

GB 2010 EXPANDED SETUP INSTRUCTIONS

The auto function is the best part of this timer. It will automatically continue repeating a single time interval, or two different intervals, over and over again alarming at the end of every interval. It will also count how many of these cycles you have completed.

“AUTO” mode - is the most used mode of operation, here are some examples:

TWO DIFFERENT INTERVALS - if you want a 5 minute interval followed by a 1 minute interval and keep repeating – you would use the 2 interval option and put 5 minutes in the first interval and 1 minute in the second interval. In “AUTO” the timer will count down the 5 minutes and alarm, then 1 minute and alarm, the timer will keep repeating this on its own until you stop it. Any two time intervals of your choice from 2 seconds to 99 minutes can be selected. This is good for any activities that require 2 timed intervals of different duration such as interval training, boxing, running, intervals, or learn to run programs, etc.

SINGLE REPEATING INTERVAL – if you want to continue repeating a single time interval of your choice (2 seconds to 99 minutes) please select the 1 interval time option.

“MANUAL” mode - lets say you just want to time 1 minute rests for a random activity, set 1 minute and use the “MAN” (manual) mode. Every time you want to begin timing you must push the “START” button. After the 1 minute is up, the timer alarms and stops. Timer is now armed and ready to begin timing the 1 minute interval again when you push the “START” button. If you have selected two different intervals timer will complete the first interval and alarm, then the second interval and alarm, then stop. It is ready to start again when you push “START” button.

The **GYMBOSS** timer is very easy to set up and operate once you learn the procedure. These are detailed directions to help you learn the setup procedure and functions before using your timer. Abbreviated instructions are also printed on the reverse side of the timer as a reminder. Please take 5 or 10 minutes and learn how to set the timer up before you begin your workout and we guarantee you a better workout and better results.

You must first understand how the buttons work and the difference between “HOLD” and “PUSH”.

Hold - means hold until you see a change in the display, about 3 seconds, then release.

Push – means to just push and release.

To turn your Gymboss ON or OFF - hold “NEXT” button

Continue this for the entire setup procedure to set exactly what you desire to meet your needs. Be sure to push the “CHANGE” button so that you can see all the different options.

BH (beep high) **BL** (beep low) **V** (vibrate) – you can set any one of these or any combination of 2 of these such as BH and V in which case the alarm will be both a beep high and vibrate alarm.

Push “NEXT” to move to the next step to set up the alarm duration.

Alarm Duration of **1**, **5**, or **10** seconds

Push “NEXT” to exit setup. You will now see all of your entered values indicating that you have exited the setup mode and are ready to begin timing. Only after you have exited setup can you begin timing.

Push “START” to begin timing.

RESET – this is how you stop the timer while it is in use. Hold the “START” button for 3 seconds (an alarm will occur indicating it has reset). Timer will now return to the main page and is ready to begin timing again when you push “START”.

Please take a few minutes and learn this procedure before you are ready to use it, and we guarantee you a better workout with better results!

After you have learned the setup process, these added features may make your life easier.

- During setup push “START” to back up to the previous variable.
 - During operation timer may be paused by pushing “START” 3 times within 2 seconds. Push “START” to resume timing. (Alarm will indicate entering and exiting pause, practice this!)
 - 5 and 10 second alarm may be silenced by pushing “START”.
- Note: during setup, if no inputs for 30 seconds, timer will exit setup.

To change from **INTERVAL TIMER** to **STOPWATCH**

Hold “Change” about 3 seconds - “StOP” will display, Push “Start”, you are now in stopwatch mode.

Push “Start” to begin timing. Push “Start” to stop timing.

Push “Change” to zero the time.

To return to INTERVAL TIMER – you have 2 choices:

- 1) Turn timer off and back on, or
- 2) Hold the “START” button for 3 seconds, “StOP” will display, hold “Change” about 3 seconds and timer will return to the interval time.

FAQ

Q. Why can I not set 10 second alarm duration?

A. You cannot set an alarm that is shorter than any selected interval time, so if you have a 7 second interval you can only choose the 1 or 5 second alarm duration.