





INDUSTRIAL SKILLS by:

# SEVEN --- FRIDAY

M-SERIES

# NFC AUTHENTICATION & REGISTRATION:



-  **DOWNLOAD APP:**  
[sevenfriday.com/app](https://sevenfriday.com/app)
-  **CREATE ACCOUNT**
-  **SCAN BACK OF YOUR WATCH**
-  **CONFIRM OWNERSHIP**

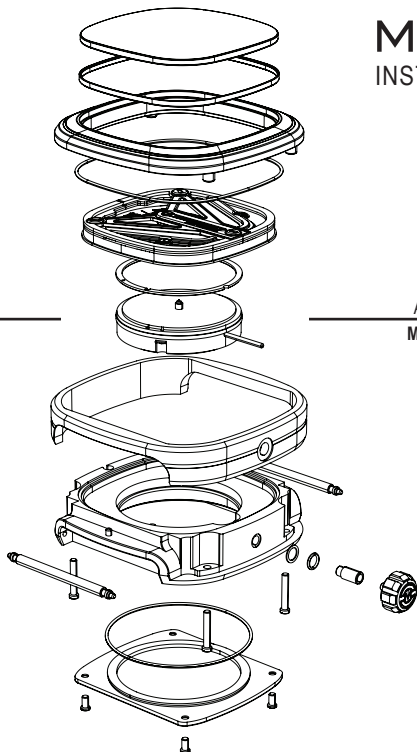
**SEVENFRIDAY** watches guarantee authenticity through scanning the integrated NFC chip, which is readable by NFC enabled devices\*.

Download the **SEVENFRIDAY** app, scan to ensure authenticity, create your account and register as the official owner.

\*The chip is completely passive, data exchange is activated and powered by the device from close distance of 2-5mm. iPhones are not NFC enabled devices.

# M-SERIES

INSTRUCTION MANUAL  
M3/01



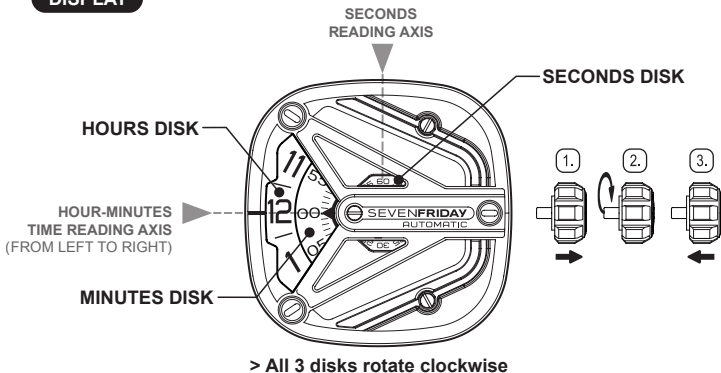
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AUTOMATIC MOVEMENT

MIYOTA 8215 - MADE IN JAPAN

# INSTRUCTIONS - M3/01

## DISPLAY



## WINDING THE MAINSPRING

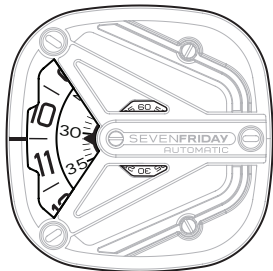
Automatic winding watch can also be hand wound by turning the crown clockwise in normal position. Wind 15-20 times and it will start to move, after slightly shaking.

## SETTING THE TIME

1. Pull the crown out to the 2nd Click - Time setting position.
2. Turn the crown to set hour and minute disk.
3. After the time has been set, push the crown back to the normal position.

**DISPLAY (12h)**

**EXAMPLE 1**



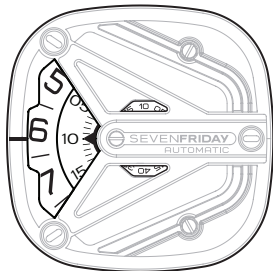
**10:31:00**

**HOURS: 10AM OR PM**

**MINUTES: 31MIN**

**SECONDS: 60 = 0s**

**EXAMPLE 2**



**6:10:10**

**HOURS: 6AM OR PM**

**MINUTES: 10MIN**

**SECONDS: 10s**

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