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› LED Interval Timer Count Down/Up Clock Stopwatch with Remote for Home Gym Fitness Blue+red User Manual

BTBSIGN CFT023

BTBSIGN LED Interval Timer User Manual

Model: CFT023

Brand: BTBSIGN

1. INTRODUCTION

The BTBSIGN LED Interval Timer is a versatile and bright digital clock designed for various timing needs in home gyms, garages, and fitness environments. It features multiple functions including normal time display, countdown/up, stopwatch, and customizable interval training modes. The timer is controlled via a wireless remote, allowing for convenient operation during workouts. Its clear LED display ensures visibility from a distance, making it an essential tool for tracking your fitness routines.

2. PACKAGE CONTENTS

Upon opening the package, please ensure all the following items are present:

- BTBSIGN LED Interval Timer Unit
- Wireless Remote Control (requires 2xAAA batteries, not included)
- Power Adapter
- USB Cable
- Mounting Brackets and Screws
- User Manual



Image: The BTBSIGN LED Interval Timer, remote control, power adapter, USB cable, and mounting hardware.

3. SPECIFICATIONS

Feature	Description
Model Number	CFT023
Display Type	LED (Blue and Red digits)
Digit Height	1.5 inches
Dimensions (LxWxH)	11" x 4" x 1.5"
Material	Metal
Power Source	AC Adapter (must remain plugged in)
Control Method	Wireless Remote Control
Pre-programmed Modes	TABATA, FGB1, FGB2

Custom Programs	10 settings (P0-P9), each with up to 9 intervals and 99 rounds
Audible Alerts	Buzzer for countdown, intervals, and target time

4. SETUP

4.1. Power Connection

Connect the provided power adapter to the timer's DC IN port and plug it into a standard electrical outlet. The timer requires continuous power to operate.

4.2. Remote Control Battery Installation

The wireless remote control requires 2xAAA batteries (not included). Open the battery compartment on the back of the remote and insert the batteries, ensuring correct polarity (+/-). Close the compartment securely.

Reasonable Time Management



Image: The timer connected to its power source, with the remote control shown nearby, indicating battery installation.
For a visual guide on setting up the timer and its interval modes, please refer to the video below:

Video: User Manual For 1.5inch Blue Gym Timer Interval Mode. This video demonstrates the initial setup and how to configure interval training on the timer.

5. OPERATING MODES

The timer offers several operating modes to suit various training and daily needs. All functions are controlled via the wireless remote.

Functions

 12/24H real time clock	▶ 
 Count down/up	▶ 
 Stopwatch	▶ 
 Programmable interval timing	▶ 

Image: Overview of the timer's main functions, including time display, countdown/up, stopwatch, and programmable intervals.

5.1. Clock Mode (12/24 Hour)

In clock mode, the timer displays the current time in either 12-hour or 24-hour format. Use the 'Clock' button on the remote to switch to this mode. Use the '12Hour' or '24Hour' buttons to select the desired format.

5.2. Count Down/Up Timer

This mode allows you to set a specific time to count down from or count up to. Press the 'SET' button on the remote, then use the number keys to enter the desired time (MM:SS). Press 'OK' to confirm. Use the 'UP' or 'DOWN' buttons to select count-up or count-down, then 'START' to begin.

5.3. Stopwatch

The stopwatch function measures elapsed time in minutes, seconds, and milliseconds. Press the 'Clock' button repeatedly until the stopwatch mode is displayed (00 00:00). Press 'START' to begin timing, 'STOP' to pause, and 'RESET' to clear the time back to zero.

Video: Emom Stopwatch Tabata Gym Timer Workouts Functional Clocks. This video demonstrates the EMOM, Tabata, FGB, and Stopwatch functions of the timer.

