

Please place a **NEW** high quality battery such as an Energizer or a Duracell in the timer. A Lithium Energizer is even better, but please avoid rechargeable batteries as they tend to be larger and have a very snug fit.

Turn on – push any button to timer turn on.

MAIN MENU

1 INTERVAL – single interval repeated up to 99 cycles.

2 INTERVALS – 2 different intervals, repeated up to 99 cycles.

COMPLEX INTERVALS – up to 25 different intervals, you may also repeat intervals or groups of intervals within the list of intervals. Repeat the whole group up to 99 cycles.

STOPWATCH – simple stopwatch.

TURN TIMER OFF

Using UP or DN button, highlight your choice, push MS to select.

The last used program of this section will be displayed:

Push - START to begin timing, or:

Push - MS to see the menu:

SETUP – to change values.

RECALL – recall a saved program.

SAVE - save the existing program.

BACK – return to previous page.

MAIN MENU – this returns you to the main menu.

1 or 2 INTERVAL SETUP – Using UP or DN button, highlight **SETUP**, push MS to enter setup, then use the UP/DN buttons to change the interval time:

-1 push UP or DN to move 1 digit.

-hold UP or DN to scroll.

-while scrolling UP or DN, push MS to advance 10 minutes.

Push MS to move to the next step, **set # cycles**.

Push MS to move to the alarm type.

BH – beep high

BL – beep low

V - vibrate

BHV – beep high and vibrate

BLV – beep low and vibrate

Use the UP or DN to highlight your choice and push MS.

Set alarm length in seconds – 1, 2, 5, or 9. (this is the alarm duration and can be interrupted during operation by pushing START).

The next push of MS you will exit setup.

During setup push START button to move backward to previous variable.

COMPLEX INTERVALS SETUP

The steps are similar to the 1 or 2 interval setup except after you set each interval time you also set the # of times you want this specific interval to repeat, default value is 1. Selecting DN from 1 is R, which will repeat this interval and the previous interval the number of times selected for that interval before moving to the next during timing, see sample 2 below. Then push MS to continue moving through each interval to set the time and repeats for that interval. You may set up to 25 intervals, after you have entered your last interval, set the next interval time to 00:00 and push MS and you will now move to set the # cycles for this entire chain of intervals to be repeated.

Sample 1)	05:00 x1	1- 5 minute interval
	01:00 x 10	10 - 1minute intervals
	05:00 x 1	1 – 5 minute interval

Sample 2)	05:00 x 1	1 – 5 minute interval
	00:20 x 8	{20 sec /10 sec repeated 8 times}<center this text
	00:10 x R	between the two lines>
	05:00 x 1	1 – 5 minute interval

Set # cycles - these entire sequences can be repeated once or up to 99 cycles.

During setup push START button to move backward to previous variable.

STOPWATCH OPERATION – use START button to start, or stop timing. To reset to zero use <up> or <dn> buttons.

TROUBLESHOOTING

ATTENTION – if your timer is frozen or appears to be dead, place a new battery in the timer and “REBOOT” by inserting a pin or paperclip into the small hole located next to the START button.