

GYM MULTIFUNCTIONAL CLOCK OPERATION INSTRUCTION

PRODUCT PROFILE:

- 6 digits 1.8 inch super brightness LED gym timer.
- Matt aluminium alloy case and matt black lens.
- DC5V/2A power supply with USB cable. Use original adaptor or connect to your 5V power bank .
- Infrared remoter, using 2 pieces AAA battery, There is a beep reminder each time when the key is pressed.

FUNCTION DETAILS:

CLOCK

Press "CLOCK" key to show current time.

Press "24Hrs" or "12Hrs" key to show Military Time(24hrs) or Standard time(12hrs).



Military Time(24hrs)



Standard Time(12hrs)

Press "EDIT" key to set time: Press left or right arrow key to move blink digits and input value by number keys

Press "EDIT" key a 2nd time to save&exit setting or press "EXIT" key to leave without save.

INTERVAL TIMER

Press "INT" key to turn on interval timer mode.

Blue numbers are for rounds(max 99 rounds), red numbers are for workout time or rest time(max 99 minutes 59seconds).

Press "EDIT" key to set up a new custom interval timer and input rounds value(2 blue numbers).

Press "EDIT" a 2nd time to set workout time. Press left or right arrow key to move blink digit and input value by number keys(4 red numbers)

Press "EDIT" a 3rd time to set rest time. Press left or right arrow key to move blink digit and input value by number keys(4 red numbers)



setting workout time



setting rest time

Press "EDIT" a 4th time to save&exit setting or press "EXIT" key to leave without save. Or followed by pressing one number key to save current setting as shortcut. User can directly recall this interval timer with the shortcut key
Press "Up/Dn" key to decide whether the time will count up or down.
Press "OK" key to start/stop/resume interval timer.

COUNT DOWN TIMER

Press down arrow key to turn on countdown timer mode. There is one long beep when time is up.



Press "OK" key to start/stop/resume countdown timer

Press "EDIT" key to set up a new custom countdown timer. Press left or right arrow key to move blink digit and input value by number keys.

Press "EDIT" a 2nd time to save&exit setting or press "EXIT" key to leave without save. Or followed by pressing one number key to save current setting as shortcut. User can directly recall this countdown timer with the shortcut key.

COUNT UP TIMER

Press up arrow key to turn on count-up timer mode. There is one long beep when time is up to fixed time.



Press "OK" key to start/stop/resume count-up timer

Press "EDIT" key to set up a new custom count-up timer. Press left or right arrow key to move blink digit and input value by number keys.

Press "EDIT" a 2nd time to save&exit setting or press "EXIT" key to leave without save. Or followed by pressing one number key to save current setting as shortcut. User can directly recall this count-up timer with the shortcut key.

FIGHT GONE BAD TIMER

Press "FGB" key to turn on the mode.



Press "OK" key to start/stop/resume the timer

Press "Reset" key for back to 17:00.

FGB mode consists of three 5-minute rounds and 1 minute rest time between each round. It beeps once for each 1-minute workout time start and beeps twice for each 1-minute rest time start.

TABATA TIMER

Press "TBT" key to turn on Tabata mode.



Press "OK" key to start/stop/resume the timer

Press "Reset" key for back to 00:00.

Tabata mode consists of 8 rounds of 20-second workout time and 10-second rest time. It beeps once when workout time ends and beeps twice when rest time ends.

STOPWATCH TIMER

Press "⌚" key to turn on stopwatch mode.



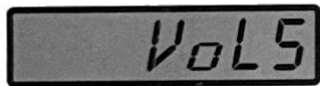
Press "OK" key to start/stop/resume stopwatch timer

Press "Reset" key to clear zero.

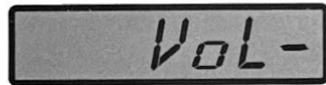
Stopwatch max value is 99 minutes (blue parts) 59 seconds and 99 hundredth of a second

VOLUME ADJUSTING

Press "🔊" key to adjust the volume.



Level 5



Sound is off

Press "F2" or "F3" key to change the volume.

Press "🔊" key to turn on or turn off the sound.

10 SECONDS PREPARATION

Press "+-10s" key to activate or deactivate the 10 seconds countdown preparation before each function.



Active



Deactive

RESET TIMER

Press reset key for back to default setting of current mode.

NOTICE:

- Stop current function to select other function.
- One number key is only valid for the last shortcut setting.
- Setting the clock must be under 24-hrs mode.

KEYS LAYOUT:

