

THE GYM TIMER
OPERATION MANUAL

<http://www.training-timers.co.uk>

The Gym Timer

The Gym Timer is a timing device used for co-ordinating many different types of workout these include Boxing, Thai/Kick Boxing, Circuit Training, Tabata and many other different types of workouts.

The timer has 3 different program types, these are, Preset Programs, User Programs and Advanced Programs:-

Preset Programs

These workout programs are for preset workout and rest periods, the workout starts with a 10 second count down to allow the user to get into position to start training, this is followed by a 3 second start tone to start the workout program. The selected workout period is now timed, an intermittent tone is emitted to signal the last 10 seconds of the workout period. After the workout period has finished the rest period now starts, at the end of which a 3 second tone starts the workout period again. This cycle now repeats until the selected amount of rounds has elapsed.

User Programs

These workout programs are for user selectable workout and rest periods which can be set and stored within the timer for selection again as required . The round starts with a 10 second count down to allow the user to get into position to start training after starting the timer, this is followed by a 3 second start tone to start the workout program. The selected round period is now timed, an intermittent tone is emitted to signal the last 10 seconds of the workout period. After the workout period has finished the rest period now starts, at the end of which a 3 second tone starts the workout period again. This cycle now repeats until the selected amount of rounds has elapsed.

Advanced Programs

These workout programs are for user selectable round and rest periods, also 'time pulses' can be set within the timer to emit tones after selected time periods have elapsed , this can be used to break your workout period into specific segments. All the settings can be set and stored within the timer for selection again as required. The round starts with a 10 second count down to allow the user to get into position to start training after starting the timer, this is followed by a 3 second start tone to start the workout program. When the time set for the 1st 'time pulse' (tP1) is reached a single tone is emitted, when the time set for the 2nd 'time pulse' (tP2) is reached a double tone is emitted and when the time set for the 3rd 'time pulse' (tP3) is reached a triple tone is emitted,. When the time set for the 'countdown' (cd) setting is reached an intermittent tone is emitted countdown until the end of the workout period. After the workout period has finished the rest period now starts, when the time set for 'rest pulse' is reached a single tone is emitted, when the rest period is complete a 3 second tone starts the workout period again. This cycle now repeats until the selected amount of rounds has elapsed.

Program sequences

For Preset and User workout programmes

- 1) The desired round is selected
- 2) There is now a 10 second delay before the round starts, to allow the user to get into position ready to start training
- 3) A 3 second tone now starts the round
- 4) The workout period is now timed with the display counting down to show the remaining period left in workout
- 5) During the last 10 seconds of the workout an intermittent tone sounds to indicate the 'last 10' speed up period has been reached
- 6) At the end of the 'last 10' period the timer starts to countdown through the rest period, during this time the display flashes
- 7) When the last 3 seconds of the rest period has been reached a 3 second tone starts the workout period again
- 8) If the workout session has completed the set number of workouts then 'end' is displayed

For Advanced workout programmes

- 1) The desired round is selected
- 2) There is now a 10 second delay before the round starts, to allow the user to get into position ready to start training
- 3) A 3 second tone now starts the round
- 4) The workout period is now timed with the display counting down to show the remaining period left in workout
- 5) When the time set in parameter TP1 (timed pulse 1) is reached, (if set) a single tone is emitted
- 6) When the time set in parameter TP2 (timed pulse 2) is reached, (if set) a double tone is emitted
- 7) When the time set in parameter TP3 (timed pulse 3) is reached, (if set) a triple tone is emitted
- 8) When the time set in parameter CD (countdown) is reached an intermittent tone is emitted until the end of the workout period
- 9) At the end of the 'count down' period the timer starts to countdown through the rest period, during this time the display flashes
- 10) When the time set in parameter RP (rest pulse) is reached (if set), a single tone is emitted
- 11) When the last 3 seconds of the rest period has been reached a 3 second tone starts the workout period again

Instruction videos

Please see instructional videos for set up and operation at <http://www.training-timers.co.uk/gymtimer.htm>

Program Schedules.

