



PROFESSIONAL DIGITAL GYM TIMER



OPERATING INSTRUCTIONS

FEATURES:

ROUND LENGTH (WORK TIME): Can be set between 30 seconds and 9 minutes, in one second increments. A Green (Work) light will flash during Rounds.

REST TIME: Can be set between 30 seconds and 5 minutes, in one second increments. A Red (Rest) light will flash during Rest Periods.

30 SECONDS OUT WHISTLE: 3 Whistle indicators alert when there are 30 seconds left in each Round. A Yellow (Whistle) light will flash in addition to the Green (Work) light during the final 30 seconds of each Round.

10 SECOND REST ALERT: Three Whistle indicators alert when there are 10 seconds remaining in the Rest Period. A Yellow (Whistle) light will flash in addition to the Red (Rest) light during the last 10 seconds of each Rest Period.

SOUND INDICATORS: Three heavy Bell sounds alert the beginning and end of each Round. Three lighter Whistle indicators alert when there are 30 seconds remaining in each Round, and when there are 10 seconds remaining in each Rest Period.

VOLUME: The sound can be set at 3 volume levels for individual to large gym use. 0 Low, -- Medium and = High

DISPLAY: Large 1.5" digital display features can be seen in even large gyms.

CONTROLS: All controls are easy touch screen activated. Push once for individual increments, or hold down for rapid movement.

OPERATION:

INSTALLATION / POWER: Attach the timer securely to a wall or stable, level setting, in a highly visible location. Plug into a proper power outlet and make sure the cord is away from traffic areas. Warranty does not cover dropped or damaged timers.

SET ROUND (WORK) TIME: Between 30 seconds and 9 minutes.

SET REST TIME: Between 30 seconds and 5 minutes.

SET VOLUME CONTROL: Choose between low, medium and high volume levels.

START / STOP / RESET: Push the On/Off button to start the Timer. The Green (Work) light will illuminate. There is an approximate 5 second delay before the timer begins to count down the first Round. Push the On/Off button while the timer is in operation to reset it back to the beginning of a new Round. Stop the timer and unplug the power cord after each use.