

TBT

Tabata Timer

Turns on Tabata Timer Mode.

Tabata sessions are 4 minutes long and consist of 20-second intense training periods followed by 10 seconds of rest.

Press **OK** to start, stop, or resume the Tabata timer.

FGB

“Fight Gone Bad” Timer

Turns on the Fight-Gone-Bad Timer Mode.

FGB Mode consists of three 5-minute rounds, with each round counting down 1 minute at 5 different exercise stations with no rest. There is a 1-minute clock stoppage between each round.

Press **OK** to start, stop, or resume the FGB timer.

12/24 HR

12/24 Hours Format

In clock mode, press this button to have the timer display the normal clock time in either the 12-hour or 24-hour (military time) format.



Brightness Adjust

Use this button to change the brightness of the display screen across 5 levels.

RESET

Reset Button

Reset Button clears data on screen back to the previous setting.

EXIT

Exit Button

Press to leave a current mode/function. Unset changes may be lost.



Power On/Off

Turns the timer's LED display on or off.



Voice On/Off

Turns the timer's sound on or off.



Stopwatch Timer

Turns on Stopwatch Mode.

Press **OK** to start, stop, or resume the stopwatch timer.

Press **RESET** to go back to 00:00.

SET

Timer Set

Used before and after settings are programmed/customized in Interval Timer Mode, Count-Up Mode, Countdown Mode, and Normal Clock mode.

+10

10 Seconds ACTIVE/INACTIVE

This button will activate or deactivate a 10-second preparation countdown before every use of the timer.

2 red dots will light up when the 10-second prep is **ON**.

The 2 red dots will be dark when the 10-second prep is **OFF**.

CLOCK

Normal Clock

Turns on normal clock mode — current time of day.

To change the current time, press **CLOCK** followed by the **SET** button. Use the arrows and number keys to enter the preferred time, then press **SET** again to save and exit.

Count-Up Timer *UP ARROW*

Turns on Count Up Timer Mode.

To Start Your Most Recently Used Count-Up Timer:

Press ▲ followed by **OK**.

To Start a Customized Count-Up Timer Saved in Your System:

Press ▲ followed by the Shortcut Key Button (Number Key 0–9) you assigned to the desired count-up timer.

To Set Up a New Custom Count-Up Timer:

Press ▲ followed by **SET**. Use the left/right arrows and number keys on the remote to enter in your desired count-up time in minutes and seconds.

Press **SET** again to complete and save your programmed settings.

To assign your new count-up timer a **Shortcut Key** on the remote, press any number key 0–9. That number key will then be tied to those settings in the future when you're in Count-Up Timer mode.

When finished, press **EXIT** to leave the Count-Up Timer mode or press **OK** to start the timer.

Count Down Timer *DOWN ARROW*

Turns on Count Down Timer Mode.

To Start Your Most Recently Used Countdown Timer:

Press ▼ followed by **OK**.

To Start a Customized Countdown Timer Saved in Your System

Press ▼ followed by the Shortcut Key Button (Number Key 0–9) you assigned to the desired countdown timer.

To Set Up a New Custom Countdown Timer:

Press ▼ followed by **SET**. Use the left/right arrows and number keys on the remote to enter in your desired countdown time in minutes and seconds.

Press **SET** again to complete and save your programmed settings.

To assign your new countdown timer a **Shortcut Key** on the remote, press any number key 0–9. That number key will then be tied to those settings in the future when you're in Countdown Timer mode.

When finished, press **EXIT** to leave the Countdown Timer mode or press **OK** to start the timer.

INT

Interval Timer

Turns on Interval Timer Mode.

To Start Your Most Recently Saved Interval Timer:

Press **INT** followed by **OK**.

To Start a Customized Interval Timer Saved in Your System:

Press **INT** followed by the Shortcut Key Button (Number Key 0–9) you assigned to the custom interval timer.

To Set Up a New Custom Interval Timer:

Press **INT** followed by **SET**. The screen will display flashing green numbers. Here you can enter your desired Number of Rounds for the intervals.

Press **SET** a 2nd time. The display screen should now read [H1:XX:XX]. Use the left/right arrows and number keys on the remote to enter in your desired Work Time in minutes and seconds.

Press **SET** a 3rd time. The display screen should now read [H2:XX:XX]. Use the left/right arrows and number keys on the remote to enter in your desired Rest Time in minutes and seconds.

Press **SET** a 4th time to complete and save your programmed settings.

To assign your new interval timer a Shortcut Key on the remote, press any number key 0–9. That number key will then be tied to those settings in the future when you're in Interval Timer Mode.

When finished, press **EXIT** to leave the Interval Timer function or press **OK** to start the customized interval timer you just saved.



Countdown/Count-Up Selection

In Interval Timer Mode.

In Interval Timer Mode, this button determines whether the time will count up or down. Once selected, you can then press **OK** to begin the interval timer.



Number Keys *SHORTCUT KEYS*

Each number key can be assigned as a Shortcut Key for a customized timer during the set-up process (see a step-by-step in the Interval Timer Mode, Count-Up, and Countdown Mode sections above). Once established, the user can select a mode and press an associated Shortcut Number Key (0–9) to activate a previously created timer.

2 blank keys at the bottom are additional short cut keys.