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> [Ousmile](#) /

> [Ousmile YS-GT-RED Rechargeable LED Digital Gym Timer with Remote and Start/Stop Button User Manual](#)

Ousmile YS-GT-RED

Ousmile YS-GT-RED Rechargeable LED Digital Gym Timer User Manual

Model: YS-GT-RED

1. INTRODUCTION

This manual provides detailed instructions for the operation and maintenance of your Ousmile YS-GT-RED Rechargeable LED Digital Gym Timer. This versatile device is designed for precise time management across various activities, including fitness, cooking, and study. Please read this manual thoroughly before use to ensure optimal performance and safety.



Figure 1: Ousmile YS-GT-RED LED Digital Gym Timer with remote and large button.

2. SAFETY INFORMATION

- Do not expose the device to extreme temperatures or direct sunlight for extended periods.
- Avoid contact with water or other liquids to prevent electrical shock or damage.
- Use only the provided charging cable and power adapter.
- Keep out of reach of children.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- 1 x Ousmile Digital Timer
- 1 x External Pushbutton with cable
- 1 x Remote Control
- 1 x User Manual
- Accessories (Power Adapter, USB-C Cable, Wall Mounting Screws)



Figure 2: Contents of the Ousmile Digital Gym Timer package.

4. PRODUCT OVERVIEW

The Ousmile Digital Gym Timer features a large LED display for clear visibility, an external pushbutton for convenient start/stop operations, and a multi-function remote control. It is designed with a durable aluminum casing and includes a built-in buzzer for alerts.

4.1 Components

- **LED Display:** Shows time, countdown, count-up, and stopwatch values.
- **External Pushbutton:** Connects via cable for easy start/stop/reset functions.
- **Remote Control:** Full control over all timer functions, including mode selection, settings, and brightness.
- **Buzzer:** Provides audible alerts for countdown completion and interval changes.
- **Type-C Charging Port:** For recharging the internal battery.
- **On/Off Switch:** Located on the side of the timer.



Figure 3: Side view of the timer highlighting key components.



Figure 4: Back view of the timer, emphasizing its robust construction.

5. SETUP

5.1 Powering On and Charging

1. Connect the provided USB-C cable to the timer's charging port and the power adapter.
2. Plug the power adapter into a standard electrical outlet.
3. Flip the ON/OFF switch on the side of the timer to the 'ON' position.
4. The timer will display the current time or default to a timing mode.

5.2 Connecting the External Pushbutton

The external pushbutton connects directly to the timer via its integrated cable. This allows for convenient start/stop/reset actions without needing to reach the main unit or remote.



Figure 5: External pushbutton in use, demonstrating its extended cable length for flexible placement.

5.3 Remote Control Overview

The remote control provides access to all timer functions. Ensure the remote has working batteries (not specified in product data, assume standard AAA/AA or coin cell). Point the remote directly at the timer for optimal response.

Video 1: Demonstrates the Ousmile Stopwatch Timer with Start/Stop Button, showcasing its functionality and ease of use with the remote control.

6. OPERATING MODES

The Ousmile timer offers multiple modes for various timing needs. Use the remote control to switch between modes.

