TIMEBIRDS

SONIC

OS–4.20

Thank You for purchasing the Timebirds® workout timer. Upon receipt of the product, check for any defects prior to first use. If defects are found, do not use and contact Timebirds immediately.

Safety | It is important to read and understand all instructions before using Timebirds®. Only use Timebirds® as described in the manual.

Warning | Overheating, damage or exposure to excessive heat may cause the battery to explode and cause flames resulting in physical harm. Always use a compatible charging device when charging. Do not overload wall outlets, extension cords, or adaptors beyond their capacity. Do not place the device in a fire or near extreme heat. Stop using the device if the battery is damaged or malfunctioning. Do not attempt to repair the battery. Always recycle, or dispose, of the battery according to your local environment laws and guidelines. Poorly structured, or executed, workouts may cause personal injury. Proper setup and use of this device is the responsibility of the user. Timebirds® bears no liability beyond the replacement value of the device.

Notice | Timebirds® is not waterproof and may become damaged if exposed to water. Always place Timebirds® in a dry area.
Dropping, throwing or bumping the device may cause damage to the device. Do not use Timebirds® as a toy or let children use the device without proper supervision or instruction.

Product Care | Always store Timebirds® in a clean and dry environment. To clean, wipe with a damp cloth, do not use harsh chemicals or cleaning agents. Do not dissembled, try to repair or modify.

The lens is designed to pop in and out. In the event of the lens popping out, simply pop it back in so the Timebirds® logo car be read while facing you.

Specifications
Weight: approximatively 150gr.
Maximum volume: of the Piezo is 75db.
Battery type: Lithium-Ion Polymer
Capacity: 1200 mAh - 3.7V
Input: 5V DC
Operating Temp: 10 – 40 degrees Celsius / 50 – 104 degrees Fahrenheit
**Dimensions:** 155mm (length) x 22mm (width) x 47mm (height)

Warranty | Timebirds® is covered by a 12-month limited warranty for manufacturer's defects and faults. The warranty does not cover normal wear and tear or cosmetic damage. The warranty does not cover negligent or improper use, alteration, mishandling, self-repair, poor maintenance, water damage or incorrect storage. For more information about Timebirds® warranty, visit www.timebirds.com

Customer Service | For more information, troubleshooting, warranty, and replacement information please visit **www.timebirds.com.** Please contact us for return addresses and replacements before returning your product.

1. What's in the box?

1x Timer
1x USB to USB-C charging cable
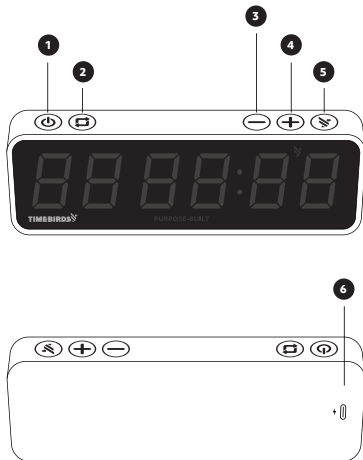
1. On/Off

2. Cycle modes

3. Decrease value

4. Increase value

5. Accept/advance

6. USB-C port

Power

• Hold 2s to turn Timebirds® on or off
• Press once to display battery level feedback *(% - Timebirds® on)*

Mode

• Press to cycle through the mode
• Hold 2s to go back to the home screen

Decrement

• Press decrement value

Increment

• Press to increment value

Set

HOME SCREEN
• Press to validate your entry

IN A MODE
• Press to stop the timer
• Press again to restart
• Hold for 2s to reset the timer