Preset Program	Round Period	Rest Period
1	03:00	01:00
2	02:00	01:00
3	02:00	00:30
4	01:00	00:30
5	00:30	00:10

Preset Programs

This type of program is permanently stored within the timer and **cannot** be changed. These are the most common simple programs, consisting of a round and rest period, a 10 second countdown is produced at the end of the round period. The preset program values are shown in the table to the left.

User Program	Round Period (rnd)	Rest Period (rst)
1	03:00	01:00
2	02:00	01:00
3	02:00	00:30
4	01:00	00:30
5	00:30	00:10

User Programs

This type of program **can** be changed by the user and stored within the timer. These are simple programs, but the user can edit the round and rest periods, a 10 second countdown is produced at the end of the round period. The values that are present when the unit is despatched are shown in the table to the left.

Advanced Programs

Advanced Program	Round Period (rnd)	tP 1	tP 2	tP 3	Count Down (cd)	Rest Period (rst)	rP
1	03:00	02:00	01:00	00:30	00:10	01:00	00:30
2	02:00	01:30	01:00	00:30	00:15	01:00	00:30
3	04:00	03:00	02:00	01:00	00:30	01:00	00:15
4	05:00	04:00	03:00	02:00	01:00	02:00	01:00
5	09:59	08:00	06:00	04:00	01:00	04:00	02:00

This type of program **can** be changed by the user and stored within the timer. During advanced programs round period it is possible to set up to 3 'time markers' to allow the user to break the round period into segments, please note the values must decrease, i.e. tP1 must be less than the rnd period, tP2 must be less than tP1, tP3 must be less than tP2. The count down at the end of the round period is also selectable but must be less than tP3. The rest period (rst) is selectable and a single time pulse (rP) can be programmed, this can be used to warn the use to get into position before the next round starts. The values that are present when the unit is despatched are shown in the table above.


Blank Schedule Sheet

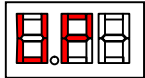
Use this to record the settings you have programmed into your timer, these will give you a reference if you forget what each program is set to.

User Program	Round Period (rnd)	Rest Period (rst)
1		
2		
3		
4		
5		

Advanced Program	Round Period (rnd)	Time Pulse 1 (tP 1)	Time Pulse 2 (tP 2)	Time Pulse 3 (tP 3)	Count Down (cd)	Rest Period (rst)	Rest Pulse (rP)
1							
2							
3							
4							
5							

PARAMETERS USED WHEN SETTING UP TRAINING PROGRAMS

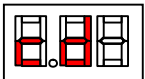
 = PRESET ROUND

 = USER ROUND

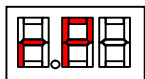
 = ADVANCED ROUND

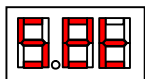
 = ROUND DURATION

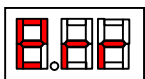
 = TIME PULSE (COULD BE TP1, 2, OR 3)

 = COUNT DOWN

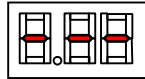
 = REST DURATION

 = REST PULSE

 = SETUP

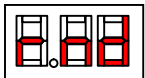
 = ERROR

CONTROLS USED DURING TRAINING PROGRAM

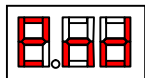
 = WHEN THIS IS DISPLAYED A VALUE CAN BE ADDED TO SET THE NUMBER OF ROUNDS THE SESSION WILL LAST

