

## LiebeWH LiebeWHo21yvwgm9t

# LiebeWH LED Interval Timer User Manual

Model: LiebeWHo21yvwgm9t

## 1. INTRODUCTION

This manual provides detailed instructions for the operation and maintenance of your LiebeWH LED Interval Timer. Please read this manual thoroughly before using the device to ensure proper function and longevity. The LiebeWH LED Interval Timer is a versatile digital clock designed for various timing needs, including fitness, sports, meetings, and general timekeeping. It features a clear 1.5-inch LED display and is controlled via an included remote.

## 2. PRODUCT SPECIFICATIONS

Feature	Description
Item Type	Interval Timer
Application	Home, fitness, sports, meeting timing, office, class
Display Screen Size	1.5 inches
Shell Material	New Aluminum Alloy
Product Panel	High-Gloss Glass Material
Display Material	High Definition LED
Clock Accuracy	Error $\leq$ 3 Seconds
Power Supply	External Input Voltage: 5V 2A
Product Size	Approx. 27 x 8.8 x 2.7 cm (10.6 x 3.5 x 1.1 in)
Remote Control Battery	2 x AAA Battery (not included)

Feature	Description
Display Modes	H1/H2 for 24/12 hour display
Timing Range	Up to 99 minutes, 59 seconds, 99 milliseconds (count up/down)
Special Modes	TABATA, FGB, EMOM, Stopwatch

### 3. PACKAGE CONTENTS

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Please verify that all items are present in the package:

- 1 x LiebeWH LED Interval Timer
- 1 x Power Cord
- 1 x Remote Control
- 1 x User Manual (this document)
- 2 x Wall Hooks
- 4 x Screws

### 4. SETUP

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#### 4.1 Power Connection

1. Connect the provided power cord to the timer's power input port (DC 5V).
2. Plug the other end of the power cord into a standard 5V 2A power adapter (not included) and then into a wall outlet.
3. The timer display will illuminate.

#### 4.2 Remote Control Battery Installation

1. Locate the battery compartment on the back of the remote control.
2. Insert two AAA batteries (not included), ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.





Figure 4.2.1: Remote Control Layout

### 4.3 Wall Mounting (Optional)

1. Identify a suitable location on a wall for mounting.
2. Use the provided hooks and screws to securely attach the timer to the wall. Ensure the timer is level and stable.



Figure 4.3.1: Timer Dimensions and Mounting Points

## 5. OPERATING INSTRUCTIONS

The timer is operated using the included remote control. Ensure the remote has fresh batteries and is pointed towards the timer.

### 5.1 Basic Time Setting (Clock Mode)

1. Press the 'CLOCK' button on the remote to enter clock mode.
2. Use the '24Hour' or '12Hour' buttons to select the desired display format.
3. Press 'EDIT' to set the time. Use the number keys (0-9) to input the current time (HH:MM).
4. Press 'OK' to confirm the time setting.

- **Remote Control**  
Easy to change the mode and set the time.
- **LED Display**  
Support 12/24 hour display and displays clearly.
- **Wide Application**  
Can be applied in home, office, gym and so on.



Figure 5.1.1: Timer in Clock Mode (H1 for 24-hour display)

## 5.2 Countdown Timer

1. Press the 'EDIT' button.
2. Input the desired countdown time using the number keys (MM:SS). For example, for 8 minutes, input '0800'.
3. Press 'OK' to confirm the set time. The timer will display the set time.
4. Press 'START' to begin the countdown. The timer will count down to 00:00 and then stop.

## 5.3 Count-Up Timer

1. Press the 'RESET' button to clear any previous timing.
2. Press 'START'. The timer will begin counting up from 00:00.
3. Press 'STOP' to pause the count-up. Press 'START' again to resume.

## 5.4 Interval Training Modes (TABATA, FGB, EMOM)

The timer includes pre-programmed interval training modes for convenience.

- **TABATA Mode:** Press the 'TABATA' button. This mode typically consists of 20 seconds of work followed by 10 seconds of rest, repeated for 8 rounds.
- **FGB Mode:** Press the 'FGB' button. This mode typically involves 5 minutes of work followed by 1 minute of rest, for 3 or 5 rounds.
- **EMOM Mode:** Press the 'EMOM' button. This mode is for 'Every Minute On the Minute' timing, typically 1 minute training time with 10 seconds rest interval in an infinite loop.

Once a mode is selected, press 'START' to begin the sequence. The timer will automatically cycle through work and rest periods.

## 5.5 Stopwatch Function

1. Press the stopwatch icon button (often labeled with a clock symbol) on the remote.
2. Press 'START' to begin timing. The stopwatch can measure up to 99 minutes, 59 seconds, and 99 hundredths of a second.
3. Press 'STOP' to pause. Press 'START' to resume.
4. Press 'RESET' to clear the stopwatch.

