



Large LED Clock/Timer Instructions

CODE: 4500



General Setting Instruction

- * Press the corresponding button into the needed function.(clock, countdown/up, interval timer)
- * Press **[EDIT]** key into setting,
Use the left/right arrows keys and number keys to set target time. (Left/right arrows keys for selecting blinking digits to be set, number keys for setting the target/preferred time)
- * Press **[EDIT]** key again to exit with saved setting. Or **[EXIT]** key to exit without saving.
Shortcut function: After finishing setting, press one number key (number key 0-9) as shortcut key to save the custom setting for direct recall in the future if necessary. (Custom countdown, count up ,interval timer)

Normal Clock

- * PRESS **[CLOCK]** Key to display time. (HH:MM format default display)
- * Display 12-hour or 24 -hour (military time) format by pressing **[12Hrs]** or **[24Hrs]** key.
- * Press **[EDIT]** key into setting mode and press **[EDIT]** key a second time to save and exit setting.

Countdown Timer

- * Press **▼** into countdown timer mode and timer will display "XX XX".
- * Set the target countdown time by arrows & number keys following the general setting instruction above.
- * Press **OK** to start, stop, or to resume the timer function.

Count-up Timer

- * Press **▲** into count up timer mode and timer will display "00 00".
- * Set the target count up time by arrows & number keys following the general setting instruction above.
- * Press **OK** to start, stop, or to resume the timer function.

Stopwatch

- * Press **⌚** key to enter the stopwatch function and the timer displays "00 00".
- * Press **OK** to start, stop, or to resume the stopwatch timer.

Tabata Timer

Tabata timer consists of 8 rounds, with 20-second intense workout time followed by 10-second rest time.

There is one beep when each workout time ends and two beeps once rest time ends.

- * Press **[TBT]** key into Tabata timer mode and the timer displays "00 00".
- * Press **OK** to start, stop, or resume the Tabata timer.

Fight Gone Bad Timer

FGB Mode consists of three rounds, with 5-minute workout period followed by 1-minute rest time. There is one beep when each workout time starts and two beeps once rest time starts.

- * Press **[FGB]** key into FGB timer mode and the timer displays "17 00".
- * Press **OK** to start, stop, or resume the FGB timer.

Interval Timer

The Interval Timer is for workout & rest interval timing (max 99 rounds). P1 is the working time for exercise; P2 is the resting time. One beep when workout time ends, and two beeps when rest time ends.

- * Press the **INT** key to enter the interval timer function and the clock displays "XX XX".
- * Press **EDIT** key to set the repeating rounds.
- * Press **EDIT** key a second time to set P1 workout time and **EDIT** key a third time to set the P2 rest time.
- * Press **EDIT** key a fourth time to exit with saved setting. Or **EXIT** key to exit without saving.
- * Press **Up/Dn** key to decide whether the time will count up or down.
- * Press **OK** to start the interval timer.

Notice

- * Remote works with 2 pcs AAA batteries.
- * Please do use the original power adapter to avoid the damage of timer.
- * Please stop current working function before changing to another timer function.

