

GYM MULTIFUNCTIONAL CLOCK OPERATION INSTRUCTION

---CTBD4N_BR

PRODUCT PROFILE:

- 8 digits 4 inch super brightness LED clock.
- DC 12V/2A power supply. Please do use original adaptor.
- Infrared remoter, using 2 pieces AAA battery.

FUNCTION DETAILS:

CLOCK

Press "CLOCK" key to show current time.

Press "24Hrs" or "12Hrs" key to show Military Time(24hrs) or Standard time(12hrs).



Military Time(24hrs)



Standard Time(12hrs)

Press "EDIT" key to set time: Press left or right arrow key to move blink digits and input value by number keys.

Press "EDIT" key a 2nd time to save&exit setting or press "EXIT" key to leave without save.

INTERVAL TIMER

Press "INT" key to turn on interval timer mode.

Blue numbers are for rounds(max 99 rounds), red numbers are for workout time/rest time(max 99 minutes 59 seconds). P1 indicates workout time, P2 indicates rest time.

Press "EDIT" key to set up a new custom interval timer and input rounds value(2 blue numbers).

Press "EDIT" a 2nd time to set workout time. Press left or right arrow key to move blink digit and input value by number keys(4 red large numbers)

Press "EDIT" a 3rd time to set rest time. Press left or right arrow key to move blink digit and input value by number keys(4 red large numbers)



setting workout time



setting rest time

Press "EDIT" a 4th time to save&exit setting or press "EXIT" key to leave without save. Or followed by pressing one number key to save current setting as shortcut. User can directly recall this interval timer with the shortcut key.

Press "Up/Dn" key to select whether time will count up or down.

Press "OK" key to start/stop/resume interval timer.

COUNT DOWN TIMER

Press down arrow key to turn on countdown timer mode. There is one long beep when time is up.



Press "OK" key to start/stop/resume countdown timer.

Press "EDIT" key to set up a new custom countdown timer. Press left or right arrow key to move blinking digit and input value by number keys.

Press "EDIT" a 2nd time to save&exit setting or press "EXIT" key to leave without save. Or followed by pressing one number key to save current setting as shortcut. User can directly recall this countdown timer with the shortcut key.

COUNT UP TIMER

Press up arrow key to turn on count-up timer mode. There is one long beep when time is up to fixed time.



Press "OK" key to start/stop/resume count-up timer.

Press "EDIT" key to set up a new custom count-up timer. Press left or right arrow key to move blinking digit and input value by number keys.

Press "EDIT" a 2nd time to save&exit setting or press "EXIT" key to leave without save. Or followed by pressing one number key to save current setting as shortcut. User can directly recall this count-up timer with the shortcut key.

DEFAULT MMA1 TIMER

Press F1 key to turn on MMA1 mode.



Press "OK" key to start/stop/resume the timer.

Press "Reset" key to clear timer and back to 5 05:00.

This default timer is 5 x 5 minute rounds with 1 min rest between rounds. Beep once when work time ends, beep twice when rest time ends.

DEFAULT MMA2 TIMER

Press F2 key to turn on MMA2 mode.



Press "OK" key to start/stop/resume the timer.

Press "Reset" key to clear timer and back to 3 05:00.

This default timer is 3 x 5 minute rounds with 1 min rest between rounds.

Beep once when work time ends, beep twice when rest time ends.

FIGHT GONE BAD TIMER

Press "FGB" key to turn on the mode.



Press "OK" key to start/stop/resume the timer

Press "Reset" key to clear timer and back to 17:00.

FGB mode consists of three 5-minute rounds and 1 minute rest time between each round. It beeps once for each 1-minute workout time start and beeps twice for each 1-minute rest time start.

TABATA TIMER

Press "TBT" key to turn on Tabata mode.



Press "OK" key to start/stop/resume the timer.

Press "Reset" key to clear timer and back to 00:00.

Tabata mode consists of 8 rounds of 20-second workout time and 10-second rest time. It beeps once when workout time ends and beeps twice when rest time ends.

STOPWATCH TIMER

Press "⌚" key to turn on stopwatch mode.



Press "OK" key to start/stop/resume stopwatch timer.

Press "Reset" key to clear timer and back to zero.

Stopwatch max value is 99 minutes, 59 seconds and 99 hundredth of a second.

SHOT CLOCK

Press "Shot clock" key to turn on shot clock mode. (2 red numbers display)
The shot clock will repeat seconds countdown function continuously until it is stopped. There is a beep to indicate the end of each countdown.



Press "OK" key to start/stop/resume the shot clock function.

Press "EDIT" key to set up a new custom shot clock. Press left or right arrow key to move blink digit and input value by number keys.

Press "EDIT" a 2nd time to save&exit setting or press "EXIT" key to leave without save.

RESET TIMER

Press "Reset" key to clear and back to default setting of timer.

Stop current running timer function before resetting.

NOTICE:

- Press "OK" key to stop running timer before changing timer functions.
- One number key is only valid for the last shortcut setting.
- Setting the clock must be under 24-hrs mode.

KEYS LAYOUT:

