How to Set Time and Day of the Week:

1. Pull crown out to the 1st click position when the second hand is at the 12 o'clock position.
2. Turn the crown clockwise to advance the hour and minute hands until day hand is set to the desired day of the week.
3. Turn the crown counterclockwise to set the hour hand.
4. Turn the crown back to normal position.

Advance Setting Technique:
- To advance the day hand quickly, turn back the hour and the minute hands 4 to 5 hours beyond the point of the day you want (between 8:00 PM and 7:00 AM) and then advance them again until the day hand is set to the correct day.

Note: The day hand will remain fixed by turning the crown counterclockwise.
- The 24-hour hand moves correspondingly with the hour hand.
- When setting the hour hand, check that the 24-hour hand is correctly set.
- When setting the minute hand, advance 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.

How to Set Date:

1. Pull crown out to the 1st click position.
2. Turn the crown counterclockwise to set date hand.
3. Push crown back to normal position.
4. Advance Setting Technique:
   - Direct the date hand between 9:00 PM and 10:00 AM. Otherwise, it may not set properly.
   - While setting the date hand, check that it moves properly in one-day increments.
   - It is necessary to adjust the date in the last day after a 30-day month and February.