POWER

Full Range AC/DC Adapter
AC Input: 100-240v - 50/60Hz
DC Output: 12V - 2A (24W)
LED Timer Power Consumption: 20W (max)
DC:

KEEP DRY

MOUNTING

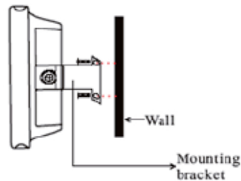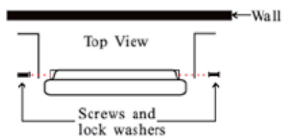Top View

←Wall

Screws and
lock washers

←Wall

Mounting
bracket

INCLUDED

2x MOUNTING BRACKETS

1x POWER SUPPLY

1x REMOTE CONTROLLER
(2x AAA BATTERIES NOT INCLUDED)

USER MANUAL

CROSSFIT TIMER WOD TIMER

H1 12 06

FITNESS360

FUNCTIONS

REAL TIME CLOCK MODE	12 HOURS	H1 8:25
	24 HOURS	H2 08:25
COUNT UP MODE		UP 99:33
COUNT DOWN MODE		dn 08:25
STOPWATCH MODE		12 34:56
INTERVAL MODE	TRAINING	F1 99:33
	REST	C1 99:33
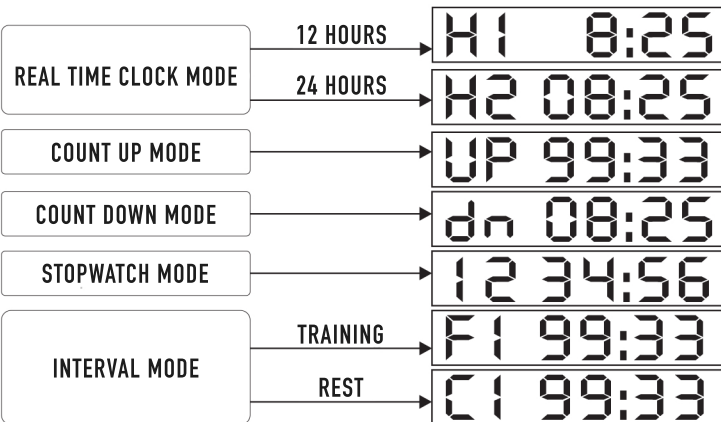
QUICK START GUIDE

The timer consists of two display areas: The first two blue digits and the last four red digits.

The first two digits are indicating what function the timer is running. For example: H1 means 12-hour clock display, H2 means 24-hour clock display. UP means count-up, DN means count-down. P (P0, P1 ... P9) are shortcut keys to your assigned workout intervals. F (F1, F2 ... F9) are the training time and C (C1, C2 ... C9) are the rest time.

When the timer works as a stopwatch, the two blue digits are minutes.

REMOTE CONTROL – SETTINGS

These are the instructions for the buttons on the remote control. Please note that the C/F, DATE, TEMP & TIME buttons/shortcuts are invalid for this particular timer.

ON/OFF — Power ON/OFF the clock or quit editing.

REBOOT — REBOOT the timer. If the clock stops running or similar, you may need to press this button.

LOOP — Enable or disable infinite LOOP for count-up and count-down. A long beep is enabled, when SOUND is enabled.

EDIT — Press to enter EDIT mode on intervals and programs.

F1 — Quick start access (F = 1 min, C = 20 sec, 8 rounds).

F2 — Quick access to EMOM workout timing. The first two digits will count the number of minutes your workout is lasting. The timer will beep at the end, if the CYC and buzzer is enabled.

F3 — Quick acces to 20 seconds of workout time and 10 seconds of rest timer for 8 rounds (TABATA: F = 20 sec, C = 10 sec, 8 rounds).

START — Press to start a count-down/up, stopwatch etc.

STOP — Press to stop or pause a count-down/up, stopwatch etc.

RESET — Reset a count-down, count-up or a stopwatch to previous setting in workout mode.

12/24 — Shift between 12/24-hour display in clock-work mode.

◀ — Move arrow to the next digit in edit mode.

▶ — Move arrow to the previous digit in edit mode.

SOUND — Adjust the buzzer volume.

PAUSE — Pause a count-down/up, stopwatch etc.

ENTER — Press to confirm setting.

PRE TIME — Enable or disable the preparation time for count-down/up and intervals. A long beep is enabled when SOUND is enabled.

▶☼ — Press to adjust the brightness of the timer under workout mode. Press ENTER to save the bightness value.

A1 — Enter workout time setting, when editing custom interval or quick access FGB1 (F = 5 min, C = 1 min, 5 rounds).

A2 — Enter rest time setting, when editing custom interval or quick access FGB2 (F = 5 min, C = 1 min, 3 rounds).

A3 — Enter rounds setting, when editing custom interval or quick access FGB3 (F = 15 min, C = 1 min, 3 rounds).

CLOCK — Press to enter real time clock mode.

UP — Press to enter count-up mode.

DOWN — Press to enter count-down mode.

STOPWATCH — Press to enter stopwatch mode.

WATCH SETTINGS – EXAMPLES

1. SET REAL TIME CLOCK (fx 10:30)
Under CLOCK mode, press the EDIT button followed by pressing the number buttons that reflect your time (fx 1,0,3,0). Then press the ENTER button again to confirm the setting. The clock is now set. Press the 12/24 button to switch between 12/24-hour display. Please note, that this timer does not display seconds.

2. SET COUNT-DOWN (fx 30 MINUTES)
Press the DOWN button. Timer will now show DN. Press the EDIT button, and the first digit will flash. Press the number buttons that reflect your count-down time (fx 3,0,0,0). Press ENTER to confirm. Then press the START button to start count-down. When the count-down is done, the timer stops. Press the RESET button to start a new 30 min. count-down or press START to start a new count-down.

3. SET COUNT-UP (fx 30 MINUTES)
Same procedure as count-down (above), except you press the UP button. Timer will now show UP. Then press the EDIT button, and the first digit will flash and so on.
NOTE: The default count-up edit is the start time. If you want it to be the end time, then quit the EDIT mode and press 8,7,7,3,8 on the remote control and then press ENTER.

4. STOPWATCH
Press the STOPWATCH button. Timer will now show 00 00:00. Press the START button to start the stopwatch. Press the STOP button to stop the stopwatch. Press START to continue the stopwatch. Press the RESET button to reset to 00 00:00. When the time reaches 99 59:59 it will automatically stop.

INTERVAL SETTINGS – EXAMPLES

If you want to use custom workout intervals, you first need to assign your intervals to a shortcut button. An interval can be saved under each number button (0,1,2 ... 9) in the square of the remote control. You can therefore assign up to 10 shortcut intervals.

In this example, we will assign a workout interval shortcut to the number 1 button. Our interval will consist of 2:30 minutes of work, 20 seconds of rest in a total of 5 rounds.

Press the number 1. The timer will read P1.
Then press the A1 button to program workout time. The timer will now read F1 with the first red digit flashing. Press the numbers 0,2,3,0 one by one, or use the left/right arrow buttons. Press ENTER to confirm workout time for the first round. Do this for each workout round OR press the A2 button, if you want the same workout time all five rounds

Then press the A2 button. The timer will read C1 with the first red digit flashing. Press the numbers 0,0,2,0 followed by ENTER to confirm rest time.

The press the A3 button. The timer will read CC with the second red digit flashing. Enter the number 5 followed by ENTER. Your custom workout interval is now saved to the number 1. To use this workout interval in the future, simply press the number 1 button and press START.