

FITNESS360

MINI TIMER – WOD TIMER



IMPORTANT TO READ BEFORE USE

This is an electric powered device. For safety reasons, it is duly recommended to read and understand the user's manual and warnings, before using this timer.

The included accessories are:

1. USB A-Type C cable
2. Remote control (AAA batteries not included)
3. User's Manual

When you first opens the package, please check if all above-listed accessories are in the box. Contact seller immediately, if any parts are missing.

The timer's internal battery capacity is 2500ma. The timer's working time is 16 to 250 hours, depending on the brightness of your setting. The average charging time is about 2.5 hours, when timer is turned off.

The power adapter can be plugged in 100-240VAC power sources. Do not use it with lower or higher power source, in case of short circuit causes.

Our digital gym timer works under 5VDC and or 4" gym timer works under 12VDC. Please check your power adapter, before using it, in case of your adapter does not support this. Contact us immediately if you receive a wrong power adapter.

Do not use the product in wet and moist environments, and do not drop water on the product, adapter or remote control. The products may get damaged. Keep the timer away from high temperatures, humidity dew, water and direct sunlight.

Please keep the product and accessories away from kids, in case of mis-handling and damage to product, or to danger for the kids.

When cleaning the timer, make sure the power is disconnected. Alcohol or solvents are not allowed to use on the timer.

We highly suggest you to consult a certified fitness coach or similar, for professional advice as regard to workout programs. Any overtraining may cause risk of injuries or damage to your muscles, joints or tendons.

REMOTE CONTROL AND BUTTONS

Battery indicator

Program the timer

Quick access to EMOM function

Quick access to MMA function

Quick access to FGB2 function

Quick access to FGB1 function

Enter count-up mode

Real time clock function button

Start to run your timer

Stop or pause a timing

Move arrow to left during programming

Countdown for stopwatch mode

Cycle for Countdown or count UP

Brightness adjustment

Power ON/OFF or quit programming

Quick access to TABATA function

12/24 hours time format switch

Quick access to FGB3 function

Change the left 2 digits Color

Enter countdown mode

Quick access to stopwatch function

Reset a timing

Confirm your setting

Move arrow to right during programming

10 seconds countdown preparation time

Number button.P0-P9,customized interval timing,Store your workout and recall the program

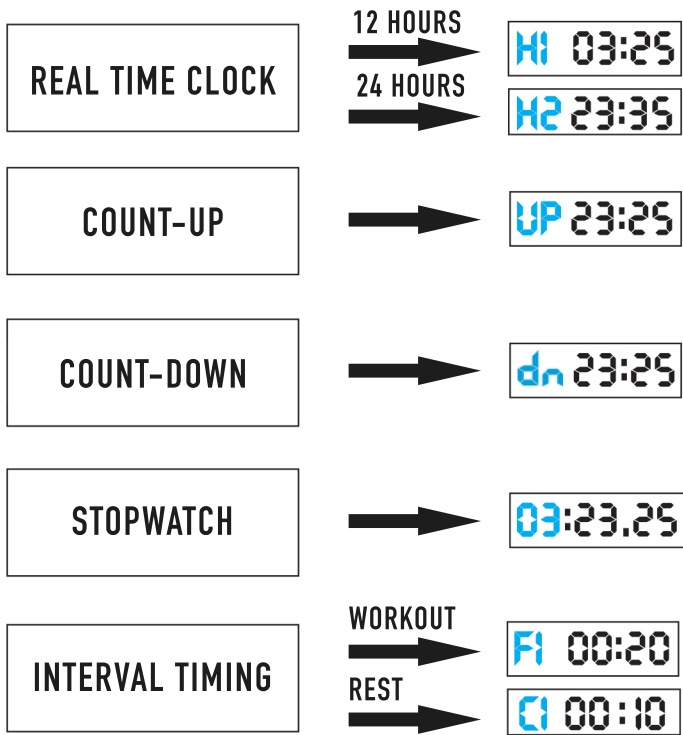
Adjust buzzer volume

Note:
Infrared transmitter sends signal to the timer. If the transmitter is working, you will find it blinking through a camera, when you press any buttons. This is also a very common way to judge whether or not your remote control is defective.

