Timebirds™ Instructions

April 2021

Thank You for purchasing the Timebirds™ workout timer. Upon receipt of the product, check for any defects prior to first use. If defects are found, do not use and contact Timebirds immediately.

Safety | It is important to read and understand all instructions before using Timebirds™. Only use Timebirds™ as described in the manual.

Warning | Overheating, damage or exposure to excessive heat may cause the battery to explode and cause flames resulting in physical harm. Always use a compatible charging device when charging. Do not overload wall outlets, extension cords, or adaptors beyond their capacity. Do not place the device in a fire or near extreme heat. Stop using the device if the battery is damaged or malfunctioning. Do not attempt to repair the battery. Always recycle, or dispose, of the battery according to your local environment laws and guidelines. Poorly structured, or executed, workouts may cause personal injury. Proper setup and use of this device is the responsibility of the user. Timebirds™ bears no liability beyond the replacement value of the device.

Notice | Timebirds™ is not waterproof and may become damaged if exposed to water. Always place Timebirds™ in a dry area. Dropping, throwing or bumping the device may cause damage to the device. Do not use Timebirds™ as a toy or let children use the device without proper supervision or instruction.

Product Care | Always store Timebirds™ in a clean and dry environment. To clean, wipe with a damp cloth, do not use harsh chemicals or cleaning agents. Do not dissembled, try to repair or modify.

The lens is designed to pop in and out. In the event of the lens popping out, simply pop it back in so the Timebirds™ logo car be read while facing you.

Specifications
Weight: approximatively 150gr.
Maximum volume: of the Piezo is 75db.
Battery type: Lithium-Ion Polymer
Capacity: 1200 mAh - 3.7V
Input: 5V DC
Operating Temp: 10 – 40 degrees Celsius / 50 – 104 degrees Fahrenheit
Dimensions: 155mm (length) x 22mm (width) x 47mm (height)

Warranty | Timebirds™ is covered by a 12-month limited warranty for manufacturer's defects and faults. The warranty does not cover normal wear and tear or cosmetic damage. The warranty does not cover negligent or improper use, alteration, mishandling, self-repair, poor maintenance, water damage or incorrect storage. For more information about Timebirds™ warranty, visit www.timebirds.com

Customer Service | For more information, troubleshooting, warranty, and replacement information please visit
www.timebirds.com.
Please contact us for return addresses and replacements before returning your product.

1. What's in the box?

1x Timer
1x USB to USB-C charging cable
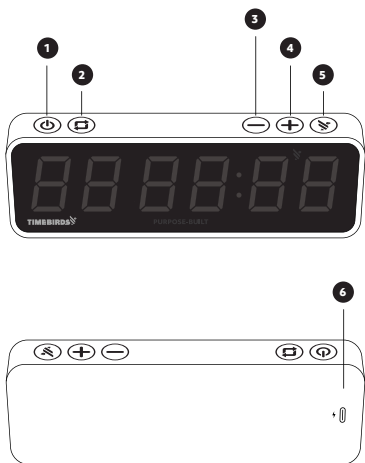
1. On/Off

2. Cycle modes

3. Decrease value

4. Increase value

5. Accept/advance

6. USB-C port

Power

• Hold 2s to turn Timebirds™ on or off
• Press once to display battery level
feedback *(% - Timebirds™ on)*

Mode

• Press to cycle through the mode
• Hold 2s to go back to the home screen

Decrement

• Press decrement value

Increment

• Press to increment value

Set

HOME SCREEN
• Press to validate your entry
• Hold for 2s to start a stopwatch
(Timebirds™ in Home screen)

IN A MODE
• Press to stop the timer
• Press again to restart
• Hold for 2s to reset the timer

