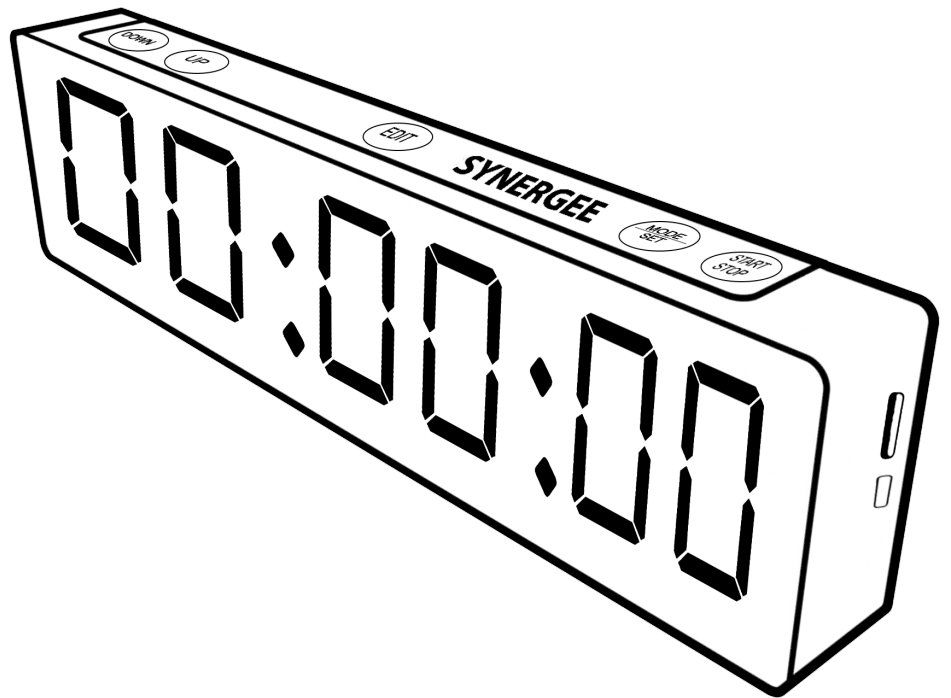
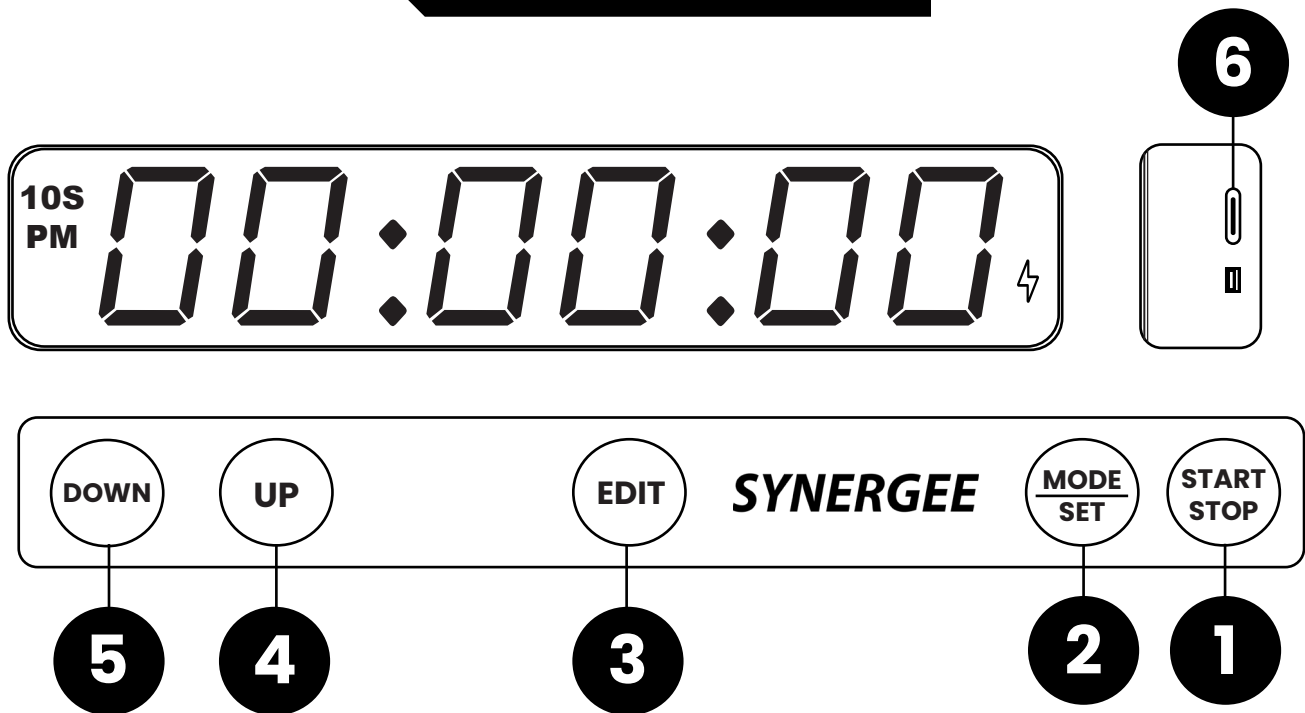


