



DIGITAL GYM TIMER - INSTRUCTIONS

HIGHLIGHTS

Working Times - 30 seconds to 9 minutes
Rest times - from 30 seconds to 5 minutes
Sound - 4-level volume control
Display / Display - Large 45 mm screen
Switches - Electronic Buttons

FUNCTIONING

Installation Ensure the power supply voltage
And plug in the power cord.
ON / OFF Press the ON / OFF button to start or stop the
Clock, as to restart it as well.
Set work time Press the "work time" button to set the
Working times, using the
UP / DOWN buttons.
Set Rest Time Press the "Rest Time" button to set the
Using the UP / DOWN buttons
Volume Control When the Clock is in standby mode, set the
Volume by simply pressing the
UP / DOWN buttons. The display will show L - 1, 2, 3
Or 4.

VISUAL INDICATIONS

Work - The working time is indicated by a green led.
Audible warning - The audible warning is indicated by yellow led
during the last 30
Seconds of each round and during the last 10 seconds of rest time.
Rest - The rest time is indicated by a red LED.

GENERAL

* The digital gym clock (Digital Gym Timer) runs continuously and
Keeps the series repeating until it is restarted or turned off.
* When the clock turns on at startup, there is a delay of 5 seconds.
* The watch remains illuminated when it is turned off, unless the
power cord is
disconnected.