Sidekick

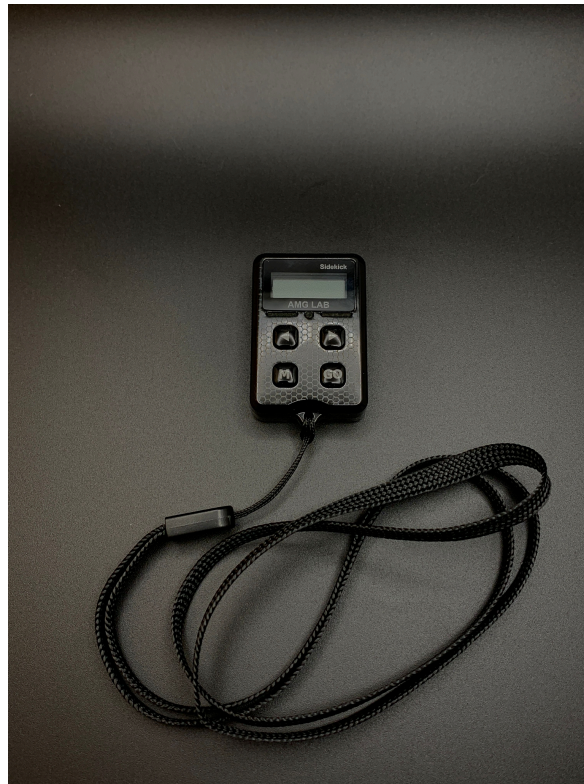## Micro Shot Timer
By AMG Lab

USER MANUAL

FEATURES LIST

- Compact size
- Intuitive interface
- Nine Par times
- Five string memory
- Three presets
- Shot number, absolute and split times
- Repeated start mode
- Instant, Delayed or Random start signal
- Variable beep length
- High sensitivity picks dry fire click
- Workout timer alarm
- Stopwatch mode
- Metronome mode
- Coin battery for long battery life

CONTROLS AND COMPONENTS
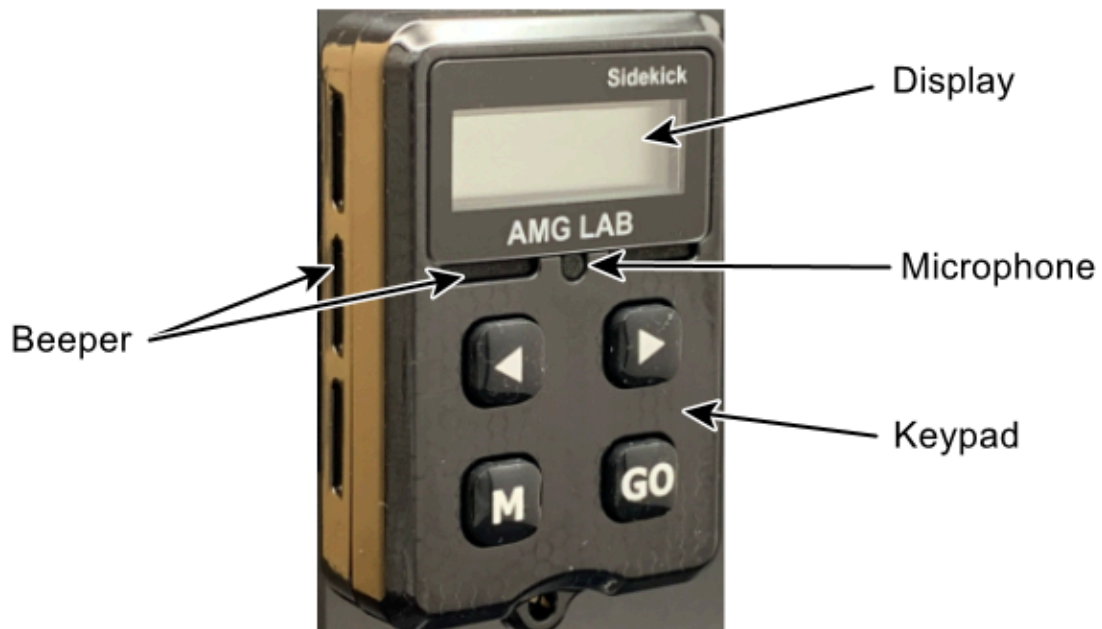
BASIC OPERATION

Timer requires one CR2032 battery installed prior to use. Follow instructions at the end of this manual to install the battery.

