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› BTBSIGN Workout Timer Wall Interval Clock (1.8inch Green and Red) User Manual

BTBSIGN BGX1.8GG

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Model: BGX1.8GG

1. INTRODUCTION

This manual provides detailed instructions for the BTBSIGN Workout Timer Wall Interval Clock. This LED interval timer is designed for fitness training, including MMA, gym workouts, and home exercise. It offers various timing functions such as time display, stopwatch, countdown/count-up, and alternate timing for training and rest intervals. The bright LED digits ensure clear visibility from a distance.



Figure 1: The BTBSIGN Workout Timer Wall Interval Clock displaying time.

2. KEY FEATURES

- **Time Display:** Displays time of day in 12-hour (H2 HH:MM) or 24-hour (H1 HH:MM) format.
- **Stopwatch:** Counts up from 00:00:00 to 99:59:99 (Minutes:Seconds:Hundredths of a second).
- **Countdown & Count-up:** Countdown from 99:59 to 00:00 (dn MM:SS) and count-up from 00:00 to 99:59 (UP MM:SS).
- **Alternate Interval Timing:** Supports custom training and rest intervals (F = Training time; C = Rest time) with up to 10 programmable groups.
- **Pre-programmed Settings:** Includes quick access to TABATA (20s work, 10s rest, 8 rounds), FGB1 (5min train, 1min rest, 5 rounds), and FGB2 (5min work, 1min rest, 3 rounds).
- **Programmable Workouts:** Create and store up to 10 custom training sets (P0-P9) with specified work, rest, and cycle times.

- **Bright LED Display:** 1.8-inch clear green and red LED digits for high visibility from up to 30 feet away.
- **Audible Alarms:** Beeps to indicate interval changes and a 10-second preparation countdown.
- **Remote Control:** Easy operation via an included remote control.
- **Durable Construction:** Aluminum case material for longevity.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- 1x BTBSIGN Workout Timer Wall Interval Clock
- 1x AC/DC Adapter
- 1x Remote Control (requires 2x AAA batteries, not included)
- 2x Mounting Brackets and Screws
- 1x User Manual



**This interval timer power by
wall adapter**

Figure 2: Included accessories: power adapter, mounting brackets, remote control, and the timer.

4. SETUP

4.1 Power Connection

Connect the provided AC/DC adapter to the power input port on the side of the timer. Plug the adapter into a standard wall outlet. The timer will power on automatically.



Figure 3: Side view of the timer with the power input port.

4.2 Mounting the Timer

The timer can be wall-mounted using the included brackets and screws. Locate the threaded holes on the sides of the timer. Attach the brackets to these holes, then secure the timer to a wall using appropriate anchors and screws for your wall type.

Product Dimensions



Figure 4: Product dimensions for mounting reference.

5. OPERATING MODES

The BTBSIGN Workout Timer offers several operational modes, easily controlled via the remote.

5.1 Time Display (Clock)

The timer can display the current time in either 12-hour (H2 HH:MM) or 24-hour (H1 HH:MM) format. Use the 'Clock' button on the remote to switch to this mode and set the time.

5.2 Stopwatch

The stopwatch function allows for precise timing, counting up from 00:00:00 to 99:59:99. Press the 'Stopwatch' button on the remote to activate this mode. Use 'Start' to begin, 'Stop' to pause, and 'Reset' to clear.

5.3 Countdown & Count-up

This mode allows you to set a specific time for the timer to count down from (dn MM:SS) or count up to (UP MM:SS). Use the 'Down' or 'Up' buttons on the remote to select the desired mode and input the time. A 10-second preparation countdown with an audible alarm precedes the main timer start.

5.4 Interval Training (TABATA, FGB, Custom)

The timer is equipped with pre-programmed interval settings and allows for custom programming:

- **TABATA:** 20 seconds work, 10 seconds rest, repeated 8 times.
- **FGB1:** 5 minutes training, 1 minute rest, repeated 5 rounds.
- **FGB2:** 5 minutes training, 1 minute rest, repeated 3 rounds.
- **Custom Programs (P0-P9):** You can create and store up to 10 personalized interval programs, defining training time (F), rest time (C), and the number of cycles.

The timer will beep at the end of each interval and during the 10-second preparation phase to alert users.

Your browser does not support the video tag.

Video 1: Demonstration of the BTBSIGN Crossfit Timer for Gym Workout LED Countdown Clock, showcasing various functions.

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Video 2: A detailed overview of the Workout Interval Timer Clock, highlighting its features and benefits for various training types.

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Video 3: A demonstration of the Workout Timer Wall Interval Clock, focusing on the easy activation of the 10-second preparation countdown.

6. REMOTE CONTROL

The timer is operated using the included remote control. It features dedicated buttons for each mode (Clock, Up, Down, Stopwatch, TABATA, FGB1, FGB2) and numeric keys (0-9) for inputting times and selecting custom programs (P0-P9). The remote also includes 'Start', 'Stop', 'Enter', 'Reset', 'Mute', and brightness adjustment buttons. The remote supports both infrared and 2.4GHz signals to prevent interference with other devices.



Figure 5: The remote control for operating the timer.

7. SPECIFICATIONS

Feature	Specification
Brand	BTBSIGN
Model Number	BGX1.8GG
Color	1.8inch Green and Red
Material	Aluminum
Product Dimensions	1.5"D x 13"W x 4"H
Item Weight	8 ounces (0.5 Pounds)

Feature	Specification
Screen Size	1.8 Inches (Digit High)
UPC	612032524340

8. MAINTENANCE

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

- **Cleaning:** Wipe the display and casing with a soft, dry cloth. Avoid using abrasive cleaners or solvents, as they may damage the surface.
- **Storage:** When not in use for extended periods, store the timer in a cool, dry place away from direct sunlight and extreme temperatures.
- **Power:** Always use the original AC/DC adapter provided with the device.

9. TROUBLESHOOTING

If you encounter issues with your timer, refer to the following common problems and solutions:

- **Timer does not power on:**
 - Ensure the AC/DC adapter is securely plugged into both the timer and a working wall outlet.
 - Check if the wall outlet is functional by plugging in another device.
- **Remote control is unresponsive:**
 - Replace the AAA batteries in the remote control.
 - Ensure there are no obstructions between the remote and the timer.
 - Verify the remote is paired correctly (refer to the remote control section in the full user manual for pairing instructions).
- **Display is dim or flickering:**
 - Check the brightness setting on the remote control and adjust if necessary.
 - Ensure the power supply is stable.
- **Incorrect time display:**
 - Reset the time using the remote control and ensure the correct 12-hour or 24-hour format is selected.

10. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the contact details provided in the original product packaging or visit the official BTBSIGN website. Keep your purchase receipt as proof of purchase for any warranty claims.

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