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› [REACHER](#) /

› [REACHER Portable Gym Timer Instruction Manual](#)

## REACHER CR9 DE

# REACHER Portable Gym Timer Instruction Manual

Model: CR9 DE | Brand: REACHER

## INTRODUCTION

The REACHER Portable Gym Timer is a versatile and compact fitness timer designed to enhance your workout experience. It features multiple timing modes, a powerful magnetic spine for easy attachment, a long-lasting battery, and an adjustable volume. Its portable design makes it ideal for personal training, gym use, or even home workouts.



Image: The REACHER Portable Gym Timer, showcasing its compact size and clear digital display.

## SETUP AND FIRST USE

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### Charging the Device

Before first use, fully charge your REACHER Gym Timer. The device features a Type-C charging port for convenient and fast charging.



Image: An exploded view of the timer, highlighting its internal components like the N52 magnet spine, 2600mAh battery, and anti-vertigo display.

### Remote Control and Buttons

The timer comes with an integrated remote control for easy operation. The remote can be stored securely within the timer itself to prevent loss. Top buttons on the device also allow for direct control.

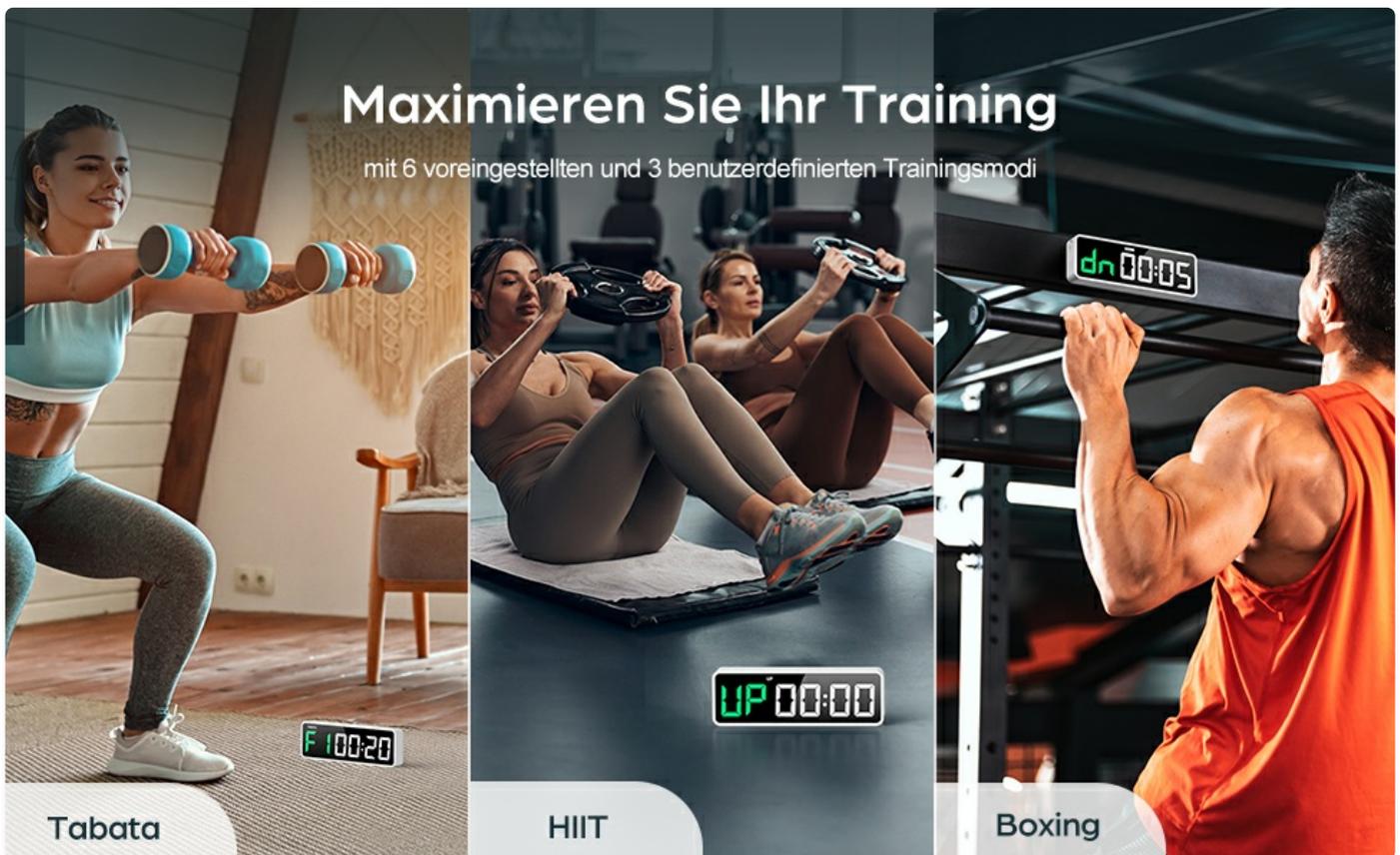


Image: The timer with its unique integrated remote control, emphasizing ease of adjustment and prevention of loss.

## Mounting the Timer

Utilize the powerful N52 magnetic spine to securely attach the timer to any metallic surface, such as a gym rack or refrigerator. This ensures stability during your workouts.



Image: A detailed view of the timer's A-Class 52 Neodymium-Magnet back, illustrating its strong magnetic attachment capability.

