

YZ YZ-GT-GR

YZ Gym Clock (Model YZ-GT-GR) User Manual

Digital Interval Timer, Stopwatch, Countdown, and 12/24H Clock

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your YZ Gym Clock (Model YZ-GT-GR). This versatile digital timer is designed for various applications, including home gyms, workouts, training, and general timekeeping. Please read this manual thoroughly before using the device to ensure proper function and longevity.



Image 1: YZ Gym Clock with its remote control and external start/stop button.

2. PRODUCT FEATURES

- **Multi-functional Timing:** Operates as a 12/24 hour clock with alarm, count-up timer, countdown timer, interval timer, and stopwatch accurate to milliseconds.
- **Preparation Time:** Selectable 3, 5, or 10-second preparation time before timing modes begin.
- **Super Bright LED Display:** Large LED numbers offer a 40ft visual distance, ensuring clarity indoors or outdoors, day or night.
- **Adjustable Brightness:** 5 levels of brightness adjustment to suit various lighting conditions.
- **Dual Control Options:** Features both a remote control for full functionality and a unique external wired button for convenient start/stop/continue/reset operations.
- **Portable Design:** Compact size (10.4"x3"x1") and power bank compatibility make it suitable for home gyms, garages, schools, parks, and other indoor/outdoor fitness spots.
- **Wall-Mountable:** Can be fixed to a wall using included screws for use as a digital wall timer.

Multifunctional Timer



Image 2: Display examples for 12/24H Clock, Count up/down, Interval timing mode, and Stopwatch functions.

3. PACKAGE CONTENTS

Please verify that all items are present in your package:

- YZ Gym Clock Timer x1
- External Wired Button x1
- Remote Control x1
- User Manual x1
- Power Adapter x1
- Mounting Screws x2

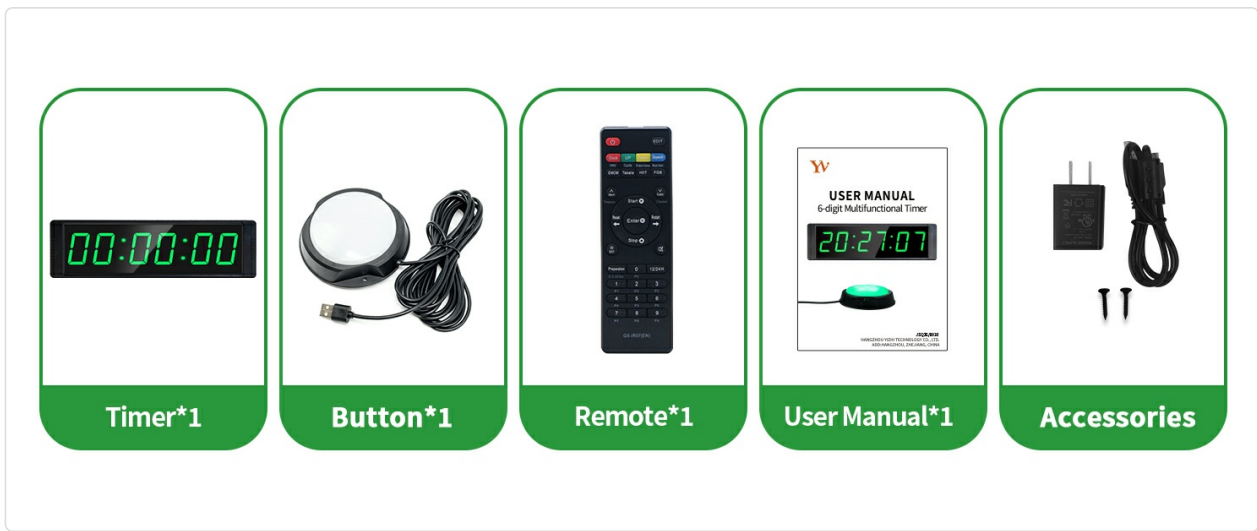


Image 3: Visual representation of the timer, external button, remote, user manual, and accessories included in the package.

4. SAFETY INFORMATION

- Keep the device away from water and high humidity environments.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- Use only the provided power adapter or a compatible power source (e.g., power bank) with appropriate voltage.
- Ensure the device is placed on a stable surface or securely mounted to prevent falling.
- Keep out of reach of children.

5. SETUP

5.1 Powering the Device

The YZ Gym Clock requires a constant power supply to function. It does not operate on internal batteries for the main display.

