

[Manuals.plus](#) /

› [Ousmile](#) /

› Ousmile YS-GT-RED Large LED Digital Gym Timer with Remote and Pushbutton Instruction Manual

## Ousmile YS-GT-RED

# Ousmile YS-GT-RED Large LED Digital Gym Timer with Remote and Pushbutton

Instruction Manual

## 1. PRODUCT OVERVIEW

The Ousmile YS-GT-RED is a versatile large LED digital timer designed for various timing needs, including gym workouts, interval training, and general time management. It features a clear, bright display, multiple operating modes, and convenient control options.

### What's in the Box?

- 1 x Ousmile YS-GT-RED Digital Timer
- 1 x External Pushbutton with Cable
- 1 x Remote Control
- 1 x Power Adapter
- 1 x User Manual
- Mounting Hardware (screws)



Image: Package contents of the Ousmile YS-GT-RED Digital Timer.

## 2. SETUP

### 2.1 Power Connection

Connect the provided power adapter to the timer's power input port and plug it into a standard electrical

outlet. The LED display will illuminate upon successful connection.



Image: Digital timer connected to power.

## 2.2 Mounting Options

The timer can be placed on a flat surface or wall-mounted using the included hardware. Ensure the mounting location provides clear visibility and access to power.

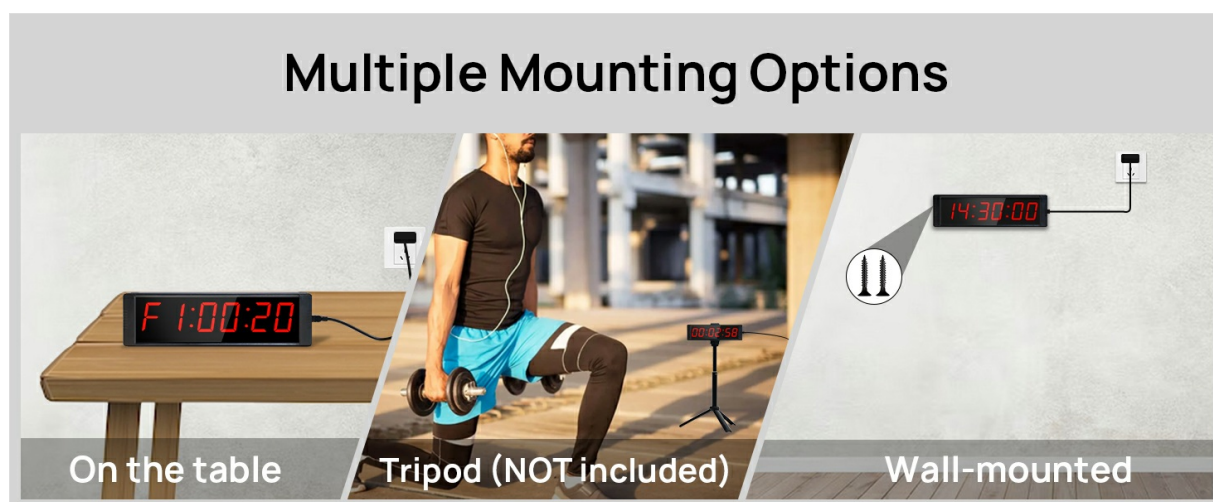


Image: Examples of timer placement and mounting.

## 3. OPERATING INSTRUCTIONS

The Ousmile YS-GT-RED offers multiple timing functions controlled via the remote or the external pushbutton.

### 3.1 Control Methods

- **Remote Control:** Provides full functionality and settings adjustment from up to 30 feet away.
- **External Pushbutton:** Offers quick start, stop, resume, and reset actions, ideal for hands-free operation during workouts. The cable extends up to 200 inches.



Image: Digital timer with remote and pushbutton.

### 3.2 Available Functions

Use the remote control to select and configure the desired mode. The external pushbutton primarily controls start/stop/reset for active timing modes.