## OPERATING MODES

The REACHER Gym Timer offers 10 versatile working modes to suit various training needs. Use the remote control or top buttons to navigate and select your desired mode.



Image: A visual representation of the 10 training modes available on the timer, including Tabata, FGB, EMOM, Count Up, Count Down, Stopwatch, and 3 Custom Interval Training options.

- **Clock Display:** Shows the current time in 12/24 hour format.
- **Tabata:** Pre-programmed interval training mode (e.g., 20 seconds work, 10 seconds rest, 8 rounds).
- **FGB (Fight Gone Bad):** A specific CrossFit workout format with timed work and rest periods.
- **Count Up:** Timer counts upwards from zero.
- **Count Down:** Set a specific time, and the timer counts down to zero.
- **Stopwatch:** Standard stopwatch function for tracking elapsed time.
- **EMOM (Every Minute On the Minute):** Set a duration for each minute, and the timer signals the start of each new minute.

- **3 Custom Interval Training (P1, P2, P3):** Allows you to program and save up to three personalized interval training routines, such as AMRAPs, HIIT, or CrossFit specific workouts.

Your browser does not support the video tag.

Video: An official product video demonstrating the various features and working modes of the REACHER Portable Gym Timer, including its display, battery life, magnetic spine, and different training modes.

## KEY FEATURES

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### Visible Display

The timer features a clear display with vibrant green and pure white digits, ensuring excellent visibility from a distance. It also includes 4 levels of brightness control to adapt to different lighting conditions.