Turning On/Off: To turn Sidekick on – press M button once. To turn Sidekick off press and hold M button for 2 seconds. Shut down will occur automatically after 15 minutes of non-use.

Starting the timer: Press "GO" button once to trigger shot string timing sequence, depending on start type (instant or delayed) Sidekick will beep immediately or will delay briefly prior to the beep. Small animated dashes will confirm that the timer is listening for the shots until the a shot is detected. After at-least one shot is detected a shot time and number will be displayed in an interchangeable manner. Listening will stop after 5 Minutes.

Stopping string and reviewing recorded shots: During string timing routine, press any key to stop the timer. Word "stop" will blink briefly and quick double-beep will sound as a confirmation, at which point the current string can be reviewed by using < and > keys to navigate forward or back. With each click of the button timer will briefly display shot number, followed by shot's time and split time interchanging in animated manner.

Reviewing strings stored in memory: In addition to the currently displayed string, timer has capability to store up to 5 previous strings in memory. To access and review saved strings press M to enter menus, navigate to "REV" menu item and press "GO". Choose any of the previously saved strings in sequential order "STR1" "STR2" etc…. And press "GO" again. The total time for that string will display briefly, followed by the first shot's time. From there you can use navigation buttons to review this string.

Setting par times: Timer has capability to execute up to 9 par beeps at user defined times. To set par time press M to enter menus, navigate to "PAR" menu item and press "GO" to enter. Choose how many par beeps you need or choose "OFF" if no par beeps should happen. Depending on how many par beeps were chosen, the timer will prompt to confirm each par time. Use < and > buttons to increase or decrease value or press < and > simultaneously as a shortcut combination to cycle through a few preset par values.

Setting the delay: To choose whether time starts the string instantly or execute delay first, press M to enter manu, navigate to "DEL" menu item and press "GO" to confirm. Choose between three options, "INST" for instant start, "CONT" for delayed start with

constant delay defined by user, or "RAND" for delayed start with random delay between user defined MIN and MAX values. When setting time values a shortcut key combination of < and > pressed simultaneously will cycle through predefined values. **Changing sensitivity:** To change sensitivity press M to enter menus and navigate to "SENS" menu item, in there choose sensitivity from 1-least sensitive and 10-most sensitive.

Changing beep length: Timer can execute two types of beeps Long (0.3s) and Short (0.1s). To change beep type press M to enter menus and navigate to "BEEP" menu item, in there set the desired beep type.

Workout Timeout Alarm: Sidekick has capability to sound a reminder alarm sound after certain, user defined, time has passed. To use this feature, press M to enter menus and navigate to "ALRM" menu item, in there user can change timeout in minutes and press "GO" to confirm. After that user can exit from this menu and continue using the timer as usual, when the alarm timeout expires a reminder sound effect will sound.

Stopwatch mode: Sidekick has a stopwatch feature, to use it press M to enter menus and navigate to "STOP" menu item, in there press "GO" to start or stop stopwatch. When stopped, use any other button to reset to zero.

Metronome mode: Sidekick has a metronome feature, to use it press M to enter menus and navigate to "TEMP" menu item, in there user can define BPM (beats per minute) value and press "GO" to start metronome ticks.

Repeated start mode: Sidekick has a capability to automatically restart the string after a certain time has passed the start beep. This is particularly useful when users need a certain number of repetitions of the same exercise without manually restarting string multiple times. To use this feature press M to enter menus and navigate to "REP" menu item, in there press "GO" to confirm. Choose the number of repetitions, followed by the time value at which string will be automatically stopped and restarted. When this feature is activated, every time user starts a new string by pressing "GO" it will be repeated that number of times.

Presets: Sidekick has a capability to save and load combinations of settings into three presets. To save current settings into a preset, press M to enter menus and navigate to "PRE" menu item, in there using choose any of three presets, designated with corresponding names: P1, P2, or P3 and press and hold "GO" button for about 2 seconds until you hear short double beep, which is a confirmation that preset has been

saves. Later on when you need to recall any preset, simply select its name and press "GO" once.

CHANGE BATTERY

Sidekick uses a single CR2032 battery, to replace the battery, unscrew two screws on the back of the timer, gently lift the lid slightly up and away from the timer to expose the circuit board with battery holder. Remove the battery (a toothpick or other non-metallic thin stick can be used to aid battery removal) and install the new battery.