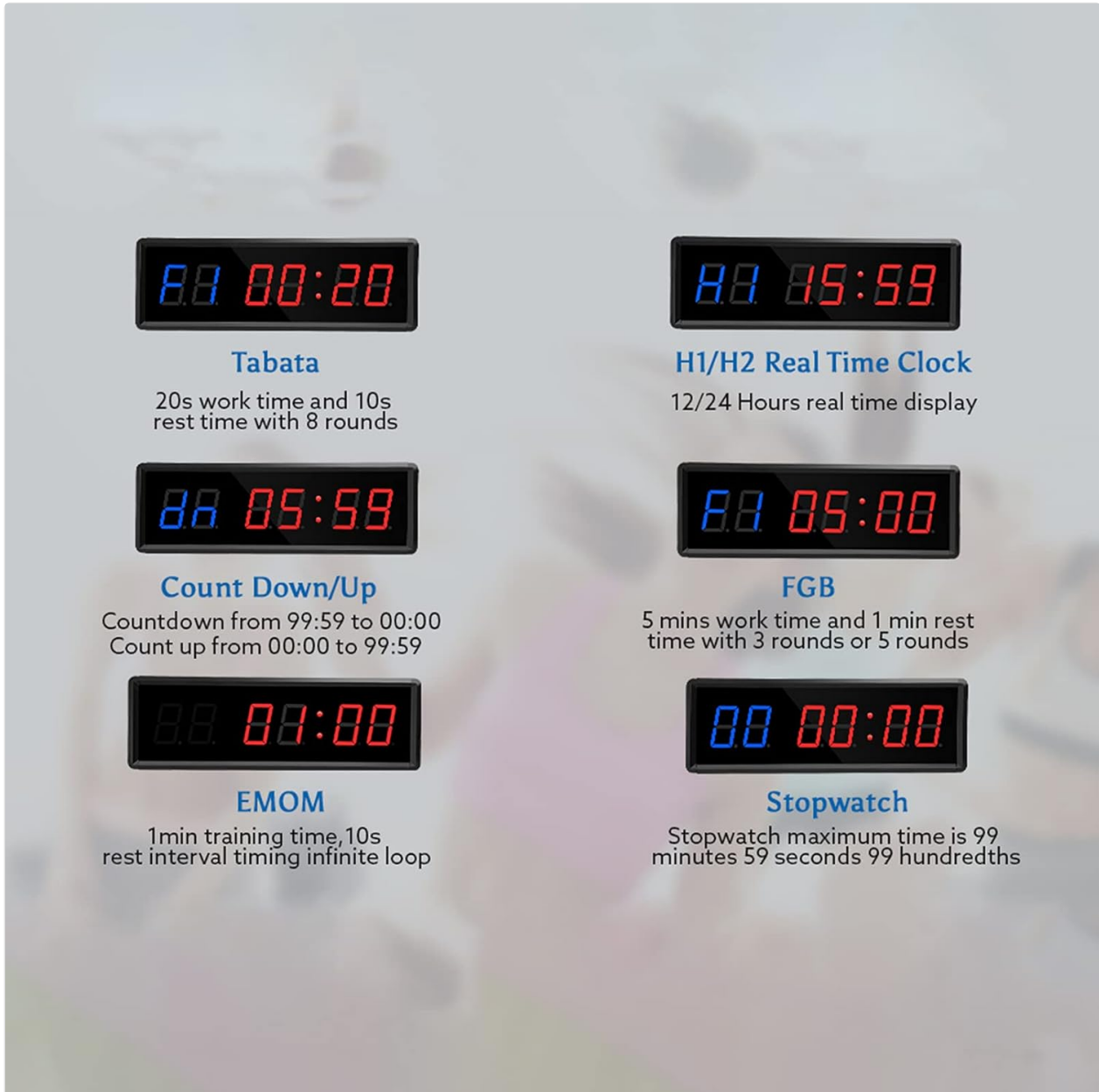


Figure 5.5.1: Overview of Timer Modes

## 5.6 Saving Custom Timings

The timer supports saving up to 10 groups of alternate timings for quick access. Refer to the remote control for specific shortcut keys or memory functions, typically involving a 'SET' or 'EDIT' button followed by a number key to save or recall a preset.

## 6. MAINTENANCE

### 6.1 Cleaning

- Wipe the timer's display and casing with a soft, dry, or slightly damp cloth.

- Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the display or finish.
- Ensure the timer is unplugged before cleaning.

## 6.2 Battery Replacement (Remote Control)

- If the remote control becomes unresponsive or its range decreases, replace the AAA batteries.
- Follow the instructions in Section 4.2 for battery replacement.

## 6.3 Storage

- When not in use for extended periods, store the timer in a cool, dry place.
- Consider removing batteries from the remote control if storing for several months to prevent leakage.

# 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Timer display is off.	No power, faulty power cord/adapter.	Ensure power cord is securely connected. Check power adapter and wall outlet. Try a different 5V 2A power source.
Remote control not working.	Dead batteries, remote not pointed at timer, obstruction.	Replace AAA batteries in the remote. Ensure direct line of sight to the timer's receiver. Reduce distance to the timer.
Timer not responding to commands.	Remote issue, temporary software glitch.	Check remote control (see above). Unplug the timer from power for 10 seconds, then plug it back in to reset.
Incorrect time displayed.	Time not set correctly.	Follow instructions in Section 5.1 to set the correct time.

# 8. WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the contact details provided by your retailer or visit the official LiebeWH website. Keep your purchase receipt as proof of purchase.

For further assistance, you may contact LiebeWH customer service through their official channels. Please have your model number (LiebeWHo21yvwgm9t) ready when contacting support.

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