1. Connect the provided power adapter to the DC IN port on the side of the timer.
2. Plug the power adapter into a standard electrical outlet.
3. Alternatively, you can power the timer using a power bank via the USB port for portable use.

5.2 Remote Control Battery Installation

The remote control requires 2x AAA batteries (not included).

1. Open the battery compartment cover on the back of the remote control.
2. Insert 2 AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover.



Image 4: The remote control showing the battery compartment for AAA batteries.

5.3 Connecting the External Button

The external button connects to the timer via a USB cable. The cable length can extend up to 200 inches for flexible placement.

1. Locate the USB port on the side of the YZ Gym Clock.
2. Plug the external button's USB cable into this port.



Image 5: Close-up view of the external button, highlighting its USB connection port.

5.4 Wall Mounting (Optional)

The timer can be mounted on a wall for better visibility.

1. Identify a suitable location on the wall.
2. Use the included screws to secure the timer to the wall through the designated mounting holes on the back.

Bright Large Display



Image 6: The YZ Gym Clock displayed in a gym environment, illustrating its wall-mounted capability and bright display.

6. OPERATING MODES

The YZ Gym Clock offers several operating modes, accessible via the remote control.

6.1 Clock Mode (12/24H)

Displays the current time. Can be set to 12-hour or 24-hour format.

1. Press the **CLOCK** button on the remote.
2. Use the number buttons to set the time.
3. Press **ENTER** to confirm.
4. To switch between 12H/24H format, refer to the remote control instructions for the specific button (usually a dedicated button or a combination).



Image 7: The YZ Gym Clock displaying time in an office environment, demonstrating its use beyond fitness.

6.2 Countdown Timer

Counts down from a set time to zero.

1. Press the **COUNT DOWN** button on the remote.
2. Use the number buttons to set the desired countdown time (HH:MM:SS).
3. Press **ENTER** to confirm.
4. Press **START** to begin the countdown.
5. The timer will emit a sound when it reaches zero.

6.3 Count-up Timer

Counts up from zero.

1. Press the **COUNT UP** button on the remote.
2. Press **START** to begin counting up.
3. Press **STOP** to pause, and **START** again to resume.
4. Press **RESET** to return to zero.

6.4 Interval Timer (P0-P9)

Pre-programmed or customizable interval training modes.

1. Press the **INTERVAL** button on the remote.
2. Select a program (P0-P9) using the number buttons or arrow keys.
3. Press **ENTER** to confirm the program.
4. Press **START** to begin the interval sequence.
5. The timer will indicate work and rest periods, often with audible cues.



Image 8: The YZ Gym Clock showing an interval timer (F 1:00:30) during a stretching workout.

6.5 Stopwatch Timer

Measures elapsed time, accurate to milliseconds.

1. Press the **STOPWATCH** button on the remote.
2. Press **START** to begin timing.
3. Press **STOP** to pause, and **START** again to resume.
4. Press **RESET** to return to zero.



Image 9: The YZ Gym Clock displaying stopwatch time (00:00:59) during a running activity.

