# YZ LT2B1.8R 1.8 inch Gym Timer Button Instructions

**1.8  inch Gym Timer Button Instruction**

ON/OFF Mode button: short press the On/Off mode button to switch the mode, and click the start button to run. Long press the On/Off mode button to switch the  achine  on and off. Mode 1, one-minute cycle countdown,

corresponding to the remote control EMOM button, cycle 99 rounds,

Mode 2, counting up, corresponding to the UP button of the remote control, you can set the countdown time by

yourself, for example, from 00:00 to 06:59 and the maximum to 99:59,.

Mode 3, countdown, corresponding to the DOWN button of the remote control, you can set the end time of the countdown by yourself, for example, from 05:59 to 00:00, the  maximum value starts from 99:59,

Mode 4, F1, corresponding to the Tabata button on the remote control, workout time/20s; rest time/10s; Repeat/8

rounds,

Mode 5, 1 /F1, corresponding to the remote control FGB1, workout time /5 min; rest time/1 min; Repeat/5 rounds

`F1 05 00`

Mode 6, 2 /F1, corresponding to the remote control FGB2 workout time /5 min; rest time/1 min; Repeat/3 rounds

Mode 7, P0 (F1, workout time, C1 rest time, C C cycle times)

`P0     F1 05 00 C1 01 00 C  C  99`

Mode 8, P1

`P1   F1 05 00 C1 01 00 C  C  99`

Mode 9, P2

`P2   F1 05 00 C1 01 00 C  C  99`

Mode 10, P3

`P3    F1 05 00 C1 01 00 C  C  99`

Mode 11, P4

`P4   F1 05 00 C1 01 00 C  C  99`

Mode 12, P5

`P5    F1 05 00 C1 01 00 C  C  99`

Mode 13, P6

`P6   F1 05 00 C1 01 00 C  C  99`

Mode 14, P7

`P7    F1 05 00 C1 01 00 C  C  99`

Mode 15, P8

`P8   F1 05 00 C1 01 00 C  C  99`

Mode 16, P9

`P9   F1 05 00 C1 01 00 C  C  99`

Edit/Set button: Corresponding to the remote control SET/EDIT key. Except for modes 1, 4, 5, 6 which are fixed and unchangeable, the other modes can be edited and reset, including the clock display mode.

☀/Enter button: In the editing state, press the button to confirm the current editing content. In the non-editing state, press the button to adjust the display brightness. The brightness is divided into 5 levels.

**10 Sec/Reset:** In the running or editing state, short press the button to return to the initial running interface, press the button again to return to the clock display interface. In the clock display interface, press the button, cancel the 10-second preparation time, corresponding to the remote control 10Sec.

**+/Stop:** When the project is running, the button can stop the current running project. In the clock display interface, press the button to display the stopwatch, and press the start button to start the stopwatch.
**-/Start:** For all running mode items, press the start key to run the corresponding content. In the clock interface, press the start key to indicate mute and non-mute

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