

Programmable Gym Round / Rest Timer



The programmable Gym Round/Rest timer has 4 modes which can be cycled through by pressing the Mode button. By default the timer is in Run mode. Pressing the mode button once will select the first programmable mode which sets the round time. Pressing the mode button again will then select programmable Rest Time, the third press will set it to programmable Round Count mode, before finally returning the timer to Run mode when pressed a fourth time.

Run Mode → Programmable Round Time → Programmable Rest Time → Round Count →

Run Mode:

When in Run Mode the centre button will start and pause the current count down. By default the timer will start in Run Mode at the beginning of the first round time. Pressing the start button will issue a 5 second tone count-down before the first round begins. The timer will then proceed to count down through the currently programmed round time followed by the currently programmed rest time, repeating for the currently programmed number of rounds. A tone will sound on each of the last 5 seconds of each round and rest count-down. Pressing the middle button at any time during the count down will pause the timer. Pressing the button again will resume the current count down. Pressing the Reset button on the right at any time while the timer is paused will reset the timer to the beginning of the first round. This button has no effect while the timer is running.

Programmable Round Time:

Select this mode with the Mode button to set the length of the Round Time count down. The currently selected digit is denoted by the decimal point. The first digit represents the number of minutes in the count down, the second digit represents tens of seconds

and the third digit represents ones. Pressing the centre button marked Increment on the panel will increment the selected digit by one. Pressing the button on the right of the panel marked Next will move the decimal point and select the next digit. Repeatedly pressing this button will cycle through the digits from beginning to end. The maximum round time which can be set is 9 minutes and 59 seconds. When the desired time is set press the Mode button on the left to move on to programmable Rest Time mode.

Programmable Rest Time:

This mode is used to program the duration of the Rest Time count-down. It is operated in exactly the same way as the programmable Round Time mode. See above for details. When the time has been set pressing the Mode button will switch the timer to programmable Round Count mode.

Round Count:

This mode sets the number of times the round/rest time count-down is repeated, the number of rounds in total. It is operated similarly to the other programmable modes, with the exception that only the second and third digits can be selected, allowing up to a total of 99 rounds to be programmed. When the desired number of rounds has been set pressing the Mode button on the left will return the timer to Run mode, after issuing a short tone to indicate that the new settings have been saved. These settings will remain programmed into the timer even when the timer itself is powered down.