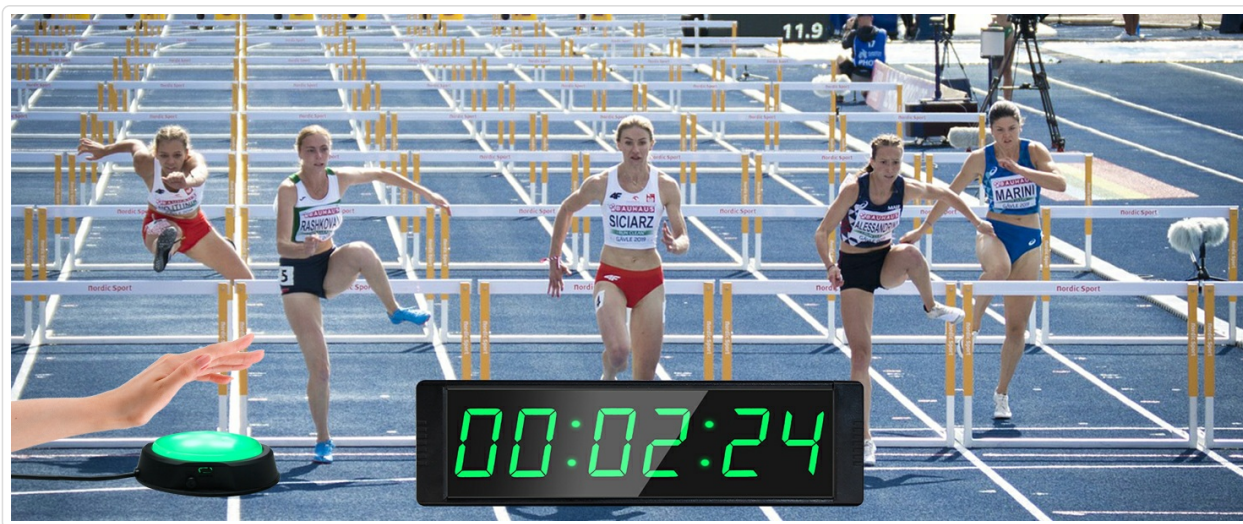


Image 10: The YZ Gym Clock displaying stopwatch time (00:02:24) during a hurdles race.

7. REMOTE CONTROL FUNCTIONS

The remote control provides full access to all timer functions. Ensure line-of-sight to the timer for optimal performance. The remote has a range of approximately 30 feet.

- **MODE:** Cycles through different timer modes.
- **EDIT:** Enters editing mode for setting times.
- **START:** Begins the selected timer function.
- **STOP:** Pauses the active timer.
- **RESET:** Resets the timer to its initial state (e.g., zero for stopwatch, set time for countdown).
- **ENTER:** Confirms selections or settings.
- **Number Buttons (0-9):** Used for inputting time values.
- **Arrow Keys (Up/Down/Left/Right):** For navigation or adjusting values.
- **LIGHT:** Adjusts display brightness.
- **BEEP:** Toggles the audible beep on/off.

8. EXTERNAL BUTTON OPERATION

The external wired button offers a convenient way to control the timer's primary functions: Start, Stop, Continue, and Reset. This is particularly useful during workouts where quick, tactile control is needed.

1. **First Press:** Initiates the timer (START).
2. **Second Press:** Pauses the timer (STOP).
3. **Third Press:** Resumes the timer (CONTINUE).
4. A dedicated **RESET** button is located on the side of the external button for quick reset.

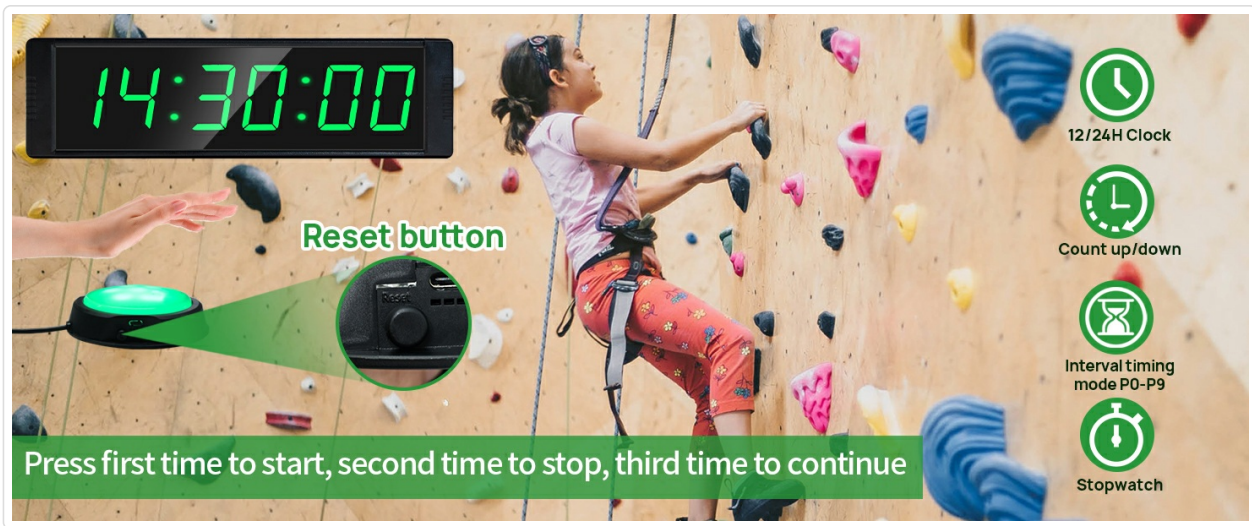


Image 11: The external button with a close-up highlighting the reset button on its side.



Image 12: A user interacting with the external button, demonstrating its extended cable length for flexible placement during exercise.

9. BRIGHTNESS ADJUSTMENT

The YZ Gym Clock features 5 levels of brightness adjustment to ensure optimal visibility in any lighting condition.

1. Press the **LIGHT** button on the remote control.
2. Each press will cycle through the 5 brightness levels.
3. Select the desired brightness level for your environment.

