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## SLEVIO SS-FT31

# SLEVIO SS-FT31 Portable Gym Timer

User Manual

## 1. INTRODUCTION

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The SLEVIO SS-FT31 Portable Gym Timer is a revolutionary training timer designed to help athletes and fitness enthusiasts master their workout time. This compact, durable, and highly visible device integrates essential gym timer functionalities into a personal, portable unit. It features a large anti-glare LED display, powerful built-in magnets for secure attachment, and a long-lasting battery, making it ideal for use in home gyms, garages, schools, or parks.



**Figure 1.1:** SLEVIO SS-FT31 Portable Gym Timer. This image shows the front view of the black timer with its bright green and red LED display, indicating "UP 06:38 PM AM". Buttons for START/STOP, MODE, EDIT/SET, UP, and DOWN are visible on the top.

## 2. PRODUCT FEATURES

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- **Multi-functional Display:** Features a gym clock with various modes including Clock Display (CL), 3 customizable interval timer groups (e.g., Tabata, Crossfit, HIIT Training), Count Up by Rounds (e.g., EMOM), Count Down by Rounds, Stopwatch (SC), Alarm Clock (AL), Ten-second Countdown (CT), and Buzzer control.
- **Portable Design:** Compact size (17.5 x 5.8 x 2.5 cm) allows it to fit directly into your pocket, enabling you to take your workout timer anywhere.
- **Long Battery Life:** The interval timer can last up to 30 hours on a single charge. Includes a low battery reminder function to prevent unexpected power loss during exercise.
- **Durable and Secure:** Encased in non-slip rubber with a powerful built-in magnetic strip (2 x 4.1 cm) for firm attachment to any metallic (steel) surface, ensuring stability during intense workouts.
- **Anti-Glare Display:** Equipped with an upgraded anti-glare lens, ensuring clear visibility of numbers even when exercising outdoors.
- **Focus Enhancement:** Designed to help you focus on your exercise without relying on your phone or constantly checking a watch.

# MAGNETIC SPINE DESIGN



**Figure 2.1:** Magnetic Spine Design. This image illustrates the strong magnetic spine of the SLEVIO timer, allowing it to be securely attached to metal surfaces like a pull-up bar during workouts. The timer displays "UP 00:59".



**Figure 2.2:** Extended Battery Life. This image highlights the 30-hour battery life of the SLEVIO timer, shown next to dumbbells, emphasizing its endurance for long training sessions.

### 3. PACKAGE CONTENTS

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

- SLEVIO SS-FT31 Portable Gym Timer
- USB Type-C Charging Cable
- Hand Lanyard
- User Manual
- Storage Pouch



**Figure 3.1:** Package Contents. This image displays all items included in the SLEVIO SS-FT31 package: the timer, a brown box, a hand lanyard, the user manual, a USB Type-C cable, and a mesh storage pouch.

## 4. SETUP

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### 4.1 Charging the Timer

1. Locate the USB Type-C port on the side of the timer.
2. Connect the provided USB Type-C cable to the timer and the other end to a standard USB power adapter (not included) or a computer USB port.
3. The timer will indicate charging status. A full charge can provide up to 30 hours of operation.
4. A low battery warning indicator will appear on the display when the battery is running low.

### 4.2 Button Functions



**Figure 4.1:** Timer Features and Buttons. This image provides a detailed diagram of the SLEVIO timer, pointing out its key components: START/STOP button, MODE button, EDIT/SET button, UP button, DOWN button, Hand Lanyard attachment, Low Battery Warning indicator, USB Type-C port, Anti-Glare Lens, Buzzer, and Built-in Magnetic Spine.

- **START/STOP:** Initiates or pauses the timer/mode.
- **MODE:** Cycles through different operating modes (Clock, Interval Training, Stopwatch, etc.).
- **EDIT/SET:** Enters edit mode to set values or confirms settings.
- **UP:** Increases values or navigates up in menus.
- **DOWN:** Decreases values or navigates down in menus.

