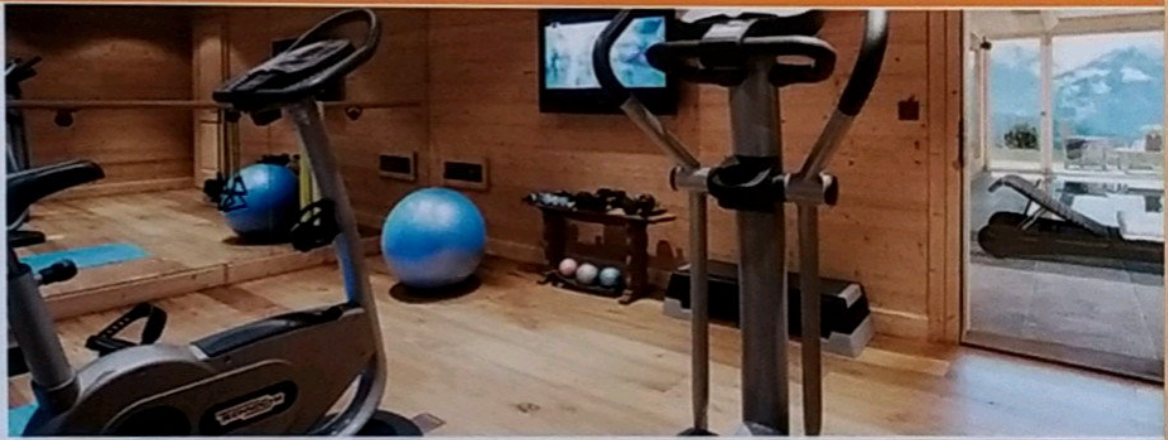


- USER MANUAL -

Thanks for choosing our products !

GYM
TIMER



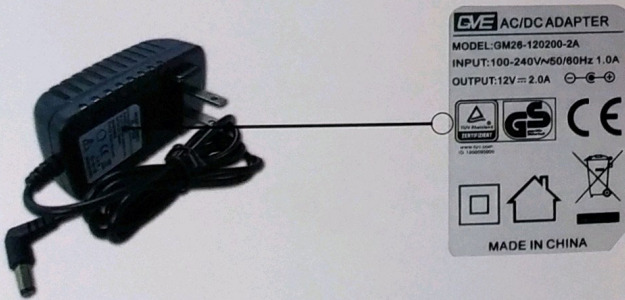
- INTERVAL TRAINING TIMER -

WHAT'S IN THE BOX:

① TIMER(X1)

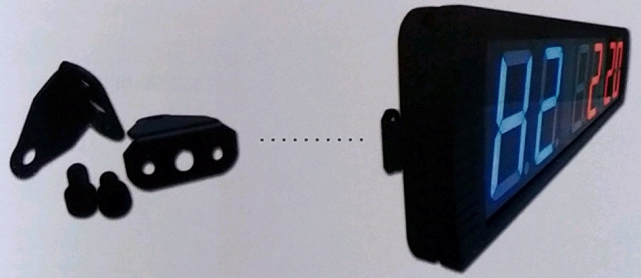


② 110/220V ADAPTER(X1)



12V adapter used for 2.3inch timers or bigger ones.
6V adapter used for 1.8inch timers or smaller ones.

③ WALL MOUNTING BRACKETS W/HARDWARE



④ REMOTE CONTROL(X1)



REMOTE CONTROL:

General Settings:

II. Count-up/down instruction:

Example 1: 30 minutes count-up operation instruction:

1. Press **UP** to enter count-up mode; it displays UP 00: 00:00
2. Press **EDIT** to edit 00:30: 00. Press **Enter** to save the data.
3. Press **START** to start 30 minutes count up.

Example 2: 20 minutes countdown operation instruction:

1. Press **Down** to enter countdown mode; it displays dn 00: 00:00.
2. Press **EDIT** to edit 00: 20: 00, press **Enter** to save the edited data.
3. Press **START** to start 20 minutes countdown.

III. Alternate timing mode instruction :

1. Save one of the alternate timing program into number 1.

(F1=20s, C1=18s, F2 =15s, C2=12s round=3)

Press number 1 , the timer displays P1 .Press **F-A** enter into training timing 1 editing , the timer display F1—,input 00 20, Press **Enter** key save the data, Press **C-U** enter into rest timing mode, the timer display c1—,input 00 18, Press **Enter** save the data, then Press **F-A** again enter into training timing 2 editing, the timer display F2—,input 00 15, Press **Enter** save the data, Press **C-U** enter into rest timing mode, the timer display c2—, input 00 12, Press **Enter** save the data, press **EXIT** set the round , the timer display is c-c - 01 ,input c=03 ,Press **Enter** save the data and exit editing; Now you can press **START** for start the program. the first 2 digits will display F1,C1, F2,C2...the last two digits will be countdown the rounds ,03,02,01...