 = RESET THE CURRENT ROUND

 = PAUSE THE ROUND

 = DISPLAY THE CURRENT ROUND NUMBER

 = BACK TO THE SETUP MENU

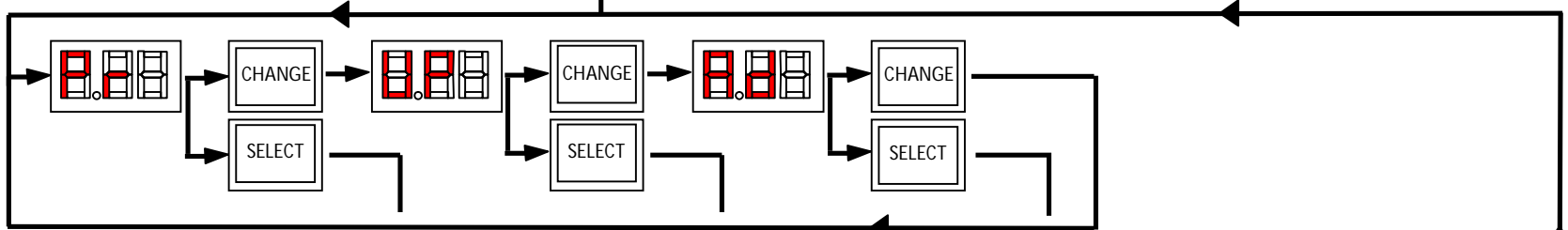
 = THE SELECTED NUMBER OF ROUNDS ARE COMPLETED

Please note: if a mistake is made whilst setting the timer please turn it off and start again.

The 'Hold For Off' button will not turn the timer off whilst it is being used to change a value.

SELECTING AND SETTING TRAINING PROGRAMS

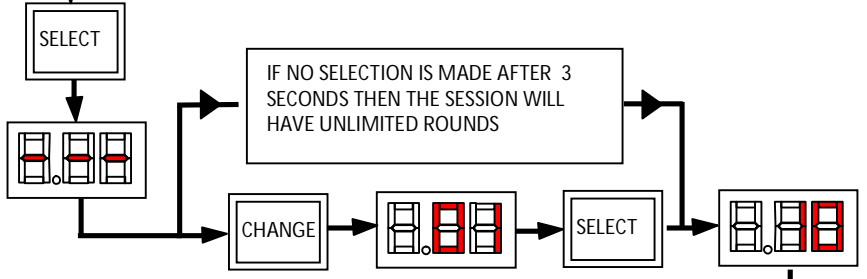
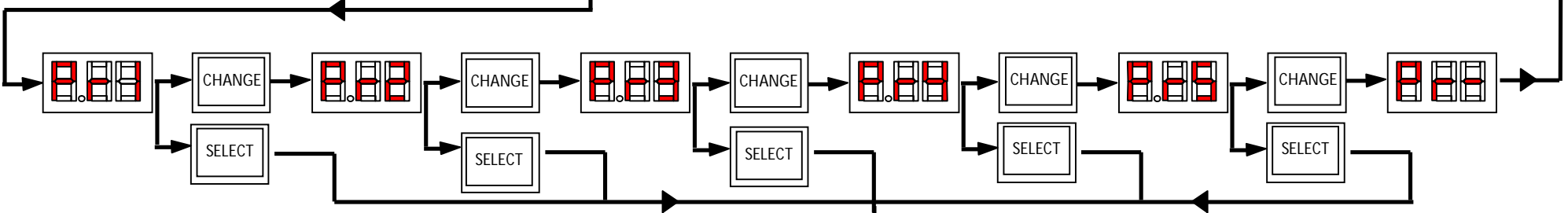
SELECT 'Pr' FOR PRESET PROGRAMS, 'UP' FOR USER PROGRAMS OR 'Ad' FOR ADVANCED PROGRAMS



