

CLUSTER[®]
Pursuit of Excellence

Q20 USER MANUAL



Q20



Back



Mode

Set

Enter

Reset

Stop

Start

Front

Mode Set Enter

Reset Stop Start

Function indication light

Charge indicator



CLOCK

MUT

HIT

TABATA

EMO1

EMO2

FG1

FG2

WRC

UP

DOWN

Stepwatch

10s pre-countdown

10s

Mute

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Function/
Number of cycles

Time

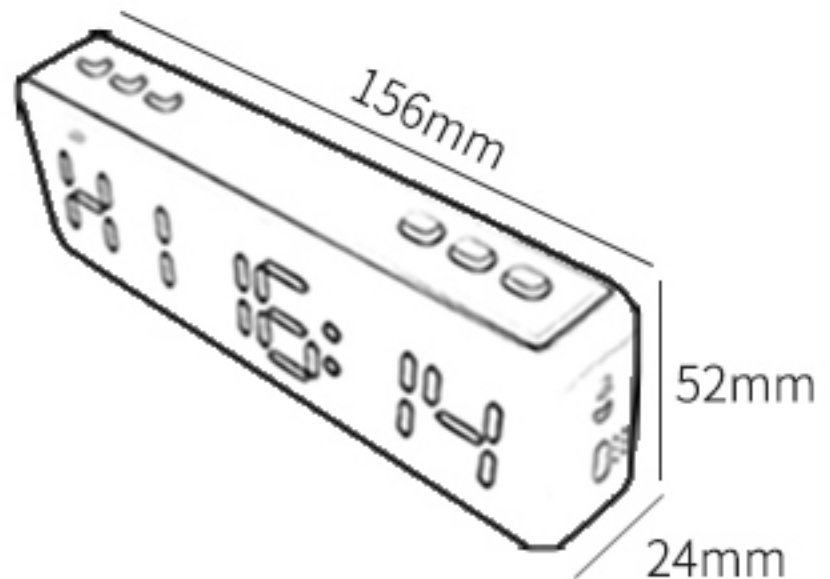
Charge indicator--

- The light stays on when charging
- The light flashes when the battery is low
- Turns off when full



ON OFF

TypeC Charging port



156mm

52mm

24mm

Function

- CLOCK---12/24h format HH:MM.
- MIIT---1min workout,1min rest,99rounds.
- HIIT---30s workout,30s rest,99rounds.
- TABATA---20s workout,10s rest,8rounds.
- EMOM1---5mins workout,1min rest,5rounds.
- EMOM2---5mins workout,1min rest,3rounds.
- FGB1---1min workout,no rest,17rounds.
- FGB2---1min 30s workout,1min rest,17rounds.
- 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 99:59:99.

【Button Description】

Mode: Switch mode

Set: Enter the editing state

Enter: save the data edited

Reset/->: Time reset /cursor moves (editing state)

Stop/+ : Pause / +1(editing state)

Start/- : Start / -1 (editing state)

General settings

【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)

Clock setting--the screen displays such as H1 00:00.

Press **Set** to enter editing, press **→** move the cursor, press **+** or **-** modify time, press **Enter** to save the edited value. (H1 stands for 24-hour format and H2 stands for 12-hour format. 12/24H format can be switched by **+ / -Stop** key)

【Count up/down setting】

e.g.---30 minutes Count up

- Press **Mode** to switch to UP mode, Display UP 00:00.
- 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).

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

e.g.---20 minutes Count up

Press **Mode** to switch to Down mode ,display dn 00:00.

General settings

- 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.
- Press **Start** to start the 20 minutes countdown

【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 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.

General settings

- Then press the **Enter** for 2 seconds to exit the workout and rest time editing, enter into the cycle number setting, the screen displays C-C 01, press **→** move the cursor, press **+** or **-** to change to C-C 03, press **Enter** to save the data and exit editing automatically, press **Start** to start the program.

【Stopwatch】

- Press **Mode** to switch to Stopwatch mode, the screen
- displays 00:00:00
- Press **Start** to start.
- Press **Stop** to pause.
- Press **Reset** to reset to 00:00:00

【Default mode】

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

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

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

EMOM1---5mins workout,1min rest,5rounds.

EMOM2---5mins workout,1min rest,3rounds.

FGB1---1min workout,no rest,17rounds.

FGB2---1min 30s workout,1min rest,17rounds.

Basic operations:

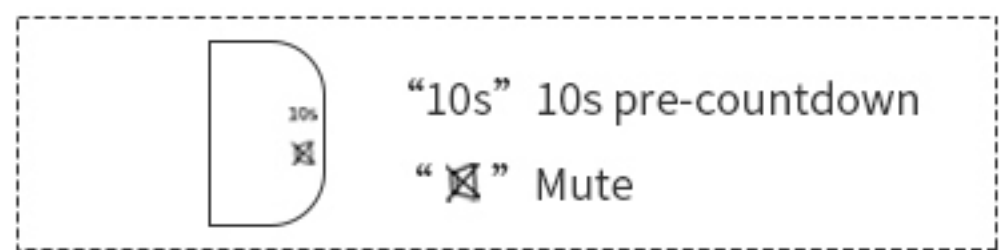
1. Press **Mode** to switch the mode.

2. Press **Start** to start ; press **Stop** to pause; press **Reset** to reset.

Special settings

【10 seconds pre-countdown and system sound settings】

- 1: When the power is on, press **Mode** for 3 seconds and release after the screen is black.
- 2: Press **+ / stop** to turn on / off the 10s pre-countdown; press **- / Start** to turn on / off the sound.
- 3: Press **Mode** to exit.



【Volume adjustment】

1. Turn on the power ,Press **Mode** for 3 seconds and release when the screen lights off.
2. Press **- / Start** for enter into volume adjustment, Continue to press **- / start** for switch the volume (3 levels total ,0=mute)
3. Press **Mode** to exit setting .

【Brightness adjustment settings】

- 1: When the power is on, press **Mode** for 3 seconds and release after the screen is black.
- 2: Press **Reset / →** to enter the brightness adjustment interface, and continue to press **Reset / →** to change the brightness (3 level).
- 3: Press **Mode** to exit.

【H1/H2 sign settings】





- 1: When the power is on, press **Mode** for three seconds and release after the screen is black.
- 2: Press **Enter** to turn on / off the the sign of 12H/24H format (H1/H2).
- 3: Press **Mode** to exit.

【Data reset】

1. Press **Enter** and **Reset** together for 3 seconds, enter the self-test program and reset the data.

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 stey 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 +60°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 the incorrect use of the product.

| | |
|-------------------|----------------------------|
| Product type | Timer |
| Weight | 153.7g |
| Product size | 156mm*52mm*24mm |
| Character size | 1inch |
| Battery capacity | 1800mAh |
| Charging time | 3H |
| Power consumption | 1.48WH |
| Electric current | Charging-1200mA/Work-200mA |
| Charging voltage | 5V |

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