2. Save one of the alternate timing program into number 2.

(F1=50s, C1=18s, F2 =40s, C2=15s round=4)

Press number 2 , the timer displays P2 .Press **F-A** enter into training timing 1 editing , the timer display F1—,input 00 50, Press **Enter** key save the data, Press **C-U** enter into rest timing mode, the timer display c1—,input 00 18, Press **Enter** save the data,

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then Press **F-A** again enter into training timing 2 editing, the timer display F2—,input 00 40, Press **Enter** save the data, Press **C-U** enter into rest timing mode, the timer display c2—, input 00 15, Press **Enter** save the data, press **EXIT** set the round , the timer display is c-c 01 ,input c=04 ,Press **Enter** save the data and exit editing; Now you can press **START** for start the program. the first 2 digits will display F1,C1,F2, C2...the last two digits will be countdown the rounds ,03,02,01...

(Number 0-9 can be stored pre-set programs)

IV. Stopwatch Instruction:

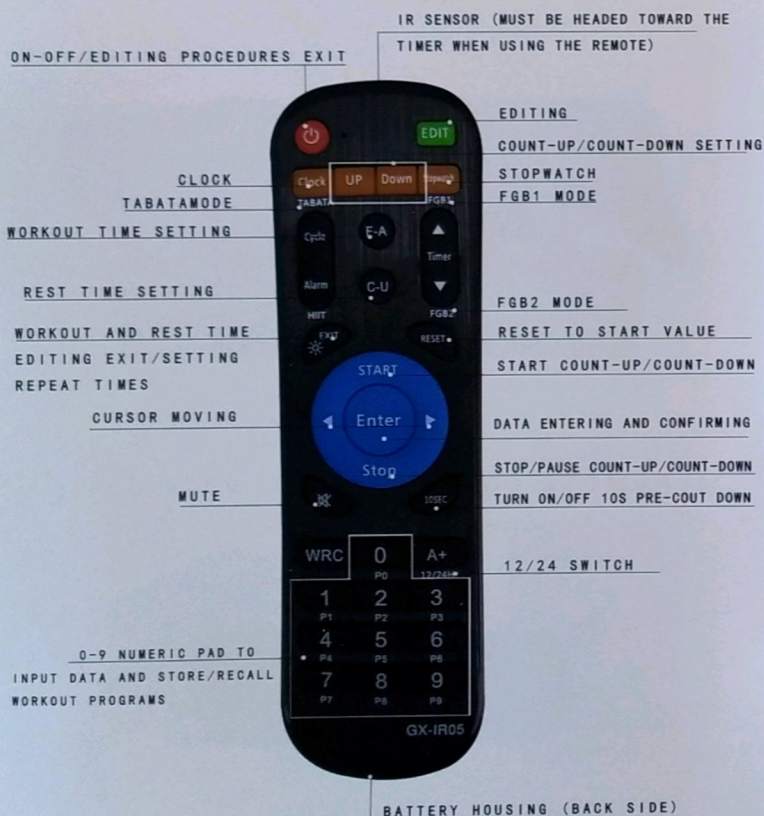
1. Press **Stopwatch** for enter into stopwatch mode , the timer display 00 00: 00:00
2. Press **START** for start or re-start (after pause) the stopwatch.
3. **Stop** for pause.
4. Press **RESET** to go back to 00 00: 00:00.

V. TABATA and FGB Mode Operation Manual:

- the TABATA mode. means 20s work, 10s rest, 8 rounds.
- the FGB1 mode. FGB1 means 5min work, 1min rest, 5rounds.
- the FGB2 mode. FGB2 means 5min work, 1min rest, 3rounds.

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REMOTE CONTROL:



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Main Functions:

- Clock: HH:MM:SS format - 12/24H
- Stopwatch: MM:SS:ss(1/10s)(1/100 s) format – from 00:00:00 up to 99:59:99
- Count up: HH:MM:SS – from 00:00:00 up to 99:59:59
- Count down: HH:MM:SS – from 99:59:59 down to 00:00:00
- Interval timer - training /rest/cycle
- The TABATA mode. means 20s work, 10s rest, 8 rounds
- The FGB1 mode. means 5min work, 1min rest, 5rounds.
- The FGB2 mode. means 5min work, 1min rest, 3rounds.

General Settings:

I. General Editing Rules:

1. After plugging the timer ON, press **Power** to turn it on. The Timer gets into clock mode and it starts to display, for instance, H1 00: 00:00 or H2 00: 00:00.
Attention: when the power is plugged ON/OFF, the Timer will beep for a while. That is a normal signal of system bootstrap and shut-down.
 2. Press **EDIT** to enter editing mode. Refer to the below:
(Blinking digit stands for cursor position and it can be edited with numeric pad by remote control)
- Clock settings: the display shows, for example, H1 00: 00:00. Enter the current time by press **EDIT** , and input the digits , then Press **Enter** , to save the edited data.
(H1 stands for 24H time format, while H2 stands for 12H time format. 12H and 24H format can be switched by press 12/24H switch button.)

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