Freestyle®

QUARTZ ANALOG INSTRUCTIONS

FUNCTIONS

- 3 HAND MOVEMENT
- 3 HAND MOVEMENT W/ DATE
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- ALARM MOVEMENT
- EL MOVEMENT

RIGHTEOUS WELCOME INSTRUCTIONS AND WARRANTY INFORMATION

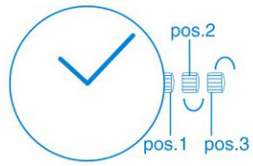
First off thank you for your purchase of this Freestyle watch. Rest assured your watch is made to the highest standards and tested under the gnarliest conditions.
We put a lot of work into making the most reliable performance watch in the bizness and have 25 long years of experience doing it.
NO ONE ELSE CAN SAY THAT.

So take some time reading the instructions so you get the most from the features and functions.
We want you to keep this timepiece for many years to come.
WELCOME TO THE FAMILY.

Don't forget to check our website to register your watch, see the newest product releases, check the news and win monthly prizes.

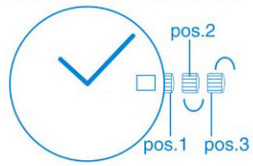
www.freestyleusa.com

3 HAND MOVMENT



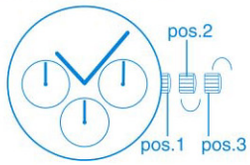
Time Setting
1. Pull the crown out to farthest point. If the crown is a screw-down crown make sure to un-screw the crown and then pull out to the farthest point.
2. Turn the crown clockwise moving the hands to the position of the desired time.
3. Once the desired time is selected firmly push the crown back in to its original position. Please make sure to push back in completely to avoid any entry of water. If the crown is a screw-down crown make sure to screw the crown back in tightly to avoid any water entry.

3 HAND MOVEMENT WITH DATE



Time and Date Setting
1. Pull crown out to the first "click" as shown in position 2. If the crown is a screw-down crown make sure to un-screw the crown and then pull out to the first "click" as shown in position 2.
2. Turn the crown and set the date to one day before the actual date. This is important to ensure proper date advancement. If date does not advance, turn crown in opposite direction.
3. Pull the crown out one more "click" as shown in position 3.
4. Turn the crown clockwise, moving the watch hands until the correct date appears. Note that you are now in the AM mode and must advance the hour hand all the way past the 12 o'clock position to set PM time. Failure to follow this step will cause the date to advance at 12'clock noon instead of 12 o'clock midnight.
5. With the crown still in position 3, rotate the crown until the hands are positioned at the desired time.
6. Firmly push crown in as shown in position 1. This will activate your watch. If the crown is a screw-down crown make sure to screw the crown back in tightly to avoid any water entry.

MULTI-EYE MOVEMENT

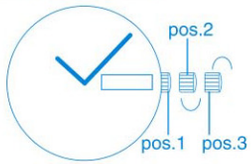


Date Setting
1. Pull out crown to the first "click" as show in position 2. If the crown is a screw-down crown make sure to un-screw the crown and then pull out to the first "click" as show in position 2.
2. Turn the crown clockwise to advance the date hand.

Day and Time Setting
1. Pull the crown out one more "click" as shown in position 3.
2. Turn crown 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.

24 Hour Sub-Dial Setting
1. The 24-hour hand moves correspondingly with the hour and minute hands. When setting the time be sure to check that the 24-hour hand is set properly.
2. Firmly push crown in as shown in position 1. This will activate your watch. If the crown is a screw-down crown make sure to screw the crown back in tightly to avoid any water entry.

DAY-DATE MOVEMENT

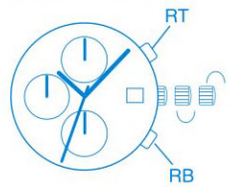


Day Setting
1. Pull crown out to the first "click" as shown in position 2.If the crown is a screw-drown crown make sure to un-screw the crown and then pull out to the first "click" as shown in position 2.
2. Turn the crown clockwise and set the day for the previous day.

Date Setting
1. With the crown still in position 2, turn the crown counter-clockwise and set the date to one day before the actual date. This is important to ensure proper date advancement.

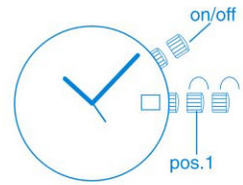
Time Setting
1. Pull crown out to the first "click" as shown in position 2. If the crown is a screw-down crown make sure to un-screw the crown and then pull out to the first "click" as shown in position 2.
2. Turn crown clockwise to advance the time and continue until the day/date changes to the present day. Note that you are now in the AM mode and must advance the hour hand all the way past the 12 o'clock position to set PM time. Failure to follow this step will cause the date to advance at 12 o'clock noon instead of 12 o'clock midnight.
3. Set the correct time, and firmly push the crown in as shown in position 1. This will activate your watch. If the crown is a screw-down crown make sure to screw the crown back in tightly to avoid any water entry.

CHRONOGRAPH MOVEMENT



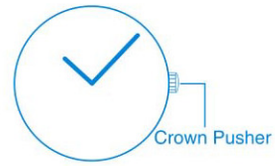
If your watch is a chronograph, you can set the date and time according to the instructions on the "3 HAND MOVEMENT WITH DATE" section. Additionally, to use the chronograph feature, do the following:
1. The chrono tracks seconds using the large second hand on the watch. Minutes are tracked by the small hand at the 12 o'clock position and hours by the hand at the 9 o'clock position.
2. Start the chrono by pressing button RT. Stop it by pressing RT again. Reset to zero by pressing RB.
3. If your chrono is not zeroed correctly (second hand is not at 12 o'clock when reset), you can adjust the zero point by fully extending the crown and pressing RT repeatedly.

ALARM MOVEMENT



1. Set the alarm by pulling out the 3 o'clock crown to position 1 and turning it in a clockwise direction. The shortest hand is usually the alarm hand.
2. When the hand is set to the desired alarm time pull out the 2 o'clock crown to turn the alarm on. Alarm sounds for 15 seconds and is repeated for around 3 minutes.
3. To turn the alarm sound off push the 2 o'clock crown button completely in.

EL Movement



If your watch is equipped with an electroluminescence (EL) backlight , first set the time and date according to the Time Setting instructions that match your watch . To activate the EL backlight , press the light button , The dial will light up for three seconds .

If there is no separate light button , press the crown in to activate the backlight .

WATER RESISTANCE GUIDE

WATER RESISTANCE	SUITABLE ATMOSPHERE
3 ATM / 30 METERS / 100 FEET	Suitable for washing hands
5 ATM / 50 METERS / 165 FEET	Suitable for light swimming. Eg: Bathing in a pool or low-tide waters, but not diving
10 ATM / 100 METERS / 330 FEET	Suitable for most water sports. Eg: swimming, surfing, snorkeling, and for recreactional diving.
20 ATM / 200 METERS / 660 FEET	Suitable for most water sports including deep-water diving