 **SYNERGEE[®]**

GYM TIMER



OVERVIEW



- 1. POWER BUTTON* | START/STOP**
- 2. CYCLE FUNCTIONS**
- 3. CYCLE SETTINGS**
- 4. INCREASE VALUE**
- 5. DECREASE VALUE**
- 6. USB C CHARGING SOCKET**

*TO TURN CLOCK ON AND OFF, PRESS AND HOLD THE START|STOP BUTTON FOR 2 SECONDS

When clicking the mode button, the clock face cycles between the 8 settings listed below

TABATA:

Tabata is a form of high-intensity interval training (HIIT). This preset follows the format of: 20 seconds of very High-Intensity exercise followed by 10 seconds of rest for 10 rounds. Can be customized.

EMOM:

The EMOM feature on your gym clock beeps every minute, guiding timed exercises or activities to maintain consistent training intervals. It promotes structured workouts for improved pacing and efficiency.

COUNT DOWN:

In count down mode, you set a specific duration of time that you want to count down from. The count down time is 10 minutes. This can be customized for up to 99 minutes and 59 seconds.

COUNT UP:

In count up mode, you set a specific duration of the time that you want to count up from. The count up time is 10 minutes. This can be customized for up to 99 minutes and 59 seconds.

STOP WATCH:

This function is a stop watch and is not programmable. The format on the clock is as follows [MIN : SEC : MILSEC]
[BLUE : RED : RED]

10 SECONDS COUNT DOWN:

This function adds a 10 second countdown before you start any workout timer function. It can be turned on and off, and it is indicated by a 10s in the top left corner of the screen.

VOLUME:

This function allows the user to turn the volume beep up or down. The timer beep may also be muted.

CLOCK EDIT:

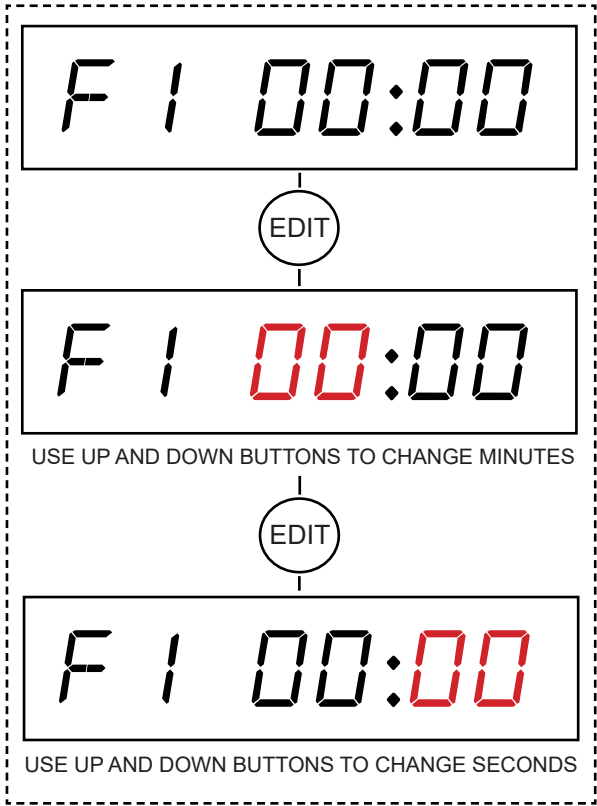
This feature allows the user to set up the clock and change between 12 hour or 24 hour clock modes. In the 24 hour mode an PM indicator will appear.

