Men's Quartz Wrist Watch

How to set the Time:
Pull the crown to position 2 and adjust the watch. Replace the crown to its position 0.

How to set the Day:
Before adjusting date, pull the crown to position 2, adjust watch through 24 hours, until desired day is shown.

How to set the Date:
Pull the crown to position 1 and adjust the watch. Until desired date is shown. Replace the crown to its position 0.

How to set the Month:
Push the pusher A repeatedly, until the hands indicates desired month.

How to set the Dual Time:
Push the pusher B repeatedly, until the hands indicates desired second zone time.