



**Multi-Functional Interval  
Timer Manual**  
*Size: Medium*



## **GYM CLOCK USER GUIDE**

**TABATA | EMOM | COUNT UP/DOWN | STOP WATCH**

# TABLE OF CONTENTS

Warranty & Safety Warnings.....	3
List of Contents in Interval Timer Package.....	4
Remote Diagram (What all the buttons mean).....	5
Clock Diagram (What all the numbers mean).....	6
How to Mount Your Clock.....	7
Setting up a TABATA.....	8
Setting up an EMOM.....	9
Setting up COUNT UP/DOWN & STOPWATCH.....	10
Other Features & Functions.....	11



# WARRANTY AND WARNINGS

## **Warranty:**

Manufacturer Defects are covered under warranty for one year.

## **No Sweat Guarantee:**

We will perform an exchange or full refund within 30 days of receiving your item for any reason & for free!

Please see our “No Sweat Guarantee” or “Start a Return” pages on our website, [www.iheartsynergee.com](http://www.iheartsynergee.com), for more information.

## **Warnings:**

Read & follow these instructions. Failure to do so can result in damage to the timer. Keep this manual for future reference.

Never use a Synergee Timer, power cord, or remote for any purpose other than their intended uses.

If the product is not performing to its advertised quality, even when used according to directions, stop use and contact Synergee 1.855.217.7136.

Inspect product for wear and tear before first use and before every subsequent use. Check regularly to ensure Timer is mounted securely.

Timer, power cord, and remote can break if not handled correctly.

Never mount timer on unsturdy or weak surfaces, or near wet areas.

Make sure timer is secure before performing an exercise.

This product contains plastic, metal and silicone.

Do not use without proper installing first.

Batteries sold separately.

Keep away from children.



# PACKAGE CONTENTS

## Package Contents:

Your Synergee Interval Timer Package will include the following:

- (1) Remote\*
- (1) Clock
- (1) Power Cord
- (2) Wall mounts
- (2) Screws\*\*

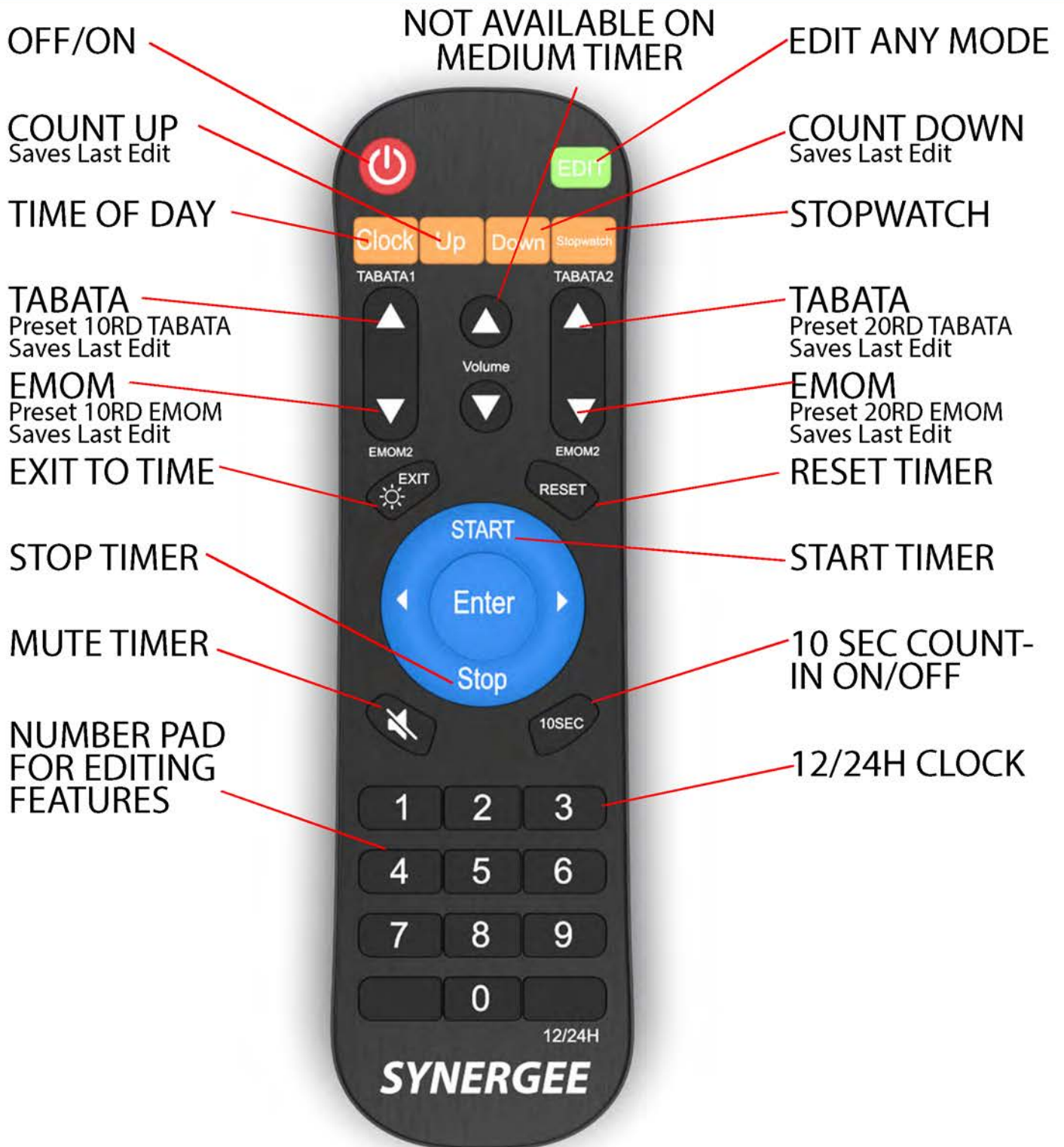
\* Extra remotes are sold separately and are available at [www.iheartsynergee.com](http://www.iheartsynergee.com) & [www.iheartsynergee.ca](http://www.iheartsynergee.ca)

\*\* These screws attach the Wall Mounts to the Clock. Additional screws are required to attach the clock to the wall - these are not included

If any pieces are missing, please contact us as soon as you notice. Call us at 1.855.217.7136

# REMOTE DIAGRAM

*(What all the buttons mean)*



FACTORY RESET: To Reset to all pre-programmed functions in the original Factory Settings: Press Arrow Left, Enter, Arrow Right, Reset

# CLOCK DIAGRAM



Display you will see when setting the clock to a 10 min EMOM

The BLUE Numbers/Letters on the Left tell you what setting you are on. E1 = EMOM10, E2 = EMOM20; UP = Count Up, dn = Count Down. For the Stopwatch feature, the BLUE numbers will first read 00 and then count the minutes when activated. For the Tabata function, the blue numbers display the number of rounds your workout is set to.



Display you will see when setting the clock to a 10 round Tabata (with 20 sec work)

The RED numbers display the Time for the Clock and Workout Programs. During a workout, it will display the minutes: seconds. Except for the Stopwatch where RED displays the seconds:mili-seconds. A BLUE dot will show in the bottom right corner when the 10 second count-in is ON.



# HOW TO MOUNT YOUR CLOCK



Attach the wall mounts to both sides of your clock using the screws provided. There is only one hole on the side of the clock that is threaded—this is where the screw will go. Set into place by hand and tighten with a 5mm Allen Key. Do not overtighten.

Attach clock to the wall using screws (not included) and a drill. Attach to wall using center hole. Extra support can be added by adding screws above and below the main support.

# SETTING UP A TABATA



Our timer comes with a pre-programmed 10 and 20 Round TABATA. Each round includes 20 seconds of work and 10 seconds of rest.

