

# 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 either 12 Hrs or 24 Hrs buttons respectively, to select how time is shown.

### Interval Timer:

- » Push 'INT' to enter the interval timer.
- » Push 'Edit' to set your interval rounds. Select the number of rounds you want to complete. Push 'Edit' to save.
- » 'H1' will appear on your clock. Select the desired time for your first interval (workout period). Push 'Edit' to save.
- » 'H2' will appear on your clock. Select the desired time for your second interval (rest period).
- » Push 'Edit' to Save.
- » Begin your workout by pressing 'OK'.

### Count up or down:

When in interval mode, press 'Up/Dn' to make timer count up or count down from set interval time.

### Save an Interval:

To save an interval as a custom function edit as described above. Directly after setting your interval time, simply hold down any function button between 0 to 9 for 3 seconds. Your interval will then be saved under that button, until you override it with another function in the future. (Saved interval times count up by default)

### 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 'OK' to begin the timer

### Count Down:

Push Down on your remote Control (The down-cursor in the centre of your remote)  
Push 'Edit' to set the amount of minutes/seconds you require the timer to count down from. Push 'OK' to begin the countdown

### Save a Count Up/Down Time:

To save a countup/down as a custom function, edit as described above. Directly after setting your countup/down time, simply hold down any function button between 0 to 9 for 3 seconds. Your countup/down will then be saved under that button, until you override it with another function in the future.

### Stopwatch:

Select 'Stopwatch' on your remote control.  
00:00 will be displayed. Press 'OK' to begin the stopwatch. At any stage you can press 'OK' to pause the timer.

### Tabata timer:

Select 'TBT' for Tabata timer.  
00:00 will be displayed. Press 'OK' to begin the Tabata timer (20 seconds of workout, 10 seconds rest for 8 intervals).

### Fight Gone Bad timer:

Select 'FGB' for fight gone bad timer.  
17:00 will be displayed. Press ENTER to begin the fight gone bad timer (5x 1 minute intervals followed by 1 minute rest, repeated 3 times).

### Brightness adjust:

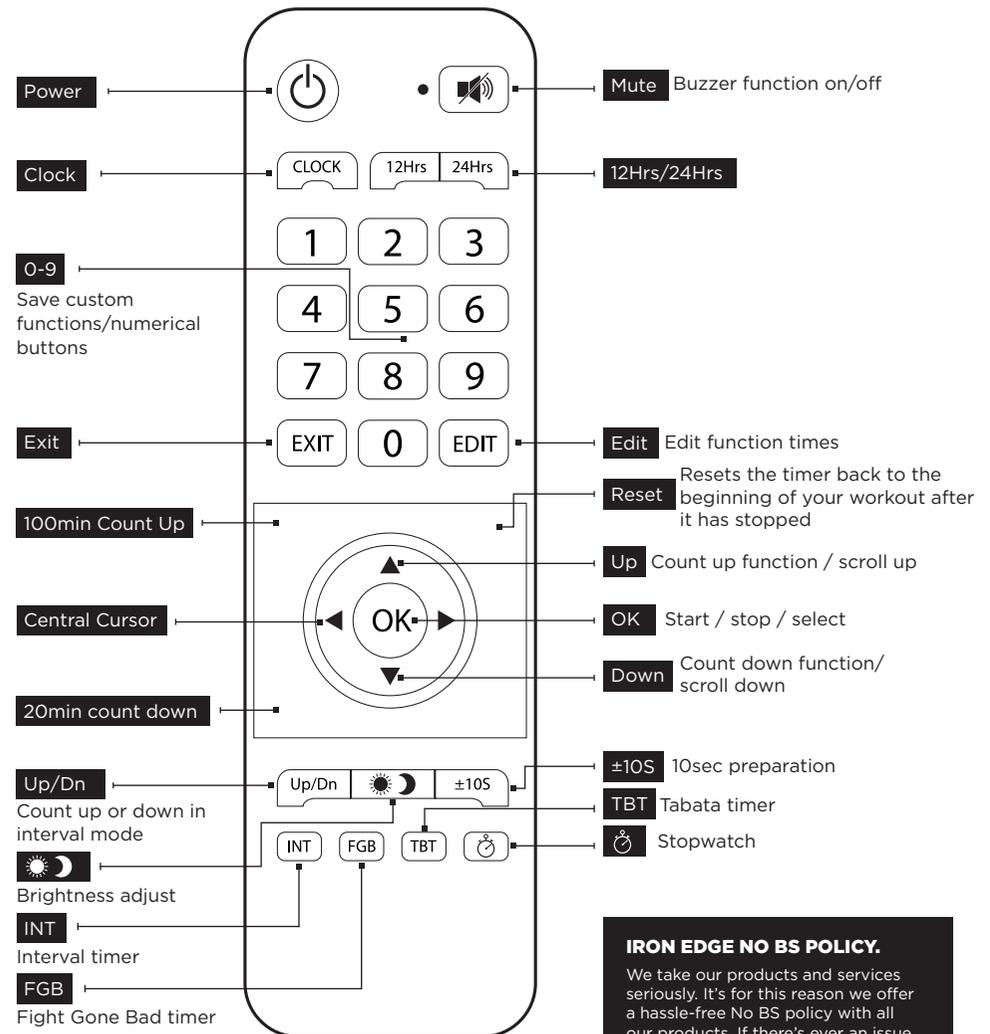
Select 'Brightness' to scroll through the 5 levels of brightness.

### 10 second preparation countdown:

Select '±10S' before starting a interval or function, to turn on or off the 10 second preparation countdown.

The Iron Edge Interval Timer has a twelve-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



### IRON EDGE NO BS POLICY.

We take our products and services seriously. It's for this reason we offer a hassle-free No BS policy with all our products. If there's ever an issue with our service or product that is outside of normal wear and tear (see our Terms and Conditions) in any way, simply let us know and we'll take care of it with a No BS attitude.