

Thanks for choosing our products !

- Interval Training Timer

⚠ WARNINGS ⚠

Warning: this is an electricity power supplied device. For safety reason it is duly recommend to read and understand the herein user manual and warnings sheet, before to use it.

- The - Interval Training Timer come with its AC adapter. It can be plug in to 110 V and 220 V power networks. Do not use it with lower or higher voltage cause either the adapter and the timer could get damaged and warranty will void. AC adapter has its own power cord. It is not recommended to plug the power cord in to a multi-slot power plug.
- Do not try to supply the device by using a third party AC adapter. In case of use of any third parties' components, Interval Training.
- Do not use the - Interval Training Timer in a damp environment and do not drop water on it or on the AC adapter or on the remote control. Damp and/or water will damage the Rep-Fitness and its accessories. Warranty will void in case of mis-use of the Timer.
- Operative Temp: from -20 C° up to +65 C°. The use of the timer out of such temp range, will result in to a warranty void.
- It is recommended to remove batteries from remote control in case it will not be in use for a long term. Long term stand-by may result in to batteries and remoter control damages.
- Some items (or parts of them) might smell once un-packed, due to the long stay in to their sealed package. It has to be considered normal and the smell will fade by keeping the same products exposed to the air. Do not use harsh soaps or aggressive cleaning products to wash the products: they may result in to products damages and warranty void.
- It is recommended to use only original spare parts. Any damage that may result by the use of third parties parts, will result in to a warranty void.
- The Interval Training Timer can be set either on a desk or mounted on a wall. its international licenser and /or dealers will not be responsible for any kind of damages that may result from wall-mounting operations.
- Be sure to consult your health professional or your physician before beginning any type of exercise program. It is always recommended to consult an expert trainer before to attempting any kind of physical exercise. Avoid any over-training will prevent the risk of injuries to muscles, joints or tendons.
- This is a product thought, developed and manufactured for training purposes. its international licensers assume no liability or responsibility for accidents or injury to person or property that may result from improper use of this product. Always issue common sense when using a training tool: it will avoid any r isks to injury yourself, other persons around you, animals, objects and properties.

CE RoHS



Thanks for choosing our prouducts!

-USER MANUAL-

-INTERVAL TARINING TIMER



**WHAT'S IN THE BOX:**



TIMER(×1)



110V/220V AC ADAPTOR (×1)



REMOTE CONTROL

(×1)



AAA BATTERY SET  
FOR REMOTE CONTROL

(×1)











WALL MOUNTING  
BRACKETS

(×2)

① **TIMER**






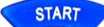
**Stopwatch Operation Manual :**

1. Press  to enter the Timer in to the stopwatch function. The Timer shows 00 00 : 00.
- .Press  to start the count-up stopwatch.
- .Press  to stop the stopwatch and to hold on the display the recorded time.
- .Press  to go back to 00 00 : 00. (If  is pressed while stopwatch is working, the Timer will go back to 00 00 : 00 as well).
- .While the stopwatch is working, press  to activate ,Timer stops just on display while it keeps counting
- the time on background. Press  to display again the count-up from the value it has reached by working on background.
- Press  to just go back to 00 00 : 00.

**TABATA and FGB Mode Operation Manual :**










- F1 the TABATA mode.
- F2 the FGB1 mode. FGB1 means 5min work, 1min rest, 5rounds.
- F3 the FGB2 mode. FGB2 means 5min work, 1min rest, 3rounds.


**Example2 :30 minutes count up operation instruction:**

- 1.press  enter into count up mode;
- 2.Press  for editing, after editing 30 00, press  save the data and exit editing
- 3.Press  for start 30minutes count up.










**Instruction of Alternate timing Store programs of MM:SS :**

1. **Save the program of Group 1 alternate timer into number 1.** F1=20s, C1=18s,F2 =15s, C2=12s round=3

Press **number 1** key , the timer display **P1** , Press  enter into training timing mode,the timer display F1----,press ,input 00 20, Press  enter into rest timing mode,the timer display c1---,press ,input 00 18, again Press  enter into training timing mode,the timer display F2----,press ,input 00 15, Press  enter into rest timing mode,the timer display c1---,press  input 00 12, press  save the data and exit editing; set the round model, set c=03, now press number 1( the clock will beep once to indicate the **Group 1 alternate timer** program has been saved.

