4" 4DIGITS
LED TIMER
User's manual

Functions

1: Real time clock mode	12 hours →	`8:25`
	24 hours →	`08:25`
2: Count UP mode	→	`99:33`
3: CountDown mode	→	`08:25`
4: Stopwatch mode	→	`34:56`
5: Interval mode	→	`00:20`
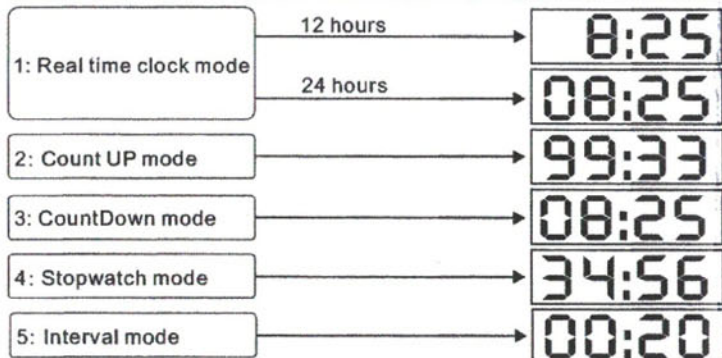
Remote Control Operation

1. Keys on Remote Control

2.Operate the Remote Control

Before getting to know operate the remote, you should know the following keys are invalid: C/F,DATE,TEMP, TIME,A2 and A3.

3.Keys

Key	Description
ON/OFF	Power on/off the clock or Exit editing mode.
REBOOT	Reboot the clock. When the clock stops to run all of a sudden,you may need to press on this button.
LOOP	Enable or disable infinite loop for count up and countdown long beep is enabled when SOUND is Enabled.
Edit	Press to enter edit mode
Start	Press to start a countdown/up or stopwatch timing;
Stop	Press to stop a countdown, count up, interval or stopwatch timing;

3.Keys

Key	Description
Reset	Reset a countdown, count up, stopwatch and interval to start state;
12/24	Shift between 12/24-hour display under clock mode;
◄	Under edit mode, move the arrow to next one;
►	Under edit mode, move the arrow to previous one;
SOUND	Enable or disable the buzzer, long beep is Enabled;
Pause	Function the same with stop button;
Enter	Press to confirm the settings;
PRE TIME	Enable or disable the 10 seconds preparation time for countdown/up and interval mode, the buzzer will beep once each second on 3,2,1, GO, if the sound is enabled, long beep is Enabled;
►☼	Press to adjust brightness under work mode;
Clock	Press to enter real-time clock mode(CO) or interval mode;
UP	Press to enter count up mode(UP);
down	Press to enter countdown mode(dn);
Stopwatch	Press to enter stopwatch mode(SH);
F1	Press to quick enter TABATA mode(F=20s,C=10s,8rnd);
F2	Press to quick enter FGB1 mode(F=5MIN,C=1MIN, 5rnd);
F3	Press to quick enter FGB2 mode(F=5MIN,C=1MIN, 3rnd);
A1	Press to quick enter EMOM mode(F=1MIN,C=1MIN,99rnd);

Examples-(Set Real time Clock)

1. Set Real Time Clock 10:28:56

Press 'CLOCK' button to enter clock mode, the timer will show 'CO' half a second .If the timer already in clock mode, then will not show it. press on 'EDIT' key, the timer will read [1-xx], followed by pressing on number keys 1,0,Then press on 'ENTER' key to confirm hour setting, the timer will read [2-xx], followed by pressing on number keys 2,8,Then press on 'ENTER' key to confirm Minute setting, the timer will read [3-xx], followed by pressing on number keys 5,6, Then press on 'ENTER' key to confirm Second setting. The time is finished set. Press 12/24 key to switch between 12/24-hour display.

Examples-(Set Countdown From and assign to shortcut KEY '1')

2. Set 30 minutes countdown

Press on "DOWN" key, the timer will show 'dn' half a second, If the timer already in countdown mode, then will not show it. Default load key '0' setting(15 second countdown), press key '1' to load '1' setting, press on 'EDIT' key, the first digit will flash, Press number keys 30 00 followed 'Enter' key to confirm the setting and storage 30 minutes countdown to key '1'.In the future only need press key '1' to load the setting on the DOWN mode. Then press the "START" key to start your countdown.

Examples-(Set Count UP assign to shortcut KEY '2')

3. Set a count up with start time is 30 minutes(30:00)

Press on "UP" key, the timer will show 'UP' half a second, If the timer already in count up mode, then will not show it. Default load key '0' setting, press key '2' to load key '2' setting, and Press on 'Edit' key, the first digit will flash, Press number keys 30 00 followed 'Enter' key to confirm the setting and storage the setting to key '2'. Press on 'start' key to start your count up.
NOTE: The mode default is COUNT UP-from mode, if you want use COUNT UP-TO mode, then you can exit edit mode, press 8 7 7 3 8 use number keys then press ENTER, then will switch between 2 modes.

Examples-(stopwatch)

4.Start your Stopwatch

Press on "stopwatch" key, the timer will show 'SH' half a second, If the timer already in stopwatch mode, then will not show it. Press \ on "START" key to start your stopwatch. Press 'STOP' key, the timer will stop to run, press 'START' key to continue stopwatch, press 'RESET' key to reset stopwatch to [00:00] When the time reaches to 99:99 it will stop to run.

Examples-(Interval and assign to shortcut KEY '3')

5. Set interval 8 rounds, training 20 seconds and rest 10 seconds.

Press on "CLOCK" key, the timer will show 'CO' half a second, Press on '3' key, the timer will show 'P3',to load key '3' setting, Press on 'EDIT' key to enter edit rounds, the timer will show 'C-XX',and first 'X' will flash, press 0 8 then press on 'ENTER' to confirm the rounds, the timer will show 'F1' half a second, press 0 0 2 0 then press on 'ENTER' to confirm the training time, the timer will show 'C1' half a second, then press 0 0 1 0 and press on 'ENTER' to confirm rest time. The timer will show 'P3', then you can press 'START' key to start your fitness. The timer beeps once when F1 time is finished and beeps twice when C1 time finished, if the SOUND is enabled.

How to use the Keys Box?

Under Count Up, Countdown and Stopwatch mode, Press Green Button then Start counter, Press Red button then Stop counter, Press and hold the Red button without releasing and press Green button then will reset the counter. The buttons Box is invalid under Clock mode.

How to remember the mode of the timer

1: Reboot the timer.
2: Press 3 4 9 6 6 3 3 use number keys.
3: Press ENTER.
4: The timer will remember the last mode, it will auto switch the timer mode when power up.

How to auto START when power up

1: Reboot the timer.
2: Press 7 8 2 7 8 use number keys.
3: Press ENTER.
4: The timer will auto press START key when power up, The feature is not available in CLOCK mode.