GYMBOSS®
INTERVAL TIMER

www.gymboss.com

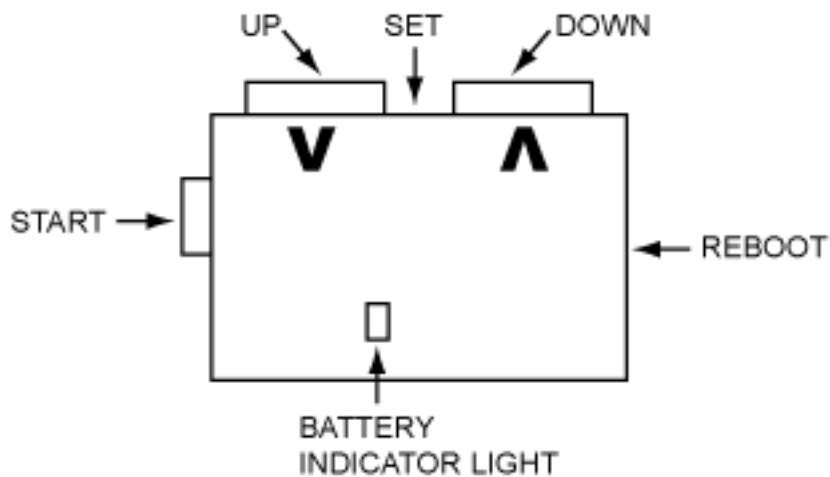***Remove protective screen from front of timer.

TURN ON | Push any button.
TURN OFF | Hold SET button for 3 seconds.
After 5 minutes of no use the timer will automatically turn off.
However, if left in stopwatch and clock mode timer will not turn off
on its own.

BUTTON CONFIGURATION

Battery:
- When your battery gets low a battery icon will flash in the bottom right of the screen.
- No Used Batteries Please! We recommend a high quality Energizer or Duracell.

REBOOT a frozen or malfunctioning timer by placing a *NEW* battery in timer, then using a pen, push the **REBOOT** button.

There are 3 modes to the *GYMBOSS* interval timer.
- **CLOCK**
- **STOPWATCH**
- **INTERVAL TIMER** – allows timing of any one interval, or two different intervals in sequence. These intervals can then be repeated once, or as many times as you select, up to 99 times.

To change modes:
- Push the **V** and **Λ** buttons at the same time. Learn to recognize each mode on the screen.
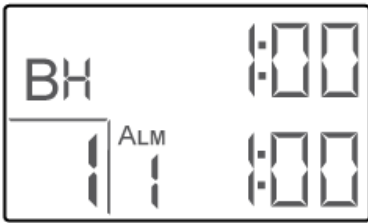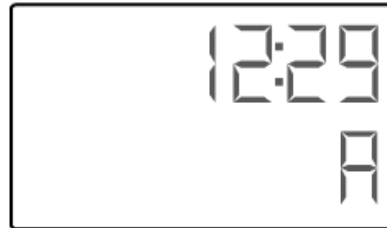

Interval Mode   (1 sec transition flash)   Stopwatch Mode


(1 sec transition flash)   Clock Mode

NOTE - The pictures above show BH and BL, however your timer may show "B" and "b" to designate beep high and beep low.

The setup procedure is similar for all 3 modes. Please learn these key steps:
- Push **SET** button to enter setup. **SETUP** must be displayed on the screen to make changes.
- Use **V** / **Λ** to make changes to the flashing digits.
- Each push of **SET** button will move you to the next step in the setup process.
- When **SETUP** is no longer displayed, you are no longer in setup and the timer is ready to use.

SETUP indicates you
Are in **SETUP** mode.
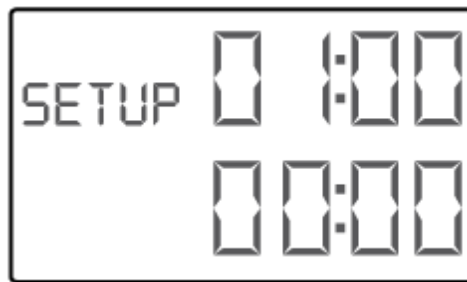
The first interval
will be flashing.