Now you can press number 1 to enter into Group 1 alternate timer program directly,press  for start Group 1 alternate timer

2. **Save the program of Group 2 alternate timer into number 2.** F1=50s, C1=18s,F2 =40s, C2=15s round=4

Press **number 2**key , the timer display **P2** , Press  enter into training timing mode,the timer display F1----,press ,input 00 50, Press  enter into rest timing mode,the timer display c1---,press ,input 00 18, again Press  enter into training timing mode,the timer display F2----,press ,input 00 40, Press  enter into rest timing mode,the timer display c1---,press  input 00 15, press  save the data and exit editing; set the round model, set c=04, now press number 1( the clock will beep once to indicate the **Group 2alternate timer** program has been saved. Now you can press number 2 to enter into

Group 2 alternate timer program directly,press  for start Group 2 alternate timer into F2 MM SS(MM SS stand for the second group training time).

**②110/220 V AC ADAPTOR**



**③WALL MOUNTING BRACKETS W/HARDWARE**



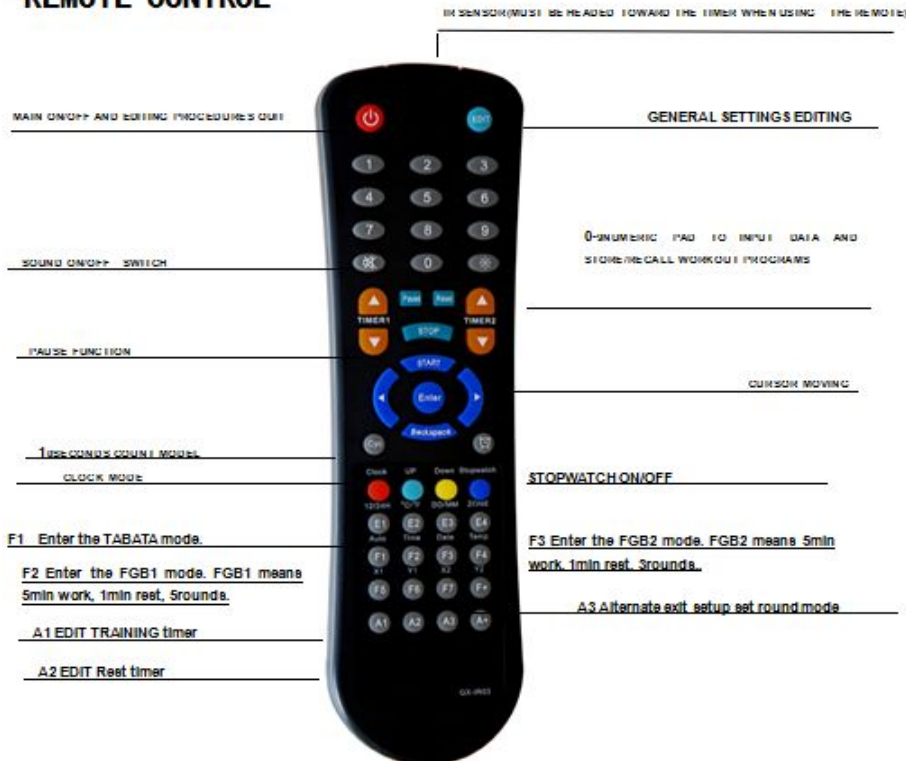
**④REMOTE CONTROL**



**⑤AAA BATTERY SET FOR REMOTE CONTROL**



## REMOTE CONTROL



## Main Functions and Features:

- Clock: HH:MM format - 12/24H.
- Stopwatch: MM:SS:SS (1/10s)/(1/100 s) format – from 00:00 :00up to 99:59:99
- Interval Timer for training + resting workout programs +round
- . Count-Up and Count-Down Training and Resting times

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INTERVAL TRAINING TIMER

. MM:SS format – from 00:00 up to 99:59

-The TABATA mode.

- The FGB1 mode. FGB1 means 5min work, 1min rest, 5rounds.

-The FGB2 mode. FGB2 means 5min work, 1min rest, 3rounds.

General Settings and main functions Operation Manual:

Attention - General Editing Rules:

1. After having plugged the power ON, press to turn the Alternate Training Timer on. The Timer enters into the clock mode and it starts to display, for instance, H 1 00 : 00 or H 2 00 : 00.

**Attention: when the power is plugged ON/OFF, the Timer beeps for a while. That is the normal signal of system bootstrap and shut-down.**

2. Press to enter in general settings editing mode. All settings can be edited by the following the displayed step-by-step procedure.

**Attention - General Editing Rules:**

. Blinking digit stands for cursor position and it can be edited by using the numeric pad on the remote control.

A) First Step - Clock settings: the display shows, for example, H 1 00 : 00. Enter the current time by using the format HH:MM.

**H 1 stands for 24h time format, while H 2 stands for 12h time format.** 12h and 24h format can be edited too.

Press , to save the edited data.

Countdown/up instruction:

**Example1 :20minutes countdown operation instruction:**

1. Press enter into countdown mode
2. press , after editing 20 00, press to save the data and exit editing
3. press to start 20minutes countdown.

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INTERVAL TRAINING TIMER