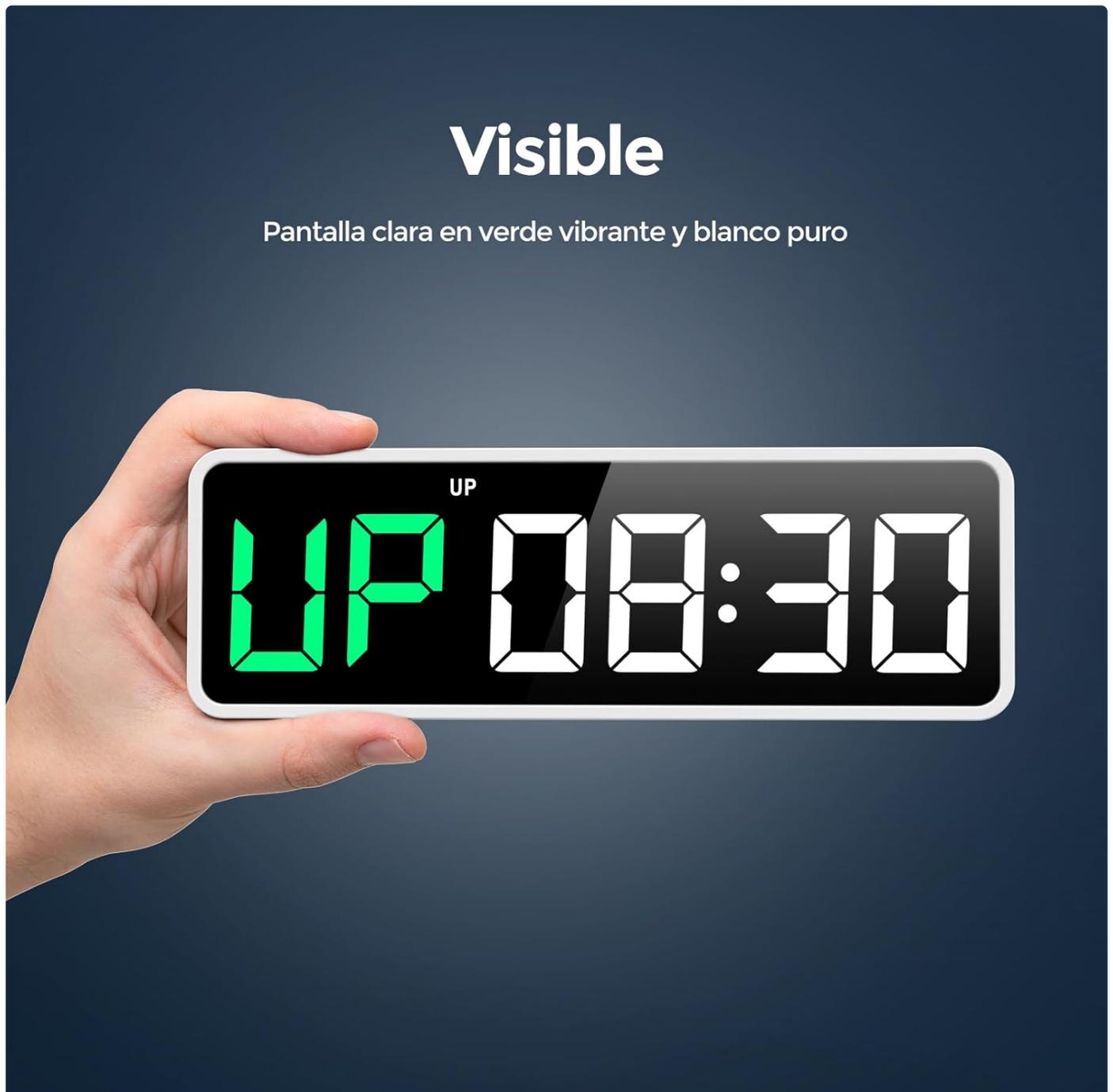


Image: The timer's clear and visible display, showing the "UP" mode and time, designed for easy readability.

### Powerful Battery Life

Equipped with a powerful battery, the timer provides up to 40 hours of continuous use, minimizing the need for frequent recharging during your training sessions or travels.

## Batería de 40 horas más potente



Image: A visual representation highlighting the timer's powerful 40-hour battery life.

### **Adjustable Volume**

Control the volume of the timer's alerts with 3 adjustable levels, or mute the sound entirely, allowing you to customize the audio feedback to your environment.

# Volumen ajustable



Volumen de  
3 niveles



Silencio de  
sonido



Image: An illustration demonstrating the adjustable volume feature of the timer, with options for 3 levels and sound mute.

## Robust and Portable Design

Constructed with a shockproof silicone and plastic casing, the timer is designed to withstand the rigors of active use. Its compact size (15.8 x 7.8 x 2.28 cm) makes it highly portable, fitting easily into a gym bag or pocket.

