



PERSONAL INTERVAL TIMER



OPERATING INSTRUCTIONS

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ROUND LENGTH: The Round length can be set for either 2, 3 or 4 minute durations. The small round light on the front blinks Green during actual rounds, and is indicated by 5 consecutive beeps.

REST PERIOD: The Rest period can be set for either 15, 30, 45 or 60 seconds. The small round light on the front blinks Red during the rest period, and is indicated by 5 consecutive beeps.

INTERVALS: The Interval periods can be set for 0, 15, 30, 45 or 60 seconds. Each Interval period is indicated by 2 consecutive beeps to start and end.

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 small light in front will illuminate in Red.

RESET BUTTON: Press the Reset button at any time to restart the timer to the beginning of a new round. There will be a 5 second delay before starting a new round.

NOTES:

- This is a continuous Timer, meaning the Timer will continue to run and repeat through the selected round time length, any interval time selected 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.