

Tiny Gym Timer

User Manual

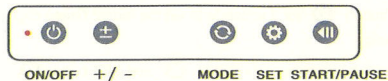
Product details

- Item: 6 digit 1 inch tiny gym timer
- Dimension: 155mm X 47 mm X 22 mm
- 1 inch (2.54 cm) height of digits, crystal bright led display for maximum visibility.
- Material: ABS sleek case & acrylic lens, integrated top buttons.
- Power input: AC 100–240 volts, 50/60 hertz; Output: DC 5V, 1A
- Power supply: internal 800mAh rechargeable lithium battery supply or 5W USB power adapter supply.

Timer includes the USB-C charging cable (power adapter is not included)

- Strong magnet on the back to be attached to metal surface.
- Weight of timer: 200g .
- Working temperature: -20°C–60°C
- Do not disassemble the timer and remove inside batteries.

Button Layout



- On/off button: press and hold for 3 seconds to turn on/ off.
- ± + / - button: increase/decrease the value, adjust brightness. Hold + / - button to fast increase or decrease the value.
- ⌚ Mode button: select between 7 function modes.
- ⚙️ Set button: press and hold for 3 seconds into setting mode.
- ⏸️ Start/pause button: press to start / stop the timer.
- Top small status light: indicates lithium battery charging status.

To charge the timer

- Connect the USB cable to a 5W USB power adapter, for example, Apple USB power adapter. Following connect the timer to the USB power adapter and then plug into a power outlet.
- Connect the timer to the computer via the USB cable.
- Connect the timer to 5V power bank via the USB cable.
- Lithium battery lasts 10 hours when fully charged for 3 hours.
- Top red light will turn on when timer is charging, then turn off in full charge.
- Low battery warning: Timer displays "Lo" when battery is low.

General settings

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

- Press MODE button ⌚ to select the desired function.
- To start the most recently used timer
- Press START button ⏸️ to begin the timer directly.
 - Hold SET button ⚙️ for 3 seconds in the setting mode, the first digit starts blinking.
 - Set target time by pressing + / - button ± and SET button ⚙️. Press + / - button ± to change the time. Each pressing of SET button ⚙️ will move on to next digit setting.
 - Hold SET button ⚙️ for 3 seconds to save the settings. Timer will stop blinking.
 - Press START button ⏸️ to begin or pause the new timer.
- To reset a timer
- Pause the timer and then double fast tap START button ⏸️.

Normal Clock

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

Standard time (12-hour)

Military time (24-hour)

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

Countdown Timer

- Press MODE button to select the countdown timer function.

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

Count up timer

- Press MODE button to select the count up timer function.

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

Interval timer

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.

Set Workout Time

Set Rest Time

- Press MODE button to select the interval timer function.
- Hold SET button for 3 seconds to set the round. Green digit starts blinking.
Set the round by pressing + / - button and SET button . Each pressing of SET button will move to next digit setting.
- Hold SET button a second time to set H1 workout time.
Set the value by pressing + / - button and SET button .
- Hold SET button a third time to set H2 rest time.
Set the value by pressing + / - button and SET button .
- Once all settings are completed, hold SET button a fourth time to save and exit the setting. Timer will stop 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 mode 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. Timer beeps once when each 1-minute workout time starts, beeps twice when each 1-minute rest time starts.

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

Stopwatch

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

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