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LUCORB KC18M

LUCORB Portable Gym Timer Instruction Manual

Model: KC18M

INTRODUCTION

Thank you for choosing the LUCORB Portable Gym Timer. This versatile device is designed to enhance your workout experience with multiple timing functions, adjustable settings, and a portable, magnetic design. This manual provides detailed instructions to help you set up, operate, and maintain your new gym timer.

WHAT'S IN THE BOX

- 1 x LUCORB Portable Gym Timer
- 1 x USB-C Charging Cable
- 1 x User Manual (this document)

PRODUCT OVERVIEW

The LUCORB Portable Gym Timer features a clear LED display and intuitive buttons for easy operation. Its compact size and magnetic back make it ideal for various workout environments.



Figure 1: Front view of the LUCORB Portable Gym Timer, showing the LED display and control buttons.

Compact and Portable Size



Figure 2: Side view illustrating the compact dimensions (6.5x2x0.9 inches) and rechargeable battery feature.

SETUP

- Charging the Timer:** Before first use, fully charge the timer using the provided USB-C charging cable. Connect the cable to the timer's charging port and a compatible USB power adapter (not included). The battery runs up to 20 hours on a full charge.
- Power On/Off:** Long press the **Power** button to turn the timer On or Off.
- Adjusting the Clock:**
 - In clock mode, long press the **Settings** button. The hour digits will flash.
 - Press **+** or **-** to adjust the value.
 - Press **Mode** to accept and advance to the minute digits. Repeat to set minutes.
 - Long press **Settings** to save current settings.

OPERATING MODES

The timer offers various modes to suit different workout needs. Press the **Mode (M)** button to cycle through the available modes.

Time Management / Healthy Life



Figure 3: Display illustrating different operational modes including Interval Timer, Countdown, Count Up, and Stopwatch.

1. Clock Mode (12/24H)

Displays the current time. Can be set to 12-hour or 24-hour format via settings.

3. Countdown Timer

Set a specific time for the timer to count down from (e.g., 99 minutes, 59 seconds).

4. Count Up Timer

Counts up from 00:00:00. Useful for tracking total workout duration.

5. Chronograph (Stopwatch)

Functions as a standard stopwatch, measuring time up to 99 minutes, 59 seconds, and 99 hundredths of a second.

6. Interval Timer

Designed for interval training, allowing you to program work and rest periods. The display shows current rounds, total time progress bar, and remaining time for the current round.

Workout Training Progress



Figure 4: Detailed view of the display during an interval workout, highlighting current rounds, total time progress bar, and left time of the current round.

Preset Interval Programs:

- **TA (TABATA):** 8 rounds, 20s work, 10s rest.
- **MIIT:** 15 rounds, 30s work, 10s rest.
- **EMOM 1:** 20 rounds, 1 min work, 0s rest.
- **EMOM 2:** 20 rounds, 1 min 30s work, 1 min rest.
- **FGB1:** 5 rounds, 5 min work, 1 min rest.
- **FGB2:** 3 rounds, 5 min work, 1 min rest.
- **HIIT:** 15 rounds, 45s work, 15s rest.

Customize Interval Programs (P1-P9):

The timer allows for up to 9 customizable interval programs (P1-P9). Each program can be set with specific work and rest periods for multiple rounds.

To program a custom interval:

1. Select a custom program (P1-P9) using the **Mode (M)** button.
2. Long press the **Edit** button to enter edit mode.
3. Use **+** or **-** to adjust work time (minutes and seconds).

4. Press **Mode (M)** to switch to rest time adjustment.
5. Repeat for rest time.
6. Continue pressing **Mode (M)** to set additional work/rest periods or to save the program.

SETTINGS

Adjust various settings to personalize your timer experience. Press the **Settings** button to cycle through settings options.



Figure 5: Display showing adjustable settings for sound type and preparation time.

- **Brightness:** 4-level adjustable brightness (1-4). Press **+** or **-** to adjust.
- **Volume:** 4-level adjustable volume (0-4). Press **+** or **-** to adjust.
- **Optional Prompt Sound Type:** 3 optional sound types. Short press **+** or **-** to select.
 - Type 1: Voice will sound in the last 3 seconds.
 - Type 2: "Ding" will sound in the last 3 seconds.
 - Type 3: Silent.
- **Preparation Time:** Adjustable 0-99 seconds. This is the countdown before a workout starts.
- **Auto-Turn Off Option:** By default, if you don't enter any working mode, it will auto-turn off in 5 minutes. This can be adjusted or disabled.

- **Set an Alarm Clock:** The timer can also function as an alarm clock. Long press the **Alarm** button to enter edit page. Press **+** or **-** to adjust, **Mode (M)** to accept. 2 alarm types: daily alarm or weekday alarm.

MAGNETIC FEATURE

The LUCORB Gym Timer features a strong magnet on its back, allowing it to be securely attached to gym equipment or any metallic surface for convenient viewing during your workout.



Figure 6: The timer's magnetic back allows it to be easily mounted on metal gym equipment, keeping it visible and accessible.

MAINTENANCE

- **Cleaning:** Wipe the timer with a soft, dry cloth. Do not use abrasive cleaners or immerse in water.
- **Storage:** Store in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To prolong battery life, avoid fully discharging the timer frequently. Charge regularly, even if not in active use.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Timer does not turn on.	Low battery.	Charge the timer fully.
Display is dim or unreadable.	Brightness setting is too low.	Adjust brightness in settings (see Settings section).
Sound is too low or off.	Volume setting is too low or sound type is silent.	Adjust volume or change sound type in settings.
Difficulty programming custom intervals.	Incorrect button sequence or understanding of F/C labels.	Refer to the "Customize Interval Programs" section and ensure correct F (work) and C (rest) settings. Practice programming.
Timer turns off unexpectedly.	Auto-turn off feature enabled and no activity.	Adjust or disable the Auto-Turn Off Option in settings. Ensure sufficient battery charge.

SPECIFICATIONS

Feature	Detail
Model	KC18M
Dimensions (LxWxH)	6.29" x 1.96" x 0.9"
Weight	Approximately 0.19 Kilograms (125g)
Material	Plastic
Screen Size	6.7 Inches
Digital Height	1.25 inches
Battery Type	Lithium-ion Polymer (2000mAh)
Running Time	Up to 20 hours
Charging Port	USB-C
Number of Settings	9 customizable programs

USER GUIDE & SUPPORT

For additional information or detailed instructions, please refer to the official user guide:

[Download Instructions for Use \(IFU\) \(PDF\)](#)

For product support, please visit the [LUCORB Store on Amazon](#).

Related Documents - KC18M

	<p>LUCORB Interval Workout Timer Welcome Guide</p> <p>A comprehensive welcome guide for the LUCORB Interval Workout Timer, covering product features, operating instructions, FAQs, and warranty information. Learn how to use various modes, set alarms, and charge your device.</p>
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