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> Fockety Gym Timer User Manual

## Fockety Fockety5gcvfx8ym6

# Fockety Gym Timer User Manual

Model: Fockety5gcvfx8ym6 | Brand: Fockety

## INTRODUCTION

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Thank you for choosing the Fockety Gym Timer. This portable and versatile digital timer is designed to enhance your workout routines and time-management needs across various settings, including home gyms, schools, and outdoor activities. With its multifunctional capabilities and convenient magnetic design, it's an essential tool for tracking your fitness progress and daily schedules.



Image: The Fockety Gym Timer, a sleek black device with a bright blue digital display showing '04:29 AM'. It features control buttons along the top edge and a small hook for hanging.

## KEY FEATURES

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- **Multifunctional Timer:** Includes 10 functions such as clock display, 3 customizable interval timer groups, lap countdown, stopwatch, alarm, and a 10-second countdown.
- **Long Battery Life:** Equipped with a 1000mAh rechargeable polymer battery, providing up to 30 hours of continuous use on a single charge. Features a low battery reminder function.
- **Portable and Convenient:** Made from durable ABS material, it is small and lightweight. Features a strong magnet and a hook

on the back for easy attachment to gym equipment or metallic surfaces.

- **Wide Application:** Suitable for various scenarios including home gyms, garages, schools, sports training, yoga, cooking, and meetings.



Image: A collage demonstrating the timer's versatility. The top image shows a woman lifting weights, the bottom left shows a man doing pull-ups, and the bottom right shows a woman performing deadlifts. The timer is visible in the center, labeled 'MULTIFUNCTION TIMER'.



Gym timer for home gyms, home garages, schools, gardens



Image: The Fockety Gym Timer positioned in a gym environment, with text indicating its suitability for home gyms, garages, schools, and gardens.

## SPECIFICATIONS

| Attribute    | Detail            |
|--------------|-------------------|
| Brand        | Fockety           |
| Model Number | Fockety5gcvfx8ym6 |
| Color        | Black             |
| Material     | ABS               |
| Battery Type | Polymer Battery   |

| Attribute                    | Detail                     |
|------------------------------|----------------------------|
| Battery Capacity             | 1000mAh                    |
| Battery Life (approx.)       | Up to 30 hours             |
| Product Dimensions           | 15cm x 4cm (5.9in x 1.6in) |
| Item Weight                  | 130 grams                  |
| Number of Settings/Functions | 10                         |
| Country of Origin            | China                      |



Image: The Fockety Gym Timer shown with its approximate dimensions: 15cm (5.9 inches) in length and 4cm (1.6 inches) in height.

## SETUP

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### Charging the Device

Before first use, it is recommended to fully charge your Fockety Gym Timer. The device comes with a USB cable for charging.

1. Locate the USB charging port on the timer.
2. Connect the provided USB cable to the timer and to a standard USB power adapter (not included) or a computer USB port.
3. The display may indicate charging status. A full charge can provide up to 30 hours of operation.
4. The timer features a low battery reminder function to alert you when charging is needed.



Image: The Fockety Gym Timer displayed next to its black USB charging cable, illustrating the components included for power.

## Initial Power On

Press and hold the power button (if available, or a designated 'ON' button) to turn on the timer. The display should light up, typically showing the current time or a default countdown.

## OPERATING INSTRUCTIONS

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The Fockety Gym Timer offers 10 distinct functions. Due to the advanced nature of these functions and potential variations in specific button sequences, this manual provides general guidance. For detailed step-by-step programming, please refer to the specific instructions provided with your product or experiment with the button combinations.

### General Button Functions (Typical Layout)

- **MODE/SET:** Used to cycle through different modes (Clock, Timer, Stopwatch, Alarm) and to enter setting mode for each function.
- **UP/DOWN (or +/-):** Used to adjust values (hours, minutes, seconds) when in setting mode.
- **START/STOP:** Used to start or pause a timer/stopwatch.
- **RESET:** Used to clear or reset a timer/stopwatch to its initial value.

### Key Functions Overview

1. **Clock Display:** Shows the current time (AM/PM format). Use the MODE/SET button to navigate to this display.
2. **Interval Timer (3 Customizable Groups):** Allows you to set specific work and rest periods for interval training. Typically, you would enter a 'SET' mode, select an interval group (e.g., F1, F2, F3), and then set the work time, rest time, and number of rounds.
3. **Countdown Timer:** Set a specific time for the timer to count down from. Once it reaches zero, an alarm will sound.
4. **Lap Countdown:** Similar to a countdown timer but may include features for tracking multiple laps or segments within a larger countdown.
5. **Stopwatch:** Measures elapsed time from zero upwards. Press START to begin, STOP to pause, and RESET to clear.

6. **Alarm:** Set a specific time for an audible alert.
7. **10-Second Countdown:** A quick pre-set countdown, often used as a preparation signal before a workout or activity.
8. **Buzzer Control:** Option to turn the audible buzzer on or off.

## Placement and Usage

The timer's strong magnet and integrated hook allow for flexible placement:

- **Magnetic Attachment:** Securely attach the timer to any magnetic surface, such as gym equipment, refrigerators, or metal racks.
- **Hook Hanging:** Use the built-in hook to hang the timer on a nail, hook, or suitable projection.



Image: The Fockety Gym Timer shown in a vertical orientation, demonstrating its compact size and portability, positioned next to a person's arm during a workout.

## MAINTENANCE

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To ensure the longevity and optimal performance of your Fockety Gym Timer, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the timer with a soft, dry, or slightly damp cloth. Avoid using abrasive cleaners, solvents, or harsh chemicals, as these can damage the surface and electronic components.
- **Storage:** Store the timer in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** Recharge the battery when the low battery reminder activates. Avoid completely draining the battery frequently, as this can reduce its overall lifespan. If storing for an extended period, charge the battery to about 50% before storage.
- **Avoid Impact:** While durable, avoid dropping the timer or subjecting it to strong impacts, which could damage internal components or the display.

## TROUBLESHOOTING

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If you encounter any issues with your Fockety Gym Timer, please refer to the following common problems and solutions:

| Problem  | Possible Cause                                      | Solution   |
|--|---|--|
| Timer does not turn on.                              | Battery is depleted.                                | Charge the timer fully using the provided USB cable.   |
| Display is dim or flickering.                        | Low battery.  | Recharge the timer.  |
| Difficulty setting functions (e.g., interval timer). | Complex button sequences; unfamiliarity with modes. | Carefully review the operating instructions section. Experiment with the MODE/SET and UP/DOWN buttons. If a physical manual was included, consult it for precise button presses for each function. |
| Buzzer not sounding.                                 | Buzzer control is off.                              | Check the buzzer control setting and ensure it is enabled.   |

## WARRANTY AND SUPPORT

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Your Fockety Gym Timer comes with a **12-month worry-free warranty** from the date of purchase. Additionally, a **30-day refund policy** is typically offered by retailers.

We are committed to providing the best service and shopping experience. If you have any questions or encounter issues during use, please do not hesitate to contact the seller or customer support channel through which you purchased the product. They aim to resolve inquiries within 24 hours.