PRESET ROUNDS (Pr) HAVE BEEN SELECTED

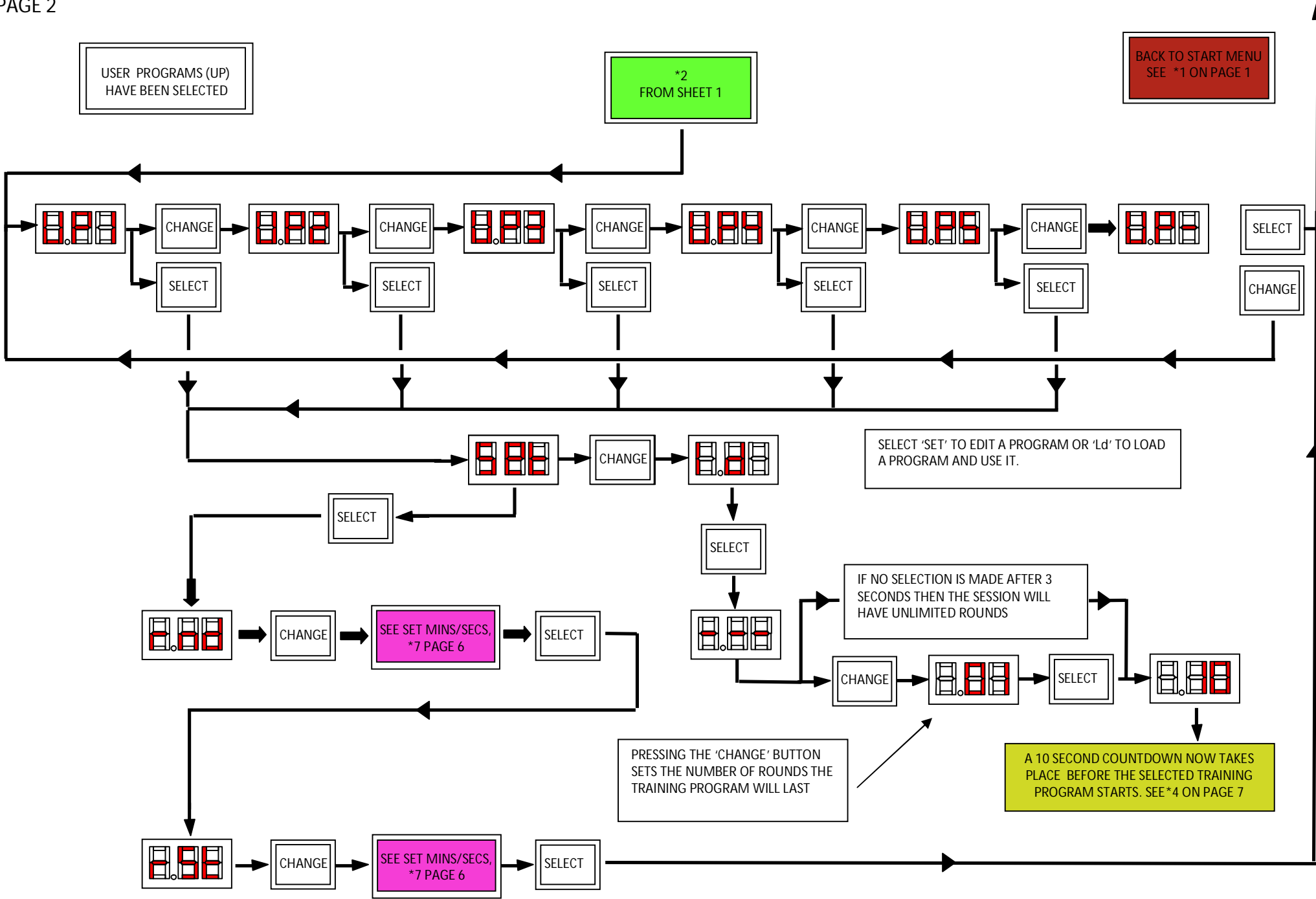
SEE PAGE 2, *2 FOR USER PROGRAMS

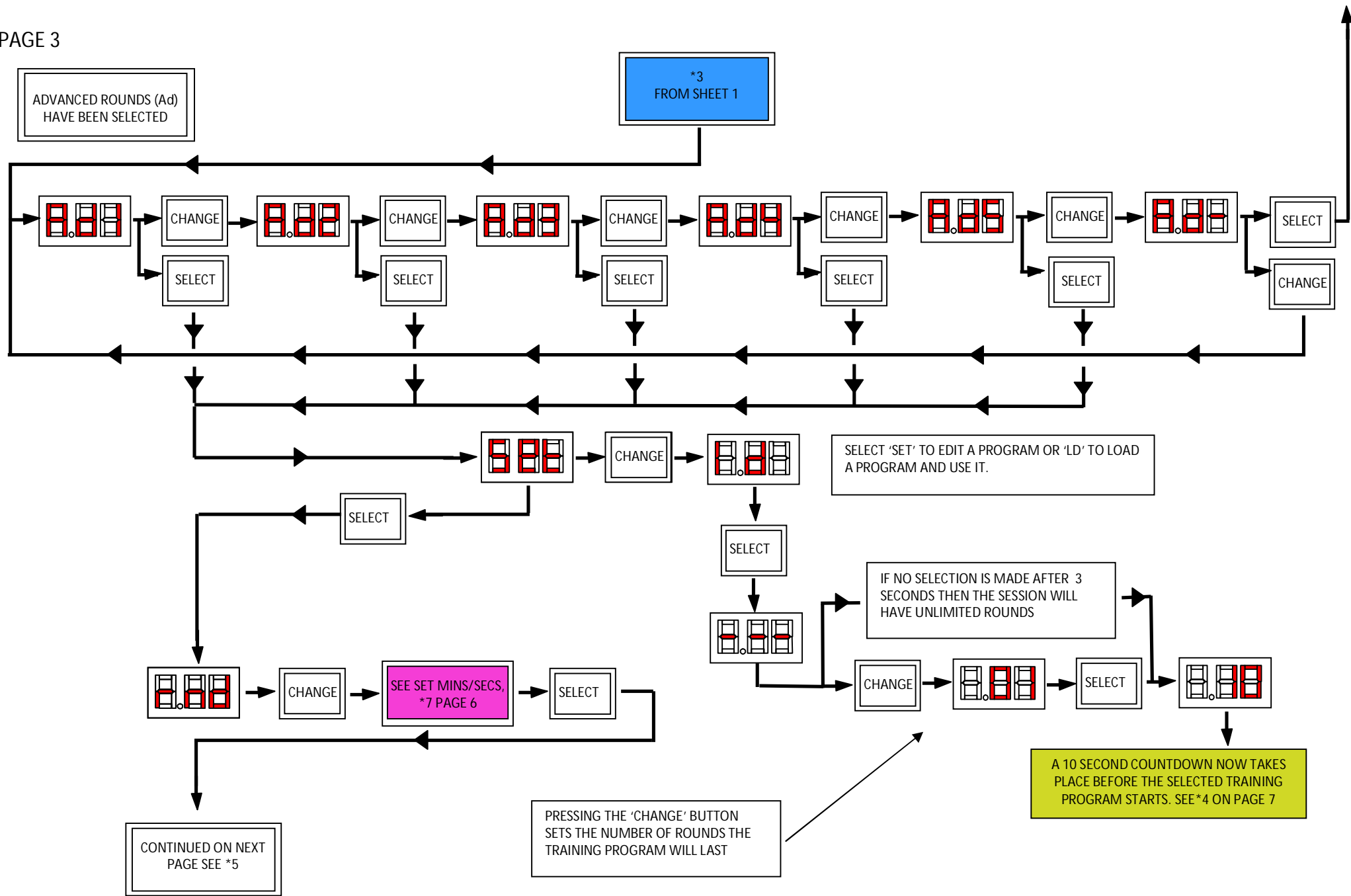
SEE PAGE 3, *3 FOR ADVANCED PROGRAMS



PRESSING THE 'CHANGE' BUTTON SETS THE NUMBER