# Portátil

Fácil de adaptar a cualquier equipo de entrenamiento o bolsillo

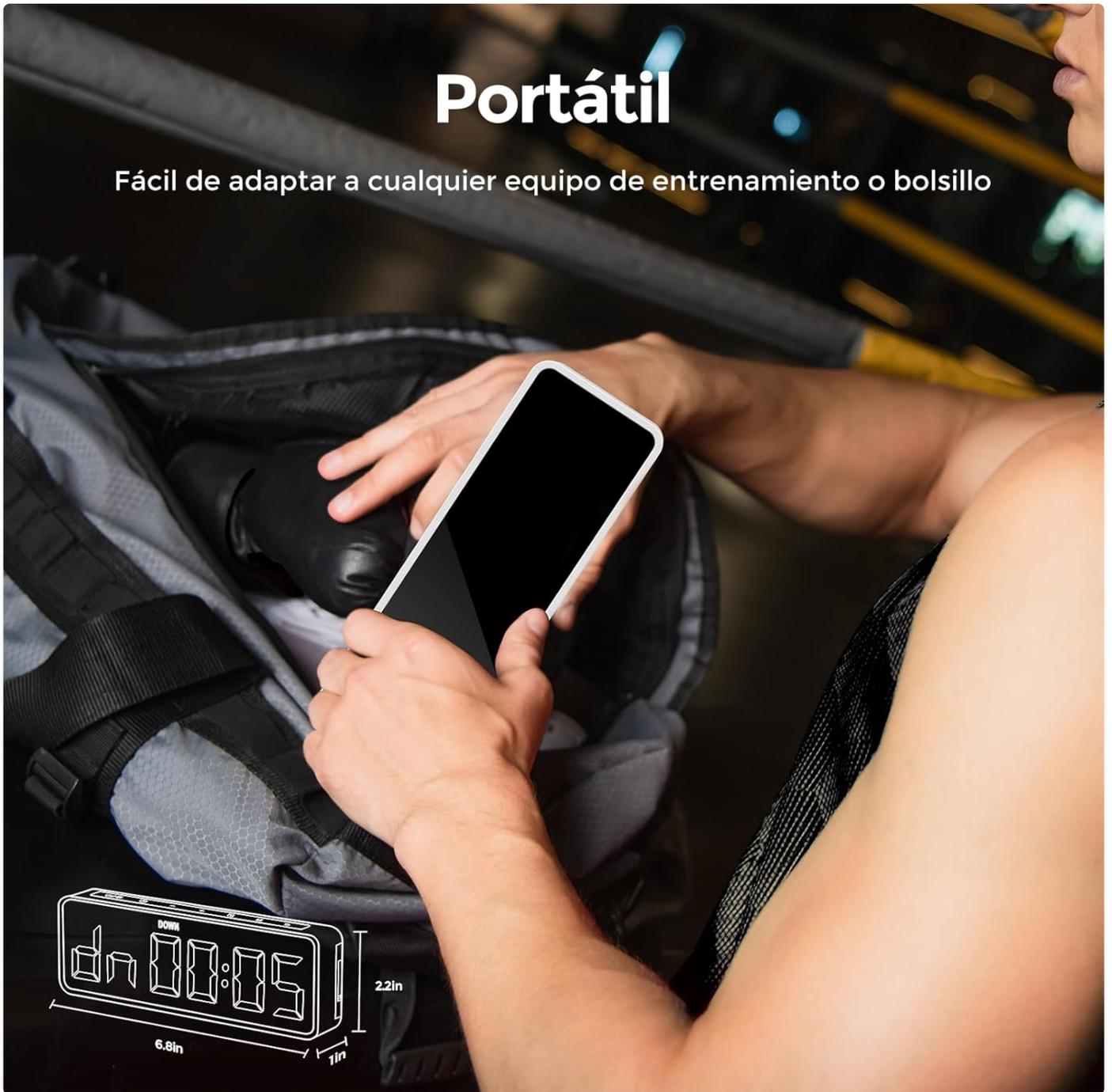


Image: The timer being placed into a gym bag, illustrating its portability and ease of adaptation to any training equipment or pocket.



# Einzigartige integrierte Fernbedienung

Einfache Anpassung und Vermeidung von Verlusten

Image: Visuals highlighting the timer's robust features: shockproof casing, anti-glare lens, and anti-slip/sweat-resistant rubber.

## MAINTENANCE

- **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.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge it regularly, even if not in use for extended periods.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Timer does not turn on.	Low battery or completely discharged.	Connect the timer to a power source using the Type-C cable and allow it to charge for at least 30 minutes before attempting to turn it on.
Display is dim or unreadable.	Brightness setting is too low or direct sunlight interference.	Adjust the display brightness using the remote control or device buttons. Move the timer to a shaded area if in direct sunlight.
Remote control not responding.	Remote battery low or obstruction between remote and timer.	Ensure there are no obstructions. Check and replace the remote control battery if necessary.
Sound alerts are too low or absent.	Volume setting is low or muted.	Increase the volume level using the dedicated volume control buttons or remote. Ensure the timer is not in mute mode.

## SPECIFICATIONS

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Feature	Detail
Brand	REACHER
Model Number	CR9 DE
Color	White
Dimensions (Product)	69P x 10I x 23H millimeters (approx. 15.8 x 7.8 x 2.28 cm)
Weight	290 g
Material	Silicone (anti-drop) + Plastic
Display Size	17.5 Centimeters
Number of Settings/Modes	13 (including clock display and custom intervals)
Battery Life	Up to 40 hours
Magnetic Spine	N52 Integrated Magnet

## WARRANTY AND SUPPORT

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REACHER offers reliable 24/7 support and a one-year warranty for this product. For any inquiries, technical assistance, or warranty claims, please contact REACHER customer service through the platform where you purchased the product or refer to the contact information provided in your product packaging.

Enjoy peace of mind with our dedicated support team ready to assist you.