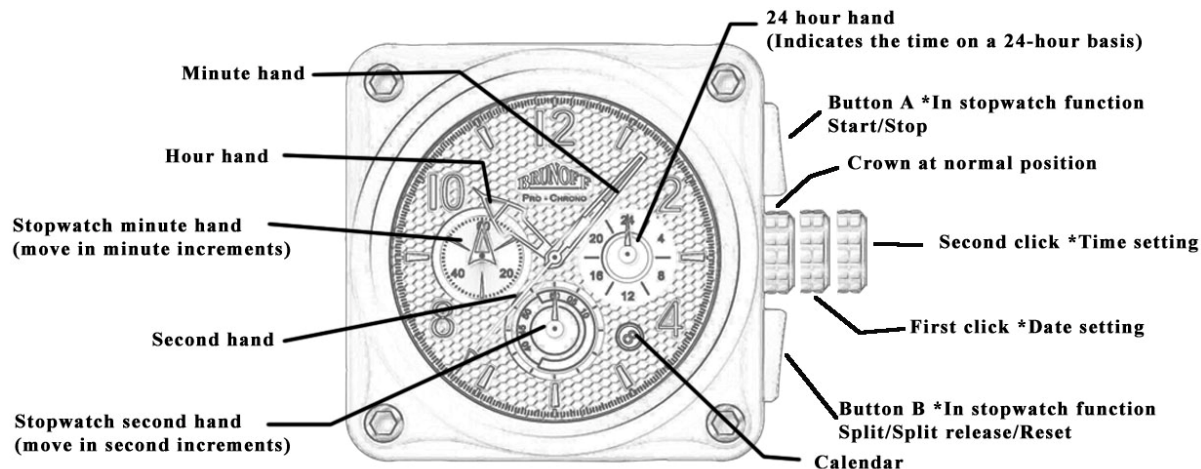


INSTRUCTIONS MANUAL FOR SQUARE FORCE

DISPLAY AND CROWN/BUTTON OPERATION



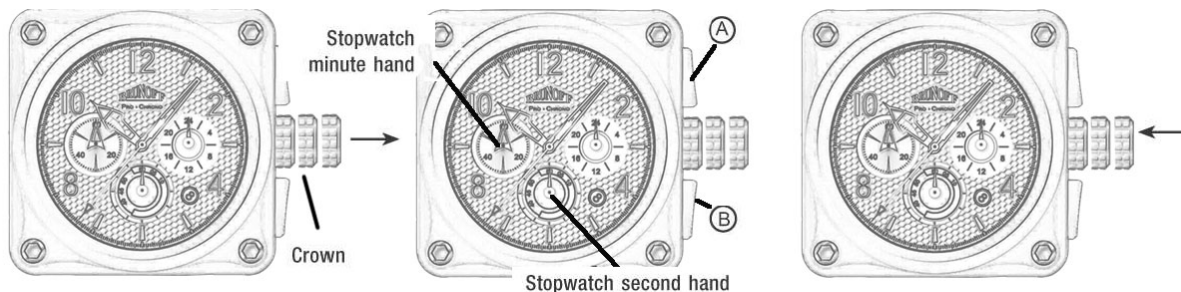
* The measured time is indicated by the stopwatch hands that move independently of the center and 24-hour hands.

ADJUSTING THE STOPWATCH HAND POSITION

Before setting the time, check if the Stopwatch second and minute hands are at the "0"(12 o'clock) position. If the stopwatch is in use, press the button in the following order to reset it, and then, check if the hands return to "0" position. (For details, see "HOW TO USE THE STOPWATCH")

If the stopwatch is counting: (A) → (B)
 If the stopwatch is stopped: (B)
 If the split time is displayed: (B) → (A) → (B)

* If either of the stopwatch hands are not at the "0" position, reset them following the procedure below:



1. Pull out the crown to the second click.

2. Press button (A) or (B) to reset the stopwatch second and minute hands to "0" position.

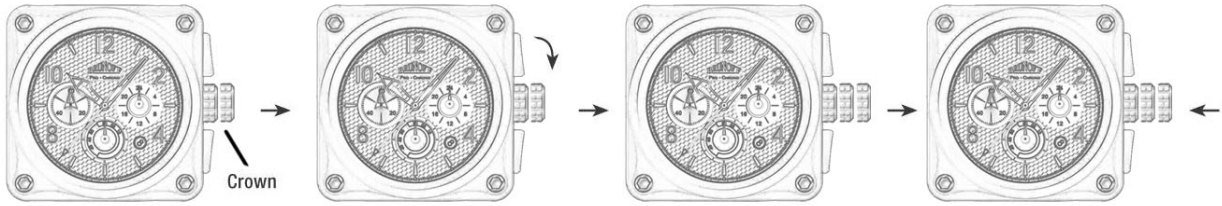
3. Push the crown back to the normal position.

* By pressing button (A), the hands move counter clockwise.

* By pressing button (B), the hands move clockwise.

TIME SETTING

* Before setting the time, check that the chronograph measurement is stopped.



1. Pull out the crown to the first click.

2. Turn the crown clockwise until the previous day's date appears.

3. Pull out the crown to the second click when the second hand is at the 12 o'clock position. It will stop on the spot and advance the hour and minute hands by turning the crown. (Check that 24-hour hand is set correctly.)

4. Push the crown back in to the normal position in accordance with a time signal.

* When the crown is at the second click position. Do not press any button. Otherwise, the chronograph hands will move.

* Do not set the date between 9:00 P.M. and 1:00 A.M. Otherwise, the day may not change properly. If it is necessary to set the date during that time period, first change the time to any time outside it, set the date and then reset the correct time.