2. Screens

General Screens

888888	Off
88 8888	Home screen
Lo bAt	Low battery warning
888100	Battery charge 100%
8888 60	Battery % charged
UP 8888	Count up mode
dn 8888	Count down mode
IntEr	Interval training mode
tAbAtA	Tabata mode
FI9obA	Fight gone bad mode
CL 8888	Clock mode
rEP8 ct	Rep counter mode
888SEt	Settings
CL 8SEt	Clock setting
Sd 8SEt	Sound setting
tb 8SEt	Timebirds workout memory setting
oS 84:00	Timebirds OS version
88 brd	intro sound enabled
no brd	Intro sound disabled
no ct dn	Count down to start disabled
88 ct dn	Count down to start enabled
ChronoO	Stopwatch

Sound Level Screens

Sd 8oFF	Sound off
Sd 8881	Sound level 1
Sd 8882	Sound level 2
Sd 8883	Sound level 3

Clock Screens

8A0000	AM time
8P0000	PM time
12 8888	12 hours clock format
24 8888	24 hours clock format

Workout Memory

8rESEt	Reset last workout setting
88hoLd	Save last workout setting

Mode Setting Screens

UP 10:00	Counting up
dn 10:00	Counting down
8A0000	Set a working time
8r0000	Set a test time
rd 8801	Set number of rounds
8888UP	Counting up *(Interval training mode only)*
8888dn	Count down *(Interval training mode only)*

3. Audio

Indications

▬▬▬▬	Long beep
▬▬	Normal beep
●	Short beep

●	Mode is set and ready to go
▬▬	• Count down to start (3, 2, 1) • Transition from one Round to the next • Transition from a rest To a work period
●●	Transtion from a work to rest period
●●● ▬▬	Start of a workout Transition from a rest to work period.
▬▬▬▬	End of a workout

4. Operating Timebirds

Charging Timebirds

• Using the provided USB to USB-C Cable, plug USB-C connector into Timebirds®
• Plug in USB port to any 5V DC power adapter
• Timebirds® will display the current level of charge and beep twice to indicate power is being sent to the device
• 🔲🔲 🔲🔲:🔟🔟 indicates full charge

NOTE:
Timebirds® can also operate when plugged in

Battery Level Feedback

• Press ⏻ to display the level of battery left

• 🔲🔲 🔲b AE indicates battery level <10%

NOTE:
The function works even when Timebirds is turned off.

General Overview

• Hold ⏻ for 2s to power on/off
• Press 🔲 to cycle modes
• Press 🕊 to accept and advance
• Press ⊖ to decrease time
• Press ⊕ to add time

NOTE:
In home screen 🔲🔲 🔲🔲 🔲🔲 Timebirds® will turn itself off after 30s of inactivity

When a timer is running

- Press ⓧ once to pause
- Press ⓧ once to start
- Hold ⓧ for 2s to restart your workout

When setting up a mode

- Flashing digit represent number being adjusted
- Press ⊖ or ⊕ to add or decrease time
- Press ⓧ to accept and advance
- Press ⊡ and ⊖ to go back
- Hold ⊡ 2s any time to return to home screen

Adjust Volume

- Press ⊡ to cycle modes until 🔲🔲 🔲SEt
- Press ⓧ to accept and display settings
- Press ⊡ to cycle settings until 5d 🔲5Et
- Or, simply press ⊖ or ⊕ at any time when timer is running

NOTE: Timebirds® has 3 volume levels (3 being the loudest) and an off position.

Adjust Brightness

- Press ⊖ or ⊕ at home screen 🔲🔲 🔲🔲 🔲🔲

NOTE: Timebirds® has 4 levels of dimming, 4 being the brightest. By default, Timebirds® is set at Level 4. Battery life may vary based on brightness setting.

