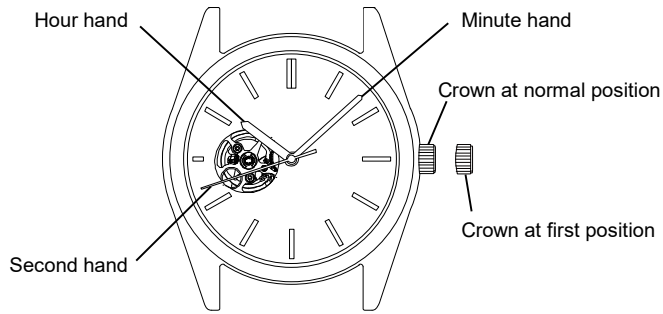
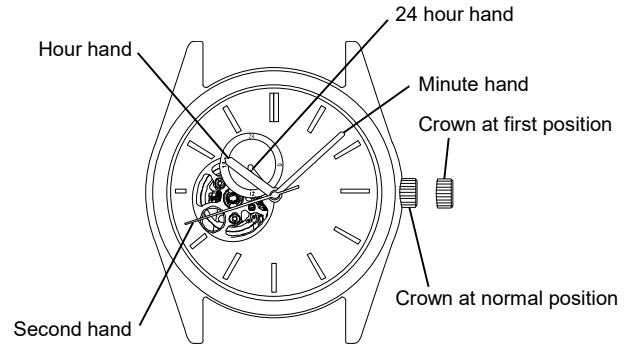


NH38A



NH39A



1.How to set the time

- 1) Pull out the crown to the first click position.
- 2) Turn the crown to set hour and minute hands.
(Check that AM / PM is set correctly)
- 3) Push the crown back into the normal position.

2.To wind up the mainspring

- a) Manual winding (Rotate the crown clockwise at normal position)
Fully wound up by turning the crown minimum 55 times. It will start to move naturally after shaking slightly.
- b) To wind up with winding machine.
Full wind up conditions (Reference information)
 - Rotary speed : 30 rpm
 - Operating time : 60 minutes