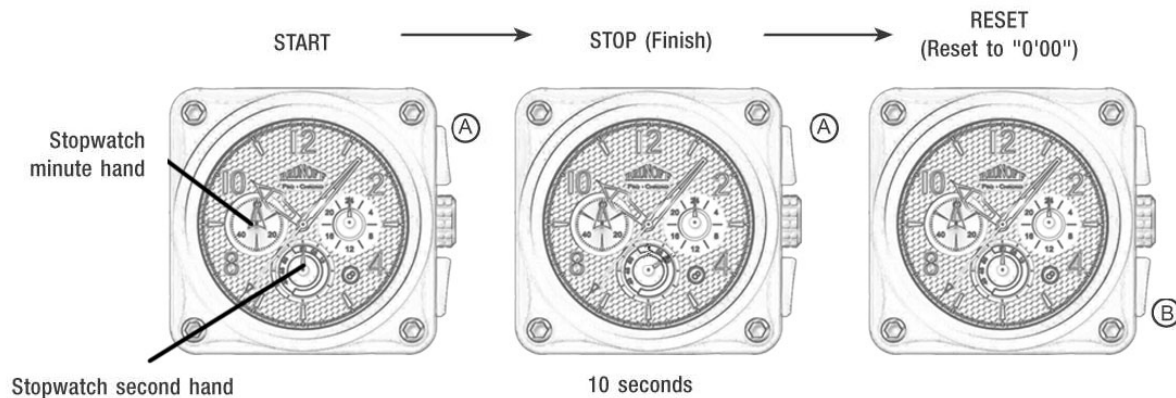
HOW TO USE THE STOPWATCH

* The measured time is indicated by the stopwatch hands that move independently of the center and 24-hour hands.

* The stopwatch can measure up to 60 minutes in seconds.

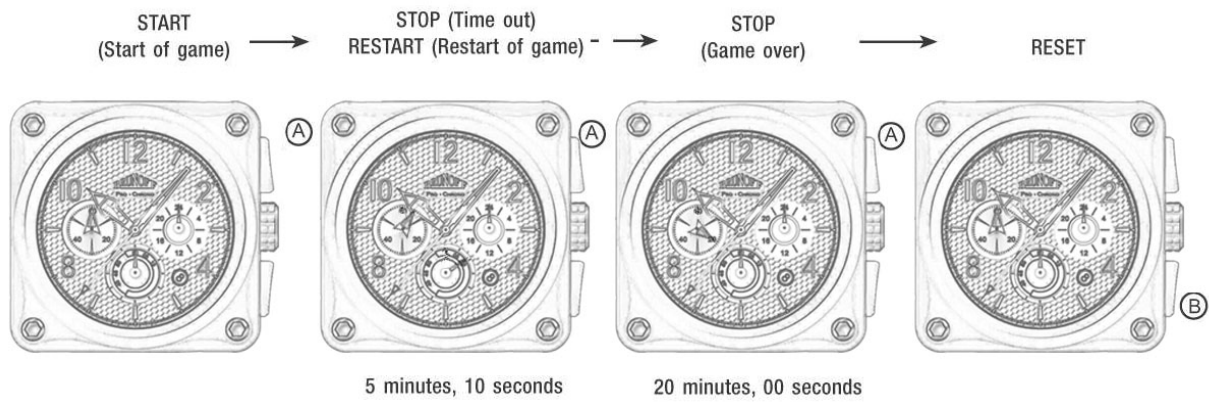
(Standard measurement)

Ex) 100m race (Press the buttons in the following order (A) → (A) → (B))



(Accumulated elapsed time measurement)

Ex.) Basketball game (Press the buttons in the following order: (A) → (A) / (A) → → (A) → (B))

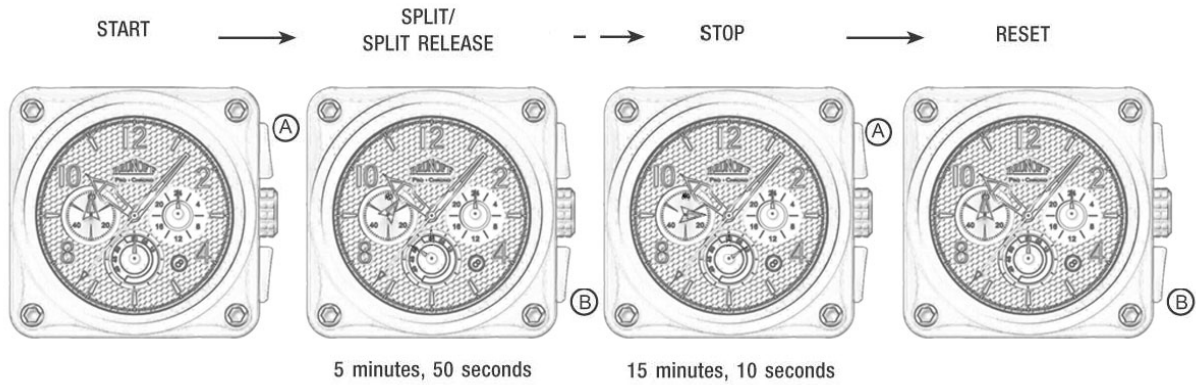


* Restart and stop of the stopwatch can be repeated as many times as necessary by pressing button (A).

(Split time measurement)

Ex) 5,000m race (Press the buttons in the following order:

(A) → (B) / (B) → → (A) → (B))



* Measurement and release of the split time can be repeated as many times as necessary by pressing button (B).