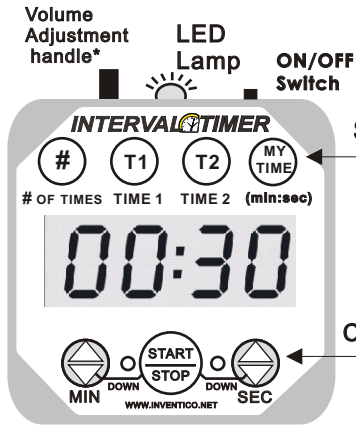
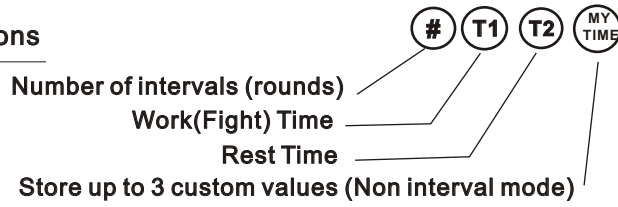


Operating Instructions



Store Buttons



Change Buttons

- Increase time: press or to change minutes or seconds
- Decrease MIN: Press down and at the same time to decrease minutes.
- Decrease SEC: Press down and at the same time to decrease 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 Mode Operation

1. Press or then press - this stores work (fight) time.
 2. Press or then press - this stores rest time.
 3. Press to set number of intervals, then press to store it. Use SEC button only to set intervals.
 4. Press to begin your interval training.
- ** To repeat the interval session, just press followed by
- ** To review values press T1, T2 or #

The interval mode sounds: after 3 beeps sound then starts. After T2, 1 beep sounds. Then T1 begins again
 After all intervals have been completed, 3 sets of 3 beeps sound.

General Usage Tips

Press START/STOP button once to pause the countdown; press again to continue.

New values will be stored only AFTER you press or

After T1 you hear 3 beeps and see 3 LED flashes; after T2 you hear 1 beep and see 1 LED flash

*Blank display: The display will go blank after 2 minutes to save power - Press T1 or T2 to get the display back.

*To clear the display you can press or till you see zeros.

*To adjust volume, set minutes and seconds to 0. Press . While sound is on, turn a handle to adjust volume.

Workout Hint: You do not have to look at the time, simply look at LED flashes and listen to the number

How to set times

Regular Countdown Mode

How to set up custom button times

1. Press or to set values for or or
2. Press or or then to start countdown training.

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

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