

The *GYMBOSS* timer is very easy to set up and operate but you must 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.

### **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 change the displayed value during setup.

**START** – Controls starting, stopping, and pausing of the timer.

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.

Place a good quality battery such as Energizer or Duracell into the timer.

To turn your Gymboss ON push any button.

The timer will turn off with no use after 5 minutes, or you can hold the NEXT button for 3 seconds to turn off as well.

### **STEP- BY-STEP SET-UP DIRECTIONS**

**1. To Enter Setup** - Push the CHANGE button, and when you see SETUP push NEXT. Setup will remain on the screen when you are in the setup mode.

**Note: during setup, if no inputs for 20 seconds, timer will exit setup.**

Once you have entered setup you may now choose 1 or 2 intervals to meet your needs.

00:00 one interval time

00:00 two different interval times

00:00

Push CHANGE to change between 1 interval or 2 intervals. Push it a few times to see how this works. When you have what you want (1 interval or 2 different intervals) you are ready to move to the next step, push NEXT button.

**2. Set interval times** - use the next and change buttons to set interval times.

(NOTE: • During setup push “START” to back up to the previous variable)

**3. Set the number of repeats**

Set 2 through 99 repeats and the timer will complete this number of repeats and alarm with a different pattern and persistent alarm indicating you are finished.

Set 1 repeat and the timer will act as a simple countdown timer completing the interval(s) once and stop. You will need to push the START button to begin each countdown.

Set 00 and the timer will count upward the number of intervals you have completed up to 99. Having no box around the repeats indicates you are in this mode.

**4. Set Alarm Type** - Push CHANGE to choose **BH** (beep high) **BL** (beep low) **V** (vibrate) – you can set any one of these, or any combination of 2 of these, such as BH and V in which case the alarm will be both a beep high and vibrate alarm.

**5. Set Alarm Duration** - Push CHANGE to choose an alarm Duration of **1, 2, 5, or 9** seconds

**5. Push NEXT to exit setup.** You will now see all of your entered values and SETUP will no longer be displayed on screen. Only after you have exited setup can you begin timing.

**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 9 second alarm may be silenced by pushing “START”.
- Note: during setup, if no inputs for 20 seconds, timer will exit setup.

### **STOPWATCH FUNCTION**

Hold NEXT and push CHANGE to move to stopwatch function.

Push START to begin timing, pause timing, and resume timing.  
Push CHANGE to reset to zero.

Hold NEXT and push CHANGE to return to interval function.

### **TROUBLESHOOTING**

Occasionally a battery going dead or a poor battery may cause the timer to fail or freeze. This will require a “reboot” and can be accomplished by placing a new battery in the timer, not a used battery. Insert a pin or paperclip into the small “REBOOT” hole on the opposite end of the START button. You should feel a slight click and the timer should come back to life within a few seconds.