

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

SOME THINGS YOU SHOULD KNOW

There are 3 buttons on the Gymboss Timer, NEXT, CHANGE, and START.

NEXT- Push NEXT to move to the next step during setup.

CHANGE – Push CHANGE to see all the choices available during setup, please push the CHANGE button many times during your first setup so that you can see all the different options.

START – Push START to activate timer once setup is complete.

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 the NEXT button for 3 seconds.

STEP- BY-STEP SET-UP DIRECTIONS

(From the factory the battery has a small plastic sheet which must be removed before use. When you first place the battery in the Gymboss it will turn on).

1. Hold both the NEXT and CHANGE buttons at the same time to enter setup. Be sure to keep your eyes on the screen and do not release the buttons until the screen changes.

6. 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.

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.

FAQ

Q. Why can I not set a 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.

EXAMPLES

TWO DIFFERENT INTERVALS – Let’s say 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. In “MAN”, 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. 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. Let’s say you just want to time 1 minute rests for a random activity. You can use either “MAN” or “AUTO” mode. For “MAN” mode, set 1 minute then choose 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. For “AUTO” mode, set 1 minute then choose the “AUTO” mode. Timer will continue to repeat through 1 minute intervals until you stop it.