

## ANJANK CT009-2

# ANJANK Small Portable Gym Timer Clock

Model: CT009-2 User Manual

## INTRODUCTION

Thank you for choosing the ANJANK Small Portable Gym Timer Clock. This device is designed to enhance your workout experience with its versatile timing functions, portability, and user-friendly features. It includes preset and customizable interval timing, a powerful battery, strong magnetic mounting, and a convenient remote control. This manual provides detailed instructions for setup, operation, maintenance, and troubleshooting to ensure optimal performance.



This image shows the compact size of the ANJANK Portable Gym Timer, held comfortably in a hand, highlighting its portability. The LED display shows 'UP 08:30' indicating a count-up function.

## SETUP

### 1. Initial Charging

Before first use, fully charge the gym timer using the provided USB-C to USB-A cable. The built-in battery can provide up to 40 hours of operation on a full charge. A low battery icon will appear on the screen to indicate when charging is required.

### 2. Remote Control Activation

The remote control is conveniently built into the back of the timer. Gently slide it out from its compartment. Ensure the remote has a clear line of sight to the timer for proper function. The remote operates best within approximately 15 feet of the timer.

# 4 Level Brightness

adjust the brightness you need



This image highlights the integrated remote control for the ANJANK Gym Timer, which conveniently stores in the back of the unit. The remote enables easy adjustment of workout modes, intervals, and other settings.

### 3. Mounting the Timer

The ANJANK Gym Timer features a strong built-in magnet on its spine, allowing it to be securely mounted to any metal gym equipment or surface. For non-metal surfaces, the included hanging lanyard can be used.

# *Rechargeable & Endurable Battery*



This image demonstrates the strong magnetic back of the ANJANK Gym Timer, allowing it to be securely mounted on any metal surface, such as gym equipment, for convenient viewing during workouts.

## **OPERATING INSTRUCTIONS**

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### **1. Power On/Off**

Press and hold the power button located on the side of the timer to turn it on or off.

### **2. Basic Clock Function**

The timer can display time in 12-hour or 24-hour format. Use the remote control to switch between these modes and set the current time.



The ANJANK Gym Timer can also function as a standard 12/24 hour clock, as shown here displaying '10:17 AM' in a gym environment.

### **3. Adjustable Brightness**

The LED display features 4 levels of adjustable brightness. Use the dedicated brightness button on the remote control to cycle through the settings to suit your environment.

# Remote Control for Workout Mode

for count up, countdown, EMOM, customizable intervals setting



The ANJANK Gym Timer offers 4-level adjustable brightness, allowing users to customize the display intensity for optimal visibility in various lighting conditions.

## 4. Adjustable Volume

The timer's workout prompt tone volume is adjustable. There are 3 volume levels, and an option to mute the sound entirely. Use the volume controls on the remote to adjust as needed.



# Adjustable Volume



**3-level volume**



**sound mute**



The ANJANK Gym Timer offers adjustable volume settings for its workout prompt tones, including a mute option, providing flexibility for different workout environments.

## 5. Workout Modes

The ANJANK Gym Timer supports multiple workout modes, accessible via the remote control:

- **Count-up:** Measures elapsed time.
- **Countdown:** Counts down from a set time.
- **Stopwatch:** Standard stopwatch function.
- **TABATA:** Pre-programmed 8 rounds of 20 seconds work, 10 seconds rest.
- **FGB (Fight Gone Bad):** Pre-programmed 3 rounds of 5 minutes work, 1 minute rest.
- **EMOM (Every Minute On the Minute):** Loop countdown for specified intervals.
- **Customizable Interval (P1-P3):** Three programmable modes (P1, P2, P3) where you can set workout time, rest time, and number of rounds.

To select a mode, press the corresponding button on the remote. For customizable modes (P1-P3), use the remote to enter the desired workout time, rest time, and number of rounds, then save the setting.



This graphic details the various workout modes available on the ANJANK Gym Timer, including standard timing functions and specialized interval training protocols.

