

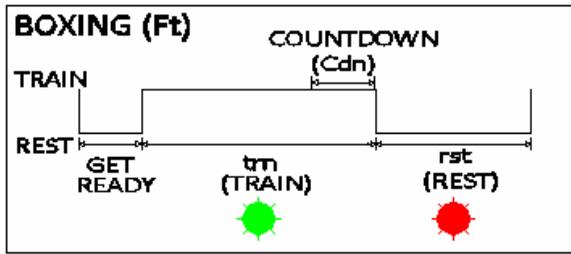
## The Deluxe Gym timer Instructions

The Deluxe Gym Timer is an electronic device used to coordinate your workout sessions by visual and audio indications. The timer has 3 program types, Fight, Circuit and Tabata (Interval Training or HIIT). All programs can be edited and stored for recall and re-used, the default settings are shown below.

A description of each program type is shown below.

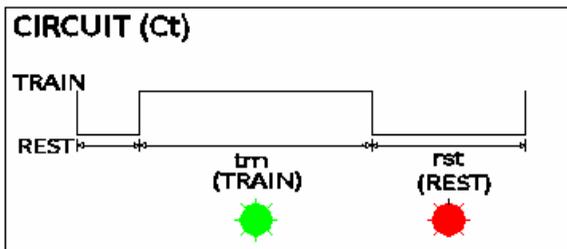
### Fight (Ft) Program

- 1) The Fight (**Ft**) program, once selected starts the first round with a 10 second pause to allow the user to get into position for training.
- 2) The round is started by a 3 second solid tone
- 3) The timer then times the selected workout period, once the countdown period is reached the sounder will emit an intermittent tone until the end of the workout period is reached.
- 4) The rest period is now timed at the end of which a 3 second solid tone will signal the start of the next round.



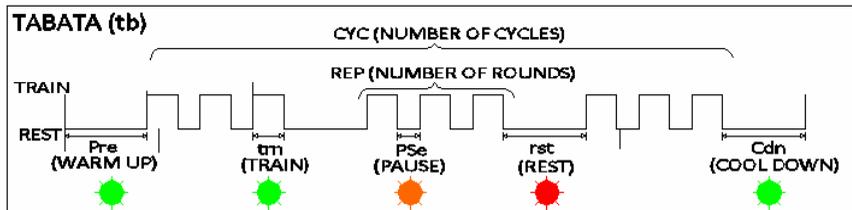
### Circuit (Ct) Program

- 1) The Circuit (**Ct**) program, once selected starts the first round with a 10 second pause to allow the user to get into position for training.
- 2) The round is started by a 3 second solid tone
- 3) The timer then times the selected workout period, when the last 3 seconds of the workout period is reached a 3 second intermittent tone will signal the end of the workout period.
- 4) The rest period is now timed at the end of which a 3 second solid tone will signal the start of the next round.



### **Tabata (tb) Program.**

The Tabata (tb) program, once selected starts with a warmup (Pre) period, this is followed by a train/pause sequence repeated as many times as set with the rep parameter. At the end of this sequence the rest period starts and the train/pause sequence starts again this cycle continues for the number of cycles set by the (CyC) parameter. The program is finished with the cooldown (Cdn) at the end of which the program is complete.



### **Operation of the timer.**

**Red** text indicates text displayed on Dig.1 and Dig.2.

**Blue** text represents the push of either the Select or Change button.

#### **Stage 1. Recall previous settings**

- 1) Turn on the timer, **rCL** is displayed in Dig.1.
- 2) Press **Select** to recall and start workout using settings from the last time the timer was used.
- 3) Press **Change** to select a different work out or edit a workout program.

#### **Stage 2. Select volume**

- 1) **VoL** will be displayed in Dig.1.
- 2) Press the **Change** and **Select** to select **Off**, **Hi** or **Lo** for the volume setting.

#### **Stage 3. Select workout type**

- 1) **Ft** will be displayed in Dig.1.
- 2) Use the Change and Select buttons to select:-
  - a. **Ft** for Fight programs
  - b. **Ct** for Circuit training programs
  - c. **Tb** for Tabata programs

#### **Stage 4. Select program number**

- 1) The select program type and program number will be displayed in Dig.1, use the **Change** and **Select** buttons to select program number 1-3. Selecting **bAC** in Dig.2. will return to Stage 3.

#### **Stage 5. Select Use or Set**

- 1) The program type and number will be displayed in Dig.1 use the **Change** and **Select** buttons to select **Use** to start a work out using the selected program, select **Set** to edit the program (goto page 3/4).
- 2) If **Use** is selected then the selected program type will start (goto to page 5).

## Editing Programs

### Fight (Ft) Programs

#### Stage 1. Set Training duration minutes and seconds.

- 1) **trn** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the minute digit will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached and move to the minutes setting.
- 2) The seconds digits will be flashing, use the **Change** and **Select** buttons to set the seconds value

#### Stage 2. Set Rest duration, minutes and seconds.

- 1) **rSt** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the minute digit will be flashing, use the **Change** button to increment this parameter, press **Select** when the correct value is reached and move to the minutes setting.
- 2) The seconds digits will be flashing, use the **Change** and **Select** buttons to set the seconds value.

#### Stage 3. Set Countdown duration, seconds only.

- 1) **cd** will be displayed in Dig.1 the seconds digits will be flashing, use the **Change** and **Select** buttons to set the seconds value. Once this stage is complete is completed the timer returns to page 3 stage 2.

