

PRODUCT INCLUSIONS



1 × AlphaFit 6 Digit Timer



1 × Timer Remote

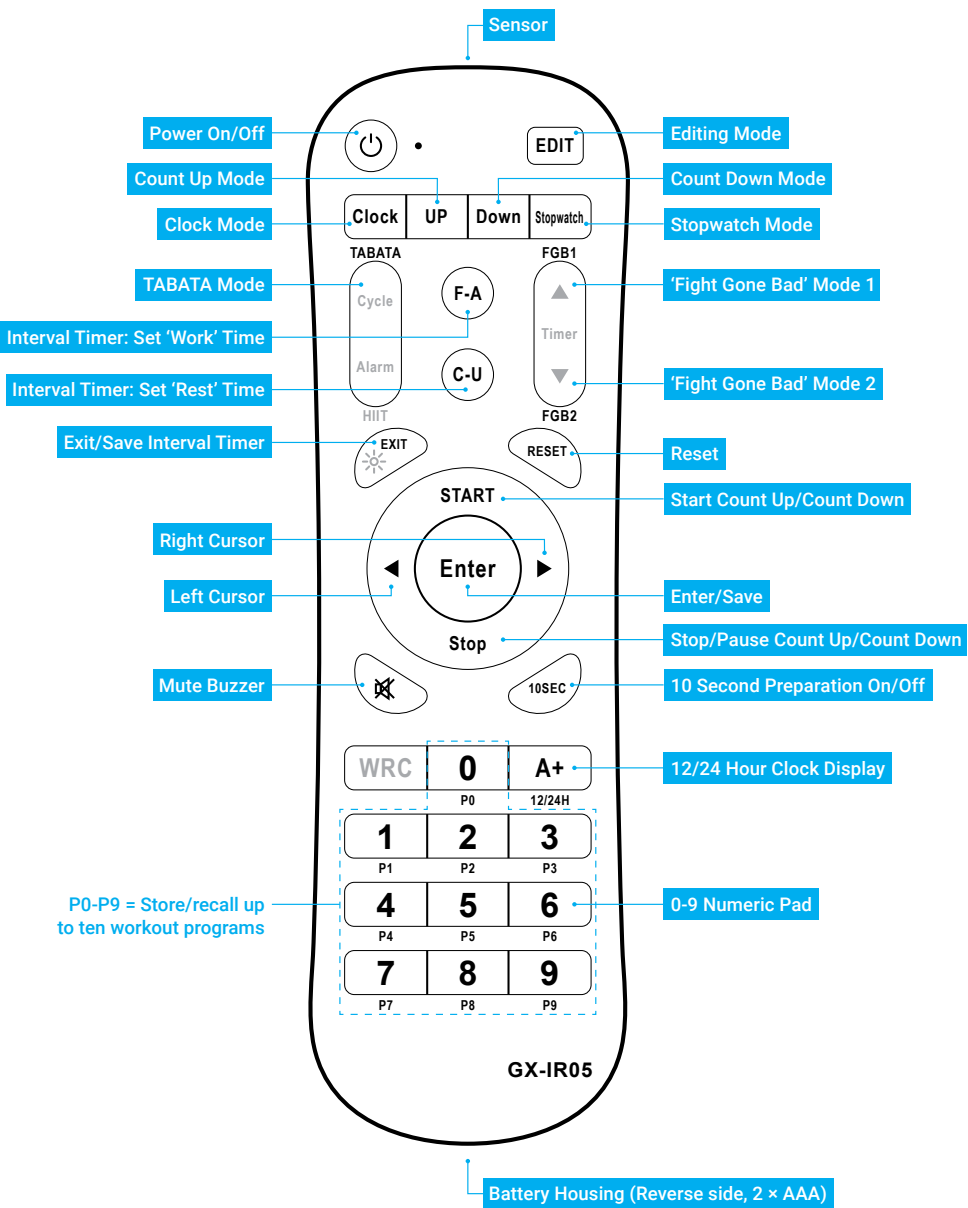


1 × 12V AC/DC Adapter with 1200mm Cable



2 × Right Angle Brackets
2 × Socket Head Cap Screws M6 10mm

TIMER REMOTE BUTTON FUNCTIONS



NOTE: Allen key, 2 × AAA batteries and wall mounting hardware not included.

