

Thanks for choosing our products !

- Interval Training Timer



Warning: this is an electricity power supplied device. For safety reason it is duly recommend to read and understand the herein user manual and warnings sheet, before to use it.

- The - Interval Training Timer come with its AC adapter. It can be plug in to 110 V and 220 V power networks. Do not use it with lower or higher voltage cause either the adapter and the timer could get damaged and warranty will void. AC adapter has its own power cord. It is not recommended to plug the power cord in to a multi-slot power plug.
- Do not try to supply the device by using a third party AC adapter. In case of use of any third parties' components, Interval Training.
- Do not use the - Interval Training Timer in a damp environment and do not drop water on it or on the AC adapter or on the remote control. Damp and/or water will damage the Rep-Fitness and its accessories. Warranty will void in case of mis-use of the Timer.
- Operative Temp: from -20 C° up to +65 C°. The use of the timer out of such temp range, will result in to a warranty void.
- It is recommended to remove batteries from remote control in case it will not be in use for a long term. Long term stand-by may result in to batteries and remoter control damages.
- Some items (or parts of them) might smell once un-packed, due to the long stay in to their sealed package. It has to be considered normal and the smell will fade by keeping the same products exposed to the air. Do not use harsh soaps or aggressive cleaning products to wash the products: they may result in to products damages and warranty void.
- It is recommended to use only original spare parts. Any damage that may result by the use of third parties parts, will result in to a warranty void.
- The Interval Training Timer can be set either on a desk or mounted on a wall. its international licenser and/or dealers will not be responsible for any kind of damages that may result from wall-mounting operations.
- Be sure to consult your health professional or your physician before beginning any type of exercise program. It is always recommended to consult an expert trainer before to attempting any kind of physical exercise. Avoid any over-training will prevent the risk of injuries to muscles, joints or tendons.
- This is a product thought, developed and manufactured for training purposes. its international licensers assume no liability or responsibility for accidents or injury to person or property that may result from improper use of this product. Always issue common sense when using a training tool: it will avoid any risks to injury yourself, other persons around you, animals, objects and properties.

CE RoHS



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-USER MANUAL-

-INTERVAL TARINING TIMER



WHAT'S IN THE BOX:



TIMER(×1)



110V/220V AC ADAPTOR (×1)



REMOTE CONTROL

(×1)



WALL MOUNTING
BRACKETS

(×2)

① TIMER







IV. Stopwatch Instruction:

1. Press the Stopwatch button to enter into stopwatch mode, the timer display 00 00: 00
2. Press **START** for start or re-start (after pause) the stopwatch.
3. **STOP** for pause.
4. Press **Reset** to go back to 00 00: 00.

V. TABATA and FGB Mode Operation Manual:

- F1 the TABATA 1 mode. 8 Rounds ,20 seconds work ,10seconds rest .
- F2 the TABATA 2 mode. 16 Rounds ,20seconds work ,10seconds rest .
- E2 BOX . 12 Rounds ,3-minutes work ,1 minute rest .
- E3 HIIT. Up t 99 Rounds,30seconds work , 30 seconds rest .
- E4 EMOM .every minute on the minute ,1 minute interval ,whistle each time
- F3 the FGB3 mode. means 5min work, 1min rest, 3rounds.
- F4 the FGB5 mode. means 5min work, 1min rest, 5rounds.

Example 2: 20 minutes countdown operation instruction:

1. Press  to enter countdown mode; it displays dn 00: 00.
2. Press  to edit 20: 00, press  to save the edited data.
3. Press  to start 20 minutes countdown.

III. Custom Programs:

To make a custom program follow the steps below Repeat for F5-F+

F5 Press the program number button

Work-Press the work button

Number 1-9 :Enter the work time you desire

A+/Enter press the set.enter button

REST: press the rest button

Number1-9: Enter the work time you desire

A+/Enter press the set.enter button

A3 - press the Rounds button

Number1-9: Enter the work time you desire

A+/Enter press the set.enter button

F5 -Press the Program number button

START -Press the start button

② 110/220V AC ADAPTOR



12V adapter available for 4inch timer ,

6V adapter available for 1.8inch timer .

