

Features:

- Loud, long alarm
- Accurate timing
- Count up and down capabilities
- Requires one AAA battery (included)

Uses:

- Exercise schedule
- Therapy duration
- Appointment reminder
- Additional applications

Instructions:

If counting down:

- Press MIN and SEC together to reset to zero.
- Press MIN and SEC buttons to set time.
- Press the Start/Stop button to start or stop.
- When the time is up, press any key to stop alarm.

If counting up:

- Press MIN and SEC to reset to zero.
- Press the Start/Stop button to start or stop.

1 AAA battery included.

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