The remote control requires 2x AAA batteries. Make sure batteries are correctly placed in the battery slot. If the battery indicator does not blink, when pressing any button, please check the batteries or replace them.

FUNCTIONS

There are five main functions for this timer; including real time clock, count-down, count-up, stopwatch and interval timing. There are also other fast acces features like TABATA, EMOM, MMA and FGB.



FGB

FGB1: 5 rounds, 5 minutes of exercise, 1 minute rest

FGB2: 3 rounds, 5 minutes of exercise, 1 minute rest

FGB3: 3 rounds, 15 minutes of exercise, 1 minute rest

EMOM

Every minute, on the minute

MMA

8 rounds of exercise, 60 seconds of rest, 30 seconds per round

TABATA

8 rounds of exercise, 20 seconds rest, 10 seconds per round

REAL TIME CLOCK

The display format is [HH:MM] and [H1] for 24 hour time and [H2] for 12 hour format. HH is hours and MM is minutes. The timer will display real time clock, when plugged in. You need to adjust it to local time yourself. You can easily change between H1 and H2 from the remote.

COUNT-UP

The display format is [UP MM:SS]. MM is minutes and SS is seconds. The timer supports as much as 99 minutes and 59 seconds. Therefore, you can program a stop time between 00:00 and 99:59. The timer always starts at [UP 00:00] and stops at the time set. You can start over as well, like count-down, with one click on the remote.

A buzzer sound is also available for count-up. When count-up ends, the timer beeps once and lasts for about three seconds.

A 10 second preparation countdown is also available for count-up. The buzzer starts to beep at 3, 2, 1 and the first start time [UP 00:00].

COUNT-DOWN

The display format is [DN MM:SS]. MM is minutes and SS is seconds. The timer supports as much as 99 minutes and 59 seconds. Therefore, you can program a start time between 99:59 and stop at 00:00. Pause and continue is possible. Your countdown is always the same. You can start over with one click on the remote, which saves your time on re-programming your setup.

A buzzer sound is also available for countdown. When countdown ends, the timer beeps once and lasts for about three seconds.

A 10 second preparation countdown is also available for countdown. The buzzer starts to beep at 3, 2, 1 and the first start time [DN 00:00].

Interval timing

This is a powerful feature for your workouts. You may probably only use this function during your WOD. So, try to read this instruction carefully and try operating your timer with remote control more before you manage it. Generally, you can save 10group intervals(P0-P9), under each you can set up to 9 workout time and 9 rest time with at most 99 rounds(repeats). Group displays as Pn on the timer screen when first press on the number 0-9. Workout time display format is [Fn MM:SS] and rest time display format is [Cn MM:SS].

Stopwatch

Runs in minutes-seconds-hundreds of a second format.Large big display makes it large sports timer with long viewing distance and big angle. Starts to run from [00 00:00]and stop at [99 59:99]or the time you want to pause.Start over with one-click button is available for this feature. But buzzer sound and 10 seconds preparation countdown is not available.

TABATA

20 seconds workout 10 seconds rest with 8 rounds,which is called TABATA.This is one of the most popular training method used during WOD.This"Built-in "feature can be accessible easily by clicking Tabata button on the remote control.

FGB1, FGB2 and FGB3

The popular Fight Gone Bad training method,which is usually used by professional fitness enthusiasts is another tough way to burn your fat. FGB1 consists of 5 minutes workout 1minute rest with 5 rounds and FGB2 consists of 5 minutes workout 1minute rest with 3 rounds. FGB3 consists of 15 minutes workout 1minute rest with 3 rounds. When using it,press FGB1, FGB2 or FGB3 button on remote control.

EMOM

EMOM means to complete one training content every minute. Easily by clicking EMOM button on the remote control.

