INTERVAL TIMER

88 88:88

Rounds Minutes: Seconds

INSTRUCTIONS

Normal Clock I Interval Timer I Countdown Time I Count-up Time I Stopwatch

IMPORTANT

• Please read the instructions carefully and check all the parts. To understand how to operate the timer is very important. The package should include: lx timer, 1 x power adapter, lx remote controller, lx instruction and brackets. Contact us if any accessories missed when you get the timer.

• This device is for indoor use only and not waterproof.

, Keep this device away from high temperatures, humidity, dew, water and direct sunlight.

• Disconnect the device from the mains to clean it or when it is not in use. Handle the power cord by the plug only.

• Clean your device using a damp cloth. Do not use alcohol or solvents.

1. Remote doesn't work; 2. Timer doesn't light up when plug in. 3. Damaged package upon receiving. 4. Any LED segment doesn't light up. 5. Missing parts like adapter, remote control, or brackets. 6. Dislike it because of not right size or not easy to operate. 7. Any other issues.

1.5 " timer works under 5VDC.1.8 "and2.3 "and4 " timer works under 5VTypeC adapter. The power supply battery is not included inside,But it can be powered by external charging treasure

• Remote control requires 2 x AAA to power up(Not included due to the forbidden policy on international shipping);

, We highly suggest to consult your fitness coach for a professional advice on your WOD. Any over training may cause a risk of injuries to your muscles, joints or tendons.

TIMER FUNCTIONS

▶ **Tabata Button:**

Preset work time(F) 20 seconds Intervals (C) 10 seconds ; Repeat 8 times.

(Train time Fl 00:20 interval Cl 00:10 to F8 00:20 interval C8 00:10 then repeat total 8 times)

▶ **FGB Button**

-FGB1 : Preset work time /5 min; intervals/1 min; Repeat/5 times

-FGB2 : Preset work time /5 min; intervals/1 min; Repeat/3times

▶ **Custom Interval timing (**Fn MM:SS, Cn MM:SS) Set work time F & intervals C then repeat times.

For examples 8 minutes exercise (repeat 3 times), train time is 1 minutes, interval is 20 seconds.

Setting as; [Press **number digit 1,** shows P1; Press **EDIT,** then input below value]

Fl 01:00 **(EDIT)** Cl 00:20; **(EDIT)** F2 01:00 **(EDIT)** C2 00:20, **(EDIT)** F3 01:00 **(EDIT)** C3 00:20; **(EDIT)**

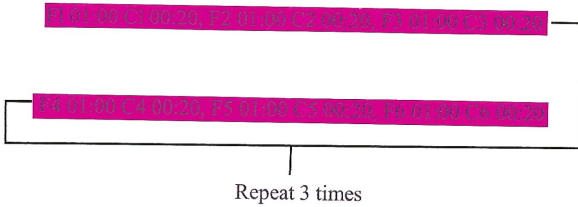F4 01:00 (EDIT) C4 00:20, (EDIT) F5 01:00 (EDIT) C5 00:20, (EDIT) F6 01:00 (EDIT) C6 00:20;

Press **OK,** type repeat times at C- C 03 ; Finally, Press **OK** button to save your setting.

Press **START** button to start running.

Above setting will be stored in number 1 and quick to use by pressing number 1 and start button.

This timer can store 10 groups of setting into 0 to 9 number. Max. repeat time is 99.

When timer reaches to Fl 00:03, timer will beep beep beep; And then timer goes to Cl 00:20. Timer will beep beep beep when show Cl 00:03; Then start from F2 01:00 .....until C6 00:00. Timer will start running from Fl 01:00 again automatically. After repeat 3 times, timer stops.

H1 01:00 C1 00:20, H2 01:00 C2 00:20, H3 01:00 C3 00:20

H4 01:00 C4 00:20, H5 01:00 C5 00:20, H6 01:00 C6 00:20

Repeat 3 times

► **Clock Setting**   Hl HH:MM 24Hours ; H2 HH:MM 12 Hours

► **Count-UP** ·H (UP MM:SS. Max. 99:59)   Count up from UP 00:00 to target time.

► **Countdown** 1^9 (dn MM:SS. Max. 99:59) Countdown from target time to dn 00:00

► **Stopwatch** (MM SS:SS/100. Max. 99 59:99) Count up from 00 00:00 to 99 59:99

REMOTE CONTROL BUTTONS

WIRELESS REMOTE CONTROL OPERATIONS

Turn on/off the timer

Program the timer, same as SET button
Reset a timing or quit programming

Real Time clock function button

Move arrow to the front one when editing

FGB quick accessible button
24-Hour displayformat

10 seconds preparation time

Mute
Enter count-up function
Enter countdown function
Enter EMOM Mode
Tabata quick accessible button
Start to run a timer
Move arrow to the next one when editng
Stop or pause a timing
Stopwatch quick accessible button
12-Hour display format

Numeric buttons

Brightness adjustment

Remote may be different from the real product, please refer to the actual product

IMPORTANT NOTICE:

Other buttons on the remote are useless for this timer and are not active when press.

Power On/Off

Turn the timer on or off

RESET **Reset Button**

Clear back to preset data or back to zero.

CLOCK   **Normal Clock**

Normal clock mode- Current time of day

To change the current time, press **"CLOCK"** followed by the **"SET"** button, Use the arrows and number keys to enter the preferred time, then press **"OK"** to save.

