TOORX AHF-154

TOORX AHF-154 6-Digit LED Timer Instruction Manual

1. INTRODUCTION

Thank you for choosing the TOORX AHF-154 6-Digit LED Timer. This manual provides essential information for the safe and efficient operation of your new timer. Please read these instructions carefully before use and retain them for future reference.

2. PACKAGE CONTENTS

- TOORX AHF-154 6-Digit LED Timer Unit
- Wireless Remote Control
- Power Adapter (12V)
- Instruction Manual

3. PRODUCT OVERVIEW

The TOORX AHF-154 is a versatile 6-digit LED timer designed for various fitness and training applications. It features a clear display, durable aluminum casing, and a convenient wireless remote control for easy operation.

Figure 3.1: The TOORX AHF-154 6-Digit LED Timer shown with its wireless remote control. The timer features a large, bright display for clear visibility during workouts.

Figure 3.2: A detailed view of the TOORX AHF-154 LED display, illustrating the six-digit format for time and interval tracking.

Figure 3.3: The wireless remote control for the TOORX AHF-154 timer, featuring numerical keys and dedicated function buttons for easy programming and control.

4. SETUP

4.1 Power Connection

1. Connect the provided 12V power adapter to the DC input port on the back of the timer.
2. Plug the power adapter into a standard electrical outlet. The timer display will illuminate.

4.2 Mounting (Optional)

The timer can be wall-mounted for optimal visibility. Ensure the mounting surface is sturdy enough to support the timer's weight. Use appropriate screws and anchors (not included) for secure installation.

5. OPERATING INSTRUCTIONS

All functions are controlled via the wireless remote control. Ensure the remote has fresh batteries and is pointed towards the timer for optimal signal transmission.

5.1 24-Hour Time Display

1. Press the **TIME** button on the remote. The display will show the current time.
2. To set the time, press **SET**, then use the number keys to enter the desired time (HH:MM).
3. Press **OK** to confirm.

5.2 Countdown / Count-up Timer

5.2.1 Countdown

1. Press the **COUNT DOWN** button.
2. Use the number keys to enter the desired countdown time (e.g., 05:00 for 5 minutes).
3. Press **START** to begin the countdown.
4. Press **PAUSE** to temporarily stop, and **START** again to resume.
5. Press **RESET** to return to the initial set time.

5.2.2 Count-up

1. Press the **COUNT UP** button. The display will show 00:00.
2. Press **START** to begin counting up.
3. Press **PAUSE** to temporarily stop, and **START** again to resume.
4. Press **RESET** to clear the count.

5.3 Interval Timer (Custom Programs)

This function allows you to program custom work and rest intervals.

1. Press the **INTERVAL** button.
2. Follow the on-screen prompts (if any) or use the remote to set:

   - **Work Time (W):** Duration of each work period.
   - **Rest Time (R):** Duration of each rest period.
   - **Cycles (C):** Number of repetitions for the work/rest sequence.

3. Press **START** to begin the interval program.

5.4 Preset Programs

The timer includes several pre-programmed workout modes:

- **FIGHT Mode:** 5 minutes of work followed by 1 minute of rest.
- **TABATA Mode:** 8 rounds of 20 seconds work and 10 seconds rest.
- **Stopwatch:** Standard stopwatch function (count-up from 00:00:00).

To activate a preset program:

1. Press the corresponding button (e.g.,**FIGHT**, **TABATA**, **STOPWATCH**) on the remote.
2. Press **START** to begin the program.

5.5 10-Second Pre-Countdown

Before any timed function (Countdown, Interval, Preset Programs), the timer will automatically initiate a 10-second countdown to prepare the user for the start of the activity.

5.6 Reset Function

Press the **RESET** button at any time to stop the current function and return the timer to its default or previously set value for that function.

6. MAINTENANCE

- **Cleaning:** Wipe the timer and remote control with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- **Storage:** Store the timer in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** If the remote control becomes unresponsive, replace its batteries (type not specified, typically AAA or CR2032 coin cell).

7. TROUBLESHOOTING

- **Timer not turning on:** Ensure the power adapter is securely connected to both the timer and a working electrical outlet.
- **Remote control not responding:** Check the remote's batteries and replace if necessary. Ensure there are no obstructions between the remote and the timer.
- **Display is dim or flickering:** Verify the power connection. If the issue persists, contact customer support.
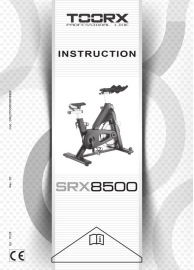
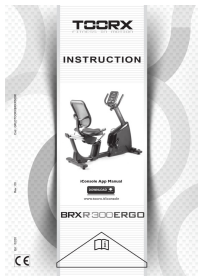## 8. SPECIFICATIONS

Feature	Specification
Model Number	AHF-154
Display	6-Digit LED
Dimensions (L x W x H)	64 x 16 x 5 cm (approximate unit size)
Material	Aluminum Casing
Power Input	12V DC
Weight	12 Kilograms (approximate shipping weight)
Functions	24h Time, Interval Timer, Count-up, Countdown, Custom Counts, Preset Programs (FIGHT, TABATA, Stopwatch), 10s Pre-countdown, Reset

9. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the documentation provided at the point of purchase or contact your TOORX retailer. Keep your proof of purchase for any warranty claims.

Related Documents - AHF-154

	[TOORX SRX8500 Exercise Bike Instruction Manual](#) This manual provides comprehensive instructions for assembling, operating, and adjusting the TOORX SRX8500 exercise bike. It includes a detailed parts list, exploded view diagram, and step-by-step assembly guides.
	[TOORX STEPPER FORCE - Assembly and User Manual](#) Comprehensive assembly and user manual for the TOORX STEPPER FORCE fitness stepper, including parts list, assembly instructions, computer operation, and training notes. Learn how to assemble, use, and maintain your TOORX stepper.
	[TOORX ERX300 Elliptical Trainer: Upute za uporabu i montažu](#) Detaljne upute za sastavljanje, korištenje i održavanje eliptičnog trenažera TOORX ERX300. Sadrži popis dijelova, korake montaže, opis funkcija konzole i savjete za vježbanje.
	[TOORX BRX65 Exercise Bike: Assembly and User Manual](#) Detailed instruction manual for the TOORX BRX65 exercise bike. Includes a comprehensive parts list, step-by-step assembly guide, computer operation manual with functions and specifications, and manufacturer contact information. Model code: GRLDTOORXBRX65, Revision: 00, Edition: 11/24.
	[TOORX Fitness Equipment Assembly Manuals: ASX8000, M75 Series](#) Comprehensive assembly instructions, parts lists, and package details for TOORX fitness equipment, including the ASX8000 Power Rack and M75 series (M75-A, M75L-B, M75L-C).

[TOORX BRXR300ERGO Recumbent Exercise Bike Assembly and Operation Manual](#)
Comprehensive instruction manual for the TOORX BRXR300ERGO recumbent exercise bike, covering assembly, parts list, technical specifications, console operation, workout modes, and fitness tips.