LUCORB 5V-1A Interval Workout Timer User Guide

LUCORB 5V-1A Interval Workout Timer User Guide

Thank you for purchasing LUCORB workout timer. This manual addresses product features, operating instructions, FAQS and warranty…

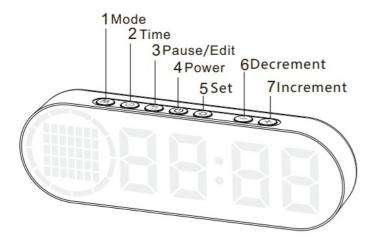Please review this manual thoroughly before operating your device.
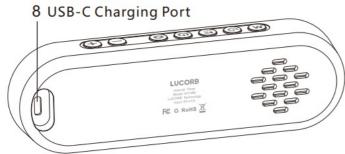
Contents

Getting to Know Your workout time

Basic Specifications

- **Dimensions(L*W*H):** 160 x 23.5 x 50mm/6.29 x 0.9 x 1.96 inch
- **Digital Height:** 1.2 inch
- **Weight:** 125g
- **Housing Material:** ABS
- **Input:** 5V-1A
- **Battery Type:** Lithium-Ion Polymer
- **Capacity:** 2000 mAh – 3.7V

- **Running Time:** 20 hours
- **Operating Temp:** 10-60 ℃ / 50-140 ℉

What's in the box

- Workout timer

- User manual

- Charging cable

Function Introduction

1. **Ⓜ Mode**

TA **04:00**

7 preset interval programs: **TA** **TABATA:**

8 rounds, work 20s, rest 10s.

MIIT:

15 rounds, work 30s, rest 10s,

EMOM 1:

20 rounds, work 1min, rest Os,

EMOM 2:

20 rounds, work 1 min 30s, rest 1min,
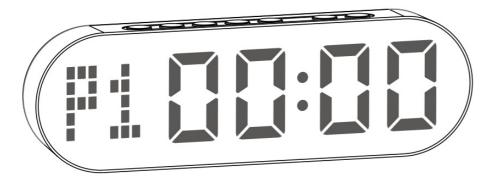
FGB1:

5 rounds, work 5min, rest 1min,

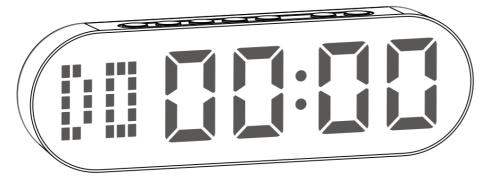**FGB2:**

3 rounds, work 5min, rest 1min,

HIIT:

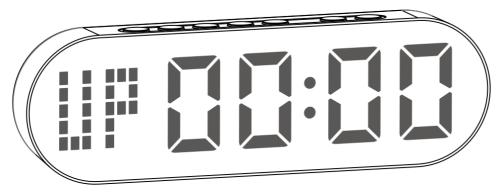15 rounds, work 45s, rest 15s,

9 customize interval programs: P1-P9

2. ⟳ **Time**

Countdown Time

Countdown time(min:sec):
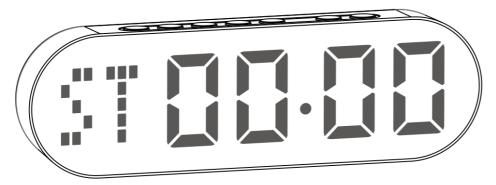
99: 59- 00:00

Count up Time

Count up time (min:sec):

00: 00- 99:59

Chronograph(stopwatch)

Stopwatch(min:sec.ms):

00:00.00- 99:59.99

3. ▶❚❚ Edit **Pause**/**Edit**

Start/Pause/Reset(clear)/Edit

4. ⏻ **Power**

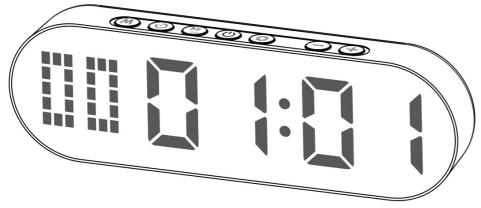Long press ⏻ for 2 sec to turn ON/OFF Press once to check the level of battery left

