

Thank you for purchasing a **GYMBOSS** interval timer. Please see our website gymboss.com for additional detailed, printable setup directions and examples.

HOLD- means hold button(s) until the screen changes, about 3 seconds, then release.

PUSH- means just push the button and release.

Remove the plastic safety tab from the battery, place battery in the timer and it will turn on.
To turn timer OFF or ON - **hold** "Next" button. Try this.

INTERVAL TIMER SETUP

***** **To enter setup mode - hold "Next" and "Change"** *****
(Watch closely, in about 3 seconds you will see **only** one or two intervals, this means you are in setup mode)

Step 1) 00:00 one interval time 00:00 two different interval times
00:00

Push "Change" to select a single interval, or 2 different intervals, when you see the number of intervals you want, push "Next" to move to the next step where you will set the time you desire for each interval.

Push "Change" **many times** to see the available choices. When you see what you want, push "Next" to move to the next step.

Note: during setup, if no inputs for 30 seconds, timer will exit setup. Try this, watch the screen!

Step 2) Set the interval time(s) you desire using "Next" and "Change".

Step 3) **MAN** manual mode operates as a simple countdown timer.

AUTO repeating interval timer, keeps repeating until you stop it.

AUTO 00 repeats through a preset # of cycles then stops.

Step 4) **BH** (beep high) **BL** (beep low) **VIB** (vibrate)

Step 5) Alarm duration of **1**, **5**, or **10** seconds

Pushing "Next" will now exit setup and all inputs will be displayed on the screen.

Push "Start" button to begin timing.

Pause timing by pushing "Start" button 3 times within 2 seconds, push "Start" button to resume timing. (Alarm indicates pause entered as well as timing resumed). Practice this!

RESET- or stop the timer while it is in use, **hold** the "Start" button. Practice this!

These added features may make your life easier.

- During setup push "Start" button to back up to the previous step.
- 5 and 10 second alarm may be silenced by pushing "Start" button.

STOPWATCH OPERATION

To change from **INTERVAL TIMER** to **STOPWATCH** hold "Change" button until "stop" is displayed.

Push "Start" to arm the stopwatch and time digits will appear.

Push "Start" to begin timing. Push "Start" to stop timing.

Push "Change" to zero the time.

To return to INTERVAL TIMER hold "START", then hold "CHANGE".

If necessary the entire timer can be rebooted using the small pinhole on the left side