GORILLA SPORTS

Sport Timer 100875



Thanks For Choosing Our Products!

-Interval Training Timer



Warming: this is an electricity power supplied device. for safety reason it is duly recommend to read and understand the herein user manual and warning sheet, before to use it.

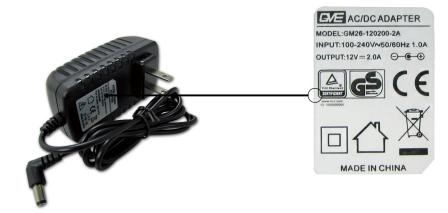
- •The -interval training timer come with its AC adapter.it can be plug in to 110V and 220V power networks.do not use it with lower or higher voltage cause either the adapter and the timer could get damaged and warranty will void.AC adapter has its own power cord, it is not recommended to plug the power cord in to a multi-solt power plug.
- Do not try to supply the device by using a third party AC adapter .in case of use of any third parties' components, interval trainning.
- 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 Rep-Fitness and its accessories .Warranty will void in case of mis-use of the timer .
- Operative 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.
- It is remomended to remove batterries 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 to their sealed packed, 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 viod.
- It is recommended to use only original spare parts. Any damage that may result by the use of third parties parts, will result in to a warranty void.
- The Interval Training Timer can be set either on a desk or mounted on a wall .its international liceser 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.
- •This is 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 aviod any ranimals, objects and properties.



① TIMER(X1)



(2) 110/220V ADAPTER(X1)



12V adapter available for 4 inch timer6V adapter available for 1.8 inch timer

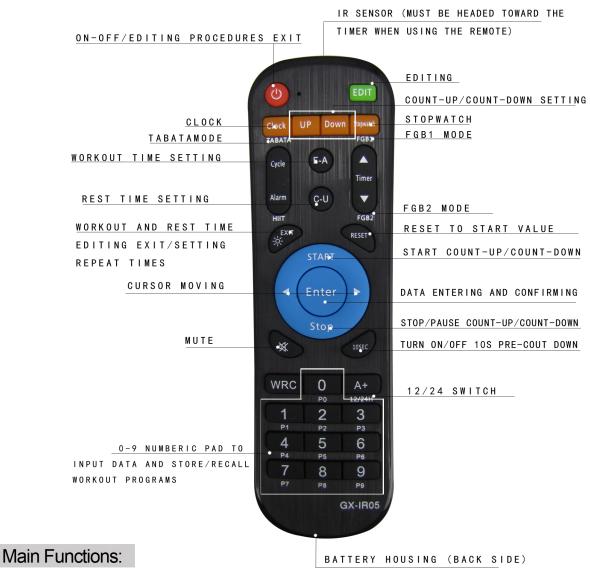
(3) WALL MOUNTING BRACKETS W/HARDWARE



4 REMOTE CONTROL(X1)



REMOTE CONTROL:



- Clock: HH:MM format 12/24H
- Stopwatch: SS:ss(1/10s)(1/100 s) format
- countdown/ up :MM:SS format 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. FGB1 means 5min work, 1min rest, 5rounds.
- The FGB2 mode. FGB2 means 5min work, 1min rest, 3rounds.

Operation Manual:

I.General Editing Rules:

- 1. After plugging the timer ON, press to turn it on. The Timer gets into clock mode and it starts to display, for instance, 10:00 or 22:00. 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 **EDIT** 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, 10:00. Enter the current time bypress **EDIT**, and input the digits, then Press **Enter**, to save the edited data.

(12H and 24H format can be switched by press 12/24H switch button)

REMOTE CONTROL:

Operation Manual:

II. Count-up/down instruction:

Example 1: 30 minutes count-up operation instruction:

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

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

3.Press START to start 30 minutes count up.

Example 2: 30 minutes countdown operation instruction:

1.Press Down to enter countdown mode; it displays 99: 59.

2.Press EDIT to edit 30: 00, press Enter to save the edited data.

3.Press START to start 30 minutes count down.

III. Alternate timing mode instruction:

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

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

Press number 1, the timer displays 99 59. Press F-A enter into training timing 1 editing, the digits start blinking, input 00 20, Press Enter key save the data, Press G-U enter into rest timing mode, the digits start blinking, input 00 18, Press Enter save the data, then Press F-A again enter into training timing 2 editing, the timer display 99 59 and blinking, input 00 15, Press Enter save the data, Press C-U enter into rest timing mode, the timer displays 99 59 and blinking, input 00 12, Press Enter save the data, press set the round, the timer display is c 01, input c 03, Press Enter save the data and exit editing, the timer will be dark indicate the program has been saved in number 1. Now you can press START for start the program.

2. Save the program of Group 2 alternate timer into number.

(F1=50s, C1=18s,F2 =40s, C2=15s round=4)

Press number 1, the timer displays 99 59. Press F-A enter into training timing 1editing, the digits start blinking input 00 50, Press Enter key save the data,

Press — enter into rest timing mode, the digits start blinking, input 00 18, Press — savethe data, then Press — again enter into training timing 2 editing, the timer display 99 59 and blinking, input 00 40, Press

Enter save the data, Press C-U enter into rest timing mode, the timer displays 99 59 and blinking, input

00 15, Press Enter save the data, press set the round , the timer display is c 01 , input c 04 , Press

save the data and exit editing, the timer will be light off, indicate the program has been saved in number 1. Now you can press START directly for start the program.

(Number 0-9 can be stored pre-set programs)

IV. Stopwatch Instruction:

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

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

3. Stop for pause.

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

V. TABATA and FGB Mode Operation Manual:

- 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.