2. Screens

General Screens

88 88 88	Off
88 88 88	Home Screen
Lb 8bAt	Low Battery Warning
88 0E EB	Battery Level Feedback *(Medium)*
0E EE EB	Battery Level Feedback *(Full)*
UP 88 88	Count Up Mode
UP 88 rd	Count Up By Round Mode
dn 88 88	Count Down Mode
dn 88 rd	Count Down By Round Mode
At 88 88	Interval Training Mode
Cl 88 88	Clock Mode
CL 5Et	Clock Setting
AL 5Et	Alarm Clock Setting
5d 5Et	Sound Setting
tb 5Et	Timebirds Workout Memory Setting
05 3:0	Timebirds Operating System Revision

Workout Memory

rE E5Et	Reset last workout setting
88 hoLd	Save last workout setting

6

Sound Level Screens

Sd oFF	Sound Off
Sd 1	Sound Level 1
Sd 2	Sound Level 2
Sd 3	Sound Level 3

Clock Screens

A 00:00	AM Time
P 00:00	PM Time
12	12 Hours Clock Format
24	24 Hours Clock Format
AL on	Alarm On
AL oFF	Alarm Off

Mode Setting Screens

UP 10:00	Counting Up
dn 10:00	Counting Down
An 00:00	Set A Working Time
r 00:00	Set A Rest Time
rd 01	Set A Number Of Rounds
UP	Counting Up *(Interval Training Mode Only)*
dn	Count Down *(Interval Training Mode Only)*

3. Audio

Indications

▬▬▬	Long Beep
▬	Normal Beep
●	Short Beep

●	• Mode is set and ready to go

▬	• Count Down To Start (3, 2, 1) • Transition From One Round To The Next • Transition From A Rest To A Work Period

● ●	Transtion From A Work To Rest Period

● ● ● ▬	Start Of A Workout

▬▬▬	End of a workout

4. Operating Timebirds

Charging Timebirds

• Using the provided USB to USB-C Cable, plug in the USB-C connector into the USB-C port of located on the back of Timebirds™
• Plug in the USB port into any 5V DC power adapter
• Timebirds™ will display the current level of charge and beep twice as an indication that power is being sent to the device
• ▭▭ ▭▭ ▭▭ indicates full charge

NOTES: Timebirds™ can operate normally when plugged in

Battery Level Feedback

• Under the ▭▭ ▭▭ ▭▭ (home screen), press ⏻ to display the level of battery left
• ▭▭ ▭ᑲ Aᑌ will indicate that the battery level is below 10%

General Overview

• Hold ⏻ for 2s to power up or down Timebirds™
• Press ⊡ to cycle modes
• Press ⚡ to select a more or validate your entry
• Press ⊖ to decrease time
• Press ⊕ to add time

NOTES: Under ▭▭ ▭▭ ▭▭ Timebirds™ will turn itself off after 30s of inactivity

When a timer is running

- Press ⧓ once to pause
- Press ⧓ once to start
- Hold ⧓ for 2s to reset your timer

When setting up a mode

- The flashing digit represent the number that is being adjusted
- Press ⊖ or ⊕ to add or decrease time
- Press ⧓ to validate your entry and advance
- Press ⊡ and ⊖ to jump back
- Hold ⊡ for 2s at any time to return to the home screen

Adjust Volume

- Hold ⏻ to power up Timebirds™
- Press ⊡ to cycle through modes until you reach 5d 5Et
- Or, simply press ⊖ or ⊕ at any time when timer is running

NOTES: Timebirds™ has 4 levels and an Off position, 4 being the loudest.
By default, Timebirds™ is set at Level 2

How to display the Clock

- Hold ⏻ to power up Timebirds™
- Press ⊡ to cycle through modes until you reach cL
- Press ⧓ to validate your selection and display the clock
- Press ⧓ or hold ⏻ for 2s at any time to return to the home screen

How to set the Clock

• Press ⊡ to cycle through modes until you reach `CL SEt`
• Press ⊛ to validate your selection
• Press ⊖ or ⊕ to adjust the GREEN flashing digits for a 12 or 24 hour format
• Press ⊛ to validate your selection
• Press ⊖ or ⊕ to adjust the pair RED flashing digits corresponding to Hours
• Press ⊛ to validate your selection
• Press ⊖ or ⊕ to adjust the pair RED flashing digits corresponding to Minutes
• Press ⊛ to validate your selection and return to the home screen