# Functions

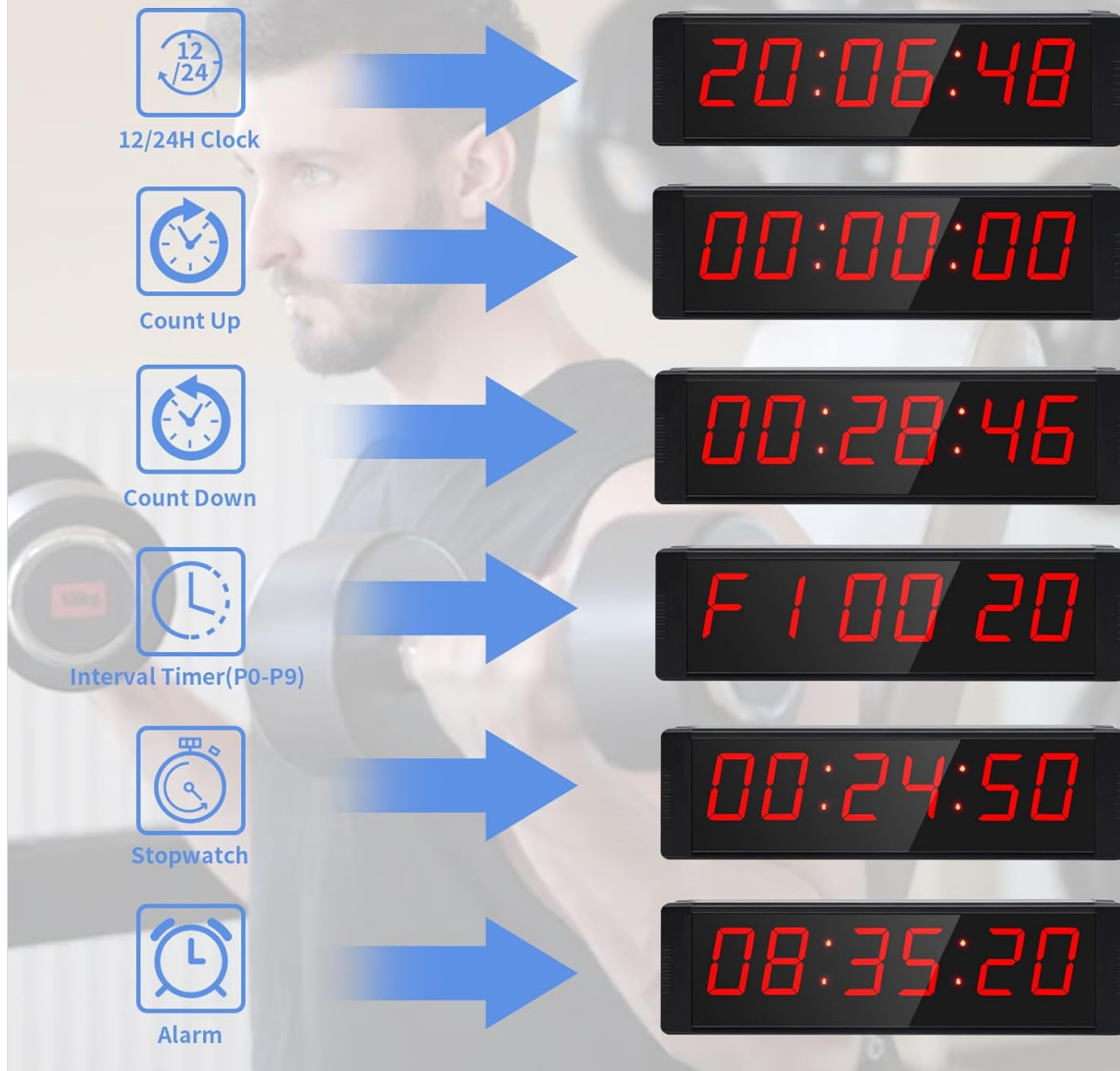


Image: Visual representation of timer functions.

