**Keys**

- [NEXT]
- [CHANGE]
- [START]
- [LOCK]
- [POWER ON/OFF]

**HOLD** — means hold until you see a change in the display, about 3 seconds, then release.

**PUSH** — means to just push and release.

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**Function**

- The unit is power off by default.
- **PUSH** [Power ON/OFF] to turn on the unit. **HOLD** to power off.
- There have 2 main Modes: Timer Mode and Stopwatch Mode.
- In Timer Mode, user can select Manual, Auto or Auto [00] Cycle Mode.
- By default, the unit is pre-set as Timer Mode, 2-timer interval, 3:00 interval, 1:00 rest, Auto, 30W, Ring + Vibrate.

- **PUSH** [Start] to begin timing or **HOLD** [Change] to go to Stopwatch Mode.
- To change the setting in Timer Mode, Hold both the NEXT and CHANGE buttons at the same time to enter setup.
Setup

1. **HOLD** both the NEXT and CHANGE buttons at the same time to enter setup. Press START to back-up during setup.
   - When you see only 1 interval time or 2 interval times in the display, you are in the setup mode.
   - During setup, if no inputs for 30 seconds, timer will exit setup.
   - Once you have entered setup, you may now choose 1 or 2 time intervals to meet your needs.
   - **PUSH** CHANGE to change between 1 interval and 2 different intervals. Push it a few times to see how it works. When you have what you want, you are ready to move to the next step.

2. **PUSH NEXT** to set the duration of the timer interval. Push CHANGE for digit advance.

3. **PUSH NEXT** to choose either: MAN, AUTO or AUTO [0 0] cycle mode.

   **MAN** (One time interval): Manual mode operates as a simple one interval countdown timer. Counts through one or both intervals alarming at the end of each and stops. You must **PUSH START** every time to begin a new countdown. If you have selected two different intervals, timer will complete the first interval and alarm, then the second interval and alarm, then stop. It is ready to start again when you **PUSH** the START button.
   - **AUTO**: It will automatically continue repeating a single time interval or two different intervals, over and over again alarming at the end of each interval. It continues repeating until you stop it.
   - **AUTO [00]** (00 inside a box): This allows you to repeat through a preset # of cycles (rounds) that you want to complete, alarming at the end of each interval. After you have completed the preset # of cycles (rounds), the final alarm will continue for around 15 seconds indicating you are finished. When you select this option and **PUSH NEXT**, you will then set the number of intervals you want to complete.

4. **PUSH NEXT** to choose which type of alarm you want
   - **PUSH CHANGE** to choose Ring, Vibrate, Ring + Vibrate.

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5. PUSH NEXT to move to the next step to set up the alarm duration.
   - PUSH CHANGE to choose alarm ring times of 1 time, 3 times or 5 times.

6. PUSH NEXT to move to the next step to set up the end of round warning alert.
   - PUSH CHANGE to choose NW, 10W and 30W.

   - If the time set is larger than 50s, then 30W, 10W and NW can be selected.
   - If the time set is less than or equal to 50s, then only 10W or NW can be selected.
   - If the time set is less than or equal to 25s, then only NW can be selected.

7. PUSH NEXT to exit setup.

8. PUSH START to begin timing.
   - While the timer is in use, HOLD START button for 3 seconds to reset the timer. Then, PUSH START again to begin the timer and with an alarm alert for this.
   - During setup, PUSH START to back up to the previous variable.
   - If there is no input for 30 seconds, it will exit from step.

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**Interval Timer Operation**

- After setup, PUSH START to begin the timer.
- During operation, timer may be paused by pushing START. PUSH again to resume timing.
- Alarm can be silenced by pushing START.
- During operation, HOLD NEXT and CHANGE at any time to enter setup. Once entered setup, all current timing and alarm function will be stopped and reset.
- During operation, HOLD CHANGE at any time to switch to Stopwatch. All current functions in Interval Timer mode will be stopped and reset.
- At each workout interval, it may have Ring/Vibrate/Ring+Vibrate at the last 10s/30s or no warning.
Stopwatch Operation

- To change from Interval Timer to Stopwatch, HOLD CHANGE button until "Stop" displayed.

- PUSH START to arm the stopwatch, time digits will appear.

- PUSH NEXT to switch from Ring to Vibrate or Vibrate to Ring.
- PUSH START to begin timing, push again to stop timing.
- HOLD START to zero the timer. (HOLD time less than 3 seconds, no function.)
- You may also turn timer OFF and back on to return to Interval Timer.
- During operation, HOLD CHANGE to switch to Interval Timer mode. All current functions in Stopwatch mode will be stopped and reset.

Lock the unit

- PUSH LOCK (🔒) to disable the functions of NEXT, CHANGE and START. HOLD to resume.
- Alarming will not resume the unit.

Power On/Off

- To turn the unit OFF, HOLD POWER ON/OFF. PUSH again to turn on the unit.
- When the timer or stopwatch is operating, you may also turn it OFF and back on to return to Interval Timer.

Data Range

- No. of Rounds: 0 – 99 rounds.
- Rest Period: 0 – 99 mins 59 secs.
- Round Time: 0 – 99 mins 59 secs.