Stopwatch Timer

enter stopwatch mode, then press

to start; Press to stop.

clear back to zero.

EXIT   **Exit Button**

Press it to not save

OK

OK Button

Save data after program.

Brightness Adjust

Increase or decrease the brightness

UP

Count-Up

Turn on count-up mode.

Press **"UP "** button followed by "SET' , button. Screen shows **"UP 99 59",** Use the left/right arrows and number keys on the remote to enter in your desired beginning count-up time. Then press **"OK"** button, Screen shows "UP 00 00", Press **"START"** button to start from 00:00 to target value.

When timer is running, you can press ⟪**STOP,,** button to stop and resume by press **"START"** button. You are able to reset to preset data by press **"RESET"** button.

start

Start to run

After save the value, then press this button begin to start;

12hour /24 hour Format

In clock mode, tap **12 hour or 24hour** button to have 12-hour or 24-hour format.

Voice On/Off

Turn sound on or off

10 Seconds Active/Inactive

This button will activate or deactivate a 10- second preparation countdown before every use of the timer. Cut off power then plug in if cannot use.

Support Tabata

Preset work time(F) 20 seconds Intervals (C) 10 seconds ; Repeat 8 times.

FGB

Support FGB1 and FGB2

FGB1 : Preset work time /5 min; intervals/1 min; Repeat/5 times; FGB2 : Preset work time /5 min; intervals/1 min; Repeat/3times

SET/EDIT   **Timer Set**

Customized in normal clock mode, countdown mode, count-up mode and interval mode.

Number Keys

Input data, enter interval mode and recall.

DOWN   **Countdown**

Turn on countdown mode.

Press **"Down"** button followed by **"SET"** button. Use the left/right arrows and number keys on the remote to enter in your desired beginning countdown time. Press **"OK"** button to save and exit. Press ⁴ᵗ**START**ᴹ button to start from "target time" to 00:00.

When timer is running, you can press **"STOP"** button to stop and resume by press **"START"** button. You are able to reset to preset data by press **"RESET"** button.

STOP   **Stop**

When press stop button to stop running, press start button continue to running from stopped time.

EMOM   **EBOM**

One minute countdown, 99 cycles

♦   **Time Mode (Set 22:30)**

Press **"CLOCK"** button followed by press **"SET"** button; Use number key and right arrow enter 22:30; Press " **OK**" button to save. Change it from 22:30 to0:30 by pressing <**12Hour/24Hour"** button;

♦   **Countdown Mode (Set 12:10);**

1. Press **"Down"** button; 2.Press **"SET"** button ; 3. Enter 12:10; 4. Press ^M**OK**^W button to save.

5. Press **"START"** button start countdown from 12:10 to 00:00. Timer beep when reaches to dn 00:00;

Press ⁴⁴**STOP**^W button pause during running or press **"RESET"** button back to 12:10;

♦   **Count-up Mode: How to set count up from 00:00 to 20:00**

1. Press **"UP"** button enter count up mode.2. Press ^W**SET/EDIT**^M then enter 20:00; 3. Press **"OK"** button to save ; 4. Press **"START"** to start from 00:00 to 20:00; Will beep when reaches to UP 20:00;

Press **"STOP"** button pause during running or press **"RESET"** button back to 00:00;

♦ **Stopwatch Mode: Run from 00 00:00 to 99 59:99**

1.   Press [⏱] button; 2. Press   **"START"** button   start running   from zero;

Press ⁴<**STOP** button to stop or Press ^{<4}**RESET**^M back to 00 00:00;

Custom Interval Setting; Fn instead of workout time; Cn is interval time.
EXAMPLE TWO.:Workout time= 1 minute, Interval time = 10 seconds, Repeat= 6 times. Total time is 7 minutes.

Press " number]" button [1 P1] ,timer displays Pl,

2.   Press' [EDIT] "button, type Fl 01:00,

3.   Press' [EDIT] "button, type Cl 00:10,

4.   Press [OK] button to save. The timer will be jumped to repeat setting

5.   Type C — C 06

6.   Press [START] button to start running.

Above setting will be stored in number 1 and quick to use by pressing number 1 and start button next time.

Remember to tap **"OK"** "button to save your setting.

EXAMPLE TWO: Different intervals. Workout time= 1 minute, Intervals = 10 seconds; Workout time= 2 minute, Intervals = 20 seconds; Workout time= 10 minute, Intervals = 1 minutes; Repeat= 2 times.

1. Press "Number 2 button" [2 P2], timer display P2,

2. Press "[EDIT]" button, type Fl 01:00

3. Press "[EDIT]" button, type Cl 00:10,

4. Press "[EDIT]" button, type F2 02:00,

5. Press "[EDIT]" button, type C2 00:20,

6. Press "[EDIT]" button, type F3 10:00,

7. Press "[EDIT]" button, type C3 01:00,

7. Press "[OK]" button to save. Screen will enter rounds setting

8. Type C-C 02,

9. Press " START " button to start running.

Above setting will be stored in number 2 and quick to use by pressing number 2 and start button next time. Remember to press "OK" button to save your setting.

* Mount gym timer to wall *
These series timers come with side brackets. We suggest you to fasten the brackets on the wall first.

(4)Screws   (2)brackets

There are two brackets, two nails and two bolts coming with each clock, bolts are used to fasten the bracket to the timer back and the nails should be nail to the wall so that you can hang the brackets to the nails on the wall. Please refer to the right picture for your mounting