EXPANDED INTERVAL TIMER MODE SETUP

1. <u>Enter Interval Timer Mode.</u> Every time the timer is turned on it will be in interval timer mode. If you are in stopwatch or clock mode push the **V** and **Λ** buttons at the same time to enter interval timer mode.
2. <u>Enter **SETUP**.</u> Push the **SET** button. **SETUP** will be displayed indicating you are in **SETUP**. *NOTE: If no button input within 5 seconds the timer will exit setup and **SETUP** will no longer be displayed on the screen.*

3. <u>Set your interval times</u>. Push the **V** or **Λ** buttons to change the flashing value. Once done, push **SET** to move to the next interval time. If you desire to use only one interval, set the second interval to 00:00. (Zero the 2nd interval or rounds by pushing the **V** and **Λ** buttons together.) Once done, push **SET** to move to the next step.
4. <u>Choose the number of rounds.</u> (Rounds set from 01-99 will countdown until the selected number of rounds are completed. Rounds set at 00 will count UP the rounds completed to 99, or until you stop the timer.) Push the **V** or **Λ** buttons to change the flashing value. Once done, push **SET** to move to the next step.
5. <u>Choose the Alarm Type</u>. NOTE - The pictures above show BH and BL, however your timer may show "B" and "b" to designate beep high and beep low. Alarm types are B (beep high), b (beep low), V (vibrate) or any combination of these. Push the **V** or **Λ** buttons to change the flashing value. Once done, push **SET** to move to the next step.
6. <u>Choose the Alarm Duration</u>. Alarm duration can be set to 1, 2, 5, or 9 seconds. Push the **V** or **Λ** buttons to change the flashing value. Once done, push **SET** to exit **SETUP**. Once **SETUP** is not displayed, you are no longer in setup. Setup is now complete and the timer is ready to use.

Interval Timer Mode Setup Tips:
- Backup to previous variable in setup by pushing the **START** button.
- Hold the **V** or **Λ** buttons for fast increase/decrease.
- To Increase/decrease interval time by 10 minutes, Hold **V** or **Λ** and push **SET**.

Interval Timer Mode Operating Tips:
- To stop timing and reset the timer, hold the **START** button for 3 seconds. Alarm occurs on reset.
- Pause the timer by pushing the **START** button 3 times in rapid succession. **PAUSE** will be displayed on the screen. Alarm occurs indicating successful pause. Push **START** to resume timing. Alarm occurs indicating timing has resumed.
- In **PAUSE** you can change alarm type and duration. To do this, push **SET** when in **PAUSE** mode.

EXPANDED STOPWATCH MODE SETUP
1. Enter the Stopwatch Mode by pushing the **V** and **Λ** buttons at the same time. **STOP** will flash momentarily on the screen.
2. Push the **SET** button. **SETUP** will be displayed indicating you are in setup.
3. Now you are choosing the Alarm Type. Alarm types are BH (beep high), BL (beep low), V (vibrate) or any combination of these. Push the **V** or **Λ** buttons to change the flashing value. (*NOTE: You can change the alarm type and duration anytime the stopwatch is not running by pressing the **SET** button. Push the **V** or **Λ** buttons to change the flashing value. Once done, push **SET** to exit back to stopwatch.*)
4. Once done, push **SET** to exit **SETUP**. Once **SETUP** is not displayed, you are no longer in setup. Setup is now complete and the stopwatch is ready to use.
5. Push **START** to start stopwatch. Push **START** to stop stopwatch. Push the **V** button to reset back to 00:00.

EXPANDED CLOCK MODE SETUP

1. Enter the Clock Mode by pushing the **V** and **Λ** buttons together. CLOC will flash momentarily on the screen.
2. Now you are setting the hour and AM/PM. Push the **SET** button. Push the **V** or **Λ** buttons to change the flashing value. Once done, push **SET** to move to the next step.
3. Now you are setting the minutes. Push the the **V** or **Λ** buttons to change the flashing value. Once done, push **SET** to exit Clock setup.

Clock Mode Tips:
- The Clock can be viewed at any time, in any mode, by pressing the **Λ** button.

HOW TO REMOVE THE BELT-CLIP

1. Turn the timer so that you are looking at the back.
2. Insert your fingernail on latch between belt clip and **START** button and pull the latch towards the belt clip while at the same time pushing the belt clip to the right to release. It will then slide off.
3. If you are still having trouble, please see instructional video on YouTube.

***Lanyard may be attached to timer body next to the START button.