Thanks For Choosing Our Products !
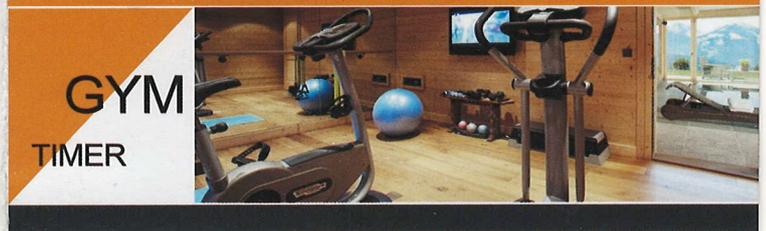
—Interval Training Timer

⚠ WARNINGS ⚠

Warning : this is an electricity power supplied device. for safety reason it is duly recommend to read and understand the herein user manual and warning sheet,before to use it.

- The -interval training timer come with its AC adapter.it can be plug in to 110V and 220V power networks.do not use it with lower or higher voltage cause either the adapter and the timer could get damaged and warranty will void.AC adapter has its own power cord ,it is not recommended to plug the power cord in to a multi-slot power plug.

- Do not try to supply the device by using a third party AC adapter .in case of use of any third parties'components,Timer warranty will void.

- Do not use the-Interval Training timer in a damp environment and do not drop water on it or on the AC adapter or on the remote control .Damp and/or water will damage the timer and its accessories .Warranty will void in case of mis-use of the timer .

- Operative Temp:from -20 ℃ up to +65℃. The use of the timer out of such temp range,will result in to a warranty void.

- It is recommended to remove batteries from remote control in case it will not be in use for a long term .Long term stand-by may result in to batteries and remote control damages.

- Some items (or parts of them)might smell once un-packed,due to the long stay in to their sealed packed ,It has to be considered normal and the smell will fade by keeping the timer exposed to the air .Do not use harshsoaps or aggressive cleaning products to wash the products :they may result in to products damages and warranty void.

- It is recommended to use only original spare parts.Any damage that may result by the use of third parties parts,will result in to a warranty void.

- The Interval Training Timer can be set either on a desk or mounted on a wall .its international liceser and /or dealers will not be responsible for any kind of damages that may result from wall-mounting operations.

- Be sure to consult your health professional or your physician before beginning any type of exercise program.It is always recommended to consult an expert trainer before to attempting any kinds of physical exercise.Avoid any over-training will prevent the risk of injuries to muscles,joints or tendons.

- This is a product thought,developed and manufactured for training purposes.its international licensers assume no liability or responsibility for accidents or injury to person or property that may result from improper use of this product,Always issue common sense when using a training tool:it will avoid any risks to injury yourself, other persons around you, animals, objects and properties.

CE RoHS

- USER MANUAL -

JSQ23/0123

GYM
TIMER

- INTERVAL TRAINING TIMER -

WHAT'S IN THE BOX:

① TIMER(X1)

② 110/220V ADAPTER(X1)

12V adapter used for 2.3inch timers or bigger ones.
6V adapter used for 1.8inch timers or smaller ones.

5V USB adapter for 1-inch timers
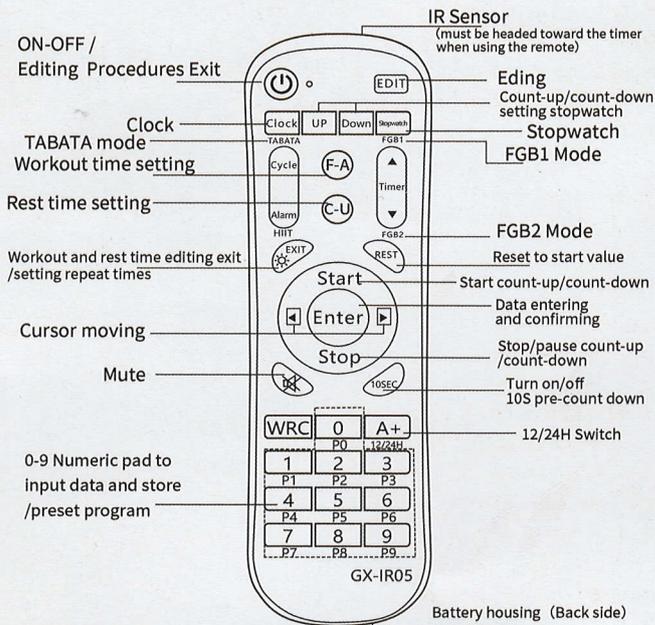
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③ WALL MOUNTING BRACKETS W/HARDWARE

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FOR 1'' /1.5'' TIMER

④ REMOTE CONTROL(X1)

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REMOTE CONTROL:

ON-OFF /
Editing Procedures Exit

IR Sensor
(must be headed toward the timer
when using the remote)

Clock

TABATA mode
Workout time setting

Rest time setting

Eding
Count-up/count-down
setting stopwatch

Stopwatch

FGB1 Mode

FGB2 Mode

Reset to start value

Start count-up/count-down

Workout and rest time editing exit
/setting repeat times

Cursor moving

Mute

Data entering
and confirming

Stop/pause count-up
/count-down

Turn on/off
10S pre-count down

12/24H Switch

0-9 Numeric pad to
input data and store
/preset program

GX-IR05

Battery housing (Back side)

Remote Control Model And Pairing:

1.GX-IR05 remote control: Only suitable for products that controlled by infrared remote control.

