BLUETOOTH TIMER
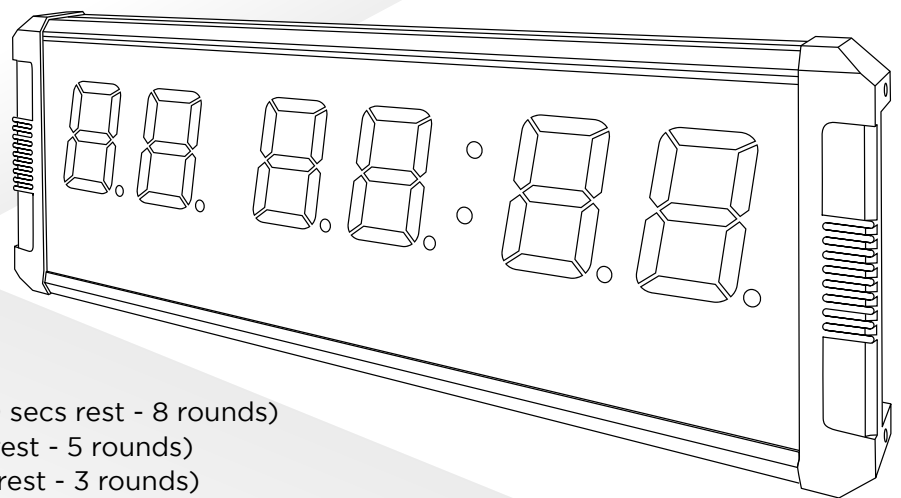
product code: TIMERBT

PACK CONTENTS

1 x Timer
1 x 100/240V Adapter
4 x Wall brackets and fixings
1 x Remote control

MAIN FUNCTIONS

• Clock: HH:MM format 0 12/24 Hrs
• Stopwatch: MM:SS
• Countdown/Up: MM:SS
• Interval timer - training/rest/cycle
• TABATA Mode (20 secs workout, 10 secs rest - 8 rounds)
• FGB1 Mode (5 mins workout, 1 min rest - 5 rounds)
• FGB2 Mode (5 mins workout, 1 min rest - 3 rounds)

SETTINGS (via remote control)

• **General Editing Rules**

1. After plugging in, turn the timer on by pressing ⏻

   Timer will start in clock mode (displaying H1 00:00 or H2 00:00). Note: When the power is turned on/off the timer will beep for a while, this is normal.

2. Press EDIT to enter editing mode.

   Blinking digits indicate cursor position, and can be edited using the numeric keypad on the remote control.

   Clock settings: Enter the current time by pressing EDIT , input the correct time then press Enter to save. (H1 stands for 24hr time format, H2 stands for 12hr time format, this can be switched by pressing the 12/24H button)

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SETTINGS
- **Countdown/up settings:**

EXAMPLE 1 - 30 mins count up

1. Press `UP` to enter the count-up mode, timer displays UP 00:00

2. Press `EDIT` to edit 30:00. Press `Enter` to save the data.

3. Press `START` to start the 30 minute count up.

EXAMPLE 2 - 20 mins countdown

1. Press `Down` to enter the countdown mode, timer displays dn 00:00

2. Press `EDIT` to edit 20:00. Press `Enter` to save the data.

3. Press `START` to start the 20 minute countdown.

- **Alternate timing mode:**

1. **Save one timing programme to the number 1 (this example F1=20secs, C1=18secs, F2=15secs, C2=12secs for 3 rounds)**

    Press number 1, the timer displays P1.
    Press (F-A) to enter into training timing editing, the timer will display F1
    Input 00:20, press `Enter` to save
    Press (C-U) to enter into rest timing editing, the timer will display C1
    Input 00:18, press `Enter` to save
    Press (F-A) to enter into training timing 2 editing, the timer will display F2
    Input 00:15, press `Enter` to save
    Press (C-U) to enter into rest timing 2 editing, the timer will display C2
    Input 00:12, press `Enter` to save
    Press `EXIT` and set the cycle repetition, the timer will display c-c - 01, input c=03 press `Enter` to save and exit editing
    You can now press `START` to begin the programme

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1. **Save one timing programme to the number** 2 **(this example F1=50secs, C1=18secs, F2=40secs, C2=15secs for 2 rounds)**

   Press number 2, the timer displays P2.

