

# Digital Sport Timer Instruction

Item Number: #CT\_6D6N, #CT\_6D9N

## General Setting

- Press the corresponding key into desired function.(clock, countdown timer, count up timer, interval timer, date display)
- Press "EDIT" key into setting mode.  
Set target time with left/right arrow key and number keys. (Left / right arrow key to select blinking digit to be changed, number keys (0~9) to input the target time)
- Press "EDIT" key again to save setting.

## Normal Clock

- Press "CLOCK" key into normal clock display mode. Clock displays HH:MM:SS time format "23:59:59".  
Press "12Hrs" key or "24Hrs" key to switch between 12-hour and 24 -hour (military time) format.
- Press "EDIT" key into setting mode. The first digit of hour starts blinking.
- Set time with arrow keys and number keys.  
Press number keys (0~9) to change the time, press left/right arrow key to select other blinking digits to be changed and then set them separately.
- Press "EDIT" key again to save setting. Or "EXIT" key to exit without setting saved.

## Countdown Timer

- Press down arrow key into countdown timer mode. Timer displays HH:MM:SS format "99.59.59". Timer will countdown from the preset time to zero. There is one beep when time is up.
- Press "EDIT" key into setting mode. The first digit of hour starts blinking.
- Set a new countdown timer with arrow keys and number keys.  
Press number keys (0~9) to change the time, press left/right arrow key to select other blinking digits to be changed and then set them separately.
- Press "EDIT" key again to save setting. Or "EXIT" key to exit without setting saved.
- Press "OK" key to start/ stop/ resume the countdown timer function.

- Press "EDIT" key to set a new custom interval timer, and set the repeating rounds with numbers keys.
- Press "EDIT" key a second time to set P1 workout time and press "EDIT" key a third time to set P2 rest time.
- Press "EDIT" key a fourth time to save setting. Or "EXIT" key to exit without saving.
- Press "Up/Dn" key to select time countdown or count up.
- Press "OK" key to start/ stop/ resume the interval timer.

### **Fight Gone Bad Timer**

Fight Gone Bad timer consists of three rounds, with 5-minute workout period followed by 1-minute rest time. Timer beeps once when each 1-minute workout time starts and beeps twice when each 1-minute rest time starts.

- Press "FGB" key into Fight Gone Bad timer mode. Timer displays "F1:17:00".
- Press "OK" key to start/ stop/ resume the FGB timer.
- Press "B2" key to reset and return to 17:00.

### **Tabata Timer**

Tabata timer consists of 8 rounds, with 20-second intense workout time followed by 10-second rest time. Timer beeps once when workout time ends and beeps twice when rest time ends.

- Press "TBT" key into Tabata timer mode. Timer displays "F2:00:00".
- Press "OK" key to start/ stop/ resume the Tabata timer.
- Press "B2" key to reset and return to zero.


### **Date Display**

- Press "B4" key into date display mode. Timer displays month-day-year format "12.25.18".
- Press "EDIT" key into setting mode. The first digit of month starts blinking.
- Press number keys (0~9) to change the time, press left/right arrow key to select other blinking digits to be changed and then set them separately.
- Press "EDIT" key again to save setting. Or "EXIT" key to exit without setting saved.


## 10-Second Countdown Preparation

- Press “+/-10s” key on the remote to activate/inactivate the 10-second countdown preparation before timer runs.

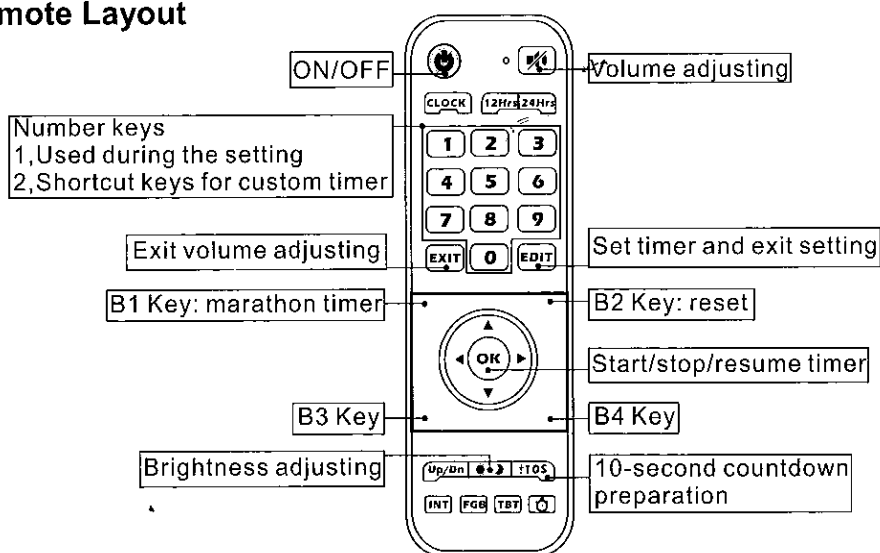
## Volume Adjusting

- Press “” key into volume adjusting mode across 0~5 levels.
- Press up arrow key / down arrow key to adjust the volume.
- Press “EXIT” to exit the volume adjusting mode.

## Additional Information

- Remote control uses 2 pcs AAA batteries.
- Press “” key to adjust the brightness across 5 levels.
- Press “OK” key to stop running timer function before selecting another timer function.
- Press “OK” key to stop current timer function before pressing “B2” key to reset the timer and return.
- Press the corresponding key into timer function (countdown, count up, interval timer), then press “OK” key to start the most recently saved timer directly.
- After finishing setting, press one number (0-9) as shortcut key to store the custom setting timer for direct activation in the future. Each shortcut key can be activated with the most recently saved timer.

## Remote Layout



## Count Up Timer

- Press up arrow key into count up timer mode. Timer displays HH:MM:SS format "00'00'00". Timer will count up from the preset time.
- Press "EDIT" key into setting mode. The first digit of hour starts blinking.
- Set a new count up timer with arrow keys and number keys.  
Press number keys (0~9) to set the time, press left/right arrow key to select other blinking digits to be changed and then set them separately.
- Press "EDIT" key again to save setting. Or "EXIT" key to exit without setting saved.
- Press "OK" key to start/ stop/ resume the count up timer function.

## Stopwatch Timer

- Press "⌚" key into stopwatch timer mode. Timer displays "0.00". Time will count up from zero (in minutes, seconds and hundredths of a second format).
- Press "OK" key to start/ stop/ resume the stopwatch timer function.
- Press "B2" key to reset and return to zero.

## Marathon Timer

Marathon timer is able to save memory in case of sudden power outage. If power is restored before 12 o'clock midnight, inside time memory will not be interrupted and then timer will continue running. This function is more often used in a race or sporting event.

- Press "B1" key on the remote into marathon timer mode. Timer displays "0:00". Time will count up from zero (in hour, minutes, and seconds format).
- Press "OK" key to start/ stop/ resume the stopwatch timer function.
- Press "B2" key to reset and return to zero.

## Interval Timer

Interval timer is for gym workout time and rest time interval countdown / count up. Period 1 (P1) is workout time (two dots will flash quickly); Period 2 (P2) is rest time. Max 99 repeating rounds can be set. Timer beeps once when workout time ends and beeps twice when rest time ends.

- Press "INT" key into interval timer mode. Timer displays "01.22:22". The first two digits display round, another 4 digits display MM:SS format time.