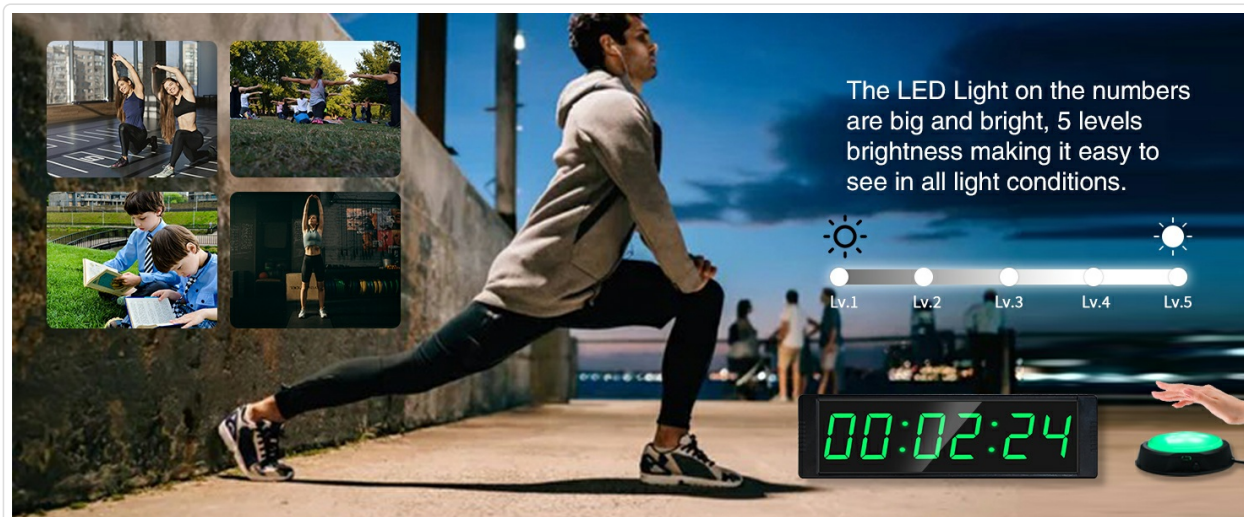


Image 13: Illustration of the 5 brightness levels of the YZ Gym Clock, demonstrating its adaptability to different lighting conditions.

10. MAINTENANCE

- **Cleaning:** Wipe the display and casing with a soft, dry cloth. Do not use abrasive cleaners or solvents.
- **Storage:** When not in use for extended periods, store the timer in a cool, dry place.
- **Battery Replacement:** Replace remote control batteries when the remote's responsiveness decreases.

11. TROUBLESHOOTING

Problem	Possible Cause	Solution
Timer does not power on.	No power, faulty adapter, or loose connection.	Ensure power adapter is securely plugged into the timer and a working outlet. Try a different outlet or power source (e.g., power bank).
Remote control not working.	Dead batteries, obstructed signal, or out of range.	Replace remote batteries. Ensure no obstructions between remote and timer. Move closer to the timer.
External button not responding.	Loose USB connection or button malfunction.	Check if the USB cable is securely connected to the timer. If the issue persists, contact customer support.

Problem	Possible Cause	Solution
Display is too dim or too bright.	Brightness setting is incorrect.	Use the LIGHT button on the remote to adjust brightness levels.
Timer accuracy issues.	Internal clock drift (rare).	Reset the clock and re-set the time. If persistent, contact customer support.

12. SPECIFICATIONS

- **Brand:** YZ
- **Model Number:** YZ-GT-GR
- **Color:** Green (LED display)
- **Material:** Aluminum
- **Product Dimensions:** 1.41"D x 3.54"W x 11.02"H
- **Item Weight:** 1.65 pounds (0.75 Kilograms)
- **Screen Size:** 3.54 Inches (digit height)
- **Brightness Levels:** 5
- **Visual Distance:** Up to 40ft
- **Remote Control Range:** Approximately 30ft
- **External Button Cable Length:** Up to 200 inches
- **Power Source:** Plug-in (AC adapter included), compatible with power banks via USB.
- **Manufacturer:** HANGZHOU YIZHI TECHNOLOGY CO.,LTD.

Portable Timer with Button Control



Image 14: Detailed dimensions of the YZ Gym Clock and its external button, illustrating its compact and portable design.

13. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries regarding your YZ Gym Clock, please refer to the contact details provided with your purchase documentation or visit the official YZ website. Keep your purchase receipt as proof of purchase for warranty claims.