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1.Safety Caution

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.

Warning 	This means dangers leading to death or serious injury.	Banning 	It means which is prohibited to do.
Attention 	This means dangers leading to physical harm or material damage.	Enforcement 	It means which is enforced.



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 remote control damages.

Some items (or parts of them) might smell once un-packed due to the long stay in 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.

Operation 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.

This 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 risks to injury yourself, other persons around you, animals, objects and properties.

2.Timer Parts and Accessories

Parts

Front view



Profile Image Extensible RS232 Connector Install Power Interface High Decibels Buzzer

Accessories



- 1 LED TIMER
- 2 Power Adapter
- 3 Install screws and hook
- 4 Operating Instructions
- 5 The remote control
- 6 Object reference

3 The specification

A LED Parameter:

Parameter	Symbol	Typ.		Unit
Luminous Intensity	IV	R	400	Mcd
		G	1000	
		B	300	
Dominant Wavelength	λ_d	R	624	Nm
		G	525	
		B	468	
Forward Voltage	VF	R	1.8~2.2	v
		G	2.8~3.6	
		B	2.8~3.6	
Viewing Angle	2 θ 1/2	140		deg

B、Electrical Parameter

No	Parameter name	Parameter range	Note
1	Input voltage	AC95~135 OR AC195~265	
2	Working voltage	DC12V	
3	Working temperature	-20 $^{\circ}$ C~60 $^{\circ}$ C	
4	Working humidity	5~95%RH	
5	Storage temperature	-50 $^{\circ}$ C~80 $^{\circ}$ C	
6	Protection grade	IP54	

C、Structure Parameter

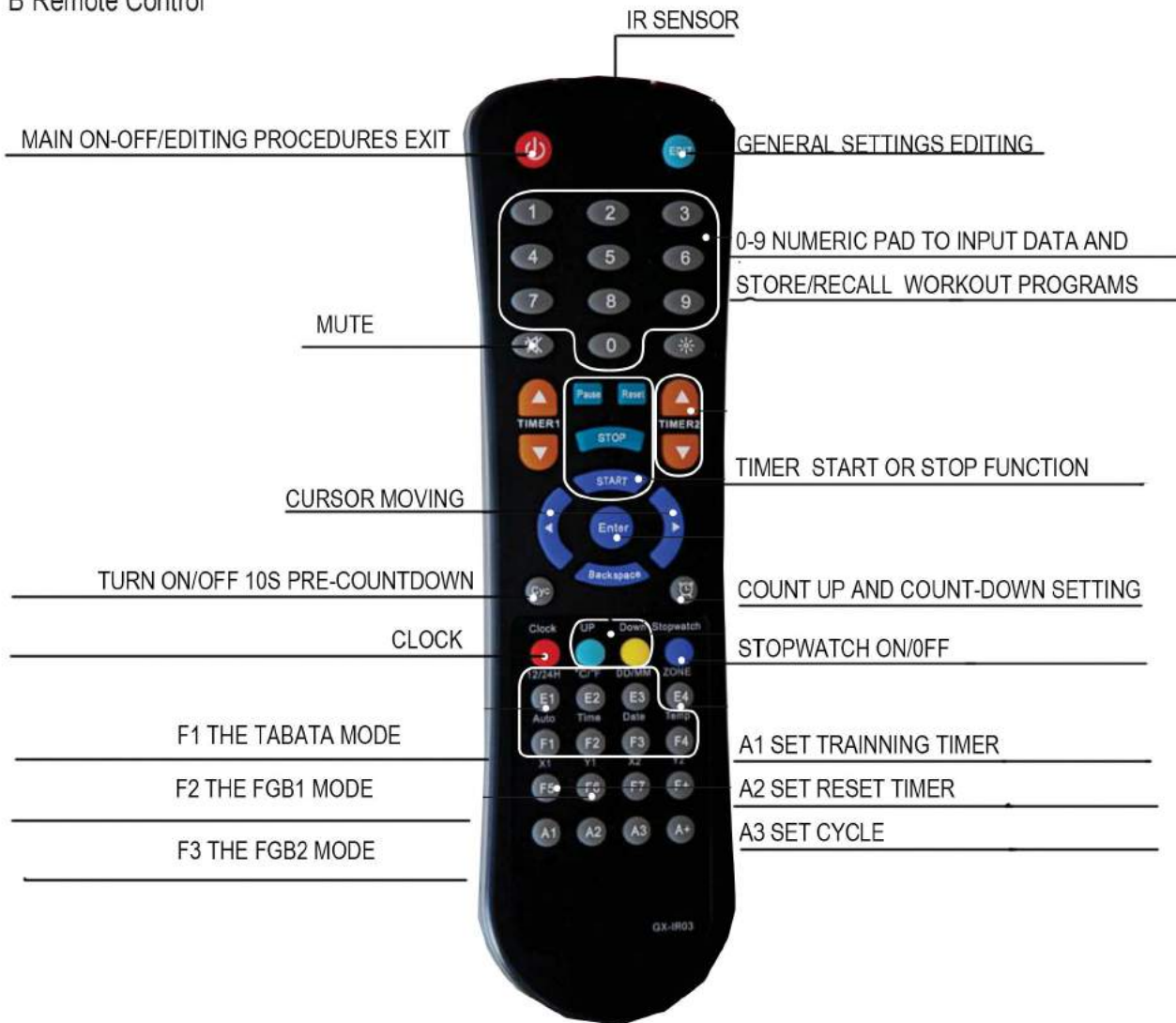
model	Timer size mm	netweight	Packing size	Packing weight	number	Packing volume
GI2B+1.8R	345*100*40	2.3kg	435*135*70	3kg	25pcs	620*220*540
GI2B+2.3R	400*100*40	2.5kg	490*135*70	3kg	25pcs	870*220*540
GI2B+4R	730*158*40	3.5kg	840*210*100	5kg	5pcs	870*220*540
GI2G+4R	730*158*40	3.5kg	840*210*100	5kg	5pcs	870*220*540
GS2B+5R	690*158*40	3.3kg	840*210*100	5kg	5pcs	870*220*540

