USA Timer
Because every second counts!

Power: Turns Clock On and Off

Clock Mode: Press EDIT, Enter the correct time, then Press Enter. To switch between 12/24 hour press clock.

MMA1: 5 min of work, 1 min rest, for 5 rounds.

MMA2: 5 min of work, 1 min rest, for 3 rounds.

Box: 3 min rounds for 12 cycles

Mute: Turns off/on the buzzer.

UP/DOWN ARROWS: Enters count up/down mode. To set a count down time press EDIT and enter the time you would like to count down from and press ENTER. If you would like to save this timed workout, after pressing ENTER immediately press one of the numbers (1-9) to save it to that quick key.

Stopwatch: Counts up with centiseconds.

FGB: Clock will run for 17 cycles of 1 min.

TABATA: Clock will run 20 seconds of work, 10 seconds of rest for 8 rounds.

HIIT: 30 second cycles repeated up to 99 times.

10SEC: Turns off/on the 10 second count down.

IMPORTANT: Damage caused by lightning or other power surges are not covered under the warranty. It is highly recommended that you connect your timer into a surge protector.

General Functions

Setting Up Custom Intervals/Rounds

Custom Programming works for 6-Digit timers only.

1. Press WRC to enter custom timing mode.

2. Press EDIT.

The display will show FF in blue which represents working time, and then the first digit of the time will blink.

3. Enter the time that you would like to program for work, then press ENTER.

The display will then show UU in blue this represents rest periods, and the first digit of the time will blink.

4. Enter the time for you rest period, then press ENTER.

The display will then show PP in blue, 2 dashes, and two digits. This represents rounds.

5. Enter the amount of rounds that you would like to program, and then press ENTER.

NOTE: If you would like to save this timed workout—After pressing ENTER, immediately press one of the number(1-9) to save it to that quick key.

Example Workout

Let's say we want 2 Minutes of Work with 30 Seconds of Rest in Between, for 5 Rounds.

1. Press WRC

2. Press EDIT

3. Press 0, 2, 0, 0, ENTER

4. Press 0, 0, 3, 0, ENTER

5. Press 0, 5, ENTER

6. That's it! Press Start when ready.

5 Rounds
• 2 Mins Work
• 30 Secs Rest

Technical Support

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