MODE 1: TABATA

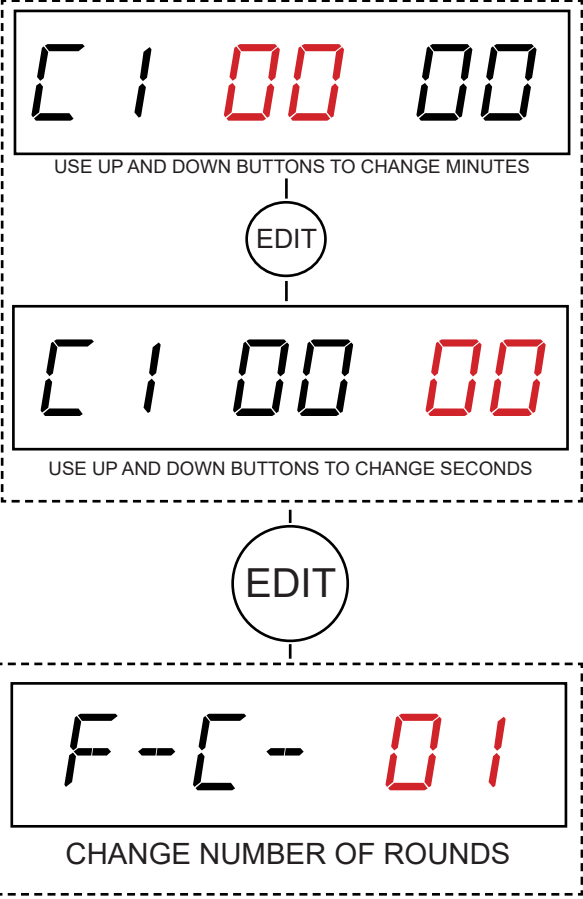


EDIT

CHANGE INTERVAL



CHANGE ROUNDS



EDIT

EDIT

MODE
SET

NOTE

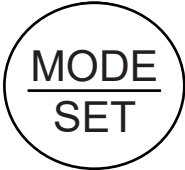
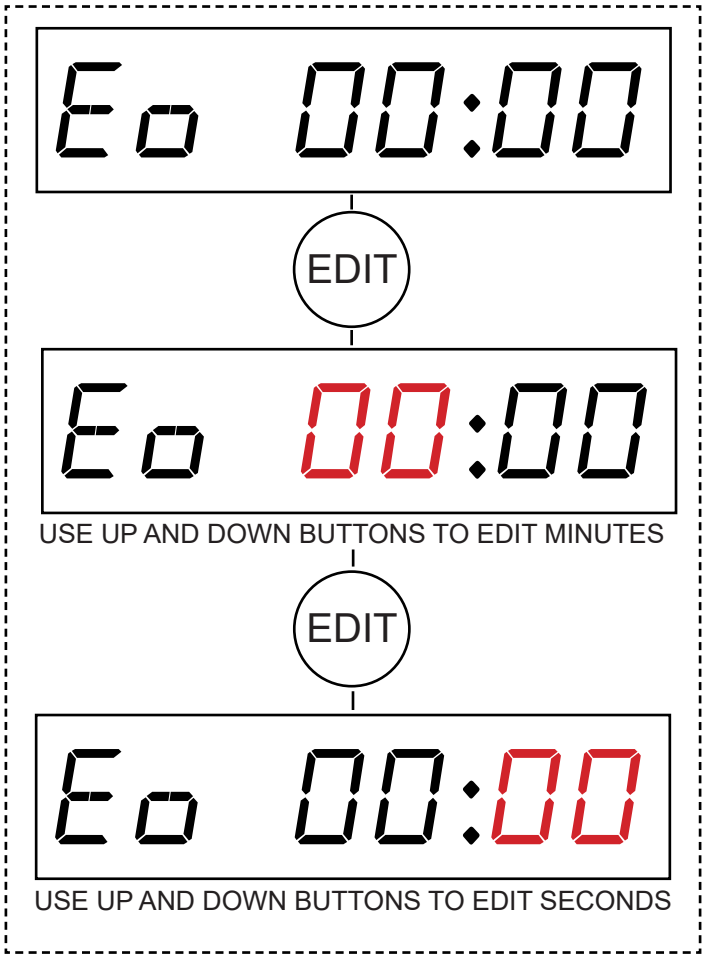
*RED text indicates values that you can modify