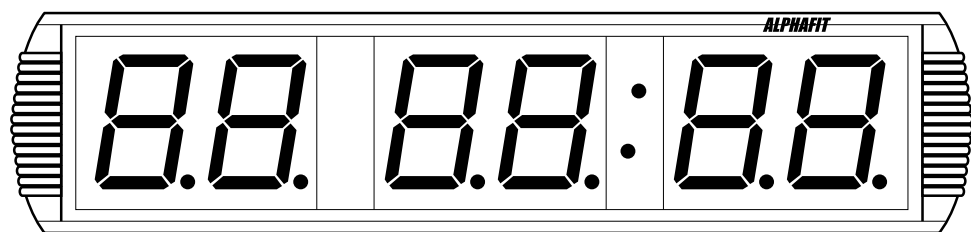
INSTALLATION GUIDE

WARNING: This is an electrical device. For safety reasons, it is important to read and understand all instructions before using the 6 Digit Timer. Upon receipt of product, check for any defects prior to first use. If defects are found, do not use and contact AlphaFit immediately.

The 6 Digit Timer is designed to be wall mounted. It should be appropriately affixed to your wall as per local standards and regulations. The weight of the 6 Digit Timer is 2.2kg.

AlphaFit provides approximate product weight and dimensions as a guide only. The purchaser is responsible for the safe installation of the product.

Regularly inspect the 6 Digit Timer attachment points to ensure that the product is safe and secure. AlphaFit bears no liability beyond the replacement value of the equipment in question. Should you have any concerns with the setup and installation of this equipment, contact us immediately.



The 6 Digit Timer comes with an AC/DC adapter and power cord. Before connecting the AC power cord to the DC adaptor outlet, make sure that the voltage designation of the DC adaptor corresponds to the local electrical supply. Use only original power supply devices that are supplied with the Timer.

Power-supply cords should be placed so that they are not likely to be walked on or pinched by items placed upon or against them. Be sure to plug in the power cord until it is firmly seated. Do not overload wall outlets, extension cords, or adaptors beyond their capacity, since this can result in fire or electric shock.

It is recommended to only use supplied and original spare parts. Any damage that may result due to the use of third party parts will void all warranty. If the Timer does not operate normally - in particular, if there are any unusual sounds or smells coming from it - unplug it immediately and contact AlphaFit.

We recommend removing the AAA batteries from the Remote and unplugging the 6 Digit Timer from power if it will not be used for a long period of time.

The 6 Digit Timer is covered by a 3 month warranty for manufacturer's defects and faults. The warranty does not cover normal wear and tear or cosmetic damage. The warranty does not cover negligent or improper use, alteration, mishandling, poor maintenance or incorrect storage.

For indoor use only. Store in a clean and dry environment. To clean, wipe with a damp cloth.

GENERAL SETTINGS

INITIAL USE AND GENERAL EDITING INFORMATION

- Plug the power adapter into the Timer. Plug the adapter into the power outlet and switch the outlet on. Upon powering up or down, the Timer may beep for a while. This is a normal signal of booting up and shutting down.
- Before first use, the Remote requires 2 × AAA batteries to be inserted into the battery housing on the reverse side of the Remote. Push '**Power On/Off**' button on the Remote to turn the AlphaFit 6 Digit Timer on. Always point the Remote sensor towards Timer when using the Remote.
- The Timer's main functions/modes include clock, stopwatch, count down/up timer, TABATA, Fight Gone Bad and interval timer.
- Push '**Edit**' to enter editing mode within the timer mode you had previously selected. More detail on each mode is outlined later in this booklet. Push '**Enter**' to save.
- Push '**Mute**' to turn sound on or off. The Timer will beep three times to indicate sound on, and beep one time for sound off.
- Push '**10sec**' before starting an interval or timer mode program to turn on or off the 10 second preparation countdown.
- Push '**Reset**' to reset back to the beginning of the timer at any time during or after the program has stopped.

CLOCK MODE

- Push '**Clock**' to select clock mode. The display will show *H 100:00* or *H200:00*. H1 displays 24 hour time format (H:MM), while H2 displays 12 hour time format (HH:MM).
- Push '**Edit**' to enter editing mode and set the time (hours and minutes). A blinking digit shows the cursor position. Use the numeric pad to enter the current time. Use the left and right cursors to move between digits and correct if you make an error.
- Once you have finished setting the time, push '**Enter**' to save.
- Use the '**12/24H**' button to switch between 12 and 24 hour format display on the Timer.
- Please note, seconds are not displayed in clock mode. The ':' between the hours and minutes blinks on/off to indicate seconds.

STANDARD TIMER MODES

STOPWATCH TIMER

- Push **'Stopwatch'** to select stopwatch mode. The display will show *0000:00*. The time format is minutes, seconds and milliseconds (MM SS:MS). The stopwatch will count from 00 00:00 to 99 59:99.
- Push **'Start'** to start the stopwatch timer, or to restart after pausing.
- Push **'Stop'** to stop or pause the stopwatch.

TABATA TIMER

- Push **'TABATA'** to select TABATA mode. The display will show *F 100:20*.
- TABATA mode is 20 seconds work, 10 seconds rest, for 8 rounds.
- As the Timer progresses through the rounds, the display will change to show which round you are up to. For example, display will show *F 1* for work round one, *⏏ 1* for rest round one, *F 2* for work round two, *⏏ 2* for rest round two etc.
- Push **'Start'** to start the TABATA timer.

FIGHT GONE BAD TIMERS

- Push **'FGB1'** or **'FGB2'** to select one of the Fight Gone Bad modes. The display will show *F 105:00*.
- Fight Gone Bad 1 mode is 5 minutes work, 1 minute rest, for 5 rounds. Fight Gone Bad 2 mode is 5 minutes work, 1 minute rest, for 3 rounds.
- As the Timer progresses through the rounds, the display will change to show which round you are up to. For example, display will show *F 1* for work round 1, *⏏ 1* for rest round 1, *F 2* for work round 2, *⏏ 2* for rest round 2.
- Push **'Start'** to start the Fight Gone Bad timer.

COUNT UP TIMER

- Push **'UP'** to select count up mode. The display will show *UP00:00*.
- Push **'Edit'** to enter editing mode and set the time you would like to count up to (minutes and seconds). A blinking digit shows the cursor position. Use the numeric pad to enter the time. The count up timer will count from 00:00 to 99:59.
- Push **'Start'** to start the count up timer.

COUNT DOWN TIMER

- Push **'Down'** to select count up mode. The display will show *dn00:00*.
- Push **'Edit'** to enter editing mode and set the time you would like to count down from (minutes and seconds). A blinking digit shows the cursor position. Use the numeric pad to enter the time. The count down timer will count from 99:59 to 00:00.
- Push **'Start'** to start the count down timer.

STORE & RECALL INTERVAL TIMER PROGRAMS

CUSTOM INTERVAL TIMERS

- Push **'P1'** to select and set an interval timer program. The display will show *P 1*. You can choose any number from 0-9 to set and save your program to.
- Push **'F-A'** to set the work time for the first interval. The display will show *F 1*. Use the numeric pad to enter the time. Push **'Enter'** to save work interval. Push **'C-U'** to set the rest time for the first interval. The display will show *⏏ 1*. Use the numeric pad to enter the time. Push **'Enter'** to save rest interval. Repeat process if you wish to set a different period of work and rest for the second interval.
- Push **'Exit'** to save your set intervals. Now you must set the number of rounds. The display will show *⏏-⏏ 0 1*. Use the numeric pad to enter the number of rounds. Once you have finished setting the interval timer, push **'Enter'** to save. Your interval will then be saved under that program number button until you override it with another function in the future.
- Push **'Start'** to start your interval timer program.
- In future, push **'P1'** or **'P4'** etc and then **'Start'** to begin your saved timer.

INTERVAL TIMER PROGRAM EXAMPLE 1 - 45 seconds work, 15 seconds rest, 10 rounds

- Push **'P1'** to select and set an interval timer program. The display will show *P 1*.
- Push **'F-A'**. The display will show *F 1*. Use the numeric pad to input 0045. The display will show *F 100:45*. Push **'Enter'**.
- Push **'C-U'**. The display will show *⏏ 1*. Use the numeric pad to input 0015. The display will show *⏏ 100: 15*. Push **'Enter'**.
- Push **'Exit'**. The display will show *⏏-⏏ 0 1*. Use the numeric pad to input 10. The display will show *⏏-⏏ 10*. Push **'Enter'**.
- Push **'Start'** to start timer with 45 seconds work and 15 seconds rest for 10 rounds.

INTERVAL TIMER PROGRAM EXAMPLE 2 - 60 seconds work, 15 seconds rest, 45 seconds work, 10 seconds rest, 5 rounds

- Push **'P2'** to select and set an interval timer program. The display will show *P 2*.
- Push **'F-A'**. The display will show *F 1*. Use the numeric pad to input 0060. The display will show *F 100:60*. Push **'Enter'**.
- Push **'C-U'**. The display will show *⏏ 1*. Use the numeric pad to input 0015. The display will show *⏏ 100: 15*. Push **'Enter'**.
- Push **'F-A'**. The display will show *F 2*. Use the numeric pad to input 0045. The display will show *F 200:45*. Push **'Enter'**.
- Push **'C-U'**. The display will show *⏏ 2*. Use the numeric pad to input 0010. The display will show *⏏ 200: 10*. Push **'Enter'**.
- Push **'Exit'**. The display will show *⏏-⏏ 0 1*. Use the numeric pad to input 05. The display will show *⏏-⏏ 05*. Push **'Enter'**.
- Push **'Start'** to start timer with 60 seconds work, 15 seconds rest then 45 seconds work, 10 seconds rest for 5 rounds.