MuscleDriver USA
NO LIMITS
Programmable Interval Timer
Operation Manual

1) The MDUSA *No Limits* Timer offers a variety of standard functions including; clock display, Stop Watch to hundredths of a second, 20 minute count down, and a "Fight Gone Bad" timer. In addition the timer can be programmed with specific count up to and down from times. The timer can also be used to program custom intervals. The timer can save up to eight custom programs.

2) Setting the time of day

   a) Clock Display
      i) Press "→" or "←" to select the minutes or hours to be changed.
      ii) When the numbers blink use the "+" or "-" keys on the remote to change the time. Press "OK" to confirm the changes.
      iii) The "12/24" can be used to display standard or military time. Displays as below,

3) Counting up

   a) Quick Count Up from 0:00 to 99:59
      i) Press the "F1" and then "OK". (you may need to press "Exit" first if you are already in another program) The timer will execute a 10 second count down then will count up from 0:00 to 99:59

   b) **Stopwatch Function (100 minute max count-up with minutes, seconds, and hundredths of a second)**
      i) Press "F4" the timer will display.

      ii) Press "OK". (you may need to press "Exit" first if you are already in another program) The timer will immediately begin counting up from 00:00:00. The timer will continue to count up to 99:59:00 unless a change is made.

   c) Setting a custom "count-up to" time

i) Press the "↑" button (you may need to press "Exit" first if you are already in another program)

ii) The timer will display

iii) Use the "→" and "←" keys to move from minutes to seconds.

iv) When the numbers blink use the "+" or "-" keys on the remote to change the time.

v) Press "OK" to begin the program. The program will start with a 10 second count down. Or press one of the Function keys between F5 and F12 to save the program. The timer will beep three times to indicate that the program is being saved and return to clock mode.

vi) Once a program is saved simply press the Function Key and "OK" to begin the program

4) Counting Down

a) Quick Count Down from 20:00 to 00:00

i) Press "F2" and then "OK". (you may need to press "Exit" first if you are already in another program)

ii) The timer will execute a 10 second count down to start the program then will begin counting down from 20:00. The timer will continue to count down to 00:00 unless a change is made.

b) Setting a custom "count-down from" time

i) Press the "↓" button (you may need to press "Exit" first if you are already in another program)

ii) The timer will display

iii) Use the "→" and "←" keys to move from minutes to seconds

iv) When the numbers blink use the number keys or "+" and "-" keys to adjust the time

v) Press "OK" to begin the program. The program will start with a 10 second count down. Or press one of the Function keys between F5 and F12 to save the program. The timer will beep three times to indicate that the program is being saved and return to clock mode.

vi) Once a program is saved simply press the Function Key and "OK" to begin the program

5) Creating Custom Intervals

i) Press the "Select" button (you may need to press exit first if you are already in another program)

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ii) The timer will display the number of Rounds in Blue. Press the number keys to select the number of times you wish to go through the entire interval from 1 to 99.

iii) Press "Select" again and the timer will display

iv) H1 represents the amount of time the athlete will "work".

v) Use the "→" and "←" keys to move from minutes to seconds. When the numbers blink the "+" and "-" keys can be used to adjust the time.

vi) Press "Select" again and the timer will display

vii) H2 represents the amount of time the athlete will "rest".

viii) Use the "→" and "←" keys to move from minutes to seconds. When the numbers blink the "+" and "-" keys can be used to adjust the time.

ix) Press "OK" to begin the program. The program will start with a 10 second count down. Or press one of the Function keys between F5 and F12 to save the program. The timer will beep three times to indicate that the program is being saved and return to clock mode.

x) Once a program is saved simply press the Function Key and "OK" to begin the program.

xi) The timer will beep once to start each work cycle and twice to start each rest cycle.

6) Preprogrammed Fight Gone Bad Function

a) This is a custom interval program used by CrossFitters. For more information please see http://www.crossfit.com/cf-info/faq.html

i) Press the "F3" key

ii) The timer will display

iii) The timer will execute a 10 second count down and then proceed through the entire FGB interval beeping once to begin each new movement and twice for each rest period.