## MAINTENANCE

### 1. Cleaning

Wipe the timer with a soft, dry cloth. Do not use abrasive cleaners or solvents, as these can damage the display or casing. Avoid exposing the device to excessive moisture.

### 2. Battery Care

To prolong battery life, avoid fully discharging the timer frequently. Charge the device when the low battery indicator appears. If storing the timer for an extended period, charge it periodically to maintain battery health.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Timer does not power on.	Low or depleted battery.	Charge the timer fully using the provided USB cable.
Remote control not responding.	No line of sight to the timer; remote too far; remote battery low.	Ensure direct line of sight to the timer. Move closer (within 15 feet). Replace the remote control battery (CR2032).
Display is dim or unreadable.	Brightness setting is too low.	Adjust the brightness level using the remote control.
No sound or low volume.	Volume is muted or set too low.	Adjust the volume using the remote control.
Timer slides on metal surface.	Surface is too slick or timer is not properly positioned.	Ensure the timer is placed on a clean, flat metal surface. If sliding persists, use the lanyard for hanging or place on a non-magnetic surface.

## SPECIFICATIONS

- **Model Name:** CT009-2
- **Color:** Black
- **Material:** Plastic, Silicone
- **Product Dimensions:** 0.98"D x 6.89"W x 2.28"H
- **Screen Size:** 2.05 Inches
- **Number of Settings:** 8 (including various modes)
- **Battery Life:** Up to 40 hours (on full charge)
- **Included Components:** Gym Timer, Hanging Lanyard, Remote Control, USB-C to USB-A Cord
- **Suggested Users:** Unisex-Adult

## WARRANTY INFORMATION

The ANJANK Small Portable Gym Timer Clock (Model CT009-2) comes with a 1-year limited warranty from the date of purchase. This warranty covers manufacturing defects under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or improper maintenance. Please retain your proof of purchase for warranty claims.

## SUPPORT

For further assistance, technical support, or warranty inquiries, please contact ANJANK customer service through the retailer's platform where the product was purchased. Please have your product model number (CT009-2) and purchase details ready when contacting support.

## Related Documents - CT009-2

	<p><a href="#">ANJANK CT008A Interval Timer User Manual and Operation Guide</a></p> <p>Comprehensive user manual for the ANJANK CT008A Interval Timer. Learn how to use Tabata, FGB, Countdown, Stopwatch, and custom interval modes, plus remote control functions, setup, and warranty information.</p>
	<p><a href="#">ANJANK CT008 Gym Timer User Manual: Setup, Features, and Operation Guide</a></p> <p>Comprehensive user manual for the ANJANK CT008 Gym Timer. Learn how to set up, use functions like countdown, count-up, EMOM, stopwatch, custom intervals, and understand FCC compliance. Includes video guide link.</p>
	<p><a href="#">ANJANK CT008 Gym Timer User Manual</a></p> <p>Comprehensive user manual for the ANJANK CT008 Gym Timer. Learn how to use its advanced features for Tabata, FGB, EMOM, countdowns, count-ups, and custom interval training. Includes setup, operation, and troubleshooting guides for fitness enthusiasts.</p>
	<p><a href="#">ANJANK Clock-AC003 User Manual: Features, Setup, and Operation</a></p> <p>Comprehensive user guide for the ANJANK Clock-AC003 digital alarm clock, covering setup, features like FM radio, dual alarms, USB charging, and operation.</p>
	<p><a href="#">ANJANK AC-196 Digital Alarm Clock Radio User Manual and Warranty</a></p> <p>Comprehensive user manual and warranty information for the ANJANK AC-196 digital alarm clock radio, featuring dual alarms, FM radio, sleep timer, and USB charging.</p>
	<p><a href="#">ANJANK AC-190 Wireless Charging FM Radio Alarm Clock: Instruction Manual and Warranty</a></p> <p>Comprehensive instruction manual and warranty information for the ANJANK AC-190 Wireless Charging FM Radio Alarm Clock, covering features, setup, operation, and specifications.</p>