Operation Manual

General
When the timer is initially plugged in the time of day will be displayed. This time can be adjusted per the instructions below. Each timing program (ie. Counting up, counting down, Fight Gone Bad, and TABATA) will begin a 10 second countdown. The timer will buzz during the countdown on seconds 3, 2, 1, and 0 to indicate 3, 2, 1, "GO". The timer will buzz twice to indicate a preprogrammed endpoint has been reached.

Using the Remote
1. Setting the Time: Press the Key "T" to display hours and minutes. To adjust the time, press "SET", the digits on the screen will blink, and the hour and minute can bet set (i.e. input 1,5,3,0 to represent 3:30pm). Press the key "12HR" to make the clock run on 12 hour system and press the key "24HR"to make the clock run in 24 hour system.
2. Key "A" allows set up Fight Gone Bad. After the 10 second countdown the timer will buzz once every minute for five minutes and then twice to begin the one minute round of rest. The round is repeated two additional times.
3. Key "B" is a one push operation for a 20/10 TABATA. After the countdown, the timer will buzz once to begin work and twice to rest.
4. The Red "POWER" Key turns the display off only. The time of day and programs will still be kept but the screen will not display any numbers. To stop the continuation of the buzzer it is recommended to leave the clock in "time" mode when the display is off.
5. Key "12HR" will display the time in standard mode. (ie. 3:00 PM)
6. Key "24HR" will display military time (ie: 15:00)
7. The Key "T" will display the time of day.
8. The Key "PAUSE" will pause the timer.
9. The Key "RESUME" will resume the program.
10. The Mute button can be used to silence the buzzer.

Counting Up
1. Press the Key "M"
2. The last set time will be displayed
3. To reset the END time press the "Set" key and enter the time. This allows the user to set a "max" time at which point the timer will beep and stop. If the workout is open ended the set time should be 99:59. It is not necessary to adjust the "set time" with each workout. The "set time" will remain until changed.
4. Press the "+" key to begin the program. The timer will count down from 10 seconds and then begin the program.

Counting Down
1. Press the Key "M"
2. The last set time will be displayed
3. To reset the START time press the "Set" key and enter the time.
4. Press the "-" key to begin the program. The timer will count down from 10 seconds and then begin the program.

Notes:
- The timer can be reset by unplugging it for 20 seconds
- The remote uses two AA batteries.