OF ROUNDS THE TRAINING PROGRAM WILL LAST

A 10 SECOND COUNTDOWN NOW TAKES PLACE BEFORE THE SELECTED TRAINING PROGRAM STARTS. SEE *4 ON PAGE 7





CONTINUED ON NEXT
PAGE SEE *5

PRESSING THE 'CHANGE' BUTTON
SETS THE NUMBER OF ROUNDS THE
TRAINING PROGRAM WILL LAST

A 10 SECOND COUNTDOWN NOW TAKES
PLACE BEFORE THE SELECTED TRAINING
PROGRAM STARTS. SEE *4 ON PAGE 7

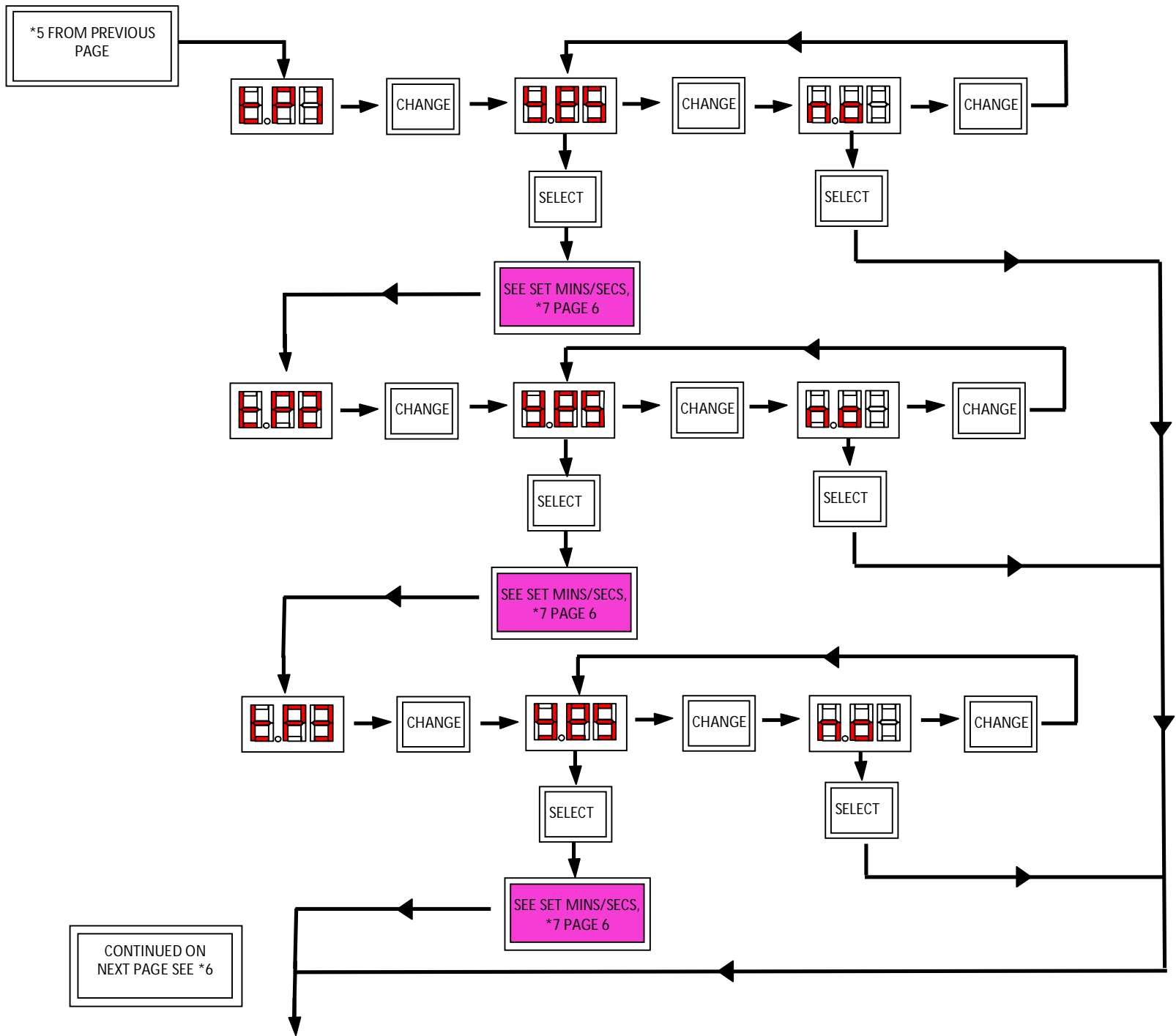
SELECT 'SET' TO EDIT A PROGRAM OR 'LD' TO LOAD
A PROGRAM AND USE IT.

