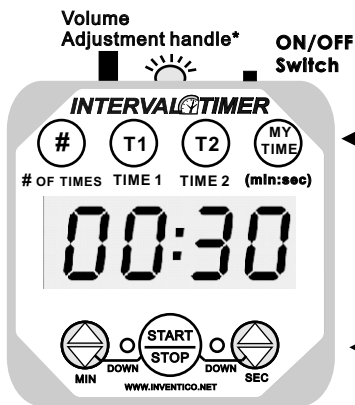


Operating Instructions



Interval or Countdown Time Buttons (#) (T1) (T2) (START/STOP)

Regular Countdown Time Buttons (T1) (T2) (MY TIME) (START/STOP)

Time Change Buttons (MIN) (SEC) (minutes/seconds)

*Volume adjustment available in TMR05 models

NOTE: Setting On/Off switch to OFF erases your settings. The timer has power saving mode so you can leave it ON at all times.

- (#) Interval button - sets number of intervals (rounds)
- (T1) Work Time button - sets how long work (fight) time interval will last
- (T2) Rest Time button - sets how long rest interval will last
- (MY TIME) Custom time button - stores up to 3 values for a regular countdown (not interval mode)

Interval Mode Setup

The interval mode works as follows: (T1) interval runs followed by 3 beeps then (T2) Interval runs followed by 1 beep and so on. After all intervals have been completed, 3 sets of 3 beeps will sound.

1. Press (T1) then press (SEC) to set number of intervals, press (#) to store number of intervals.
 2. Press (MIN) or (SEC) then press (T1) to store work (fight) time.
 3. Press (MIN) or (SEC) then press (T2) to store rest time.
 4. Press (#) then press (START/STOP) to begin your interval training.
- *** To reuse the selected interval setup, press (#) followed by (START/STOP)

General Usage Tips

- *Current interval number will be displayed every time T1 is done.
- *After T1 you'll hear 3 beeps and see 3 LED flashes; after T2 you'll hear 1 beep and see 1 LED flash.
- *Press START/STOP button to pause the countdown; press again to continue.
- *You do not have to look at the time, simply look at LED flashes and listen to the number of beeps.
- *Your custom time will be stored only AFTER you press (MIN) or (SEC)
- *Blank display: The display will go blank after 2 minutes to save power.
- *To clear the display you can press (MIN) or (SEC) till you see zeros.
- *To DECREASE minutes, press down (MIN) while holding (START/STOP) at the same time.
- *To DECREASE seconds, press down (SEC) while holding (START/STOP) at the same time.
- *To adjust volume, set minutes and seconds to 0. Press (START/STOP). While sound is on, turn a handle to adjust volume. Repeat if necessary.

Regular Countdown Mode

How to set times

1. Press (MIN) or (SEC) to set values for (T1) or (T2) or (MY TIME)
2. Press (T1) or (T2) or (MY TIME) then (START/STOP) to start countdown training.

NOTE 1: A beep sounds to acknowledge that the value was stored.

How to set up custom button times

1. Press (MIN) or (SEC) to set time you want.
2. Press (MY TIME) to store the value.
To store another value press (MY TIME) and repeat steps 1 and 2
3. To RECALL the stored time press (MY TIME). Press it again to view the next value.