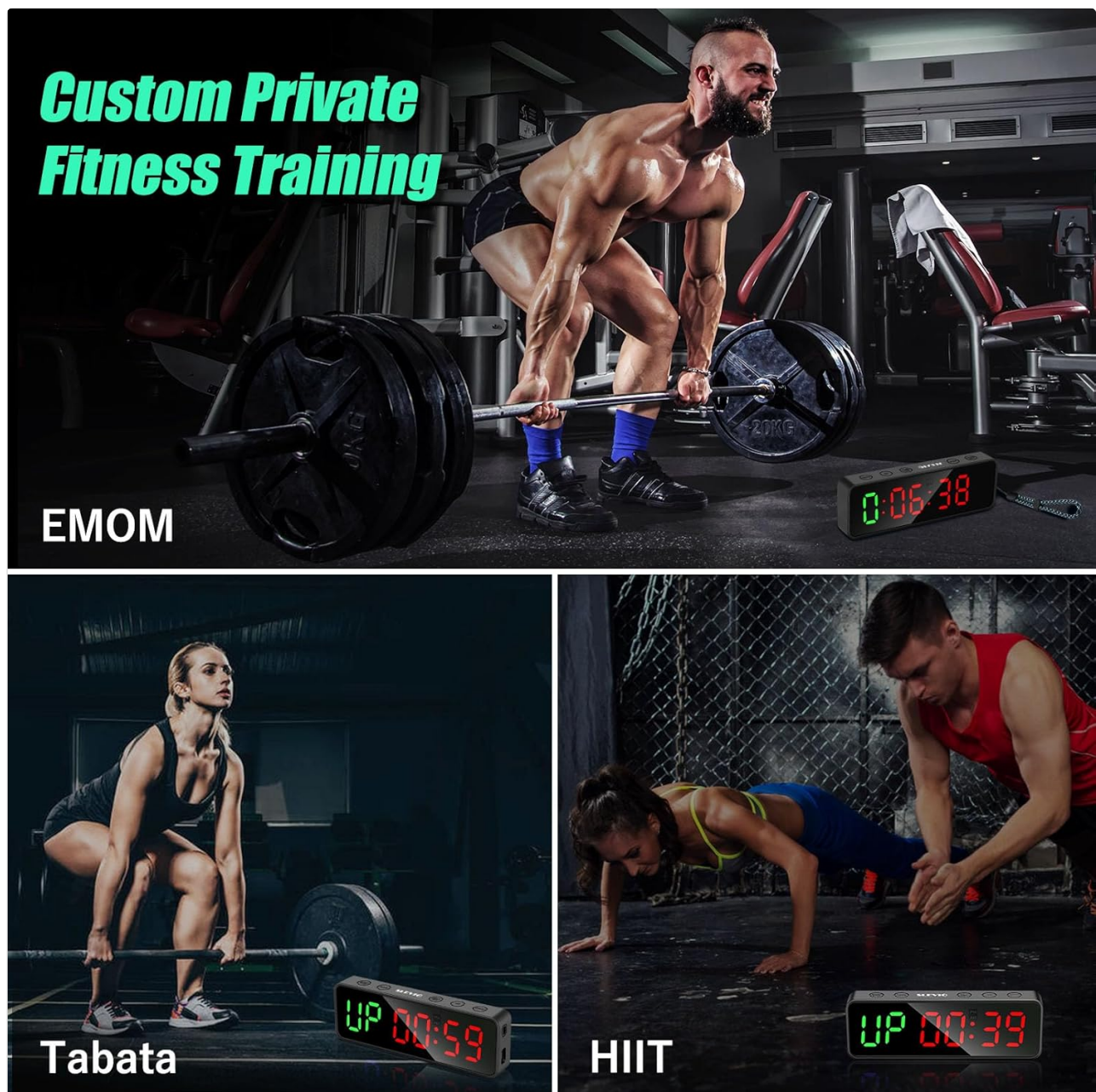
## 5. OPERATING MODES

The SLEVIO SS-FT31 offers ten distinct operating modes to cater to various training needs. Use the **MODE** button to cycle through them and the **EDIT/SET**, **UP**, and **DOWN** buttons to configure and operate each mode.



**Figure 5.1:** Ten Kinds of Patterns. This image visually represents the ten different operating modes of the SLEVIO timer, including Clock Display, Interval Training (Tabata, AMRAP, HIIT), Up by Rounds (EMOM), Down by Rounds, Stopwatch, Alarm Clock, Ten Seconds Countdown, and Buzzer control.

1. **Clock Display (CL):** Displays the current time in 12/24 hour format.
  - Press **MODE** until "CL" is displayed.
  - Press **EDIT/SET** to enter time setting mode.
  - Use **UP/DOWN** to adjust hours and minutes. Press **EDIT/SET** to move between fields.
  - Press **EDIT/SET** again to save and exit.
  