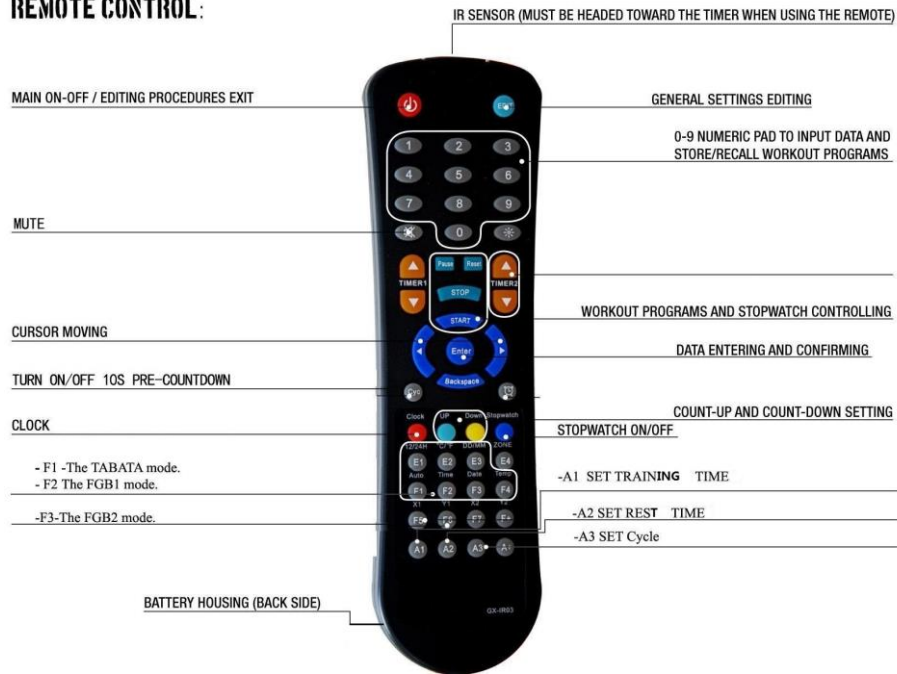
③ WALL MOUNTING BRACKETS W/HARDWARE



④ REMOTE CONTROL



REMOTE CONTROL:



Main Functions:

- Clock: HH:MM format - 12/24H
- Stopwatch: MM:SS:ss(1/10s)(1/100 s) format – from 00:00:00 up to 99:59:99
- Countdown/ up :MM:SS – from 00:00 up to 99:59

- Interval timer - training /rest/cycle

- F1 the TABATA 1 mode. 8 Rounds ,20 seconds work ,10seconds rest .
- F2 the TABATA 2 mode. 16 Rounds ,20seconds work ,10seconds rest .
- E2 BOX . 12 Rounds ,3-minutes work ,1 minute rest .
- E3 HIIT. Up t 99 Rounds,30seconds work , 30 seconds rest .
- E4 EMOM .every minute on the minute ,1 minute interval ,whistle each time
- F3 the FGB3 mode. means 5min work, 1min rest, 3rounds.
- F4 the FGB5 mode. means 5min work, 1min rest, 5rounds.

General Settings:

I.General Editing Rules:

1. After plugging the timer ON, press to turn it on. The Timer gets into clock mode and it starts to display, for instance, H1 00: 00 or H2 00: 00.

Attention: when the power is plugged ON/OFF, the Timer will beep for a while. That is a normal signal of system bootstrap and shut-down.

2. Press to enter editing mode. Refer to the below:
(Blinking digit stands for cursor position and it can be edited with numeric pad by remote control)

Clock settings: the display shows, for example, H1 00: 00. Enter the current time by press , and input the digits ,then Press , to save the edited data.

(H1 stands for 24H time format, while H2 stands for 12H time format. 12H and 24H format can be switched by press 12/24H switch button.)

II. Count-up/down instruction:

Example 1: 30 minutes count-up operation instruction:

- 1.press to enter count-up mode; it displays UP 00: 00
- 2.Press to edit 30: 00. Press to save the data.
- 3.Press to start 30 minutes count up.