5.4. Custom Interval Mode (P0-P9)

The timer allows you to program up to 10 custom interval settings (P0 to P9). Each setting can include up to 9 intervals (F1-F9) with corresponding rest periods (C1-C9) and up to 99 rounds. To program:

1. Press the 'SET' button.
2. Use the number keys (0-9) to select a program slot (P0-P9).
3. Press 'EDIT' to enter programming mode. The screen will show F1 XX:XX with the first 'X' flashing.
4. Enter the work time (MM:SS) for F1 using the number keys.
5. Press 'EDIT' again to set the rest time (MM:SS) for C1.
6. Repeat steps 4 and 5 for additional intervals (F2/C2, etc.) up to F9/C9.
7. After setting all desired intervals, press 'OK' to set the number of rounds (CC XX). Enter the number of rounds (up to 99).
8. Press 'OK' again to save the program.
9. To run a saved program, select the program slot (P0-P9) and press 'START'.

5.5. TABATA Mode

The TABATA mode is a pre-programmed interval setting for high-intensity interval training. It consists of 20 seconds of work followed by 10 seconds of rest, repeated for 8 rounds. To activate, simply press the 'Tabata' button on the remote and then 'START'.

5.6. FGB (Fight Gone Bad) Mode

The timer includes two pre-programmed FGB modes:

- **FGB1:** 5 minutes work, 1 minute rest, repeated for 5 rounds.
- **FGB2:** 5 minutes work, 1 minute rest, repeated for 3 rounds.

Press the 'FGB' button on the remote to cycle between FGB1 and FGB2, then press 'START' to begin the selected mode.

Video: Home Garage Interval Workout Gym Timer Stopwatch Clock led. This video showcases the timer's use in a home gym setting, demonstrating various workout modes.

6. REMOTE CONTROL OPERATION

The wireless remote control is the primary interface for operating the BTBSIGN LED Interval Timer. Ensure the remote has fresh AAA batteries for optimal performance. The control range is up to 25 feet.