**Use UP and DOWN buttons to change any values

MODE 2: EMOM



CHANGE INTERVAL



MODE 3: COUNT DOWN

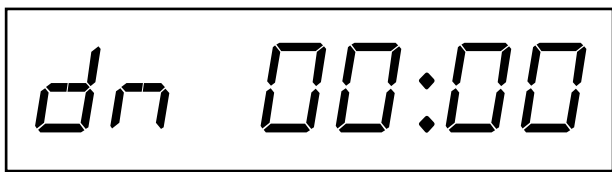


EDIT

DOWN

CHANGE INTERVAL

CHANGE ROUNDS



EDIT



USE UP AND DOWN BUTTONS TO EDIT MINUTES

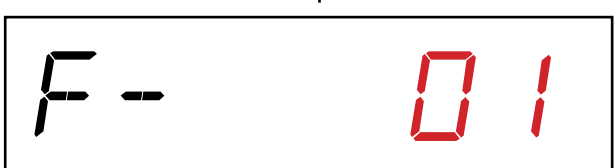
EDIT



USE UP AND DOWN BUTTONS TO EDIT SECONDS



EDIT

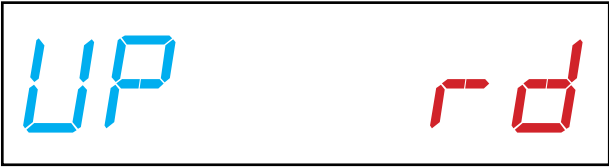


USE UP AND DOWN BUTTONS TO EDIT ROUNDS

MODE
SET

START
STOP

MODE 4: COUNT UP



EDIT

DOWN

CHANGE INTERVAL

CHANGE ROUNDS



EDIT



USE UP AND DOWN BUTTONS TO EDIT MINUTES

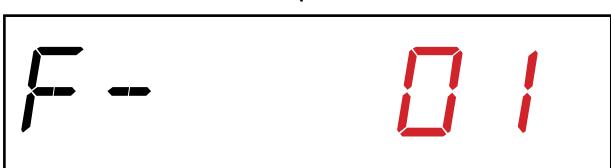
EDIT



USE UP AND DOWN BUTTONS TO EDIT SECONDS



EDIT



USE UP AND DOWN BUTTONS TO EDIT ROUNDS

MODE
SET

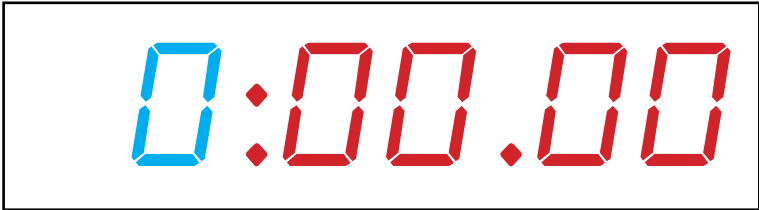
START
STOP

