Normal clock

Pressing 'CLOCK' key to show real time and display in 12 hours format or 24 hours format by selecting '12Hrs' or '24Hrs' key.

Pressing 'Edit' key in one time to modify real time and Pressing 'Edit' key in two time to save modified real time and exit setting.

Interval Timer

Pressing 'INT' key into interval timer. Interval timer consists of max 99 rounds time to workout plus time to rest; Blue numbers shows remaining rounds and red numbers showing workout or rest time:2 red dots on fast blink means the red numbers showing workout time and2 red dots ON meas showing rest time. There is one beep when workout time hits zero and two beeps when rest time hits.

Pressing 'Edit' key in one time to modify rounds and pressing 'Edit' key in two to modify workout time and pressing 'EDIT' key in three to modify rest time and pressing 'EDIT' key in four to saving all modified data and exiting setting or following to press number key as shortcut to save this setting which you will use in the future.

Pressing 'Up/Dn' key before it starts to decide work time and rest is to count-up or countdown when it runs

Countdown Timer

Pressing '▼' key into countdown timer and showing dn xx xx. Countdown timer can be modify any target time to count down. There is one beep when countdown time hits zero.

Pressing 'Edit' key in one time to modify countdown timer and pressing 'Edit' key in two to save modified data and exiting setting or following to press number key as shortcut to save this setting which you will use in the future.

Count-up Timer

Pressing '▲' key into count-up timer and showing UP 00 00. Count-up timer can be modify any target time to count up. There is one beep when it up to fixed time.

Pressing 'Edit' key in one time to modify count-up timer and pressing 'Edit' key in two to save modified data and exiting setting or following to press number key as shortcut to save this setting which you will use in the future.

Stopwatch Timer

Pressing '⏱' key to into stopwatch timer and showing F5 00:00,Press 'Ok' key to start/stop/resume stopwatch and press reset key to clear zero, The max value is 99 minutes and 59 seconds and 99 hundreds of second.

Default 100 Minutes Count-Up Timer

Pressing F1 key into default count-up timer and showing F1 00:00,Press 'Ok' key to start/stop/resume default count-up and press reset key to clear zero, The max value is 99 minutes and 59 seconds Default count-up timer can't modify any target time.

Default 20 Minutes Countdown Timer

Pressing F2 key into default countdown timer and showing F2 20:00,Press 'Ok' key to start/stop/resume default count-down and press reset key to reset 20minutes. Default count-down timer can't modify any target time. It is default 20 minutes to countdown.

Fight Gone Bad Timer

Pressing 'FGB' key into Fight Gone Bad Timer and showing F3 17 00 It consist of 3 rounds of 5 minutes workout plus 1 minutes rest time, Timer will beep one when each 1 minutes workout time elapse and beeps two when each rest time elapse.

Tabata Timer

Pressing 'TBT' key into Tabata Timer and showing F4 00 00 It consists of 8 rounds of 20 seconds workout plus 10 seconds rest time,Timer will beep one when each workout time elapse and beeps two when each rest time elapse.

Notification:

1,If you want to change timer, you should stop current timer.

2,CTSGymTimer use 12V/2A power adaptor.

3,CTSGymTimer remoter use 2pcs AAA battery.

4,CTSGymTimer consumption is below 5 wattage.

KEYS LAYOUT AND EXTRA ILLUSTRATOR

Display ON/OFF

Voice ON/OFF

Number keys area
1,ShortCut keys when you save it as short cut key for a function you fixed
2,Number keys when you are setting

EDIT key can program normal clock, count-up, countdown,interval timer: The first press into setting and last press exit setting and saving data.

EXIT key to exit setting without saving any data

F1 key

Reset key

Left move blink digits in circuit when timer is under setting.

Right move blink digits in circuit when timer is under setting.

OK key to start/stop/resume any current running timer.

F2 key

Day or night working model: there are 5 level brightness for your day or night use this clock.

Activation or inactivation10 seconds preparation timer before any main function.
2 dots ON: Activation OFF:inactivation

Designed by CTS team
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