Multi-Functional LED Digital GYM Timer Instruction

General Setting Instruction

- Press the corresponding button into the needed function.(clock, countdown/up, interval timer)
- Press EDIT key into setting,
  Use the left/right arrows keys and number keys to set target time. (Left/right arrows keys for selecting blinking digits to be set, number keys for setting the target/preferred time)
- Press EDIT key again to exit with saved setting. Or EXIT key to exit without saving.

Shortcut function: After finishing setting, press one number key (number key 0-9)as shortcut key to save the custom setting for direct recall in the future if necessary. (Custom countdown, count up ,interval timer)

Normal Clock

- PRESS CLOCK Key to display time. (HH:MM format default display)
- Display 12-hour or 24 -hour (military time) format by pressing 12Hrs or 24Hrs key.
- Press EDIT key into setting mode and press EDIT key a second time to save and exit setting.
- Clock should be set under the 24-hrs clock mode.

Countdown Timer

- Press ▼ into countdown timer mode and timer will display "99.59".
- Set the target countdown time by arrows &number keys following the general setting instruction above.
- Press OK to start, stop, or to resume the timer function.

Count-up Timer

- Press ▲ into count up timer mode and timer will display "00: 00".
- Set the target count up time by arrows &number keys following the general setting instruction above.
- Press OK to start, stop, or to resume the timer function.

Stopwatch

- Press ⏱ key to enter the stopwatch function and the timer displays "00: 00".
- Press OK to start, stop, or to resume the stopwatch timer.

Tabata Timer

Tabata timer consists of 8 rounds, with 20-second intense workout time followed by 10-second rest time.
There is one beep when each workout time ends and two beeps once rest time ends.

- Press TBT key into Tabata timer mode and the timer displays"00: 00".
- Press OK to start, stop, or resume the Tabata timer.

Fight Gone Bad Timer

FGB Mode consists of three rounds, with 5-minute workout period followed by 1-minute rest time. There is one beep when each workout time starts and two beeps once rest time starts.

- Press FGB key into FGB timer mode and the timer displays "17:00".
- Press OK to start, stop, or resume the FGB timer.

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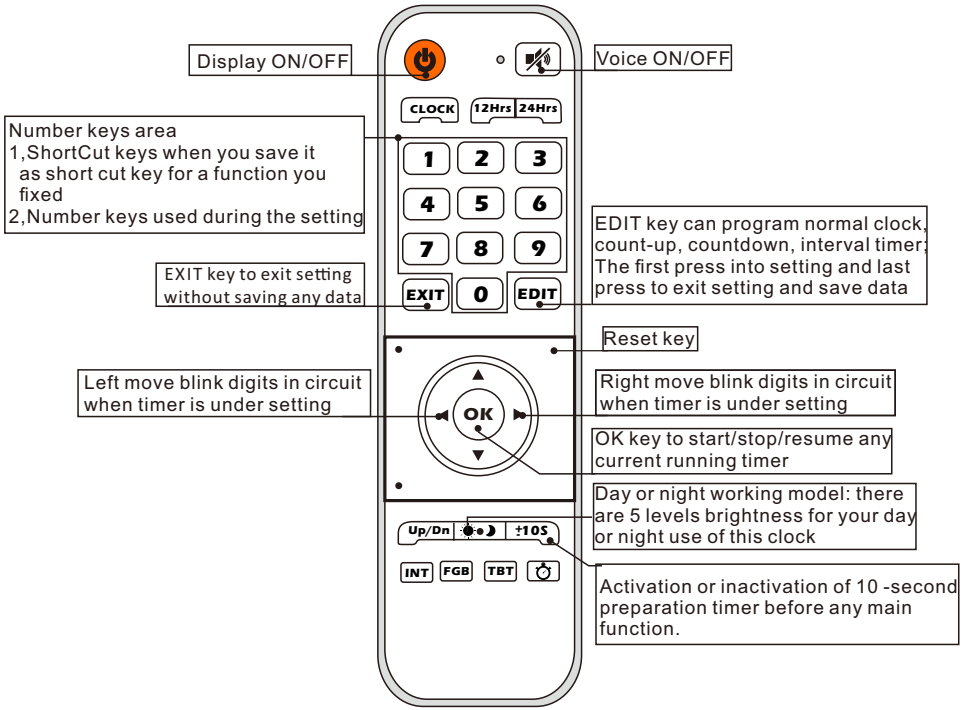
Interval Timer

The Interval Timer is for workout& rest interval timing (max 99 rounds). P1 is the working time for exercise; P2 is the resting time. One beep when workout time ends, and two beeps when rest time ends.

- Press the INT key to enter the interval timer function and the clock displays "XX: XX".
- Press EDIT key to set the repeating rounds.
- Press EDIT key a second time to set P1 workout time and EDIT key a third time to set the P2 rest time.
- Press EDIT key a fourth time to exit with saved setting. Or EXIT key to exit without saving.
- Press Up/Dn key to decide whether the time will count up or down.
- Press OK to start the interval timer.

Notice

- Remote works with 2 pcs AAA batteries.
- Please do use the original power adapter to avoid the damage of timer.
- Please stop current working function before changing to another timer function.