



# DELUXE GYM TIMER



## OPERATING INSTRUCTIONS

## **OPERATING INSTRUCTIONS:**

1. Before turning the timer On, select the Round length and Rest period time desired. The Timer allows for either 2 or 3 minute Round lengths, and 1 minute or 30 seconds Rest time between Rounds.
2. After turning the Timer On, there is approximately a 5 seconds delay before the first Round starts. There will be about 5 consecutive Bell Ring sounds when the initial Round begins. The Green color light on top will be illuminated during active Round times.
3. When there is 30 seconds left in each Round, a Seconds Out Whistle will sound. The Yellow color light on top will be illuminated during the final 30 seconds of each Round.
4. At the end of each Round you again hear the 5 consecutive Bell Rings, and the designated Rest period will run for the duration selected. The Red color light will be illuminated during the Rest period duration.
5. 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.

## **NOTES:**

- 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 the Timer and electrical cord are placed on a secure surface where they will be out of the way of possible traffic or damage.
- There are multiple Bell Rings at the Start and End of each Round, and a Whistle will sound when there are 30 seconds left in the Round.
- The lights on top will illuminate Green during Round time, Yellow during the last 30 seconds of each Round, and Red during Rest time.
- There is a Regular and High Volume level switch on the back, depending on where the Timer is used.
- Replacement Light Bulbs and Light Covers are available on our website, if these replacements are ever needed.