EXAMPLES OF PROGRAMMING YOUR TIMER

Real Time Set up(Example:21:23:57)

The timer should be under time mode when set up your local time. When plug in,the timer displays time mode.You can also toggle from other function to time mode by pressing"CLOCK"on the remote control Press EDIT button to enter edit mode.The screen will display [HH MM:SS] with first H blinks, the edit mode always use 24 hours format. Input 2-1-2-3-5-7 and then press ENTER button. The setup is done and now the screen displays [H2 21:23]. Press 12/24Hour button to change the display format to 12 hour,the clock will display [H1 09:23]now. HH:MM means Hours Minutes. Clock mode runs in Hours Minutes; Seconds doesn't show up. You can toggle 12/24 hour display format by pressing 12/24 button.

REAL TIME SETUP (EXAMPLE 21:23:57)

Operation	key	Screen
Enter CLOCK mode		XX XX:XX
Program your time		Numerical flash
Input time	2-1-2-3-5-7	21 23 57
Save time		H2 21:23

Note

If want the timer to show hh:mm:ss format for Real time, can press 7 3 2 6 6 3 use number buttons, then press ENTER.

Count-up Setup(Example:15 minutes Count-up)

The timer should be under count-up mode when set up a count-up. Count-up always starts from [UP 00:00],so need to set up a stop time. Press UP button to toggle the timer to count-UP mode before you start to program.

Press EDIT button to enter edit mode.The screen will display [UP MM:SS]with first M blinks Input 1-5-0-0 and then press ENTER button. The setup is finished and now the screen displays [UP 00:00]

Press START button to run the countdown MM:SS means Minutes Seconds.Count-UP function runs in Minutes Seconds, If buzzer sound is activated,it will beep once when count-up ends, You can activate 10s preparation countdown for your count-up.

COUNT-UP SETUP (EXAMPLE 15 MINUTE COUNT-UP)		
Operation	key	Screen
Enter count-up mode		UP XX:XX
Set count-up time		Numerical flash
Input time	1-5-0-0	UP 15 00
Save time		UP 00 00
Start to run		UP 00:00

Countdown Setup(Example:15 minutes Countdown)

The timer should be under countdown mode when set up a countdown. Press DOWN button to toggle the timer to countdown mode before you start to program.You can set up a start time at any time between 00:00 and 99:59

Press EDIT button to enter edit mode.The screen will display [dn MM:SS]with first M blinks Input 1-5-0-0 and then press ENTER button. The setup is finished and now the screen displays [dn 15:00].

Press START button to run the countdown MM:SS means Minutes Seconds Countdown function runs Minutes Seconds; A buzzer sound is activated,it will beep once when countdown ends; You can activate 10s preparation countdown for your countdown

COUNT-DOWN SETUP (EXAMPLE 15 MINUTE COUNT-DOWN)		
Operation	key	Screen
Enter countdown mode		dn XX:XX
Set countdown time		Numerical flash
Input time	1-5-0-0	dn 15 00
Save time		dn 15 00
Start to run		dn 15:00

Interval Timing

Interval timing is the most important feature for this timer.You can use this feature for your WOD,cross-fit fitness,even boxing,MMA and more. You make a plan to save your different frequently used interval timing groups under a certain shortcut key for future quick access. You can save up to 10 groups with 9 intervals under each group.and you can set up to 99 rounds for each interval.

Example One:

3 minutes work,1 minutes rest with 4 rounds.Save this program under shortcut key P0
Under any timer work mode,press number 0 on the remote.
The screen reads [P0].
Press EDIT,the screen reads [F1 MM:SS].Input 0-3-0-0 by numerical pad.
The screen reads [F1 03 00]
Press ENTER,the screen reads [C1 MM:SS].Input 0-1-0-0.
The screen reads [C1 01 00]
Press ENTER.The screen reads [C-C RR].Input 0-4.
Press ENTER .[P0]stays on the screen Press START to run your program.
When you use this program other time,just press P0 and then press START button to run it.
MM:SS means Minutes Seconds.Work time rest time run in Minutes Seconds
RR means rounds.They are actually digital numbers
If buzzer sound is activated,it will beep once when work time ends, beep the count-up ends;4 times with the last sound a little big longer when rest time ends.When the last round ends(the last rest time), it beeps a much longer sound.
You can activate 10s preparation countdown for your work time.

