

**TIMEBIRDS** 

SONC

OS-4

Last updated November 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 disassemble, 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 can 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

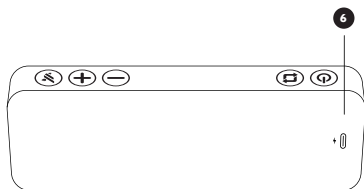
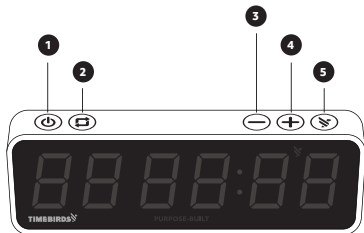
**Dimensions:** 155mm (length) x 22mm (width) x 47mm (height)

**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](http://www.timebirds.com)

**Customer Service** | For more information, troubleshooting, warranty, and replacement information please visit [www.timebirds.com](http://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



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## 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

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|        |                                  |
|--------|----------------------------------|
| 888888 | Off                              |
| 888888 | Home screen                      |
| 888888 | Low battery warning              |
| 888888 | Battery charge 100%              |
| 888888 | Battery % charged                |
| 888888 | Count up mode                    |
| 888888 | Count up by round mode           |
| 888888 | Count down mode                  |
| 888888 | Count down by round mode         |
| 888888 | Interval training mode           |
| 888888 | Tabata mode                      |
| 888888 | Fight gone bad mode              |
| 888888 | Clock mode                       |
| 888888 | Settings                         |
| 888888 | Clock setting                    |
| 888888 | Alarm clock setting              |
| 888888 | Sound setting                    |
| 888888 | Timebirds workout memory setting |
| 888888 | Timebirds OS version             |
| 888888 | intro sound enabled              |
| 888888 | Intro sound disabled             |

### Workout Memory

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|        |                            |
|--------|----------------------------|
| 888888 | Reset last workout setting |
| 888888 | Save last workout setting  |

### Sound Level Screens

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|        |               |
|--------|---------------|
| 888888 | Sound off     |
| 888888 | Sound level 1 |
| 888888 | Sound level 2 |
| 888888 | Sound level 3 |

### Clock Screens

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|        |                       |
|--------|-----------------------|
| 888888 | AM time               |
| 888888 | PM time               |
| 888888 | 12 hours clock format |
| 888888 | 24 hours clock format |
| 888888 | Alarm on              |
| 888888 | Alarm off             |

### Mode Setting Screens

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|        |                                              |
|--------|----------------------------------------------|
| 888888 | Counting up                                  |
| 888888 | Counting down                                |
| 888888 | Set a working time                           |
| 888888 | Set a test time                              |
| 888888 | Set number of rounds                         |
| 888888 | Counting up<br>(Interval training mode only) |
| 888888 | Count down<br>(Interval training mode only)  |




### 3. Audio

#### Indications


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-  Long beep
-  Normal beep
-  Short beep


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 Mode is set and ready to go


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- 
  - Count down to start (3, 2, 1)
  - Transition from one Round to the next
  - Transition from a rest To a work period

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 Transition from a work to rest period

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 Start of a workout


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 End of a workout

### 4. Operating Timebirds

#### Charging Timebirds

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- Using the provided USB to USB-C Cable, plug USB-C connector into Timebirds™
- Plug in USB port to any 5V DC power adapter
- Timebirds™ will display the current level of charge and beep twice to indicate power is being sent to the device
-  indicates full charge

#### NOTE:

Timebirds™ can also operate when plugged in

#### Battery Level Feedback

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- Press  to display the level of battery left
-  indicates battery level <10%

#### NOTE:

The function works even when Timebirds is turned off.

#### General Overview

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- Hold  for 2s to power on/off
- Press  to cycle modes
- Press  to accept and advance
- Press  to decrease time
- Press  to add time

#### NOTE:

In home screen  Timebirds™ will turn itself off after 30s of inactivity



## When a timer is running

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- Press once to pause
- Press once to start
- Hold for 2s to restart your workout

## When setting up a mode

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- Flashing digit represent number being adjusted
- Press or to add or decrease time
- Press to accept and advance
- Press and to go back
- Hold 2s any time to return to home screen

## Adjust Volume

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- Press to cycle modes until
- Press to accept and display settings
- Press to cycle settings until
- Or, simply press or at any time when timer is running

**NOTE:** Timebirds™ has 3 volume levels (3 being the loudest) and an off position.

## Adjust Brightness

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- Press or at home screen

**NOTE:** Timebirds™ has 4 levels of dimming, 4 being the brightest. By default, Timebirds™ is set at Level 4. Battery life may vary based on brightness setting.

## How to display the Clock

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- Press to cycle modes until
- Press to accept and display clock
- Hold for 2s to return to home screen

## How to set the Clock

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- Press to cycle modes until
- Press to accept and display settings
- Press cycle settings until
- Press to accept and advance
- Press or to adjust the GREEN flashing digits for a 12 or 24 hour format
- Press to accept and advance
- Press or to adjust the pair RED flashing digits corresponding to hours
- Press to accept and advance
- Press or to adjust the pair RED flashing digits corresponding to Minutes
- Press to accept and advance

## How to set the Alarm Clock

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- Press to cycle modes until
- Press to accept and display settings
- Press to cycle settings until
- Press to accept and advance
- Press or to activate alarm
- Press or to toggle between 12 or 24 hour format (GREEN)
- Press to accept and advance
- Press or to adjust hours (RED)
- Press to accept and advance
- Press or to adjust minutes (RED)
- Press to accept and advance to home screen



## How to save your workout

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- Press to cycle modes until
- Press to accept and display settings
- Press to cycle settings until
- Press to accept and advance
- Press or to enable or disable the memory of your last settings after your Timebirds is turned off
- Press to accept and advance to the home screen

**NOTE:** 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?

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- Hold for 2s to reboot/reset to factory settings

**NOTE:** 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

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- Press to cycle modes until
- Press to accept and advance
- Press or to adjust flashing digit (time)
- Press to accept and advance
- Repeat the above 2 steps until the colon lights up and Timebirds™ Beep once.
- Press to start

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

## How to turn off/on the intro Beep

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- Under the home Screen
- Press to turn off the beep
  - Press to turn on the beep

**NOTE:** The volume is synchronized with the sound level setting.

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

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- Press to cycle modes until
- Press to accept and advance
- Press or to adjust the flashing digit (time)
- Press to accept and advance to the next
- Repeat the above 2 steps until
- Press or to adjust the flashing digits (number of rounds)
- Press to accept and advance
- Press to start
















## How to start a Count Down

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- Press to cycle modes until
- Press to accept and advance
- Press or to adjust flashing digit (time)
- Press to accept and advance
- Repeat above 2 steps until
- Press or to adjust flashing digits (number of rounds)
- Press to accept and advance
- Press to start





## How to start a Custom Interval Training (ie Tabata)

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- Press  to cycle modes until 
- Press  to accept and advance
- Press  or  to adjust flashing digit (time on)
- Press  to accept and advance
- Repeat the above 2 steps until 
- Press  or  to adjust the flashing digits (period of rest)
- Press  to accept and advance
- Repeat above 2 steps until 
- Press  or  to adjust the flashing digits (number of rounds)
- Press  to accept and advance
- Press  to start workout

## How to disable/Enable the 10s count down to start.

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- Hold  for 4s 
- Hold  for 4s 

**NOTE:** This settings will apply to all modes.

## Firmware updates

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visit [www.timebirds.com](http://www.timebirds.com)



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