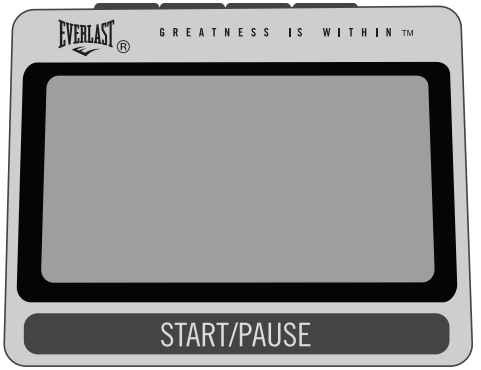
INTERVAL TRAINING ROUND TIMER



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5-5-2011

INTERVAL TRAINING ROUND TIMER

SKU#: 7011

GREATNESS IS WITHIN™

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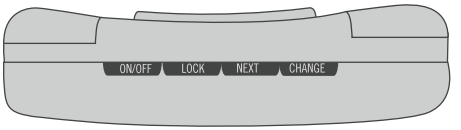
Keys



- [NEXT]
- [CHANGE]
- [START]
- [LOCK]
- [POWER ON/OFF]

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

PUSH – means to just push and release.

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Function

- The unit is power off by default.
- **PUSH** [Power ON/OFF] to turn on the unit, **HOLD** to power off.
- There have 2 main Modes: Timer Mode and Stopwatch Mode.
- In Timer Mode, user can select Manual, Auto or Auto [00] Cycle Mode.
- By default, the unit is pre-set as Timer Mode, 2-timer interval, 3:00 interval, 1:00 rest, Auto, 30W, Ring + Vibrate.

- **PUSH** [Start] to begin timing or **HOLD** [Change] to go to Stopwatch Mode.
- To change the setting in Timer Mode, Hold both the NEXT and CHANGE buttons at the same time to enter setup.

❸

Setup

1. **HOLD** both the NEXT and CHANGE buttons at the same time to enter setup. Press START to back-up during setup.
   - When you see only 1 interval time or 2 interval times in the display, you are in the setup mode.

1 interval time or

2 interval times

   - During setup, if no inputs for 30 seconds, timer will exit setup.
   - Once you have entered setup, you may now choose 1 or 2 time intervals to meet your needs.
   - **PUSH** CHANGE to change between 1 interval and 2 different intervals. Push it a few times to see how it works. When you have what you want, you are ready to move to the next step.

2. **PUSH** NEXT to set the duration of the timer interval. Push CHANGE for digit advance.
3. **PUSH** NEXT to choose either: MAN, AUTO or AUTO [0 0] cycle mode.

or

or

MAN (One time interval): Manual mode operates as a simple one interval countdown timer. Counts through one or both intervals alarming at the end of each and stops. You must **PUSH** START every time to begin a new countdown. 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** the START button.

- AUTO: It will automatically continue repeating a single time interval or two difference intervals, over and over again alarming at the end of each interval. It continues repeating until you stop it.
- AUTO [00] (00 inside a box): This allows you to repeat through a preset # of cycles (rounds) that you want to complete, alarming at the end of each interval. After you have completed the preset # of cycles (rounds), the final alarm will continue for around 15 seconds indicating you are finished. When you select this option and **PUSH** NEXT, you will then set the number of intervals you want to complete.

4. **PUSH** NEXT to choose which type of alarm you want
   - **PUSH** CHANGE to choose Ring, Vibrate, Ring + Vibrate.

or

or

(Continued On Back)

3 *(Continued From Front)*

5. **PUSH** NEXT to move to the next step to set up the alarm duration.
   - **PUSH** CHANGE to choose alarm ring times of 1 time3 times or 5 times.

or

or

6. **PUSH** NEXT to move to the next step to set up the end of round warning alert.
   - **PUSH** CHANGE to choose NW, 10W and 30W.

or

or

- If the time set is larger than 50s, then 30W, 10W and NW can be selected.
- If the time set is less than or equal to 50s, then only 10W or NW can be selected.
- If the time set is less than or equal to 25s, then only NW can be selected.

7. **PUSH** NEXT to exit setup.
8. **PUSH** START to begin timing.
   - While the timer is in use, **HOLD** START button for 3 seconds to reset the timer. Then, **PUSH** START again to begin the timer and with an alarm alert for this.

- During setup, **PUSH** START to back up to the previous variable.
- If there is no input for 30 seconds, it will exit from steup.

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Interval Timer Operation

- After setup, **PUSH** START to begin the timer.
- During operation, timer may be paused by pushing START. **PUSH** again to resume timing.
- Alarm can be silenced by pushing START.
- During operation, **HOLD** NEXT and CHANGE at any time to enter setup. Once entered setup, all current timing and alarm function will be stopped and reset.
- During operation, **HOLD** CHANGE at any time to switch to Stopwatch. All current functions in Interval Timer mode will be stopped and reset.
- At each workout interval, it may have Ring/Vibrate/Ring+Vibrate at the last 10s/30s or no warning.

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Stopwatch Operation

- To change from Interval Timer to Stopwatch, **HOLD** CHANGE button until “Stop” displayed.

- **PUSH** START to arm the stopwatch, time digits will appear.

- **PUSH** NEXT to switch from Ring to Vibrate or Vibrate to Ring.
- **PUSH** START to begin timing, push again to stop timing.
- **HOLD** START to zero the timer. (**HOLD** time less than 3 seconds, no function.)
- You may also turn timer OFF and back on to return to Interval Timer.
- During operation, **HOLD** CHANGE to switch to Interval Timer mode. All current functions in Stopwatch mode will be stopped and reset.

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Lock the unit

- **PUSH** LOCK (🔒) to disable the functions of NEXT, CHANGE and START. **HOLD** to resume.
- Alarming will not resume the unit.

Power On/Off

- To turn the unit OFF, **HOLD** POWER ON/OFF. **PUSH** again to turn on the unit.
- When the timer or stopwatch is operating, you may also turn it OFF and back on to return to Interval Timer.

Data Range

- No. of Rounds: 0 – 99 rounds.
- Rest Period: 0 – 99 mins 59 secs.
- Round Time: 0 – 99 mins 59 secs.