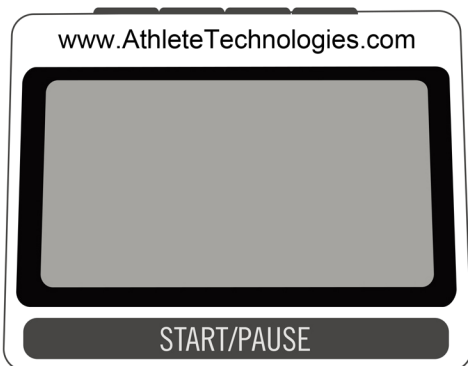


## INTERVAL TRAINING ROUND TIMER

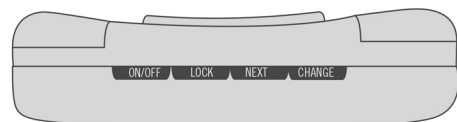


## INTERVAL TRAINING ROUND TIMER

1

### Keys

- [NEXT]
- [CHANGE]
- [START]
- [LOCK]
- [POWER ON/OFF]



**HOLD** – means hold until you see a change in the display, about 3 seconds, then release.

**PUSH** – means to just push and release.

2

### Function

- The unit is power off by default.
- **PUSH** [Power ON/OFF] to turn on the unit, **HOLD** to power off.
- There have 2 main Modes: Timer Mode and Stopwatch Mode.
- In Timer Mode, user can select Manual, Auto or Auto [00] Cycle Mode.
- By default, the unit is pre-set as Timer Mode, 2-timer interval, 3:00 interval, 1:00 rest, Auto, 30W, Ring + Vibrate.



- **PUSH** [Start] to begin timing or **HOLD** [Change] to go to Stopwatch Mode.
- To change the setting in Timer Mode, Hold both the NEXT and CHANGE buttons at the same time to enter set up.

3

### Setup

1. **HOLD** both the NEXT and CHANGE buttons at the same time to enter setup. Press START to back-up during setup.
  - When you see only 1 interval time or 2 interval times in the display, you are in the setup mode.



1 interval time or



2 interval times

- During setup, if no inputs for 30 seconds, timer will exit setup.
- Once you have entered setup, you may now choose 1 or 2 time intervals to meet your needs.
- **PUSH** CHANGE to change between 1 interval and 2 different intervals. Push it a few times to see how it works. When you have what you want, you are ready to move to the next step.

2. **PUSH** NEXT to set the duration of the timer interval. Push CHANGE for digit advance.
3. **PUSH** NEXT to choose either: MAN, AUTO or AUTO [00] cycle mode.



OR



OR



- **MAN** (One time interval): Manual mode operates as a simple one interval countdown timer. Counts through one or both intervals alarming at the end of each and stops. You must **PUSH** START every time to begin a new countdown. If you have selected two different intervals, timers will complete the first interval and alarm, then the second interval and alarm, then stop. It is ready to start again when you **PUSH** the START button.
- **AUTO**: It will automatically continue repeating a single time interval or two difference intervals, over and over again alarming at the end of each interval. It continues repeating until you stop it.
- **AUTO [00]** (00 inside a box): This allows you to repeat through a preset # of cycles (rounds) that you want to complete, alarming at the end of each interval. After you have completed the preset # of cycles (rounds), the final alarm will continue for around 15 seconds indicating you are finished. When you select this option and **PUSH** NEXT, you will then set the number of intervals you want to complete.

4. **PUSH** NEXT to choose which type of alarm you want
  - **PUSH** CHANGE to choose Ring, Vibrate, Ring + Vibrate.



OR



OR



**(Continued On Back)**