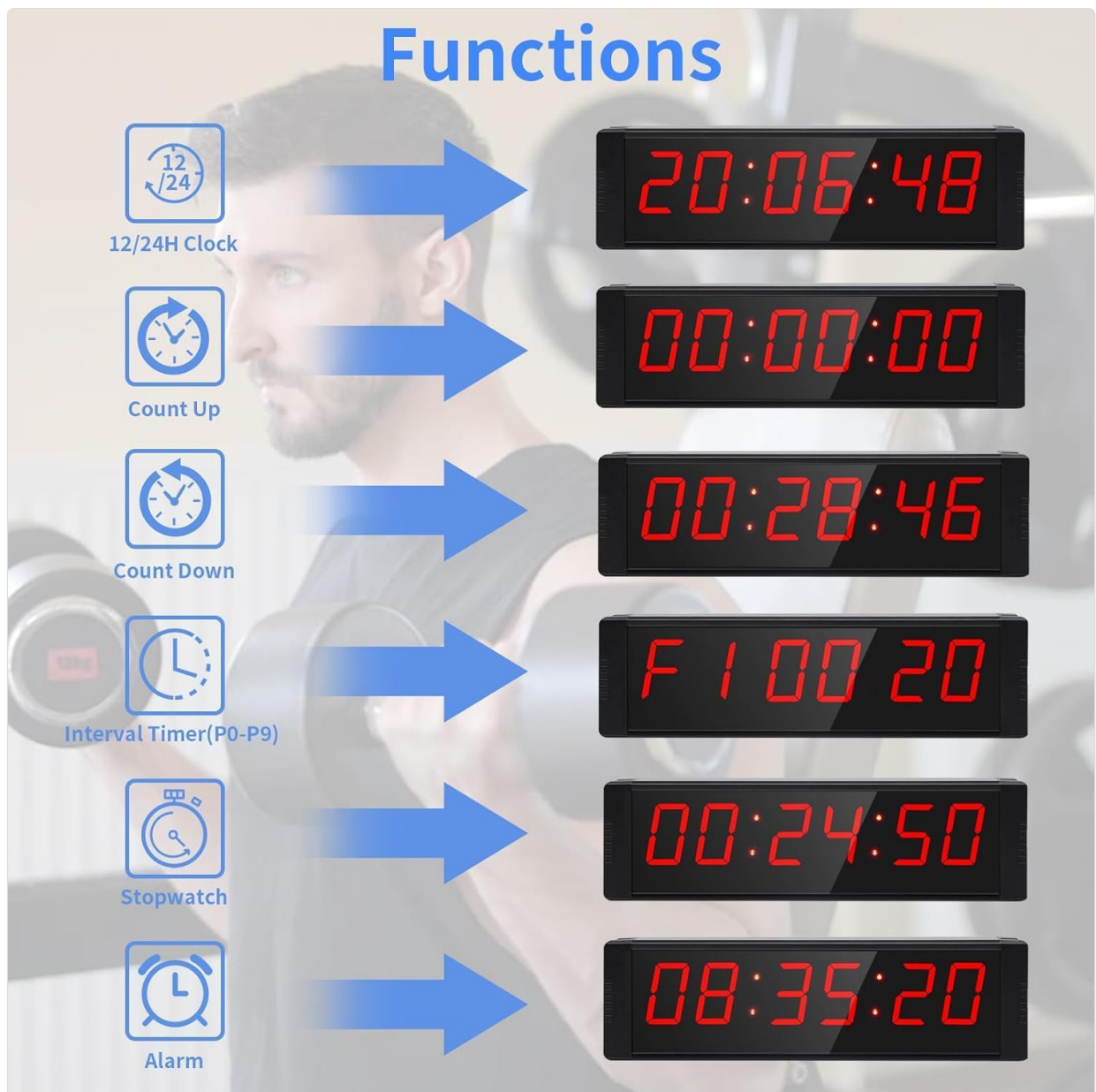


Figure 6: Overview of the timer's multiple functions.

6.1 Clock Mode (12/24-Hour)

Displays the current time. You can switch between 12-hour and 24-hour formats using the remote control.

- Press the 'Clock' button on the remote to enter Clock Mode.
- Use the '12/24H' button to toggle between time formats.
- To set the time, refer to the detailed instructions in the remote control section of this manual.

6.2 Count Up Timer

Measures elapsed time from zero. Ideal for tracking workout durations or task completion.

- Press the 'UP' button on the remote to enter Count Up Mode.
- Press 'Start' to begin counting.
- Press 'Stop' to pause, and 'Start' again to resume.
- Press 'Reset' to return to zero.

6.3 Count Down Timer

Counts down from a preset time. Useful for managing specific time-limited activities.

- Press the 'DOWN' button on the remote to enter Count Down Mode.

- Use the number buttons (0-9) and 'Enter' to set the desired countdown time.
- Press 'Start' to begin the countdown.
- The buzzer will sound when the countdown reaches zero.

