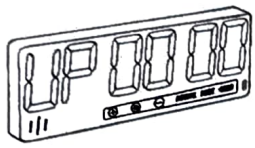
Portable Gym Timer

User Manual



Product Details

- Item: 6 digit 1.5 inch portable gym timer
- Dimension: 190mm (length) x 20mm (width) x 63 mm (height)
- 1.5 inch (3.8 cm) height of digits, crystal bright led display for maximum visibility.
- Material: ABS sleek case & acrylic lens.
- Operation: button control on the timer front.
- Power input: AC 100–240 volts, 50/60 hertz; Output: 5V, 1A.
- Power supply: internal 2200mAh rechargeable lithium battery supply or 5V 1A USB power adapter supply. The USB-C charging cable is included, but the USB power adapter is not.
- Strong magnet on the back for attachment to metal surface.
- Weight of timer: 200g
- Working temperature: -10°C~50°C
- Warning: Do not disassemble the timer and remove inside batteries.

Charging Instruction

- Connect the provided Type-C cable to a 5W USB power adapter. Then connect the timer to the USB power adapter and plug into a power outlet.
- Connect the timer to the computer via provided Type-C cable.
- Connect the timer to a 5V power bank using the Type-C cable.

Charging Indicator

- During charging, the battery indicator shows a gradual battery increase and stops flashing when fully charged.
- Blinking battery indicator signals low battery.
- The lithium battery lasts around 10~20 hours when fully charged for 3 hours.

Button Operations

Buttons / Operations	⊕	☰	⊖
Press	Start/stop	Switch functions	Brightness change
Hold 3 seconds	Power on/off	Set	/
Double click	Reset	/	10-sec countdown

Product Functions

- Pace clock: counts up from zero endlessly in MM:SS format.
- Countdown timer: counts down from preset MM:SS time to zero.
- Count up timer: counts up from zero to preset MM:SS time.
- Interval timer: custom set the rep rounds, workout period and the rest period, in MM:SS time format.
- Tabata timer: 8 rounds of 20-second workout and 10-second rest intervals.
- Fight Gone Bad timer: Three 5-minute workout rounds with 1-minute rests between each.
- EMOM timer: MM:SS loop countdown at the preset rounds.
- Stopwatch: counts up from zero, in MM:SS:MS.

General Usage

- Hold the button ⊕ for 3 seconds to power on. The timer displays the last used function.
- Press the button ⊕ to start/pause the timer.
- Quickly double click the button ⊕ to reset the timer.
- Press the button ⊖ to adjust the brightness across 5 levels, timer will last longer time in the lower brightness level.
- Quickly double click the button ⊖ to activate/deactivate the 10 seconds pre-countdown before the timer starts running.
- The timer will turn off after 30 minutes of inactivity when it is not running.

General Settings

- Press the MODE button ☰ to select the desired function.
- Hold the MODE button ☰ for 3 seconds to enter the setting mode, the first digit will start blinking.
- Set the target time by pressing "+" / "-" button and the MODE button.
  Press ⊕ or ⊖ to change the time. Each pressing of the MODE button ☰ will shift to the setting of the next digit.
- Once all settings are completed, hold the MODE button ☰ for 3 seconds again to save the settings. Timer will stop blinking.
- Press the button ⊕ to start the new timer.
- Press the button ⊖ to stop the new timer.
- Quickly double click the button ⊕ to reset the timer.

Pace Clock 00:00

- Press the MODE button ☰ to select the pace clock function.
- Press the button ⊕ to start/stop the pace clock.
- Quickly double click the button ⊖ to reset zero.

Countdown Timer dn 99:59

- Press the MODE button ☰ to select the countdown timer.
- To set a new timer, hold the MODE button ☰ for 3 seconds into the setting mode, the first digit starts blinking.
- Set target time by pressing "+" / "-" button and the MODE button.
  Press ⊕ or ⊖ to change the time. Each pressing of the MODE button ☰ will shift to the setting of the next digit.
- Hold the MODE button ☰ for 3 seconds to save the settings.
- Press the button ⊕ to begin the new countdown timer.

Count up Timer UP 00:00

- Press the MODE button ☰ to select the count up timer function.
- To set a new timer, hold the MODE button ☰ for 3 seconds into the setting mode, the first digit starts blinking.
- Set target time by pressing "+" / "-" button and the MODE button.
  Press ⊕ or ⊖ to change the time. Each pressing of the MODE button ☰ will shift to the setting of the next digit.
- Hold the MODE button ☰ for 3 seconds to save the settings.
- Press the button ⊕ to begin the new count up timer.

Interval Timer In 00:00

Two green digits display the round, another 4 digits display MM:SS format workout or rest time. Timer beeps once when workout time ends; beep twice when rest time ends.

H1 00:00 (Set workout time) H2 00:00 (Set rest time)

- Press the MODE button ☰ to select the interval timer function.
- Hold the MODE button ☰ for 3 seconds to set the round. Green digit starts blinking.
- Set the round by pressing ⊕ or ⊖ . Each pressing of the mode button ☰ will advance the digit setting.
- Hold the MODE button ☰ a second time to set H1 workout time. Set the value by pressing ⊕ or ⊖ and MODE button ☰ .
- Hold the MODE button ☰ a third time to set H2 rest time. Set the value by pressing ⊕ or ⊖ and MODE button ☰ .
- Once all settings are completed, hold the MODE button ☰ a fourth time to save and exit the setting. Timer will stop blinking.
- Press the button ⊕ to begin the new interval timer.

Tabata Timer F1 00:20

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

- Press the MODE button ☰ to select the TBT timer function.
- Press the button ⊕ to start/stop the timer.
- Quickly double click the button ⊕ to reset the timer.

Fight Gone Bad Timer F2 17:00

FGB mode consists of three 5-minute rounds and 1 minute rest time between each round. Timer beeps once when each 1-minute workout time starts, beeps twice when each 1-minute rest time starts.

- Press the MODE button ☰ to select the FGB timer function.
- Press the button ⊕ to start/stop the timer.
- Quickly double click the button ⊕ to reset the timer.

EMOM Timer EP 00:00

EMOM is a timer function that allows for loop countdowns in the format of minutes and seconds for preset rounds.

- Press the MODE button ☰ to select the EMOM timer function.
- Hold the MODE button ☰ for 3 seconds to set the round. The green digit will start blinking.
- Set the round by pressing ⊕ or ⊖ . Each pressing of the mode button ☰ will advance the digit setting. Setting the round to "00" allows continuous loop countdown until stopped.
- Hold the MODE button ☰ again to set the workout time.
- Set the target time by pressing "+" / "-" and the MODE button. Press ⊕ or ⊖ to change the time. Each pressing of the MODE button ☰ will shift to the setting of the next digit.
- Hold MODE button ☰ for 3 seconds to save the settings.
- Press the "+" button ⊕ to begin the new EMOM timer.

Stopwatch 0'00

Timer will count up from zero up to 99 minutes 59 seconds and 99 hundredths of a second.

- Press the MODE button ☰ to select the stopwatch function.
- Press the button ⊕ to start/stop the timer.
- Quickly double click the button ⊕ to reset the timer.