



XL DIGITAL GYM TIMER



OPERATING INSTRUCTIONS

FEATURES:

ROUND LENGTH: Can be set between 60 seconds and 9 minutes, in one minute increments.

NUMBER OF ROUNDS: Can be set between 1 and 9 Rounds, or continuous.

REST TIME: Can be set between 10 and 90 seconds, in 5 second increments.

INTERVALS: Can be set between 0 and 60 seconds, in 5 second increments.

SOUND INDICATORS: Multi-cadence beeps indicate the beginning and ending of each round. A single distinct beep indicates the start and end of interval periods.

VOLUME: The sound can be set at 4 volume levels for individual to large gym use.

DISPLAY: Extra Large 3" display features can be seen in even big gyms.

PAUSE: The Pause feature can be activated at any time during use.

CONTROLS: All controls are easy touch screen activated.

OPERATION:

POWER: Plug the unit in, make sure it is on a secure and stable setting, and the power cord is away from traffic areas. Warranty does not cover dropped or damaged timers.

SET ROUND TIME: Push and hold the Round Time button to get to edit mode. The display will begin blinking. Set the required Round Time using the Up and Down buttons. Press the Round Time button again to store the round length desired. The display will stop blinking when set.

SET REST TIME: Push and hold the Rest Time button to get to the edit mode. The display will begin blinking. Set the required Rest Time using the Up and Down buttons. Press the Rest Time button again to store the rest length desired. The display will stop blinking when set.

SET INTERVAL TIME: Push and hold the Interval Beep button to get to the edit mode. The display will begin blinking. Set the optional Interval Time using the Up and Down buttons. Press the Interval Beep button again to store the interval lengths. The display will stop blinking when set.

SET NUMBER OF ROUNDS: Push and hold the Rounds button to get to the edit mode. The display will begin blinking. Set the required Number of Rounds using the Up and Down buttons. Press the Rounds button again to store rounds number. The display will stop blinking when set.

VOLUME CONTROL: While Timer is in standby mode, the Volume can be adjusted by using the Up and Down buttons. The display will show L – 1, 2, 3 or 4 for volume levels.

START / PAUSE: Push the Green Start/Pause button to start the Timer and begin training. You can push the button again during use to Pause the action.

STOP / RESET: Push the Red Stop/Reset button to stop the Timer, or to reset the adjustments on the Timer.