

POWER BUTTON

Turn system on or off.

EDIT BUTTON

Edit timer and clock settings.

T1/T2/T3

TABADA workout presets.

T1 - 10 rounds, 10 second break, 20 second timer
 T2 - 20 rounds, 10 second break, 20 second timer
 T3 - 30 rounds, 10 second break, 20 second timer

12/24

Toggle between 24 hour clock or 12 hour clock display.

E1/E2/E3

EMOM workout presets.

E1 - 10 minutes, long beep every minute
 E1 - 20 minutes, long beep every minute
 E1 - 30 minutes, long beep every minute

CLOCK

Toggle clock mode

UP | DOWN

Timer (count up)
 Timer (count down)

STOPWATCH

Toggle stop watch mode. Use start and stop to use.

EXIT:

Exit the timer or settings

VOLUME:

Toggle through the volume options

10 SEC:

Tap to toggle a 10 second timer countdown.
 (Must be toggled before workout timer is started)

UP/DOWN/LEFT/RIGHT

Move through options in edit mode
 Start the timer (up)
 Stop the timer (down)

0-9

Use to edit presets and clock time.

ADDITIONAL FEATURES

EDIT PRESET

- To edit presets, enter the mode you would like to edit. Then press edit (clock, up, down, stopwatch, T1/T2/T3, E1/E2/E3)
- For TABADA, adjustment order is: Workout timer, break timer, and then rounds. Use the directional arrows to navigate. The 0-9 numbers to change the numbers, when finished it enter.
- To close without saving press exit. To reset any preset, press the reset button.

FACTORY RESET

- To factory reset, press 3, 5, 2, 7, 4, ENTER in sequential order.