NOTES: The clock setting will remain saved even if Timebirds™ runs out of battery

How to set the Alarm Clock

• Press ⊡ to cycle through modes until you reach `AL SEt`
• Press ⊛ to validate your selection
• Press ⊖ or ⊕ to activate your alarm `AL on`
• Press ⊖ or ⊕ to adjust the GREEN flashing digits for a 12 or 24 hour format
• Press ⊛ to validate your selection
• Press ⊖ or ⊕ to adjust the pair RED flashing digits corresponding to Hours
• Press ⊛ to validate your selection
• Press ⊖ or ⊕ to adjust the pair RED flashing digits corresponding to Minutes
• Press ⊛ to validate your selection and return to the home screen

NOTES: By default, the alarm is disactivated. Once the alarm sets off, it will automatically be disactivated

How to save your workout

• Hold ⏻ to power up Timebirds™
• Press ⏲ to cycle through modes until you reach ⊢⊢ 5⊢⊢
• Press ⑧ to validate your selection
• Press ⊖ or ⊕ to enable ☐☐ hold
or disable ☐⊢ ⊢5⊢⊢ the memory of your last settings after your Timebirds is turned off
• Press ⑧ to validate your selection and return to the home screen

NOTES: Individual mode memory setting will retain settings even if the battery dies. Settings (memory) are only saved after the device is turned off using the ⏻ button or idle timeout.

How to Reboot my Timebirds?

• Hold ⊖ ⊕ ⑧ for 2s to reboot/reset Timebirds™ to factory settings

NOTES: The reboot function is only to be used if your screen is frozen or Timebirds is not responsive to any buttons.

How to start a Count Up

• Press ⏲ to cycle through modes until you reach UP ☐☐ ☐☐
• Press ⑧ to validate your selection
• Press ⊖ or ⊕ to adjust the flashing digit (time)
• Press ⑧ to validate your selection and move to the next
• Repeat the above 2 steps until the colon lights up and Timebirds™ Beep once.
• Press ⑧ to start

NOTES: If you leave all digits to 0, Timebirds™ will count up until 99:59 Minutes:Seconds)

How to start a Count Up By Rounds (ie EMOM)

• Press Ⓔ to cycle through modes until you reach `UP` `rd`
• Press Ⓥ to validate your selection
• Press ⊖ or ⊕ to adjust the flashing digit (time)
• Press Ⓥ to validate your selection and move to the next
• Repeat the above 2 steps until you reach `rd` `01`
• Press ⊖ or ⊕ to adjust the flashing digits (number of rounds)
• Press Ⓥ to validate your selection
• Press Ⓥ to start

How to start a Count Down

• Hold Ⓞ to power up Timebirds™
• Press Ⓔ to cycle through modes until you reach `dn`
• Press Ⓥ to validate your selection
• Press ⊖ or ⊕ to adjust the flashing digit (time)
• Press Ⓥ to validate your selection and move to the next
• Repeat the above 2 steps until you reach `rd` `01`
• Press ⊖ or ⊕ to adjust the flashing digits (number of rounds)
• Press Ⓥ to validate your selection
• Press Ⓥ to start

How to start a Custom Interval Training (ie Tabata)

• Hold ⏻ to power up Timebirds™
• Press ▣ to cycle through modes until you reach ⊓Ƚ 88 88
• Press ❁ to validate your selection
• Press ⊖ or ⊕ to adjust the flashing digit (time on)
• Press ❁ to validate your selection and move to the next
• Repeat the above 2 steps until you reach 8Ƒ 00 00
• Press ⊖ or ⊕ to adjust the flashing digits (period of rest)
• Press ❁ to validate your selection and move to the next
• Repeat the above 2 steps until you reach 8d 88 01
• Press ⊖ or ⊕ to adjust the flashing digits (number of rounds)
• Press ❁ to validate your selection
• Press ❁ to start

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**For more info or support go to
www.timebirds.com**