MODE 5: STOP WATCH

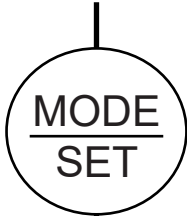


STOPWATCH GUIDE

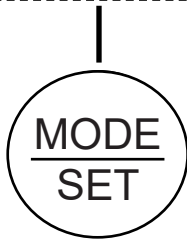
TIMER WILL BEGIN ON START



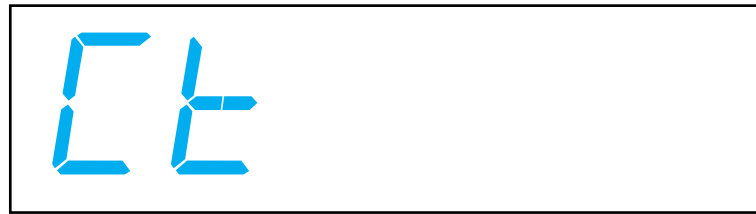
MINUTES | SECONDS | MILLISECONDS



TIMER WILL RESET

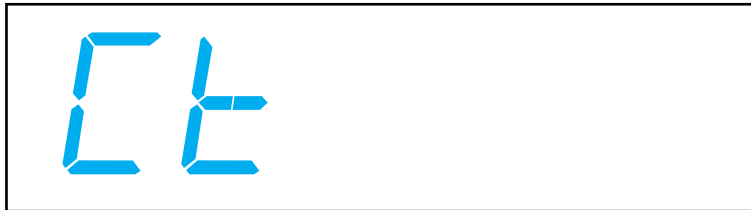


MODE 6: 10S COUNT DOWN

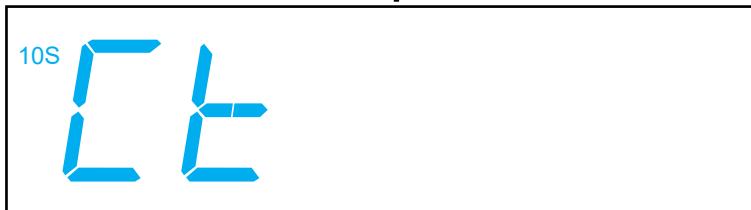


EDIT

TOGGLE COUNTDOWN



EDIT



10S WILL APPEAR IN THE TOP LEFT CORNER

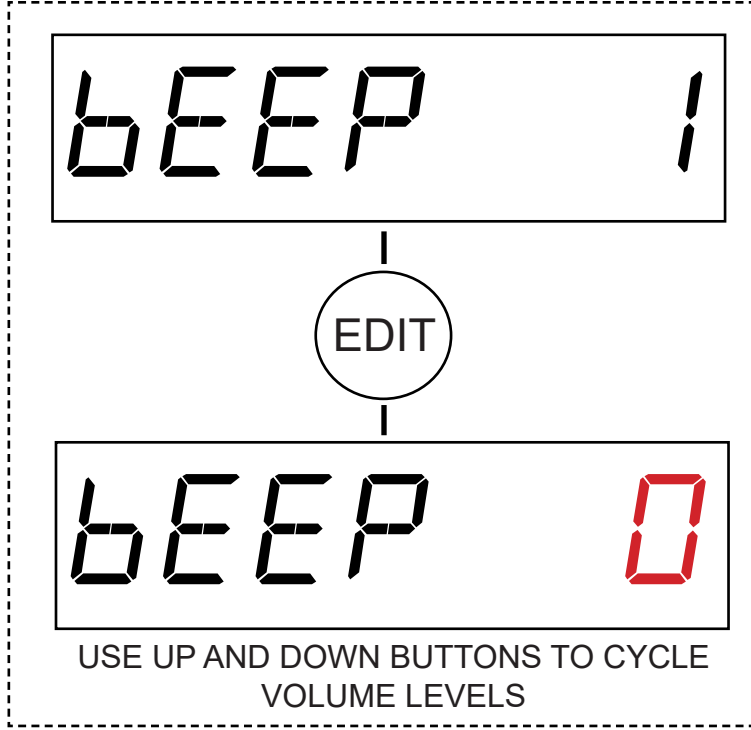
MODE
SET

MODE 7: VOLUME



EDIT

CHANGE VOLUME
& MUTE



MODE
SET

NOTE

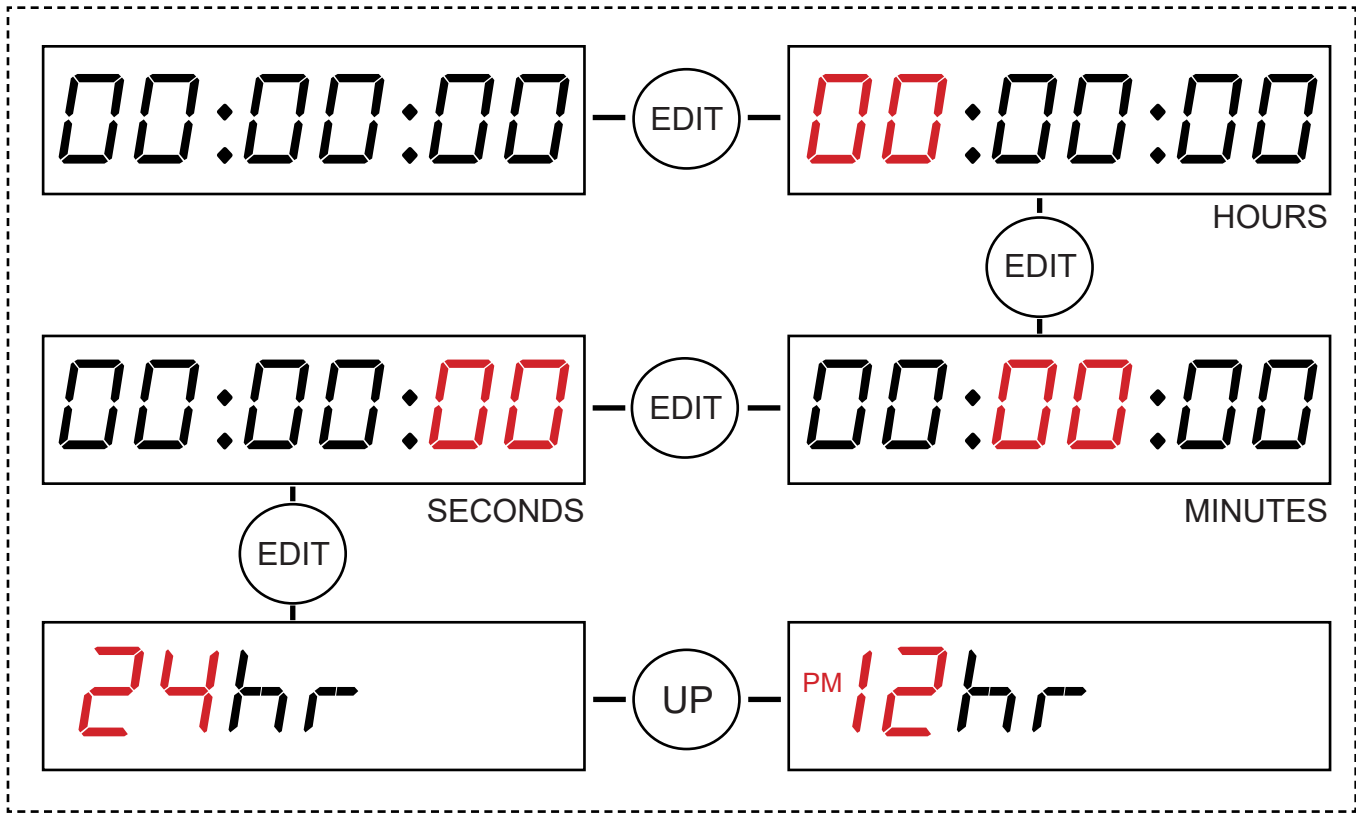
- Volume 0** = No Sound
- Volume 1** = Level 1 Volume - Quietest
- Volume 2** = Level 2 Volume
- Volume 3** = Level 3 Volume
- Volume 4** = Level 4 Volume
- Volume 5** = Level 5 Volume - Loudest