Tips: If this timer doesn't enter any working mode, it will turn off in 5 minutes. If you just use it as a clock, please plug in the charging cable, it will not turn off.
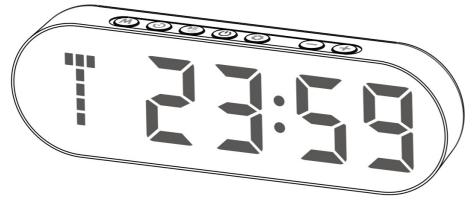
5. ⚙ **Settings**

Adjust the clock

Please adjust the clock time, date and year before initial use to ensure the correct format of the alarm clock is set in the future. Short press ⚙ to :
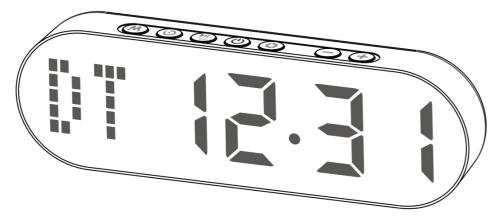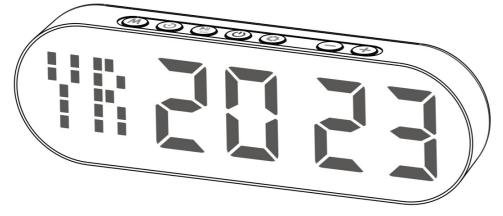

Long press ⚙ until the 'hour' digits flashing

1. Press ➕ or ➖ to add or decrease value

2. Press ⚙ once to accept and advance, 'Minute' digit will flash

Repeat step 1 and 2 to adjust 'Minute' – 'Date' – 'Year'
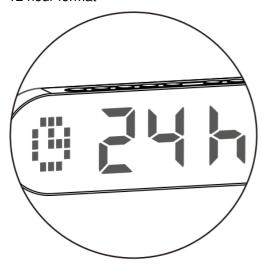
Long press ⚙ to save current setting

Tips: Press and hold or for digits increase and decrease rapidly
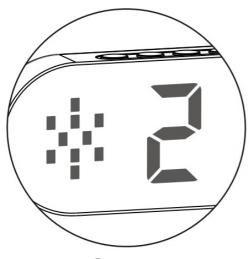
Clock Format

24 hour format

12 hour format

Press ➕ or ➖ to change
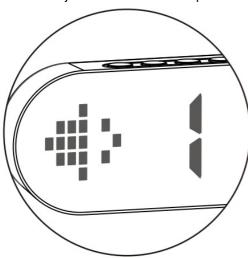
Brightness

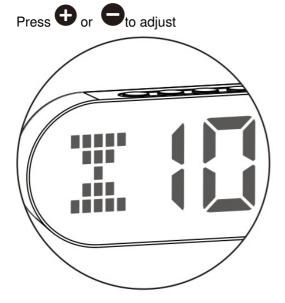Brightness adjustable 1-4

Press ➕ or ➖ to adjust

Volume
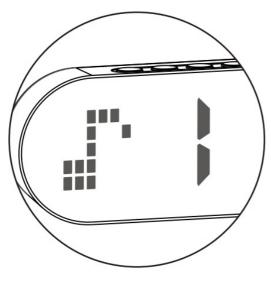
Volume adjustable 1-4 and OFF position

