

KADAMS K6219

KADAMS Pomodoro Productivity Interval Timer - Instruction Manual

1. INTRODUCTION

The KADAMS Pomodoro Productivity Interval Timer (Model K6219) is a versatile time management tool designed to enhance focus and efficiency across various activities. It features three distinct modes: Pomodoro, Countdown, and Count-Up, making it suitable for study sessions, gym workouts, cooking, and more. This manual provides comprehensive instructions for setting up, operating, and maintaining your timer.

2. PRODUCT OVERVIEW

2.1 Components

- KADAMS Pomodoro Productivity Interval Timer Unit
- Instruction Manual

2.2 Key Features

- **3 Operating Modes:** Easily switch between Pomodoro, Countdown, and Count-Up modes.
- **Customizable Pomodoro:** Adjust work and rest periods to fit your specific needs.
- **Progress Visualization:** A circular display shows total countdown time, and a progress bar indicates time remaining in the current work or rest period.
- **Game Controller Design:** Intuitive analog sticks for setting rounds, work time, and rest time.
- **Multi-usage Compatibility:** Ideal for exam preparation, HIIT, CrossFit, Cardio, Weightlifting, Strength Training, Tabata, and more.
- **2 Mounting Options:** Features a versatile flip stand for desk use and magnetic pads for attachment to metallic surfaces.



Figure 1: Overview of KADAMS Timer features including its three modes, magnetic back, and flip stand.

Vibrant Color Timer

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Figure 2: The timer's versatile design allows for magnetic mounting or use with its integrated flip stand.

3. SETUP

3.1 Battery Installation

The KADAMS timer requires 3 AAA batteries (not included). Follow these steps to install them:

1. Locate the battery compartment on the back of the timer.
2. Open the battery cover by sliding it off or gently prying it open.
3. Insert 3 AAA batteries, ensuring correct polarity (+ and - ends match the indicators).
4. Replace the battery cover securely.

POWER ON



Figure 3: Open the flip stand to access the battery compartment.

POWER ON



Figure 4: Slide the battery cover downwards to open.

POWER ON



Figure 5: Insert three AAA batteries, observing correct polarity.

4. OPERATING INSTRUCTIONS

4.1 Power On/Off

The timer automatically powers on once batteries are installed. To conserve battery life, the display will dim after a period of inactivity. To fully power off, remove the batteries.

4.2 Mode Selection

Press the **MODE** button on the left side of the timer to cycle through the available modes: Pomodoro, Countdown, and Count-Up.

4.3 Pomodoro Mode

This mode allows you to set work and rest intervals for focused productivity. The display shows 'ROUNDS', 'WORK', and 'REST'.

1. Press **MODE** until 'ROUNDS' is displayed. Use the left analog stick to adjust the number of Pomodoro rounds.
2. Press the **OK** button to confirm and move to 'WORK' time setting. Use the right analog stick to set the work duration (minutes and seconds).
3. Press **OK** again to confirm and move to 'REST' time setting. Use the right analog stick to set the rest duration.
4. Press **OK** one last time to confirm all settings. The timer is now ready.
5. Press the right analog stick (Play/Pause) to start the Pomodoro sequence. The timer will count down the work period, then the rest period, for the set number of rounds.

Figure 6: Setting the number of rounds in Pomodoro mode.



Figure 7: Setting the work duration for each Pomodoro round.



Figure 8: Setting the rest duration between Pomodoro work periods.

4.4 Countdown Mode

To use the Countdown mode:

1. Press **MODE** until 'COUNTDOWN' is displayed.
2. Use the analog sticks to set your desired countdown time (minutes and seconds).
3. Press the right analog stick (Play/Pause) to start the countdown.

4.5 Count-Up Mode

To use the Count-Up mode:

1. Press **MODE** until 'COUNT-UP' is displayed.
2. Press the right analog stick (Play/Pause) to start counting up from zero.

4.6 Volume and Brightness Adjustment

The timer features adjustable volume and screen brightness. Refer to the included quick start guide for specific button combinations to modify these settings.

Your browser does not support the video tag.

Video 1: Demonstrates the KADAMS timer's three modes (Pomodoro, countdown, count-up) and its suitability for HIIT and study focus.

5. MAINTENANCE

5.1 Cleaning

To clean your KADAMS timer, gently wipe the surface with a soft, dry cloth. Avoid using abrasive cleaners or solvents, as these may damage the display or casing.

5.2 Storage

When not in use for extended periods, store the timer in a cool, dry place. Remove batteries if storing for several months to prevent leakage.

6. TROUBLESHOOTING

6.1 Common Issues and Solutions

- **Timer not powering on:** Ensure batteries are correctly installed and are not depleted. Replace with fresh AAA batteries if necessary.
- **Display is dim or unreadable:** Check battery level. If batteries are low, replace them. Adjust screen brightness settings if applicable.
- **Alarm is too quiet or not sounding:** Verify that the volume setting is not muted or set too low. Adjust the volume as needed.
- **Buttons are unresponsive:** Ensure the timer is not in a locked mode (if applicable, refer to quick start guide). Remove and reinsert batteries to perform a soft reset.

7. SPECIFICATIONS

Feature	Detail
Brand	KADAMS
Model Number	K6219
Color	Orange
Material	Acrylonitrile Butadiene Styrene, LCD
Product Dimensions	6.1"D x 1.1"W x 2.7"H
Item Weight	6.4 ounces (0.18 Kilograms)
Number of Settings	3 (Pomodoro, Countdown, Count-Up)
Screen Size	5.7 Inches
Batteries Required	Yes (3 AAA batteries)
Included Components	Timer unit

8. WARRANTY AND SUPPORT

8.1 Warranty Information

This KADAMS product comes with a 1-year warranty from the date of purchase. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact KADAMS customer support through the retailer's platform or visit the official KADAMS website for contact information.