

Iron Edge Interval Timer

Iron Edge Interval Timer Instructions

Clock Settings:

Push 'Clock' to enter the clock settings.
Push 'Edit'.

Use the central cursor to scan to the desired digits and select your time using the numerical buttons at the top of your remote control.

Once finished setting the time push 'Edit' to finalise and save.

Press 'Shift' to select between 12hour and 24 hour time.

F1: Interval Timer:

- » Push 'F1' to enter the interval timer.
- » Push 'Edit' to select your interval times. 'P1' will appear on your clock.
- » Push 'Edit'. Select the desired time for your first interval (workout period).
- » Push 'Edit' to save. 'P2' will appear on your clock.
- » Push 'Edit'. Select the desired time for your second interval (rest period).
- » Push 'Edit' To save. 'P3' will appear on your Clock.
- » Push 'Edit'. Select the number of rounds you want to complete.
- » Push 'Edit to Save'.
- » Begin your workout by pressing 'ENTER'.

Save an Interval:

Once you have completed editing your interval times simply hold down any function button between F3 & F11. Your interval will then be saved under that button until you override it with another interval in the future.

F2: Stopwatch:

Select F2 on your remote control.
00:00 will be displayed. Press ENTER to begin the stopwatch. At any stage you can press ENTER to stop the timer.

Count Up:

Push 'Up' on you remote control (the up-cursor in the centre of your remote)

Push 'Edit' to select the amount of minutes/seconds you require the timer to count up to.

Push ENTER to begin the timer

Save a Count Down Time:

Edit the time as described above. Before exiting Edit Mode, press any function button between F3 & F11 to save for future use. It will be saved under your specified function button until overridden with another time at a later date.

Count Down:

Push Down on your remote Control (The down-cursor in the centre of your remote)

Push 'Edit' to select the amount of minutes/seconds you require the timer to count down from.

Save a Count Down Time:

Edit the time as described above. Before exiting Edit Mode, press any function button between F3 & F11 to save for future use. It will be saved under your specified function button until overridden with another time at a later date.

The Iron Edge Interval Timer has a 12 month guarantee. This guarantee covers manufacturing faults and defects only. Guarantee will be voided by removing the back cover of the clock.

Clock requires 2 x AAA batteries.

Remote Directions