### Circuit (Ct) Programs

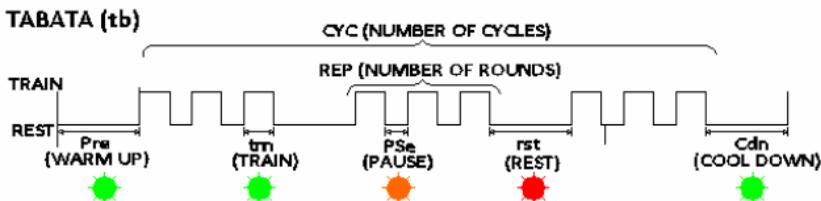
#### Stage 1. Set Training duration, minutes and seconds.

- 1) **trn** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the minute digit will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached and move to the seconds setting.
- 2) The seconds digits will be flashing, use the **Change** and **Select** buttons to set the seconds value

#### Stage 2. Set Rest duration, minutes and seconds.

- 1) **rSt** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the minute digit will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached and move to the seconds setting.
- 2) The seconds digits will be flashing, use the **Change** and **Select** buttons to set the seconds value. Once this stage is complete is completed the timer returns to stage page 3 stage 2.

## Tabata (tb) Programs



### Stage 1. Set Warmup (Pre) duration, minutes only.

- 1) **Pre** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the minute digit will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached. Please note there is no seconds value for this parameter.

### Stage 2. Set train (trn) duration, minutes and seconds.

- 1) **trn** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the minute digit will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached and move to the seconds setting.
- 2) The seconds digits will be flashing, use the **Change** and **Select** buttons to set the seconds value.

### Stage 3. Set pause (pse) duration, minutes and seconds.

- 1) **pSe** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the minute digit will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached and move to the seconds setting.
- 2) The seconds digits will be flashing, use the **Change** and **Select** buttons to set the seconds value.

### Stage 5. Set rest (rst) duration, minutes and seconds.

- 1) **rSt** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the minute digit will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached and move to the seconds setting.
- 2) The seconds digits will be flashing, use the **Change** and **Select** buttons to set the seconds value.

### Stage 6. Set repeat (rep) duration.

- 1) **reP** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the digits will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached.

### Stage 7. Set cycles (CyC) duration.

- 1) **CyC** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the digits will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached.

### Stage 8. Set Cool Down (Cdn) duration, minutes only.

- 1) **Cdn** will be displayed in Dig.1 the current setting for this parameter will be displayed in Dig.2 the minute digit will be flashing use the **Change** button to increment this parameter, press **Select** when the correct value is reached. Please note there is no seconds value for this parameter. Once this stage is complete is completed the timer returns to page 3 stage 2..

## Using the Programs

### Fight (Ft) and Circuit (Ct) Programs

#### Stage 1. Set the number of rounds in the workout.

- 1) **rdS** will be displayed in Dig.1, **unL** will be displayed in Dig.2, if an unlimited of rounds is required then press the **Select** button or if a predetermined number of rounds is required then use the **Change** button and **Select** button to select the number of rounds required.

#### Stage 2. The Start Delay.

- 1) There is now a 10 second delay before the delay starts.

#### Stage 3. The round and rest duration.

- 1) The round and rest periods are now timed, the current round number will be display in Dig.1. The status indicator will be green during the work period and red during the rest period.
- 2) During the work/rest periods the **Change** and **Select** buttons can be used to select the following options:-
  - i.) **PSe** to pause the current workout (press **Select** to restart)
  - ii.) **reS** to restart the current workout
  - iii.) **Set** to reselect another program
  - iv.) **Up/dn** to change the count direction

### Tabata(tb) Programs

#### Stage 1. The warmup period.

- 1) A tabata workout starts with the warmup period, during this period **Pre** is displayed in Dig.1.

#### Stage 2. The workout/pause/rest periods.

- 1) The workout/pause period now starts, during which the current **reP** and **CyC** displays the current repeat (rep) and cycle (cyc) number. The status indicator will be green during the work periods and orange during the pause periods.Dig.1 will display the current **reP** and **CyC** values
- 2) During the rest period the status indicator will be red.
- 3) During the work/pause//rest periods the **Change** and **Select** buttons can be used to select the following options:-
  - i.) **PSe** to pause the current workout
  - ii.) **reS** to restart the current workout
  - iii.) **Set** to reselect another program

### Default Settings

<b>Fight Progs (Ft)</b>	<b>Work (trn)</b>	<b>Rest (rst)</b>	<b>Countdown (Cdn)</b>
<b>1</b>	3:00	1:00	0:10
<b>2</b>	2:00	1:00	0:30
<b>3</b>	1:00	0:30	0:15

<b>Circuit Progs (Ct)</b>	<b>Work (trn)</b>	<b>Rest (rst)</b>
<b>1</b>	3:00	1:00
<b>2</b>	2:00	1:00
<b>3</b>	1:00	0:30

<b>Tabata Prog (tb)</b>	<b>Warmup (Pre)</b>	<b>Work (trn)</b>	<b>Pause (Pse)</b>	<b>Rest (rst)</b>	<b>Repeats (reps)</b>	<b>Cycles (CyC)</b>	<b>Cooldown (Cdn)</b>
<b>1</b>	1:00	0:20	0:10	0:00	8	3	1:00
<b>2</b>	2:00	1:00	0:30	2:00	3	12	
<b>3</b>	3:00	00:30	0:30	1:00	4	6	3:00