MODE 8: CLOCK



EDIT

CHANGE CLOCK MODE



MODE
SET

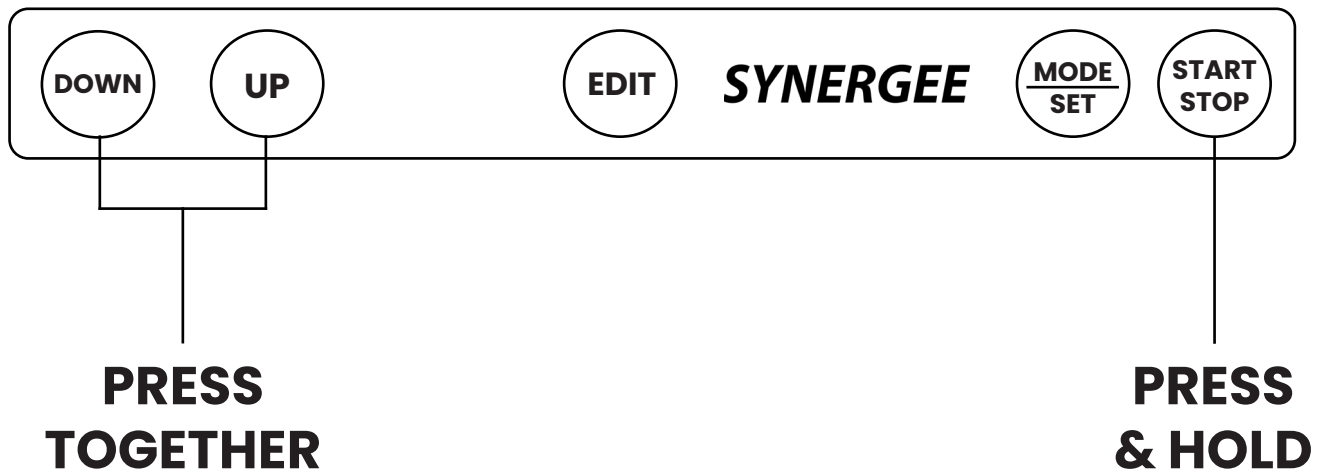
NOTE
 *RED text indicates values that you can modify
 Use **UP and **DOWN** buttons to change any values

FACTORY RESET

TO FACTORY RESET YOUR CLOCK:

STEP 1: PRESS AND HOLD 

STEP 2: PRESS  **&**  **TOGETHER**



Performing a factory reset will erase all personalized settings, restoring the timer to its original default configuration.