**To Run a Pre-Programmed TABATA:** Select "10RD TABATA" or "20RD TABATA", then "Start" to begin.

**To Adjust the Number of Rounds:** Select 10 or 20RD TABATA. Then press "Edit". Type the number of rounds your workout requires using the number pad. Hit "Enter" twice. Hit "Start" to begin.

**To Adjust the Length of Work and Rest:** Select 10 or 20RD TABATA. Press "Edit". Type in the number of rounds you wish to program. To keep this the same, press the Right Arrow twice. Type in the number of minutes : seconds you want your work to be. Press "Enter".

The next screen will allow you to set the Rest Period. The Blue dashes "--" indicate you are on the Rest Period Screen. Set your Rest Min:Sec. Hit Enter. Hit Start to begin.

Note: Our timer beeps for three seconds and then one LONG beep to signal the end of every work and rest period.



# SETTING UP AN EMOM



Our timer comes pre-programmed 10 and 20 minute EMOM (Every Minute On the Minute). For 10 or 20 Min. The Timer will notify you when every minute-long round is up.

**To run a Pre-Programmed EMOM:** Select "10MIN EMOM" or "20MIN EMOM", then "Start" to begin.

**To adjust the length of the EMOM:** Select "10MIN EMOM" or "20MIN EMOM", then press "Edit". Type in the number of minutes you would like your EMOM to last by using the number pad. Then hit "Enter". Hit "Start" to begin.

**To adjust the length of each round:** Sometimes, training calls for rounds to start every 90 seconds or 2 minutes. To set this up, go to "10RD TABATA" or "20RD TABATA". Press "Edit". Type in the number of rounds you would like to perform and how long each round needs to be. Ex. for a 15min E3MOM, your clock should read **05 03 00**. Press "Enter". Press **00 00** on the the number pad for the rest period (i.e. should read: **-- 00 00**). Press "Enter". Press "Start" to begin.

Note: Our timer beeps for three seconds and then one LONG beep to signal the end of every round. You will hear beeps at the 57, 58, 59th second and then a long beep at the top of every minute during your EMOM.

# SETTING UP COUNT UP/ DOWN & STOPWATCH



## Count UP/DOWN:

Our timer comes with a pre-programmed Count Up and Count Down function.

## To Set a Time Cap:

Select the "UP" or "DOWN" button, depending on your preference for counting up or down. Select "Edit". Type in the length of your workout.

Pres "Enter". Press "Start".

## STOPWATCH:

Our timer comes with a Stopwatch function. Use this when you require running clock and for precise timing.

Press the "Stopwatch" button and press "Start". Press "Stop" to pause and display time-passed; press "Start" to resume; press "Reset" to go back to 0 seconds.

## NOTE:

Every Timer Function will open to the last Edit made. For example, If you change E1 to a 15 min EMOM, the next time you press E1 it will be a 15 min EMOM as well. To go back to all original pre-programmed settings, press "Left Arrow", "Enter", "Right Arrow", "Reset".



# OTHER FEATURES & FUNCTIONS



## **EXIT:**

Pressing "EXIT" at any time during your workout will end your workout and bring you back to the clock display.

## **RESET:**

Press "RESET" to restart the program you are currently in from the beginning. Consider it your Redo Button. Click "RESET" and then "START" to begin again.

## **MUTE:**

Press "MUTE" to stop the clock from beeping. When you turn "MUTE" on, the clock will beep once; and turning "MUTE" off (i.e. sound is on), it will beep 3 times.

## **10 SEC:**

The Pre Workout 10 Second Count-In can be turned on or off. When the blue light in the bottom right corner of the clock is on, the 10 Sec Count-In is on. "Beeps" will be heard on the 3, 2, 1.

## **12/24H:**

Press this button to switch between 12 and 24 hour clock setting.

# THANK YOU FOR YOUR PURCHASE



Follow us on Facebook and Instagram for the latest updates,  
to hear about new products and giveaways,  
and to keep in touch! @synergeefit

**Welcome to the Synergee Community!**