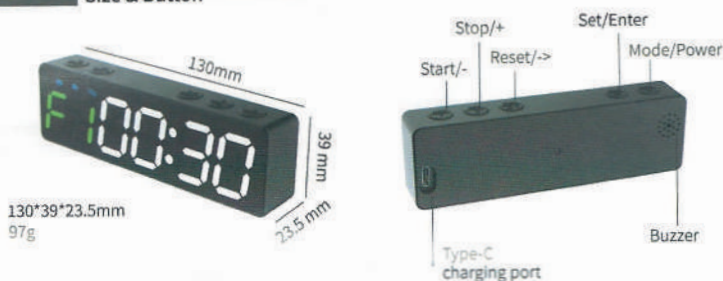




Size & Button



SAFETY WARNING

Before using the timer, please read the user manual and the safety warnings first

	Warning	Dangers leading to death or serious injury		Prohibit	Means which is prohibited to do
	Attention	Dangers leading to physical or mental harm		Execute	Means which is executed

1. It is recommended to use the original battery to avoid fire, explosion, or other hazards.

2. Some items (or parts of them) might be smelly when took out from the package due to the long stay in the sealed package. It has to be considered normal and the smell will fade by keeping the products exposed to the air.

3. Do not use harsh soaps or aggressive cleaning products to wash the timer

4. Operation Temperature: From -20°C to +50°C. If the environment is out of such temperature range, will lead to the warranty invalid.

5. The charging time should not exceed 8 hours, otherwise it will cause the product to overheat and damage. If it is not used for a long time, please turn off the power and charge it once a month.

6. International practice recognizes that we have no responsibility or obligation to bear the accident and property damage caused by incorrect use of the product.

Function

CLOCK: 12/24H format HH:MM

d1 MIIT -- 1min workout, 1min rest, 99 rounds.

d2 HIIT -- 30s workout, 30s rest, 99 rounds.

d3 TABATA -- 20s workout, 10s rest, 8 rounds.

d4 FGB1 -- 5mins workout, 1min rest, 5 rounds.

d5 FGB2 -- 5mins workout, 1min rest, 3 rounds.

d6 EMOM1 -- 1min workout, no rest, 17 rounds.

d7 EMOM2 -- 1min 30s workout, 1 min rest, 17 rounds.

P0 WRC -- 10 groups of customize program.

UP: MM:SS format, 00:00 to 99:59.

DOWN: MM:SS format, 99:59 to 00:00.

Stopwatch: MM:SS:ss(1/10s)(1/100s) format 00:00:00 to 99:59:59

(When the function d1-d7 is switched, d1-d7 will be displayed first, and then the function interface will be displayed)

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Button Description

- **Mode**
Long press for 3 seconds to turn on or off short press to switch modes
- **Set/Enter**
Normal working state, entering Editing state editing state, save data
- **Reset/->**
Normal working state, time Reset editing state, cursor shift
- **Stop/+**
Normal working state, timing pause editing state, value plus one
- **Start/-**
Normal working state, timing start editing state, value minus one

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I. General editing:

- 1. Power on, press Mode to switch to CLOCK mode, which displays as 00:00.
Note: 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 Set to enter the editing state. (flashing numbers can be edited) Time setting: The screen displays as 00:00. Press Set to enter editing (24-hour format), press → to move the cursor, press + or - to modify the time, and press Enter to save the edited value.
(12-hour format AM/PM will light up. 12/24H format can be switched by +/- Stop button)

II. Count up/down setting:

>>e.g - 30 minutes Count up

- 1. Press Mode to switch to UP mode, Display UP 00:00.
- 2. Press Set to enter editing, press → to move the cursor, press + or - to modify the time as UP 30:00, and press Enter to save the data.

Note: after saving the data, the display will reset to zero (The value set is the maximum value of Count up). **3**

- 3. Press start to start the 30 minutes count up.

>>e.g - 20 minutes Countdown

- 1. Press Mode to switch to Down mode, display dn 00:00.
- 2. Press Set to enter editing, press → to move the cursor, press + or - to modify the time as dn 20:00, and press Enter to save the data.
- 3. Press Start to start the 20 minutes countdown.

III. WRC workout+rest time interval setting:

- 1. Switch the group number of customize program: Press Mode to switch to WRC mode, press Reset, then press + / stop to switch custom groups, P0 to P9.
- 2. Save a group of workout+rest time to P0. (F1=20s, C1=18s, F2=15s, C2=12s Loop = 3)
>>In WRC mode, press Reset then press + / stop to switch custom groups to be P0.
>>Press Set to enter workout time 1 edit, the screen shows F1----, press → move the cursor, press + or - modify time as F1 00 20, press Enter to save data.
>>Press Mode to enter the rest time 1 edit, the screen shows C1----, press → move the cursor, press + or - modify time as C1 00 18, press Enter to save the data.
>>Then press Set to enter the workout time 2 edit, the screen shows F2----, press → move **4**

the cursor, press + or - modify time as F2 00 15, press Enter to save the data.

>>Press Mode to enter the rest time 2 edit, the screen shows C2----, press → move the cursor, press + or - modify time as C2 00 12, press Enter to save the data.

>>Press the Reset button to exit the training rest time editing, enter the cycle number setting, the screen displays C-C 01, press → to move the cursor, press + or - to modify to C-C 03, press Enter to save the data and automatically exit the editing; press Start to start the program.

IV. Default mode:

- d1 MIIT >> 1min workout, 1min rest, 99 rounds.
- d2 HIIT >> 30s workout, 30s rest, 99 rounds.
- d3 TABATA >> 20s workout, 10s rest, 8 rounds.
- d4 FGB1 >> 5mins workout, 1min rest, 5 rounds.
- d5 FGB2 >> 5mins workout, 1min rest, 3 rounds.
- d6 EMOM1 >> 1min workout, no rest, 17 rounds.
- d7 EMOM2 >> 1min 30s workout, 1min rest, 17 rounds.

Basic operations:

- 1. Press Mode to switch the mode.
(d1-d7 mode cannot be edited)
- 2. Press Start to start; press Stop to pause; press Reset to reset.

5**Special settings****I. Timing for 10 seconds >>**

- 1. In normal working state, press Set/Enter for 3 seconds and release after the screen is black.
- 2. Press +/stop to turn on/off the 10 second preparation time.
- 3. Press Enter to save and exit.

II. Sound adjustment settings >>

- 1. In normal working state, press Set/Enter for 3 seconds and release after the screen is black.
- 2. Press -/Start to turn on/off the sound (the mute symbol lights up when the sound is off)
- 3. Press Enter to save and exit.

III. Self-check functions >>

- 1. In normal working state, long press Enter and Reset for three seconds to enter the self-check program and reset the data.
- 2. Press the Mode to exit and enter the self-check, and enter the normal working state.

IV. dormant state >>

- 1. In normal working state, long press the Power button for 3s to enter the dormant state, **6**

and release it after the screen goes black.

- 2. In dormant state, long press the Power button for 2s to enter the working state, and release it after the screen lights up.

Product type	Timer	Weight	97g	Product size	130*39*23.5mm
Character size	0.8inch+1inch	Battery capacity	1500mAh	Charging time	2.5H
Power consumption	0.5W	Electric current	500mA	Charging voltage	5V

Contains: Timer x 1 Power cord x 1 Instruction x 1

