

GYMBOSS®

INTERVAL TIMER

www.gymboss.com

Thank you for purchasing a **GYMBOSS miniMAX**.

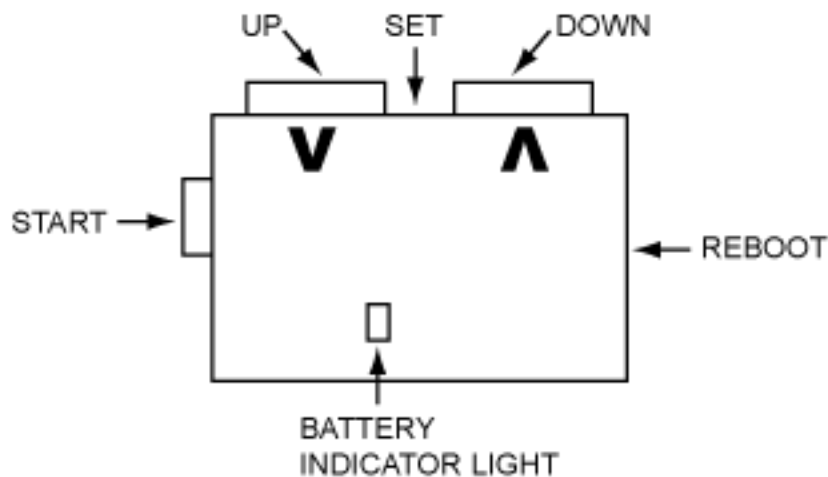
***Remove protective screen from front of timer.

TURN ON | Push any button.

TURN OFF | Interval timer will turn off after no use for 5 minutes, or you may select off from the menu.

*If left in stopwatch and clock mode timer will **not** turn off on its own.*

BUTTON CONFIGURATION



Battery:

- No Used Batteries Please! We recommend a high quality Energizer or Duracell.
- When your battery gets low a battery icon will flash on the screen.

REBOOT a frozen or malfunctioning timer by placing a *NEW* battery in timer, then using a pen, push the **REBOOT** button. (See in-depth Troubleshooting and Replacement Procedure document also available here on our website)

There are 3 modes to the **GYMBOSS miniMAX**.

- **CLOCK**
- **STOPWATCH**
- **INTERVAL TIMER** – the interval timer has 4 separate sections, depending on how many intervals you wish to time.
 1. **1 Interval**
 2. **2 Intervals**
 3. **3+ intervals** (3 to 25 different intervals in sequence).
 4. **Multi** (2 to 25 different intervals and allows repeating of each interval or groups of intervals within the 25 intervals. See setup below).

There are 2 menus, the menu allows you to select desired mode, the Setup Menu allows you to create, save, or recall programs as well as return to the Menu to select a different mode

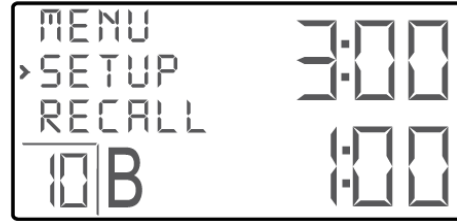
MENU

OFF (Turn off)
1 INT (Time 1 interval)
>2 INT (Time 2 different intervals)
3+ INT (3-25 different intervals)
MULTI (Up to 25 with repeats and group repeats)
STPWCH (Stopwatch)
CLOCK



SETUP MENU

MENU
>SETUP
RECALL
SAVE
BACK

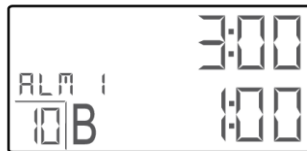


Only 3 lines of each menu will be on the screen at any one time and they are located on the top left part of the LCD screen. The > located at the center line indicates what will be activated when you push the **SET** button. The remaining will be off-screen and you will use the **V** or **Λ** buttons to scroll the menu to access them.

Each mode has a distinctive look. Here they are shown for comparison purposes.



1 INT



2 INT



3+INT



MULTI



STOPWATCH



CLOCK

To change modes:

From the MENU use the **V** / **Λ** buttons to move the desired mode to the > position, then push the **SET** button.

1 INT, 2 INT, and 3+ INT TIMER SETUP

- Choose **MENU**, then choose your desired mode (1 INT, 2 INT, or 3+ INT)
- Push **SET** button, **>SETUP** menu will appear, push **SET** again to select **SETUP**. **SET** is now displayed on the screen allowing changes to the displayed program.

If **SET** is not displayed on screen, you are not in setup and cannot make changes.

- Set the interval times using the **V / Λ** buttons. Push **SET** to move to next interval setup. For 3+ interval mode, after you have set all of your desired intervals select 00:00 for the next interval and push **SET** to move to the next step of the setup process.
- Select # of rounds (repeats) desired from **00-99**. Rounds set from 01-99, timer will complete the selected number of rounds. Rounds set to 00, timer will count the rounds completed up to 99.
- Set alarm type **B** (big beep), **b** (little beep), **V** (vibrate), or any combination.
- Set alarm duration of **1, 2, 5, or 9** seconds. Push **SET** to exit setup, **SET** will disappear from screen.

