

MODEL #XL-46-R-100

2020 USER'S MANUAL

1. GENERAL INSTRUCTIONS

- Use remote control keys to select function.(clock, countdown/up, interval timer, date display).
- Press **EDIT** key to setup function,
Use the left/right arrow keys and number keys to set target time. (Left/right arrow keys to navigate between blinking digits to be set, number keys to set the target time).
- Press **EDIT** key again to exit with saved setting. Or **EXIT** key to exit without saving.

MEMORY KEYS: After setting a function value, press a number key (number key 0-9) to assign the function to a particular number key for direct recall if desired. Users can define preset values for countdown, count up, and interval timer functions.

2. NORMAL CLOCK

- PRESS **CLOCK** key to display time. (HH:MM:SS format is the default display).
- Display 12-hour or 24-hour (military time) format by pressing **12Hrs** or **24Hrs** keys.
- Press **EDIT** key to enter setting mode and press **EDIT** key a second time to save and exit setting.

3. COUNTDOWN TIMER

- Press **▼** to enter countdown timer mode and timer will display HH:MM:SS "99 59: 59".
- Set the target countdown time by arrows & number keys following the general setting instructions above.
- Press OK to start, stop, or to resume the timer function.

4. COUNT UP TIMER

- Press **▲** to enter count up timer mode and timer will display "00:00 00".
- Set the target count up time by using the arrows & number keys following the general setting instructions above.
- Press OK to start, stop, or to resume the timer function.

5. STOPWATCH

- Press **⌚** key to enter the stopwatch function and the timer displays "F3 00 00".
- Press OK to start, stop, or to resume the stopwatch timer.

6. AUTO REPEAT

- Press **LOOP** to activate the auto repeat feature. The clock will beep twice indicating this function is active. Only 1 beep indicates the function is inactive. Is so, press the key again until the clock beeps twice.
- At the end of each loop, the clock will beep once (unless muted)
- The 10s preparation time (**±10S** key on remote can be used while auto repeat is activated).

7. NEGATIVE COUNTING

- Press **RT** to activate negative counting. The clock will beep twice indicating this function is active. Only 1 beep indicates the function is inactive. Is so, press the key again until the clock beeps twice.
- At the end of a countdown, the clock will beep 5 times and will start blinking and counting upwards. Beeping can be muted by pressing **🔇** on the remote control.
- Auto repeat and Negative counting cannot be activated simultaneously. When attempting to do so, negative counting has priority over auto repeat (negative counting will disengage auto repeat).

8. INTERVAL TIMER

The Interval Timer is for workout & rest interval timing (max 99 rounds). If 2 red dots are on fast blink, it is workout timing; otherwise it is rest time timing. One beep when workout time ends, and two beeps when rest time ends.

- Press the **INT** key to enter the interval timer function and the clock displays "XX. XX.XX".
- Press **EDIT** key to set the repeating rounds.
- Press **EDIT** key a second time to set workout time and **EDIT** key a third time to set the rest time.
- Press **EDIT** key a fourth time to exit with saved setting. Or **EXIT** key to exit without saving.
- Press **Up/Dn** key to decide whether the time will count up or down.

9. DATE DISPLAY

- Press the F2 key (see section 11, page 3) to enter the date display mode. Data shows: day of week, day of month, and month (E.g. 1_15 6 stands for Monday, June 15).
- Press **EDIT** to enter setting mode. Data shows year, month and day of month. Enter data with number keys and press the **EDIT** key a second time to save and exit setting.

10. NOTES

- Remote works with 2 x AAA batteries.
- Please do use the original power adapter to avoid any damage to the timer.
- Power consumption is less than 5 watts.
- Please stop any function in progress before changing to another timer function.
- Press **🔇** to mute all clock sounds.
- Press **±10S** to activate a 10 second preparation time in countdown, count up and interval timer modes.

11. REMOTE CONTROL