4 Function Instructions



A ,Main Functions:

- Clock: HH:MM format - 12/24H
- Stopwatch: MM:SS:ss(1/10s)(1/100 s) format – from 00:00:00 up to 99:59:99
- Countdown/ up :MM:SS – from 00:00 up to 99:59
- Interval timer - training /rest/cycle
- The TABATA mode.means 20s work,10s rest,8 rounds
- The FGB1 mode. means 5min work, 1min rest, 5rounds.
- The FGB2 mode. means 5min work, 1min rest, 3rounds.

B Remote Control




C The mute switch


Press  one time, the sound be off ,
Once again Press , the sound be on

D 10S PRE-Countdown switch



Press  one time, 10S PRE-Countdown be off ,
Once again Press , 10S PRE-Countdown be on

E Clock mode operation instruction

1. After plugging the timer ON, press  to turn it on. The Timer gets into clock mode and it starts to display, for instance, H1 00: 00 or H2 00: 00.
Attention: when the power is plugged ON/OFF, the Timer will beep for a while. That is a normal signal of system bootstrap and shut-down.

2. Press  to enter editing mode. Refer to the below:



(Blinking digit stands for cursor position and it can be edited with numeric pad by remote control)



Clock settings: the display shows, for example, H1 00: 00. Enter the current time by press , and input the digits ,then Press , to save the edited data.

(H1 stands for 24H time format, while H2 stands for 12H time format. 12H and 24H format can be switched by press 12/24H switch button.)

Such as Correction of the current time 15:52


Step 1 Confirm 12/24 timer format, H1 stands for 24H time format, while H2 stands for 12H time format.)



Step2 if it's 24 time format, press  (15:52)→


if it's 12 time format, press  (03:52)→

F Count up mode operation instruction

Example 1: 30 minutes count-up operation instruction:

1.press  to enter count-up mode; it displays UP 00: 00

2.Press  to edit 30: 00. Press  to save the data.


Press  to start 30 minutes count up.

G Count down mode operation instruction

Example 2: 20 minutes countdown operation instruction:

1.Press  to enter countdown mode; it displays dn 00: 00.

2.Press  to edit 20: 00, press  to save the edited data.


3.Press  to start 20 minutes countdown.

H Stopwatch mode operation instruction

1.press Stopwatch button for enter into stopwatch mode , the timer display 00 00: 00

2.Press  for start or re-start (after pause) the stopwatch.

3.  for pause.

4.Press  to go back to 00 00: 00.

I Alternate timing mode operation instruction

1. Save one of the alternate timing program into number 1.

(F1=20s, C1=18s, F2 =15s, C2=12s round=3)

Press **1** number 1, the timer displays P1. Press **A1** enter into training timing 1 editing, the timer display F1----, input 00 20, Press **Enter** key save the data, Press **A2** enter into rest timing mode, the timer display c1---, input 00 18, Press **Enter** save the data, then Press **A1** again enter into training timing 2 editing, the timer display F2----, input 00 15, Press **Enter** save the data, Press **A2** enter into rest timing mode, the timer display c2---, input 00 12, Press **Enter** save the data, press **A3** set the round, the timer display is c-c -01, input c=03, Press **Enter** save the data and exit editing; Now you can press for start the program.

Press **1** → **A1** (input 00 20) → **Enter** → **A2** (input 00 18) → **Enter** → **A1** (input 00 15) → **Enter** → **A2** (input 00 12) → **Enter** → **A3** (input c=03) → **Enter** → **START**

5. Precautions for use

The Interval Training Timer comes with its AC adapter. It can be plugged in to 110V and 220V power networks. Do not use it with lower or higher voltage cause either the adapter or the timer 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 which may cause damage to the timer and adapter.

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 timer and its accessories. Misuse of the timer will lead to warranty void.

It is recommended to use only original spare parts. Any damage that may result by the use of third party parts, will result in 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.

6. Maintenance and Storage

Pls keep the clock clean . Pls use a soft, dry cloth to clean the clock

While cleaning ,do not use any chemicals,tinners

Do not place the clock in rooms with the following condition

Rooms Under direct sunlight, hot and humid environment

Rooms with excessive dust,salt and any abnormal environments

Rooms with chemical or corrosive products

Keep away from kids

Do not shake the clocks

Customers are responsible for any quality problems which caused by incorrect use