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
- The TABATA mode.means 20s work,10s rest,8 rounds
- The FGB1 mode. means 5min work, 1min rest, 5rounds.
- The FGB2 mode. means 5min work, 1min rest, 3rounds.

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 EDIT 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 EDIT,

and input the digits ,then Press Enter, 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.）

REMOTE CONTROL:

General Settings:

II. Count-up/down instruction:

Example 1: 30 minutes count-up operation instruction:

1.press UP to enter count-up mode; it displays UP 00: 00

2.Press EDIT to edit 30: 00. Press Enter to save the data.

3.Press START to start 30 minutes count up.

Example 2: 20 minutes countdown operation instruction:

1.Press Down to enter countdown mode; it displays dn 00: 00.

2.Press EDIT to edit 20: 00, press Enter to save the edited data.

3.Press START to start 20 minutes countdown.

III. Alternate timing mode instruction :

1.Save one of the alternate timing program into number 1.

(F1=20s, C1=18s,F2 =15s, C2=12s round=3)

Press number 1 , the timer displays P1 .Press F-A enter into training timing 1editing , the timer display F1—,input 00 20, Press Enter key save the data, Press C-U enter into rest timing mode,the timer display c1—,input 00 18, Press Enter save the data,then Press F-A again enter into training timing 2 editing,the timer display F2—,input 00 15, Press Enter save the data, Press F-A enter into rest timing mode,the timer display c2—, input 00 12, Press Enter save the data,press EXIT set the round ,the timer display is c-c -01 ,input c=03 ,Press Enter save the data and exit editing;

Now you can press START for start the program.

2.Save one of the alternate timing program into number 2.

(F1=50s, C1=18s,F2 =40s, C2=15s round=4)

Press number 2 , the timer displays P2 .Press F-A enter into training timing 1editing , the timer display F1—,input 00 50, Press Enter key save the data, Press F-A enter into rest timing mode,the timer display c1—,input 00 18, Press Enter save the data,

then Press F-A again enter into training timing 2 editing,the timer display F2—, input 00 40, Press Enter save the data, Press F-A enter into rest timing mode, the timer display c2—, input 00 15, Press Enter save the data,press EXIT set the round ,the timer display is c-c -01 ,input c=04 ,Press Enter save the data and exit editing;

Now you can press START for start the program.

(Number 0-9 can be stored pre-set programs)

IV. Stopwatch Instruction:

1.press Stopwatch for enter into stopwatch mode , the timerdisplay 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:

- the TABATA mode. means 20s work,10s rest,8 rounds.
- the FGB1 mode. FGB1 means 5min work, 1min rest, 5rounds.
- the FGB2 mode. FGB2 means 5min work, 1min rest, 3rounds.