   Press (F-A) to enter into training timing editing, the timer will display F1

   Input 00:50, press [Enter] to save

   Press (C-U) to enter into rest timing editing, the timer will display C1

   Input 00:18, press [Enter] to save

   Press (F-A) to enter into training timing 2 editing, the timer will display F2

   Input 00:40, press [Enter] to save

   Press (C-U) to enter into rest timing 2 editing, the timer will display C2

   Input 00:15, press [Enter] to save

   Press [EXIT] and set the cycle repetition, the timer will display c-c - 01, input c=02 press [Enter] to save and exit editing

   You can now press [START] to begin the programme

   Numbers 0-9 can store seperate pre-set progeammes

- **Stopwatch**

1. Press [Stopwatch] to enter stopwatch mode, the timer will display 00 00:00

2. Press [START] to start (or re-start when paused)

3. Press [Stop] to pause

4. Press [RESET] to go back to 00 00:00

- **TABATA and FGB mode**

1. TABATA mode is 20secs workout, 10secs rest for 8 rounds

2. FGB1 mode is 5mins workout, 1min rest for 5 rounds

3. FGB2 mode is 5mins workout, 1min rest for 3 rounds

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REMOTE CONTROL

IR SENSOR

ON/OFF
EXIT EDITING

EDITING

COUNT DOWN/UP

CLOCK MODE

STOPWATCH MODE

TABATA MODE

FGB1 MODE

WORKOUT TIME SETTING

REST TIME SETTING

FGB2 MODE

EDITING EXIT/SETTINGS

RESET TO START

START
COUNTDOWN/UP

CURSOR LEFT

CURSOR RIGHT

STOP/PAUSE COUNTDOWN/UP

MUTE

10 SECOND PRE-COUNTDOWN
ON/OFF

12/24 HOUR SWITCH

0-9 NUMERIC KEY PAD/
TIMING PROGRAMME
RECALL

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GX_REMOTE APP

Additionally to the remote control, you can also operate the timer from you phone or tablet using the App GX_remote.

It is available in both Google play and the App store. Download and install.

ANDROID USERS

There is also a device connection video on youtube

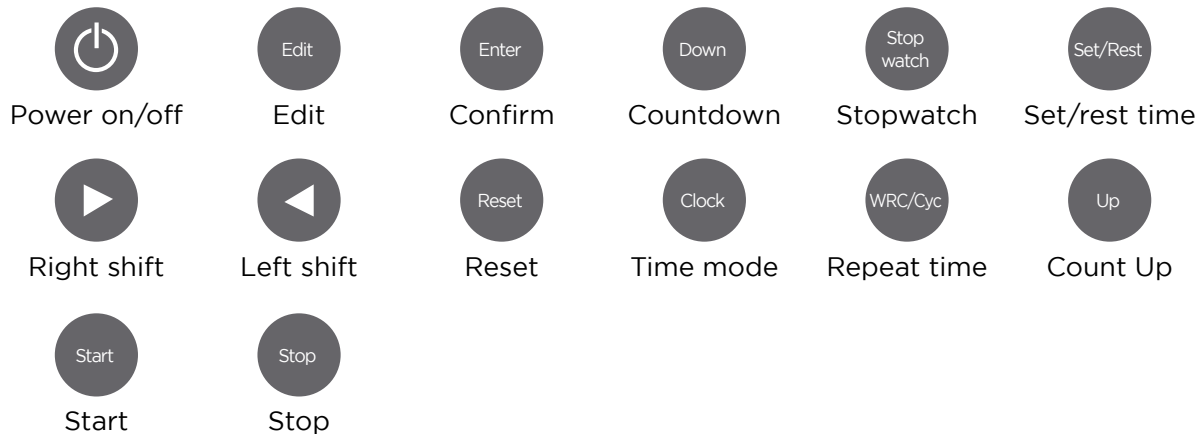**ANDROID/GOOGLE USERS**　　　　**IOS USERS**

