

3**(Continued From Front)**

5. **PUSH NEXT** to move to the next step to set up the alarm duration.
- **PUSH CHANGE** to choose alarm ring times of 1 time, 3 times or 5 times.



6. **PUSH NEXT** to move to the next step to set up the end of round warning alert.
- **PUSH CHANGE** to choose NW, 10W and 30W.



- If the time set is larger than 50s, then 30W, 10W and NW can be selected.
- If the time set is less than or equal to 50s, then only 10W or NW can be selected.
- If the time set is less than or equal to 25s, then only NW can be selected.

7. **PUSH NEXT** to exit setup.
8. **PUSH START** to begin timing.
- While the timer is in use, **HOLD START** button for 3 seconds to reset the timer. Then, **PUSH START** again to begin the timer and with an alarm alert for this.
 - During setup, **PUSH START** to back up to the previous variable.
 - If there is no input for 30 seconds, it will exit from setup.

4Interval Timer Operation

- After setup, **PUSH START** to begin the timer.
- During operation, timer may be paused by pushing **START**. **PUSH** again to resume timing.
- Alarm can be silenced by pushing **START**.
- During operation, **HOLD NEXT** and **CHANGE** at any time to enter setup. Once entered setup, all current timing and alarm functions will be stopped and reset
- During operation, **HOLD CHANGE** at any time to switch to Stopwatch. All current functions in Interval Timer mode will be stopped and reset.
- At each workout interval, it may have Ring/Vibrate/Ring+Vibrate at the last 10s/30s or no warning.

5Stopwatch Operation

- To change from Interval Timer to Stopwatch, **HOLD CHANGE** button until "Stop" displayed.



- **PUSH START** to arm the stopwatch, time digits will appear.



- **PUSH NEXT** to switch from Ring to Vibrate or Vibrate to Ring.
- **PUSH START** to begin timing, push again to stop timing.
- **HOLD START** to zero the timer. (**HOLD** time less than 3 seconds, no function.)
- You may also turn timer OFF and back on to return to Interval Timer.
- During operation, **HOLD CHANGE** to switch to Interval Timer mode. All current functions in Stopwatch mode will be stopped and reset.

6Lock the unit

- **PUSH LOCK** (🔒) to disable the functions of NEXT, CHANGE and START. **HOLD** to resume.
- Alarming will not resume the unit.

Power On/Off

- To turn the unit OFF, **HOLD POWER ON/OFF**. **PUSH** again to turn on the unit.
- When the timer or stopwatch is operating, you may also turn it OFF and back on to return to Interval Timer.

Data Range

- No. of Rounds: 0 – 99 rounds.
- Rest Period: 0 – 99 mins 59 secs.
- Round Time: 0 – 99 mins 59 secs.