2.GX-2.4G01 and GX-2.4G01-C remote control: Can select infrared working mode and 2.4G working mode, suitable for products that controlled by infrared remote control and 2.4G remote control.

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• 2.4G working mode: Press and hold the " " and " " buttons of the remote control for more than 3 seconds within 15 seconds after the product is powered on. Release the button after the indicator light of the remote control is on,the indicator light flashes for several times and then goes out. It means the pairing is successful, the remote control is in 2.4G working mode.

• Infrared working mode: Press and hold the " " and " " buttons of the remote control for more than 3 seconds. Release the button after the indicator light of the remote control is on,the indicator light flashes for several times and then goes out. It means the pairing has been deleted, the remote control is in infrared working mode.

* This is a general user manual. Please debug according to the model of the remote control you received. If you have any questions, please consult the customer service.

Main Functions:

- Clock: HH:MM format - 12/24H
- Stopwatch: MM:SS:ss(1/10s)(1/100 s) format – from 00:00:00 up to 99:59:99
- Countdown/ up :MM:SS – from 00:00 up to 99:59
- Interval timer - training /rest/cycle
- The TABATA mode.means 20s work,10s rest,8 rounds
- The FGB1 mode. means 5min work, 1min rest, 5rounds.
- The FGB2 mode. means 5min work, 1min rest, 3rounds.

General Settings:

I.General Editing Rules:

1. After plugging the timer ON, press ⏻ to turn it on. The Timer gets into clock mode and it starts to display, for instance, H1 00: 00 or H2 00: 00.

Attention: when the power is plugged ON/OFF, the Timer will beep for a while. That is a normal signal of system bootstrap and shut-down.

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REMOTE CONTROL:

2. Press `EDIT` to enter editing mode. Refer to the below:

(Blinking digit stands for cursor position and it can be edited with numeric pad by remote control)

Clock settings: the display shows, for example, H1 00: 00. Enter the current time by press `EDIT` ,

and input the digits ,then Press `Enter` , to save the edited data.

（H1 stands for 24H time format, while H2 stands for 12H time format. 12H and 24H format can be switched by press 12/24H switch button.）

General Settings:

II. Count-up/down instruction:

Example 1: 30 minutes count-up operation instruction:

1.press `UP` to enter count-up mode; it displays UP 00: 00

2.Press `EDIT` to edit 30: 00. Press `Enter` to save the data.

3.Press `START` to start 30 minutes count up.

Example 2: 20 minutes countdown operation instruction:

1.Press `Down` to enter countdown mode; it displays dn 00: 00.

2.Press `EDIT` to edit 20: 00, press `Enter` to save the edited data.

3.Press `START` to start 20 minutes countdown.

III. Alternate timing mode instruction :

1.Save one of the alternate timing program into number 1.

(F1=20s, C1=18s,F2 =15s, C2=12s round=3)

Press number 1 , the timer displays P1 .Press `F-A` enter into training timing 1editing , the timer display F1—,input 00 20, Press `Enter` key save the data, Press `C-U` enter into rest timing mode,the timer display c1—,input 00 18, Press `Enter` save the data,then Press `F-A` again enter into training timing 2 editing,the timer display F2—,input 00 15,

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Press `Enter` save the data, Press `C-U` enter into rest timing mode,the timer display c2—, input 00 12, Press `Enter` save the data,press `EXIT` set the round ,the timer display is c-c -01 ,input c=03 ,Press `Enter` save the data and exit editing;

Now you can press `START` for start the program.

2.Save one of the alternate timing program into number 2.

(F1=50s, C1=18s,F2 =40s, C2=15s round=4)

Press number 2 , the timer displays P2 .Press `F-A` enter into training timing 1editing , the timer display F1—,input 00 50, Press `Enter` key save the data, Press `C-U` enter into rest timing mode,the timer display c1—,input 00 18, Press `Enter` save the data, then Press `F-A` again enter into training timing 2 editing,the timer display F2—, input 00 40, Press `Enter` save the data, Press `C-U` enter into rest timing mode, the timer display c2—, input 00 15, Press `Enter` save the data,press `EXIT` set the round ,the timer display is c-c -01 ,input c=04 ,Press `Enter` save the data and exit editing;

Now you can press `START` for start the program.

(Number 0-9 can be stored pre-set programs)

IV. Stopwatch Instruction:

1.press `Stopwatch` for enter into stopwatch mode , the timerdisplay 00 00: 00

2.Press `START` for start or re-start (after pause) the stopwatch.

3. `Stop` for pause.

4.Press `RESET` to go back to 00 00: 00.

V. TABATA and FGB Mode Operation Manual:

- the TABATA mode. means 20s work,10s rest,8 rounds.

- the FGB1 mode. FGB1 means 5min work, 1min rest, 5rounds.

- the FGB2 mode. FGB2 means 5min work, 1min rest, 3rounds.

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