







Mini Gym Timer User Manual

Product Details

- Item: 6 digit 1 inch mini gym timer
- Dimension: 155mm X 47 mm X 22 mm
- 1 inch tall crystal clear bright led display for maximum visibility.
- Material: silicon case with acrylic lens , easy-to set integrated buttons on the top.
- Power adapter supply: AC 110V-240V DC 5V 1A with Type C USB cable.
- Internal battery supply: full charged in 3 hours, and last 10 hours.
- Strong magnet on the timer back to be mounted on metal surface.

Button Layout



- Turn on: hold  button for 3 seconds. Timer displays clock function.
- Turn off: hold  button for 3 seconds
- Adjust brightness: press  button across 4 levels
- Reset: double fast tap the  button
- Start/stop: press  button
- Change the value:  button
- Battery status: small red light on the top. Led light turns on when timer is charged, turns off in full charge. Timer displays “LO ” when battery is low.

General Settings

There are 7 modes on the mini gym timer. The setting procedure is similar for clock all programmable timer settings.

Clock: 12-hour/ 24-hour HH:MM time display.

Countdown timer: programmable, max countdown from 99:59. Format: Dn MM:SS.

Count up timer: programmable, max count up to 99:59.Format: UP MM:SS.

Interval timer: programmable workout time ,rest time and rounds, up to 99 rounds.

TABATA: pre-programmed interval timer, 8 rounds of 20 seconds workout and 10 seconds rest.

Fight Gone Bad timer: pre-programmed interval timer, 3 rounds of 5X1 minute work out and then 1 minute rest.








Stopwatch: count up from zero up to 99 minutes 59 seconds and 99 hundredths of a second. Format: MM: SS: MS.

- Press the  button to select the desired function.


To Start the Most Recently Used Timer

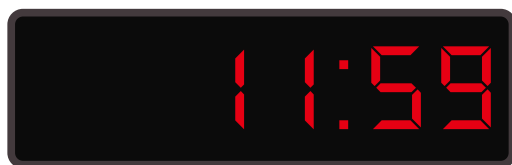
- Press  button to begin the timer directly after pressing FUNCTION button  to select the timer mode.

To Set a New Timer

- Hold the SET button  for 3 seconds in the setting mode, the first digit starts blinking .
- Set the target time by pressing + / - button  and SET button . Press + / - button  to change the time. Each pressing of SET button will move on to the next digit setting. Press and hold  to quickly change the value.
- Hold SET button  for 3 seconds to exit and save the settings. Timer stops blinking.
- Press START button  to begin or stop the new timer.

Clock








- Press the FUNCTION button  to select the clock function. Or hold START button for 3 seconds to turn on the display. Timer displays the clock function every time it is powered on.



Military time (24-hour)







Standard time (12-hour)

- To change the time, hold the SET button  for 3 seconds into the setting mode, the first digit starts blinking.
- Set the target time by pressing  button and SET button . Each pressing of  button will move on to the next digit setting.
- Hold  for 3 seconds to exit and save the settings. Timer display time normally.
- Double fast tap  button to shift between 12-hour and 24-hour display format.
- Press  button to adjust the brightness across 4 levels.

Countdown Timer

- Press the FUNCTION  button to select the countdown function.



- To set a new timer, hold the SET button  for 3 seconds into the setting mode, the first digit starts blinking.
- Set the target countdown time by pressing + / -  button and SET button . Each pressing of SET button  will move on to the next digit setting.

- Hold ⚙️ for 3 seconds again to exit and save the settings.
- Press START button ⏮️ to begin the new countdown timer.

Count up Timer

- Press the FUNCTION button ↺️ to select the count up timer function.



- To set a new timer, hold the SET button ⚙️ for 3 seconds into the setting mode, the first digit starts blinking.
- Set the target time by pressing + / - button ± and SET button ⚙️. Each pressing of set button will move on to the next digit setting.
- Hold SET ⚙️ for 3 seconds again to exit and save the settings.
- Press START button ⏮️ to begin the new count up timer.

Interval Timer

Interval timer is for gym workout time and rest time interval count down. Timer beeps once when workout time ends and beep twice when rest time ends. Two green digits display round, another 4 digits display MM:SS format time.



Set Workout Time






Set Rest Time

- Hold the ⚙️ button for 3 seconds into setting, the first green digit starts blinking.
- Set the round by pressing + / - button ±
- Press SET button ⚙️ a second time to set P1 workout time and input the numbers with + / - button ±
- Press SET button ⚙️ a third time to set P2 rest time and input the numbers with + / - button ±
- Once all settings are completed, hold SET button ⚙️ for 3 seconds to save and exit the settings. Timer stops blinking.
- Press START button ⏮️ to begin the new interval timer.

TABATA Timer

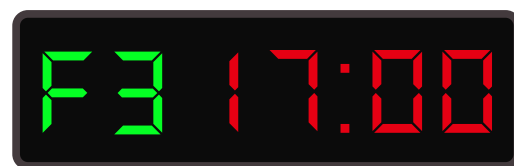
Tabata timer mode consists of 8 rounds of 20-second workout timer and 10-second rest time. It beeps once when workout time ends and beeps twice when rest time ends.






- Press the FUNCTION button  to select the TBT timer function.
- Press START button  to start/stop the timer.
- Double fast tap START button  to reset the timer.

Fight Gone Bad Timer

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.






- Press the FUNCTION button  to select the FGB timer function.
- Press  button to start/stop the timer.
- Double fast tap START button  to reset the timer.

Stopwatch

Timer will count up from zero (minutes, seconds and hundredths of a second format).



- Press the FUNCTION button  to select the stopwatch function.
- Press  button to start/stop the timer.
- Double fast tap  button to back to zero.