached the desired day.