

Fighting™

INFINITY TIMER



OPERATING INSTRUCTIONS

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First, plug the Fighting Infinity Timer in and press the On button. Next, press the Mode button and move the lighted circle on top to Time.

ROUND LENGTH: Adjust the Round length from 10 seconds to 10 minutes using the Up and Down arrow buttons along the bottom.

REST PERIOD: After setting the Round time, press the Mode button and move the lighted circle on top to Rest. Adjust the Rest time from 10 seconds to 5 minutes using the Up and Down arrow buttons along the bottom.

INTERVALS: After setting the Rest period time, press the Mode button and move the lighted circle on top to Interval. Adjust the Interval time from 0 to 60 seconds. The Interval periods allow designated timing segments during the actual Rounds. If no Interval is desired, simply set it at 00:00.

ROUNDS: After setting the Interval time period, press the Mode button and move the lighted circle on top to Rounds. Adjust the total number of Rounds from 1 to 12 for a pre-determined number of Rounds, or Continuous for no predetermined ending point.

VOLUME: After setting the total number of Rounds for training, select the Volume level on the bottom right. Select 1 for low, which is ideal for personal workouts. Select 2 for medium, which is recommended for smaller training areas. Select 3 for high, for large gyms and classes.

RESET: Select the Reset button to change the selected settings. Simply press the Reset button, then press the Mode button to the settings on the top right that you want to change – Time, Rest, Interval and Rounds, and adjust using the Up and Down arrow buttons.

NOTES:

- The Time displayed will flash during the final 30 seconds of each Round.
- The Time circle light on top illuminates during the actual Round times.
- A bell sound rings 3 times to start and 3 times to end each Round time.
- If an Interval time is selected, a bell will ring once to start and once to end each Interval period.
- The 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.