How to display the Clock

- Press ⊡ to cycle modes until cL 🔲🔲 🔲🔲
- Press ⓧ to accept and display clock
- Hold ⊡ for 2s to return to home screen

How to set the Clock

- Press ⊡ to cycle modes until 🔲🔲 🔲SEt
- Press ⓧ to accept and display settings
- Press ⊡ cycle settings until cL 🔲SEt
- Press ⓧ to accept and advance
- Press ⊖ or ⊕ to adjust the GREEN flashing digits for a 12 or 24 hour format
- Press ⓧ to accept and advance
- Press ⊖ or ⊕ to adjust the pair RED flashing digits corresponding to hours
- Press ⓧ to accept and advance
- Press ⊖ or ⊕ to adjust the pair RED flashing digits corresponding to Minutes
- Press ⓧ to accept and advance
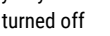
How to disable/enable the count down to start

Under the home Screen 🔲🔲 🔲🔲 🔲🔲
- Hold ⊖ for 2s to disable the count downto start. no ct dn
- Hold ⊕ for 2s to enable the count down to start. 🔲🔲 ct dn

How to save your workout

• Press ⊞ to cycle modes until ⬜⬜ ⬜5EE
• Press ⊛ to accept and display settings
• Press ⊞ to cycle settings until EE ⬜5EE
• Press ⊛ to accept and advance
• Press ⊖ or ⊕ to enable ⬜⬜ hoLd or disable ⬜E E5EE the memory of your last settings after your Timebirds is turned off
• Press ⊛ to accept and advance to the home screen

NOTE: Individual mode memory setting will retain settings even if the battery dies. Settings (memory) are only saved after the device is turned off using the ⏻ button or idle timeout.

How to Reboot my Timebirds?

• Hold ⊖ ⊕ for 2s to reboot/reset to factory settings

NOTE: The reboot function is only to be used if your screen is frozen or Timebirds is not responsive to any buttons.

How to turn off/on the intro Beep

Under the home Screen ⬜⬜ ⬜⬜ ⬜⬜
• Press ⊛ ⊖ to turn off the beep no bi rd
• Press ⊛ ⊕ to turn on the beep ⬜⬜ bi rd

NOTE: The volume is synchronizied with the sound level setting.

How to start a Count Up
## By Rounds (ie EMOM or For Time)

• Press ⊞ to cycle modes until UP ⬜⬜ ⬜⬜
• Press ⊛ to accept and advance
• Press ⊖ or ⊕ to adjust the flashing digit (time)
• Press ⊛ to accept and advance to the next
• Repeat the above 2 steps until rd ⬜⬜ 01
• Press ⊖ or ⊕ to adjust the flashing digits (number of rounds)
• Press ⊛ to accept and advance
• Press ⊛ to start

NOTE: If you leave all digits to 0, Timebirds® will count up until 99:59 Minutes:Seconds

How to start a Count Down

• Press ⊞ to cycle modes until dn ⬜⬜ ⬜⬜
• Press ⊛ to accept and advance
• Press ⊖ or ⊕ to adjust flashing digit (time)
• Press ⊛ to accept and advance
• Repeat above 2 steps until rd ⬜⬜ 01
• Press ⊖ or ⊕ to adjust flashing digits (number of rounds)
• Press ⊛ to accept and advance
• Press ⊛ to start

How to start a Custom Interval Training (ie Tabata)

- Press Ⓓ to cycle modes until `Ii ntEr`
- Press Ⓥ to accept and advance
- Press ⊖ or ⊕ to adjust flashing digit (time on)
- Press Ⓥ to accept and advance
- Repeat the above 2 steps until `Ir 0000`
- Press ⊖ or ⊕ to adjust the flashing digits (period of rest)
- Press Ⓥ to accept and advance
- Repeat above 2 steps until `rd 01`
- Press ⊖ or ⊕ to adjust the flashing digits (number of rounds)
- Press Ⓥ to accept and advance
- Press Ⓥ to start workout

How to use the Rep Counter mode.

- Press Ⓓ to cycle modes until `rEP ct`
- Press Ⓥ to accept and advance.
- in the mode, press Ⓓ, ⊕, Ⓥ to increase count.
- Press ⊖ to decrease count.
- Hold Ⓥ for 2s to reset.
- Hold Ⓓ for 2s to return to home screen.

Firmware updates

visit www.timebirds.com