6.4 Interval Timer (P0-P9)

Program custom intervals for training, including work and rest periods. The timer supports up to 9 programmable intervals (P0-P9).

- Press the 'Cycle' button (or specific P-buttons) to select an interval program.
- Use the 'EDIT' button to program custom work and rest times for each interval.
- Press 'Start' to begin the interval training. The timer will automatically cycle through the programmed intervals.

6.5 Stopwatch Mode

Measures time with high precision, accurate to milliseconds. Ideal for competitive timing or detailed performance tracking.

- Press the 'Stopwatch' button on the remote to enter Stopwatch Mode.
- Press 'Start' to begin timing.
- Press 'Stop' to pause, and 'Start' again to resume.
- Press 'Reset' to clear the stopwatch.

7. REMOTE CONTROL FUNCTIONS

The remote control allows for convenient operation from a distance of up to 30 feet. Key functions include:

- **Power Button:** Turns the timer on/off.
- **Clock/UP/DOWN/Stopwatch:** Selects the desired operating mode.
- **EDIT:** Enters programming mode for setting times or intervals.
- **Start/Stop/Reset:** Controls the timing functions.
- **Enter:** Confirms selections during programming.
- **Color/Channel:** Adjusts display color or channel (if applicable).
- **Preparation (0-3-10 Sec):** Sets lead times for certain modes.
- **P0-P9:** Direct access to programmed interval settings.
- **12/24H:** Toggles between 12-hour and 24-hour clock formats.



Figure 7: Remote control in use, highlighting its range and convenience.

8. PUSHBUTTON CONTROL

The external pushbutton provides a tactile and immediate way to control the timer, especially useful during active workouts. The cable extends up to 200 inches for flexible placement.

- Press the button once to Start/Resume the timer.
- Press the button again to Stop/Pause the timer.
- A long press (hold) may reset the timer, depending on the active mode. Refer to specific mode instructions for details.

9. CHARGING

The Ousmile timer is rechargeable, offering portability without constant reliance on a power outlet. Connect the USB-C cable to the timer and a power source using the provided adapter. A full charge duration is not specified, but ensure the device is adequately charged before extended use.

10. MOUNTING OPTIONS

The timer can be placed on a flat surface, mounted on a wall, or used with a tripod (tripod not included).

- **Tabletop:** Simply place the timer on any stable flat surface.
- **Wall-Mounted:** Use the provided screws and mounting holes on the back of the timer to secure it to a wall.
- **Tripod (Not Included):** The timer may have a standard tripod mount for use with compatible tripods, offering adjustable positioning.



Figure 8: Various ways to position your Ousmile timer.

11. TROUBLESHOOTING

- **Timer not turning on:** Ensure the ON/OFF switch is in the 'ON' position and the device is charged or connected to power.
- **Remote not responding:** Check remote batteries. Ensure there are no obstructions between the remote and the timer. Point the remote directly at the timer.
- **Display too dim/bright:** Use the remote control to adjust the brightness settings (5 levels available).
- **Buzzer not sounding:** Check if the buzzer sound is turned off via the remote or if the volume is too low.



Figure 9: Brightness adjustment for optimal visibility in various lighting conditions.

12. SPECIFICATIONS

Feature	Detail
Brand	Ousmile

Model Number	YS-GT-RED
Color	Red
Material	Aluminum
Product Dimensions	1"D x 10.4"W x 3"H (26x8x2.5 cm)
Item Weight	1.74 pounds (0.79 Kilograms)
Number of Settings	5 (Brightness levels)
Remote Control Range	Up to 30 feet
Pushbutton Cable Length	Up to 200 inches
Display Visibility	Up to 40 feet

13. WARRANTY AND SUPPORT

Ousmile is committed to providing high-quality products and excellent customer service. For any inquiries or issues, please contact our support team.

- **Response Time:** Customer support inquiries are typically responded to within 12 hours.
- **Money Back Guarantee:** We offer a 72-hour money-back policy.
- **Warranty:** A 365-day warranty is provided for manufacturing defects.
- **Technical Support:** Lifetime technical support is available for your product.



Figure 10: Ousmile Customer Support information.