3 MINUTE WORK, 1 MINUTE REST, 4 ROUNDS ASSIGNED TO SHORTCUT KEY P0		
Operation	key	Screen
Enter P0		P0
Set desire time		Numerical flash
Input workout time	0-3-0-0	F1 03 00
Save work time		Numerical flash
Input rest time	0-1-0-0	C1 01 00
Save rest time		Numerical flash
Input rounds	0-4	C-C 04
Save seting and store		P0
Start to run		F1 03:00

Example Two:

90 seconds work.30 seconds rest
60 seconds work,20 seconds rest
8 rounds Save under shortcut key P9
Under any timer work mode,press number 9 on the remote.
The screen reads [P9]
Press EDIT,the screen reads [F1 MM SS].Input 0-1-3-0 by numerical pad.
The screen reads [F1 01 30]
Press EDIT again,the screen reads [C1 MM SS].Input 0-0-3-0
The screen reads [C1 03 00]
Press EDIT,the screen reads [F2 MM:SS].Input 0-1-0-0.The screen reads [F2 01 00]
Press EDIT again,the screen reads [C2 MM SS].Input 0-0-2-0.
The screen reads [C2 00 20]
Press ENTER.The screen reads [C-C RR](RR are digits,stands for rounds)
Input 0-8
[P9]stays on the screen.Press START to run your program
When you use this program other time,just press P9 and then press START button to run it. MM:SS means Minutes Seconds.
Work time rest time run in Minutes Seconds,
RR means rounds.They are actually digital numbers,
If buzzer sound is activated,it will beep once when work time ends,
beep the count-up ends,4 times with the last sound a little bit longer when rest time ends.When the last round ends(the last rest time), it beeps a much longer sound
You can activate 10s preparation countdown for your work time.

90 SECONDS WORK, 30 SECONDS REST – 60 SECONDS WORK, 20 SECONDS REST FOR 8 ROUNDS. ASSIGNED TO SHORTCUT KEY 9		
Operation	key	Screen
Enter P9		P9
Set desire time		Numerical flash
Input workout time	0-1-3-0	F1 01 30
Edit rest time		Numerical flash
Input rest time	0-0-3-0	C1 00 30
Edit workout time		Numerical flash
Input work time	0-1-0-0	F2 01 00
Edit rest time		Numerical flash
Input rest time	0-0-2-0	C2 00 20
Save workout time and rest time		Numerical flash
Input rounds	8	C-C 08
Save setting and store		P9
Start to run		F1 01:30

FEATURES: BRIGHTNESS, BUZZER & 10 SECONDS COUNTDOWN

BRIGHTNESS ADJUSTMENT

The eight digits are packed with high-contrast and ultra-bright LEDS, which makes the timer easily seen across the gym.

There are 9 levels of brightness that you adjust through the remote control. From the lowest to brightest, there will be one brightness level suitable for you.

ADJUST BUZZER VOLUME

Beeps apply to countdown, count up, TABATA, FGB, MMA and customized interval timing. There is no beep on real time clock and stopwatch function.

Press on  icon on the remote control to turn off or adjust buzzer volume.

ENABLE/DISABLE 10 SECOND PREPARATION COUNTDOWN

10 second preparation countdown applies to countdown, count-up, TABATA, FGB, MMA and customized interval timing. There is no 10 second countdown preparation for real time clock and stopwatch.

Press button **10SEC** on remote control to enable or disable the preparation countdown. When the buzzer makes long beeps, 10 second preparation countdown is enabled. When the buzzer makes short beeps, 10 second preparation countdown is disabled.

THE STRUCTURE OF THE TIMER