CONNECTION

Once installed, open the GX_remote app, the scanned device will display on the Bluetooth interface. Once the device is selected, it will display the current connection status as "Disconnect" in red. Click on this to begin the connection process, once successful it should display "Connected" in green.
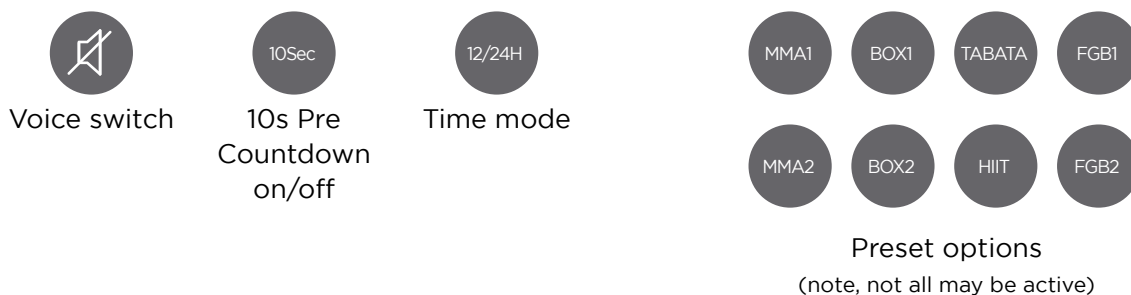
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OPERATION

1. Press **"Remote Mode"** to enter into the infrared interface, displaying these buttons:

Power on/off	Edit	Confirm	Countdown	Stopwatch	Set/rest time
Right shift	Left shift	Reset	Time mode	Repeat time	Count Up
Start	Stop				

2. Press **"Training Timer"** to enter into the training/rest interface:

Voice switch   10s Pre Countdown on/off   Time mode

MMA1   BOX1   TABATA   FGB1

MMA2   BOX2   HIIT   FGB2

Preset options
(note, not all may be active)

Examples:

TABATA mode is 20secs workout, 10secs rest for 8 rounds
FGB1 mode is 5mins workout, 1min rest for 5 rounds
FGB2 mode is 5mins workout, 1min rest for 3 rounds

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FUNCTIONS

1. There are 2 modes, **"Train Time"** and **"Timer 1"**, click one and a tick will show that it is selected.

   Train Time gym mode

   There are 8 fitness modes prepared, choose one and press **"Start"** (there is a 10second pre-countdown. If not required, press **"Start"** to cancel). You can modify the training times, then press **"Start"** to begin.

   Timer 1 Countdown/up mode
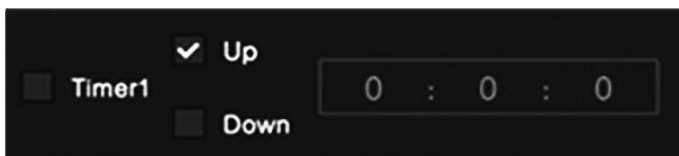
2. Setting Multiple training/rest time programmes

   1) In **"Remote Mode"**, press any number forom 0-9 (for example, press **1**) and the timer will display P1 (meaning programme 1).

   2) Press **"Edit"** to enter your 1st training time (the timer shows F1 xx xx). For this example key in 00 05, then press **"Enter"** to confirm.

   3) Press **"Set/rest"** to enter your 1st rest time (the timer shows C1 xx xx). For this example key in 00 03, then press **"Enter"** to confirm.

   4) Press **"Edit"** again to enter your 2nd training time (the timer shows F2 xx xx). For this example key in 00 06, then press **"Enter"** to confirm.

   5) Press **"Set/rest"** again to enter your 2nd rest time (the timer shows C2 xx xx). For this example key in 00 05, then press **"Enter"** to confirm.

   6) Press **"WRC/Cyc"** to enter the amount of times you want the cycle to repeat. For this example key in 02.

   7) Press **"Start"** to begin.

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