2. **Interval Training (nt 01, nt 02, nt 03):** Three customizable groups for various interval workouts like Tabata, AMRAP, or HIIT.
  - Press **MODE** until "nt 01", "nt 02", or "nt 03" is displayed.
  - Press **EDIT/SET** to configure the interval settings (e.g., work time, rest time, number of rounds).
  - Use **UP/DOWN** to adjust values and **EDIT/SET** to confirm and move to the next setting.
  - Once configured, press **START/STOP** to begin the interval training.



**Figure 5.2:** Custom Private Fitness Training. This image shows the SLEVIO timer being used in various workout scenarios: EMOM (Every Minute On the Minute), Tabata, and HIIT (High-Intensity Interval Training), demonstrating its versatility for different fitness routines.

3. **Count Up by Rounds (UP rd - e.g., EMOM):** Counts up for a specified number of rounds.

- Press **MODE** until "UP rd" is displayed.
- Press **EDIT/SET** to set the duration per round and the total number of rounds.
- Use **UP/DOWN** to adjust values.
- Press **START/STOP** to begin.

4. **Count Down by Rounds (dn rd):** Counts down for a specified number of rounds.

- Press **MODE** until "dn rd" is displayed.
- Press **EDIT/SET** to set the duration per round and the total number of rounds.
- Use **UP/DOWN** to adjust values.
- Press **START/STOP** to begin.

5. **Stopwatch (SC):** Standard stopwatch function.

- Press **MODE** until "SC" is displayed.
- Press **START/STOP** to start, pause, and resume.

- Press **EDIT/SET** to reset.
6. **Alarm Clock (AL):** Set an alarm time.
- Press **MODE** until "AL" is displayed.
  - Press **EDIT/SET** to set the alarm time.
  - Use **UP/DOWN** to adjust hours and minutes.
  - Press **EDIT/SET** again to save.
7. **Ten Seconds Countdown (CT):** A quick 10-second countdown, useful for preparation time.
- Press **MODE** until "CT" is displayed.
  - Press **START/STOP** to initiate the countdown.
8. **Buzzer Control (b2 EP):** Adjusts the buzzer sound.
- Press **MODE** until "b2 EP" is displayed.
  - Use **UP/DOWN** to adjust buzzer volume or turn it on/off.

## 6. MAINTENANCE

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- **Cleaning:** Wipe the timer 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. Use the provided storage pouch for protection.
- **Battery Care:** For optimal battery life, avoid fully discharging the timer frequently. Charge it regularly, especially if storing for extended periods.

## 7. TROUBLESHOOTING

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Problem	Possible Cause	Solution
Timer does not turn on.	Battery is depleted.	Charge the timer using the provided USB Type-C cable.
Display is dim or unreadable.	Low battery or strong ambient light.	Charge the timer. Ensure the anti-glare lens is clean. Adjust viewing angle if in direct sunlight.
Buttons are unresponsive.	Temporary software glitch.	Try restarting the device (if applicable, or let battery drain and recharge). If issue persists, contact support.
Magnetic attachment is weak.	Surface is not ferromagnetic (e.g., aluminum, wood) or too thin.	Ensure attachment to a thick, flat steel or iron surface.

## 8. SPECIFICATIONS

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**Brand:** SLEVIO

**Model Number:** SS-FT31

**Color:** Black

**Dimensions (L x W x H):** 17.53 x 5.84 x 2.49 cm (6.9 x 2.3 x 0.98 inches)

**Item Weight:** 200 grams (0.44 lbs)

**Material:** Plastic and Rubber

**Features:** Powerful Magnetic, Portable Gym Timer, Anti-Glare Lens

**Battery:** 1 Lithium-ion battery (rechargeable)

**Screen Size:** 2.28 Inches

**UPC:** 768494485238

## 9. WARRANTY AND SUPPORT

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The SLEVIO SS-FT31 Portable Gym Timer comes with a **12-month warranty** from the date of purchase, covering manufacturing defects and malfunctions under normal use.

For warranty claims, technical support, or any inquiries regarding your product, please contact SLEVIO customer service through the retailer's platform or the official SLEVIO website. Please have your purchase receipt and product model number (SS-FT31) ready when contacting support.

For more information, visit the official SLEVIO website (if available, placeholder for now) [www.slevio.com](http://www.slevio.com)