TIMER SIZE

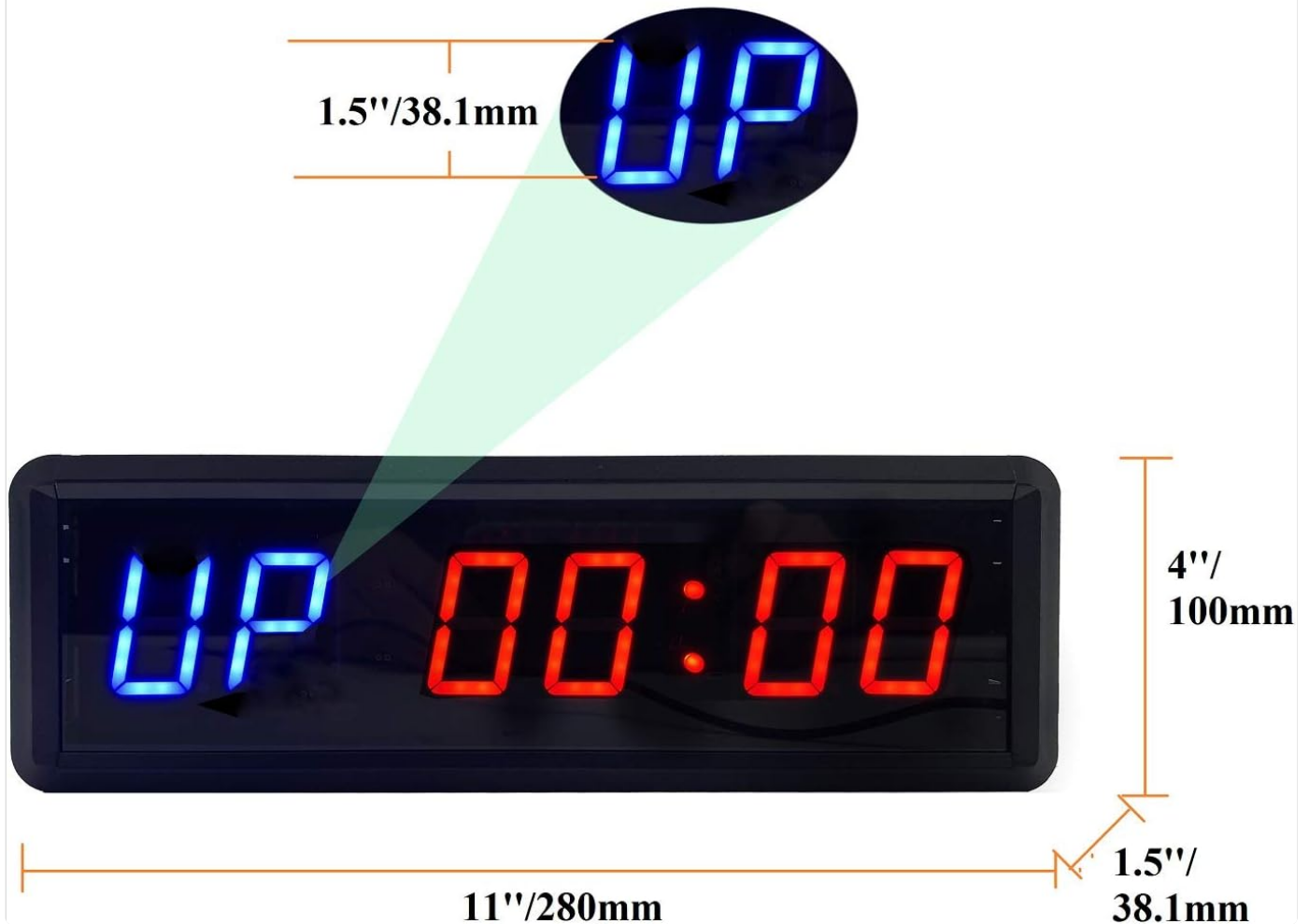


Image: A hand holding the remote control, highlighting its various buttons for different functions.

6.1. Sound and Brightness Adjustment

The timer has an internal buzzer for audible alerts. To adjust the sound or brightness:

- **Sound:** Use the dedicated sound button (often indicated by a speaker icon or 'M8' on some remotes) to toggle the buzzer sound on or off.
- **Brightness:** Use the brightness button (often indicated by a sun icon or 'M9' on some remotes) to cycle through different brightness levels.

7. MAINTENANCE

To ensure the longevity and optimal performance of your BTBSIGN LED Interval Timer, follow these maintenance guidelines:

- **Cleaning:** Use a soft, dry cloth to wipe down the timer's display and casing. Avoid using abrasive cleaners or solvents, as they may damage the surface.
- **Placement:** Place the timer in a dry environment, away from direct sunlight, excessive heat, or moisture.
- **Storage:** If storing the timer for an extended period, disconnect it from power and remove batteries from the remote control. Store in a cool, dry place.

8. TROUBLESHOOTING

If you encounter any issues with your BTBSIGN LED Interval Timer, please refer to the following common problems and their solutions:

• **Timer not turning on:**

- Ensure the power adapter is securely plugged into both the timer and a working electrical outlet.
- Verify that the power outlet is functional by testing it with another device.

• **Remote control not responding:**

- Check if the remote control batteries are correctly installed and not depleted. Replace with fresh AAA batteries if necessary.
- Ensure there are no obstructions between the remote and the timer's infrared receiver.
- Confirm you are within the remote's operating range (up to 25 feet).

• **Buzzer sound is not loud enough:**

- The timer's buzzer has a fixed volume. Ensure the sound is not turned off via the remote control.
- Consider the environment; in noisy settings, the buzzer may be less audible.

• **Display is dim or flickering:**

- Adjust the brightness setting using the remote control's brightness button.
- Ensure the power supply is stable.

9. WARRANTY AND SUPPORT

The BTBSIGN LED Interval Timer comes with a one-year warranty from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.

For technical support, troubleshooting assistance beyond this manual, or warranty inquiries, please contact BTBSIGN customer service through the retailer where the product was purchased or visit the official BTBSIGN website for contact information.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question