Interval Timer Setup Tips:

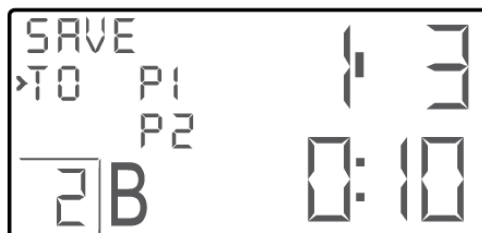
- In **SETUP** push **START** button to backup to previous step.
- Hold **V or Λ** to fast scroll.
- While fast scrolling, each push of **SET** will increase/decrease 10 minutes.
- Push **V and Λ** at the same time will set default value.

Interval Timer Operating Tips:

- Stop timing – hold **START** button (about 3 seconds), alarm occurs.
- Pause timing – push **START** 3 times in rapid succession, alarm occurs on successful pause.
- During **PAUSE** you may change the alarm by pushing the **SET** button.
- During **PAUSE** push **START** to resume timing, alarm occurs.

SAVE To save the current program push **SET**, then scroll **V** to **>SAVE**, then scroll to save to desired location, then push **SET**.

If there is a program saved at this P#, it will be displayed. Push **SET** to save your program and delete this one.



RECALL To recall a saved program, you must be in the mode according to # of intervals, if you are recalling a program with 2 different intervals, you must be in the **2 INT** mode. Select desired interval mode, **1 INT, 2 INT, 3+ INT, or MULTI**. Push **SET**, then scroll to **>RECALL**, then scroll to the desired program, then push **SET**.

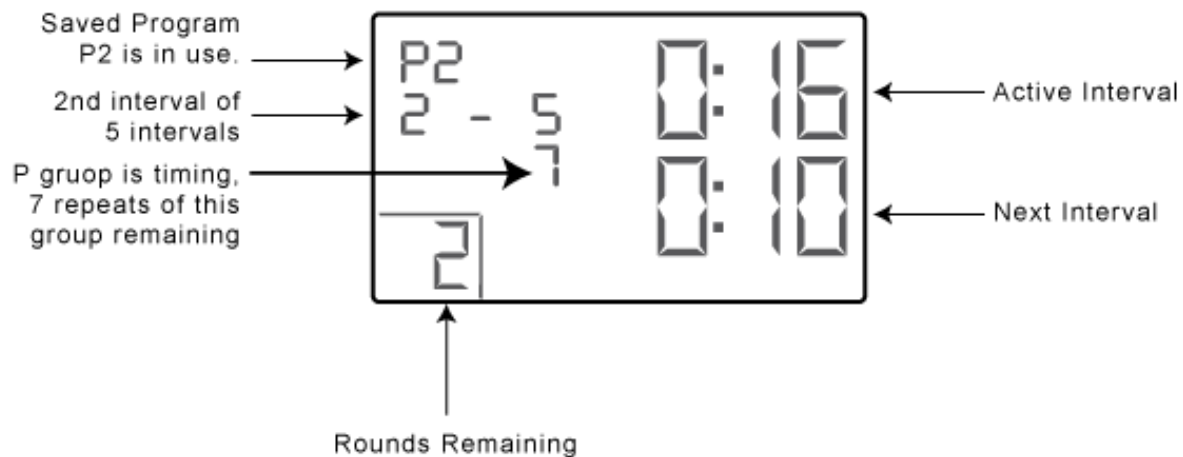
VIEW For **3+ INT** and **MULTI** modes you may view the intervals in the displayed program by using the **v** button. If you want to change an interval during this process push **SET** button, this will put the timer in setup and allow you to make the desired changes.

EXPANDED MULTI INTERVAL SETUP

MULTI mode allows up to 25 intervals and repeat single intervals, or groups of intervals, within the 25.

05:00 x 1	One 5 minute interval.
00:20 x 8 00:10 x P	Using a P causes the timer to alternate this interval with the previous interval, in this case – 20 sec / 10 sec, 8 times. During setup of the # of interval repeats, P is down (V) from 00.
02:00 x 3	Three 2 minute intervals.
05:00 x 1	One 5 minute interval.

MULTI interval display during timing



EXPANDED STOPWATCH OPERATION

- To use the stopwatch mode: Push **SET**, choose **MENU**, push **SET** again, choose **STPWCH**, push **SET**.
- Push **START** button to start, stop, or resume timing. (alarm occurs with each push).
- Push **V** to reset back to 00:00
- To change alarm type, Push **SET**, choose **SETUP**, push **SET** again, then use the **V / ^** buttons to change alarm type to BH, BL, V, BHV, or BLV. Push **SET**.

EXPANDED CLOCK SETUP and TIPS:

- To use the Clock mode: Push **SET**, choose **MENU**, push **SET** again, choose **CLOCK**, push **SET**.
- To change the time: While in Clock mode, Push **SET**, choose **SETUP**, push **SET**. Use the **V / ^** buttons to change the time, pushing **SET** after each.
- The clock can be viewed from any other mode even during timing by holding **^** button for 1 second. This is not available while in setup mode.

HOW TO REMOVE THE BELT-CLIP

1. Turn the timer so that you are looking at the back.
2. Insert your fingernail on latch between belt clip and **START** button and pull the latch towards the belt clip while at the same time pushing the belt clip to the right to release. It will then slide off.
3. If you are still having trouble, please see instructional video on YouTube.

***Lanyard may be attached to timer body next to the START button.