



PRO GYM TIMER



OPERATING INSTRUCTIONS

CDGT

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ROUND LENGTH: The Round length can be set for either 2 or 3 minute durations.

REST PERIOD: The Rest period can be set for either 30 seconds or 60 seconds (1 minute).

SOUND INDICATORS: A Bell Ring sound indicates the start and end of each actual round. A Whistle sound alerts when 30 seconds remain in the round.

VISUAL INDICATORS: There is a Green, Yellow and Red light on top of the Timer to visually indicate the following:

GREEN LIGHT - This light illuminates during the actual rounds and stays on until 30 seconds remain.

YELLOW LIGHT – This light illuminates when 30 seconds remain in each round and stays on through the end of the round.

RED LIGHT – This light illuminates at the end of each round and stays on through the conclusion of the rest period length.

START DELAY: When the Timer is initially turned On, there is a 5 second delay before the bell rings to start the actual round. During this 5 seconds the Red Light will illuminate.

NOTES:

- This is a continuous Timer, meaning the Timer will continue to run and repeat through the selected round time length, 30 seconds out warning and rest period duration until the Timer is turned Off.
- The Timer must be turned Off before changing any of the settings. Changing the settings during play can throw off the internal synchronization and damage the electrical circuitry.
- Warranty does not cover dropped or damaged timers. Make sure that the Timer and electrical cord are placed on a secure surface where they will be out of the way of possible traffic or damage.
- Replacement light bulbs and light covers are available on our website, if these are ever needed.