

CASE STUDY

MAKE COUNT™

COUNTDOWN CLOCK SERIES

AIR FORCE BASE

2022

CONTACT

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O1_Challenges

Military workout tests including the Army Physical Fitness program (APFT) are set to the highest standards and as such require the most accurate and durable timing systems to objectively evaluate physical performance.

In 2022, BigTimeClocks® was contacted by an Air Force Base to address the need for large timing diplays in training rooms to support the Army's stringent fitness program.

In addition the army base was seeking to enhance general punctuality and improve task changing coordination as well as overall administrative duties efficiency.

With multiple rooms as well as requirements for outdoor use, the fitness coordinator required plug-and-play, remote controlled, easy to setup, easy to re-locate and durable solutions.

Security was also a key factor. All solutions needed to comply with severe on base security restrictions and BigTimeClocks® needed to be appointed as a trusted manufacturer/supplier.

Lastly, BigTimeClocks® was tasked with developing a flight case to move and store the devices thus avoiding any potential impact damage in a very challenging environment.

02_Solutions

BigTimeClocks® specified an 8" numeral / 6 digit **model 170** in all indoor, permanent wall mount, fitness areas meeting the army's specifications for both standard time keeping and a range of fitness functions including countdown / up, stopwatch and interval timing, with a viewing range of up to 200ft.

For outdoor solutions, BigTimeClocks® delivered a custom waterproof clock **model 486W**, IP65 rated, featuring optimized LEDs and an anti-glare screen to cope with outdoor conditions, even direct sunlight.

A 7ft proprietary tripod was delivered to safely support the large model 486W countdown clock spanning over 50" in width and allowing to install the clock in any terrain.

Furthermore, flight cases were supplied to avoid any impact damage when stowing the devices.



BigTimeClocks® model 170 used in fitness spaces



3_Key benefits

BigTimeClocks® digital timing systems helped track and enhance training performances and ultimately contributed towards reaching performance goals with a 10% average improvement on PT scores.

BigTimeClocks® are now used as part of our daily fitness routines and are easily setup 'on the fly' or programmable for drills such as pushups, sit-ups, runs and more.

Compatible with BigTimeClocks® proprietary 7ft steel tripod, our timing solution can now be easily relocated across our indoor training ground and even outdoors, extending the benefits to time outdoor runs.

The BigTimeClocks® IP65 waterproof clocks offer a 100ft operating range with the radio frequency remote, and can be seen from over 200ft. The clocks withstand the most challenging weather conditions and the anti-glare screen is highly legible regardless of daylight conditions.

BigTimeClocks® was involved throughout all project phases: establishing specifications, project managing custom clocks development, meeting installation schedules and providing installation and post-installation customer support which ultimately led to a highly successful project.

Added product value

Fast installation

Easy to operate

Robust, reliable & accurate

Ultra bright highly legible LEDs

1 year warranty







Weeks F



% Participant satisfaction



"The perfect training partner"

Joining the US military requires candidates to reach and maintain high levels of fitness. The Army Combat Fitness Test (ACFT) is a test aimed at evaluating recruits physical and mental abilities. Recruits are to pass this test upon joining and will take the test again several times every year after joining.

Failure to pass two or more consecutive record APFTs can lead to separation from the Army and therefore creating fitness programs and environments that will support achieving the highest levels of fitness is key.

With standard physical fitness training including two minutes of push-ups, two minutes of sit-ups and a timed two-mile run, investing in BigTimeClocks® timing solutions to monitor performances was key to the success of our fitness programs and has proven to be invaluable.

concentration levels and efforts until the end of a sequence are simply put an ultar efficient motivational tool.

Each exercise uses a specific function as well as a specific time frame.

I personally use most frequently countdown and interval timing functions which allow to repeat a given exercise with rest periods.

BigTimeClocks® help maintain

We have recorded an increased performance of 10% on our PT scores since implementing our BigTimeClocks® systems.

The fact that the clock is so easy to use and fast to setup is definitely a huge benefit. It takes just about 10 seconds to set up any given function 'on the fly'.

BigTimeClocks® is the perfect training partner!

- Sam T., Fitness Coordinator



