ASSEMBLY INSTRUCTIONS

GYM TIMER

SKU: CPD-GYM-TIM

⚠ **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.

COMPOUND
FITNESS EQUIPMENT

Introduction to HIIT usage scenarios:
For example: Ham plan training
5ROUNDS
Row, Bike,or Ski（s）:
:50 work+10 rest
:40 work+20 rest
:30 work+30 rest
:20 work+40 rest
:10 work+50 rest

How to use :

1.Chose "HIIT" button, enter the high intersity intermittent mode.
(The default is the current setting of interval mode is stored in the sequence number of the current digital display, Press numbering key to select the store location of the program. eg: Press "0"button , the current program will be storaged in 0 position. once finish the setting, you can launch it by pressing "0" button next time.
After opening the intermittent mode, the green number in front represents current round, the number behind represent Intermittent number. eg: 24 represent the current timing is the forth intermission of second round.)
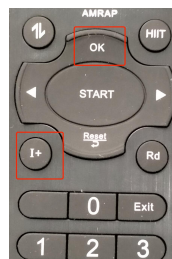
2.Press "I+" button ,enter 50 then press "OK" button ,then   "I+" button , enter 10 press "OK" button.
Press "I+" button ,enter 40 then press "OK" button ,then   "I+" button , enter 20 press "OK" button.
Press "I+" button ,enter 30 then press "OK" button ,then   "I+"button , enter 30 press "OK" button.
Press "I+" button ,enter 20 then press "OK" button ,then   "I+" button , enter 40 press "OK" button.
Press "I+" button ,enter 10 then press "OK" button ,then   "I+" button , enter 50 press "OK" button.

3.Press the "Rd" button, enter 1 and confirm by pressing the "OK" button

You can set the whole program to 1 round.
(After opening the intermittent mode, the green number in front represents current round, the number behind represent Intermittent number. eg: 24 represent the current timing is the forth intermission of second round.)

4.If you store this mode setting into the "0" button. When using it, just press the "0" button, then press the "start" button to start training.