IF NO SELECTION IS MADE AFTER 3
SECONDS THEN THE SESSION WILL
HAVE UNLIMITED ROUNDS

*3
FROM SHEET 1

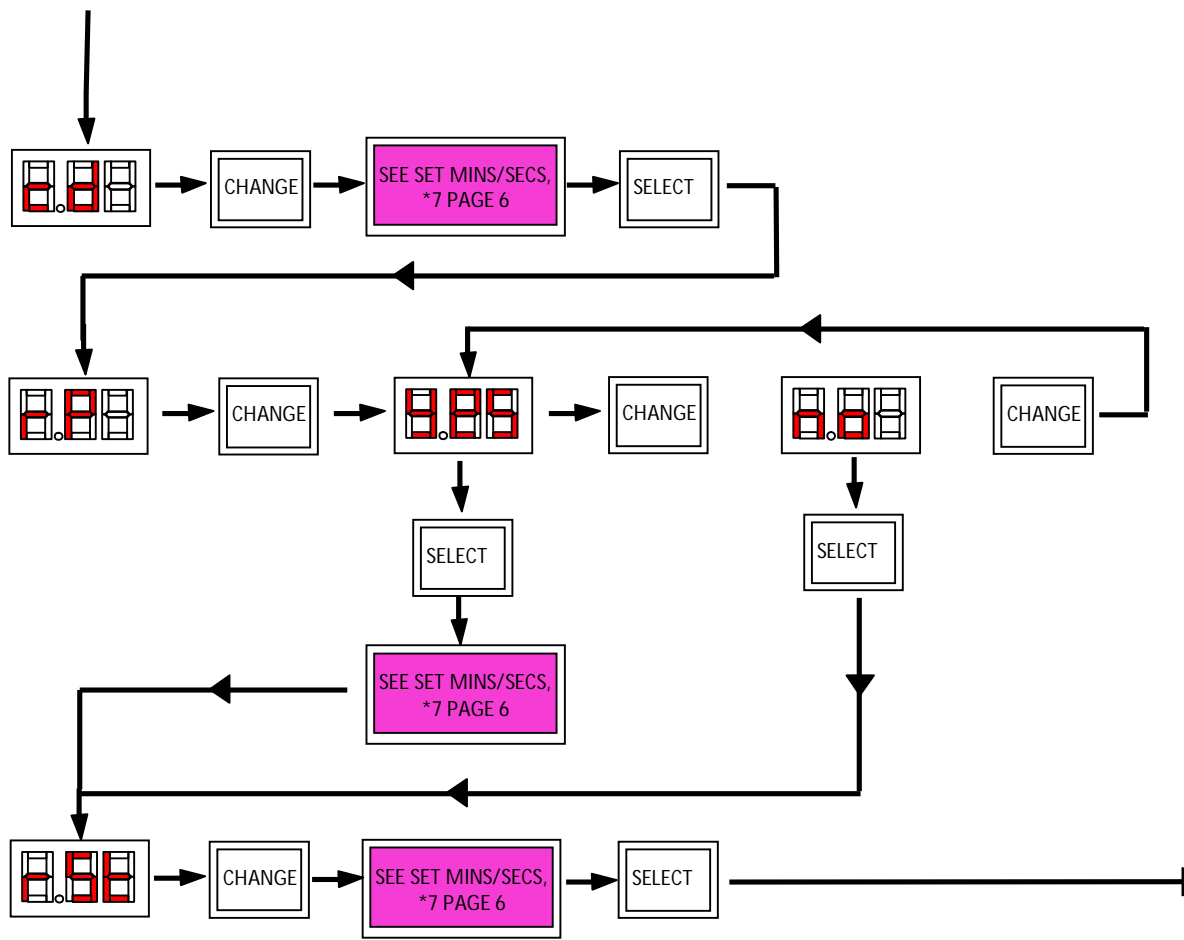
ADVANCED ROUNDS (Ad)
HAVE BEEN SELECTED

SEE SET MINS/SECS.
*7 PAGE 6



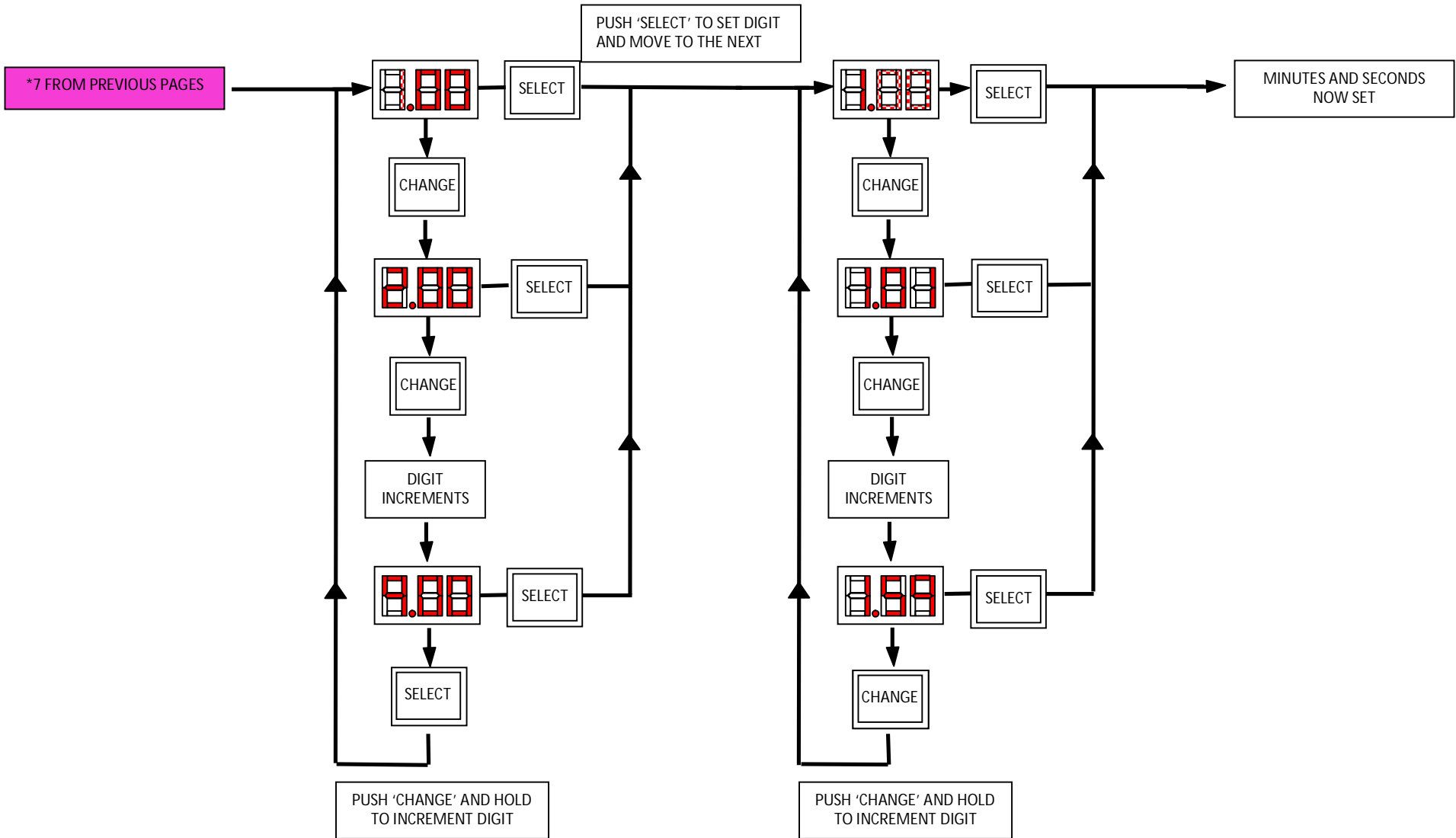
*6 FROM PREVIOUS PAGE

BACK TO START MENU ON PAGE 1



SET MINS/SECS

The diagram below shows how to set the minutes and seconds for the different program parameters in the previous instructions.



Run Mode

The diagram below shows the operation of the timer whilst in 'run' mode

