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 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 use the Chronograph:
Push pusher A to start the chronograph and again to stop it. Push pusher B to return to the original position.