- **12/24H Clock:** Displays current time. Supports switching between 12-hour and 24-hour formats.
- **Count-Up Timer:** Measures elapsed time from zero. Ideal for tracking workout duration.
- **Countdown Timer:** Counts down from a preset time. Useful for setting specific task durations.
- **Interval Timer (P0-P9):** Allows programming custom intervals for work and rest periods. Auto-cycles through programmed sets.
- **Stopwatch:** Measures time with millisecond accuracy. Features start, stop, and reset.
- **Alarm Function:** Can be set to alert at specific times.

## 3.3 Using the Pushbutton

The external pushbutton is designed for quick interaction with the timer, particularly for stopwatch and count-up/countdown modes. Press once to start, press again to pause, and hold to reset.

# Button Control



Image: Demonstrating the external pushbutton control.

## 3.4 Remote Control Operation

The remote control provides comprehensive access to all timer settings and functions. Refer to the included user manual for detailed button mapping and programming instructions for advanced modes like the interval timer.

# Remote Control



Image: Remote control for the digital timer.

### 3.5 Buzzer Alert

The timer includes an 80dB buzzer for audible alerts, which can be turned on or off as needed. This is particularly useful for signaling the end of countdowns or intervals.

# Buzzer Alert



Image: Buzzer alert feature.

## 3.6 Display and Visibility

The large LED display ensures readability from up to 40 feet. It features 5 levels of brightness adjustment to suit various lighting conditions, from bright outdoor environments to dark indoor settings.



Image: Brightness levels of the LED display.

## 4. MAINTENANCE

To ensure the longevity and optimal performance of your Ousmile digital timer, follow these simple maintenance guidelines:

- Keep the device clean by wiping it with a soft, dry cloth. Avoid abrasive cleaners or solvents.
- Protect the timer from extreme temperatures and direct moisture.
- Ensure the power cable and pushbutton cable are not kinked or damaged.

## 5. TROUBLESHOOTING

If you encounter any issues with your Ousmile digital timer, refer to the following common solutions:

- **Display not lighting up:** Check if the power adapter is securely connected to both the timer and the electrical outlet. Ensure the outlet is functional.
- **Remote control not responding:** Verify that the remote control has working batteries. Ensure there are no obstructions between the remote and the timer's sensor.
- **Pushbutton not responding:** Check the cable connection between the pushbutton and the timer.
- **Incorrect time display:** Use the remote control to adjust the time settings according to the detailed instructions in the full user manual.

For further assistance, please contact customer support.

## 6. SPECIFICATIONS

Feature	Detail
Brand	Ousmile
Model Number	YS-GT-RED
Product Dimensions	1"D x 10.4"W x 3"H
Item Weight	1.63 pounds (0.74 Kilograms)
Material	Aluminum
Color	Red
Number of Settings	5 (Clock, Count Up, Count Down, Interval Timer, Stopwatch)
Visibility Range	Up to 40FT
Buzzer	80dB
Pushbutton Cable Length	Up to 200 inches
Remote Control Range	Up to 30 feet

## 7. WARRANTY AND SUPPORT

Ousmile is committed to providing quality products and customer satisfaction. For any questions, technical support, or warranty claims, please refer to the contact information provided in your product packaging or visit the official Ousmile website.

- **Response Time:** Typically within 12 hours.
- **Money Back Guarantee:** Available for 72 hours from purchase.
- **Warranty:** 365 days.
- **Technical Support:** Lifetime support.



Image: Ousmile Customer Support Information.

## 8. PRODUCT VIDEOS

### Ousmile Stopwatch Timer with Start/Stop Button

Video: This video demonstrates the functionality of the Ousmile stopwatch timer, focusing on the use of the start/stop button for precise timing during various activities.

### MUST WATCH Ousmile Stopwatch Led Digital Timer With Remote

Video: A comprehensive overview of the Ousmile LED digital timer, highlighting its features and control via the remote, suitable for gym and workout use.