Subject: Re: Gruen 460 Auto Bumper
Posted by Gary on Wed, 25 Mar 2015 01:44:28 GMT
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Out of the Gruen course in wristwatch repair, the New Gruen Auto-wind technical bulletin states: "The complete winding will be executed through the natural movements of the arm in 3 to 4 hours' time-". "Once thoroughly wound the watch is provided with a power reserve of approximately 32-35 hours' running time."

There are some really good testing scenarios for auto-winds in this book, too much to type out here.

Hope that helps.