Press ➕ or ➖ to adjust

Preparation time

adjustable 0-99 sec

Press ➕ or ➖ to adjust

Optional Prompt sound
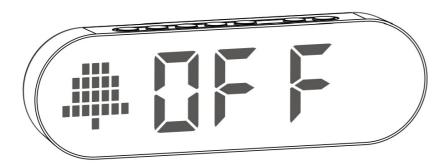
types: 1-3

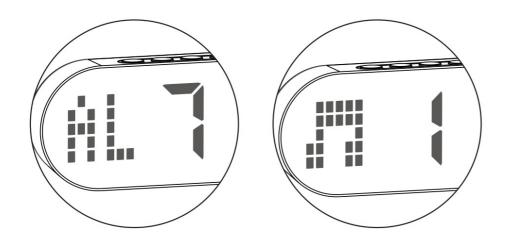Press ➕ or ➖ to select

Alarm Clock

2 alarm types:
daily alarm: 7
weekday alarm: 5
2 alarm chimes:
chime 1, chime 2

Set an Alarm Clock

Long press ⚙ to enter the edit page,

1. Press ➕ or ➖ to add or decrease value

2. Press ⚙ once to accept and advance Repeat step 1 and 2 to set the time ->alarm type->alarm chime
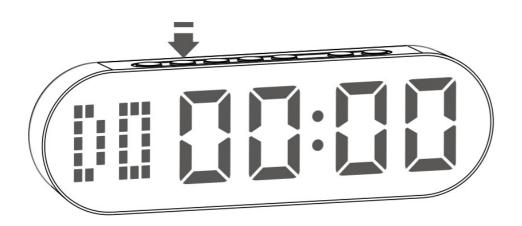
Long press ⚙ to save current setting.

Tips: Pay attention to the format of the alarm clock is 24H.

Start Your Countdown Time

Short 🔄 press to 'DO'

Long 🔄 press to enter the edit page:

1. Press ➕ or ➖ to adjust 'minute' value

2. Press 🔄 once to accept and advance,

Repeat step 1 and 2 to adjust 'second' value
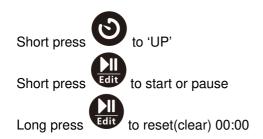
Long press to save

In addition

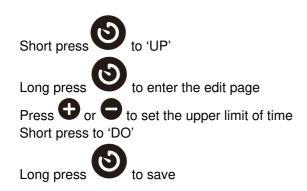Shortcut key(only for minute format) to 'DO'

1. Short press

2. Press ➕ or ➖ to adjust 'minute' value Short press Long press to start or pause to reset

Tips: Countdown time from 99:59 to 00:00. When timer is already running, it continues to run if you exit mode.

Start Your Count up Time

Short press to 'UP'

Short press to start or pause

Long press to reset(clear) 00:00

count up time limit founction:

Short press to 'UP'

Long press to enter the edit page

Press ➕ or ➖ to set the upper limit of time
Short press to 'DO'

Long press to save

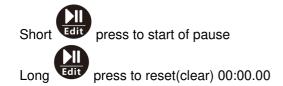**Tips:** Count up time from 00:00 to 99:59. When timer is already running, it continues to run if you exit mode.

Start Your Stopwatch

Short press to 'ST'

Short ▶❚❚ (Edit) press to start of pause

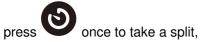Long ▶❚❚ (Edit) press to reset(clear) 00:00.00

Tips: Stopwatch time from 00:00.00 to 99:59.99. When timer is already running, it continues to run if you exit mode.

Split Time Function
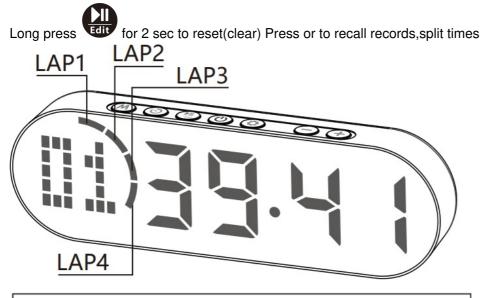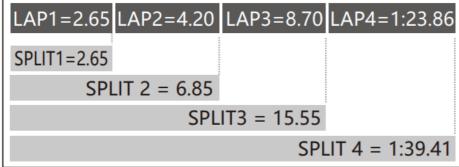While stopwatch is running

press ⟳ once to take a split,

press ⟳ again to take second lap…
Laps and split times(up to 12 records) will be stored in memory
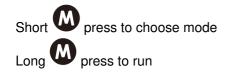
press ▶❚❚ (Edit) to stop split time will be displayed with blue ring indicator.

Long press ▶❚❚ (Edit) for 2 sec to reset(clear) Press or to recall records,split times

LAP1   LAP2
        LAP3

LAP4

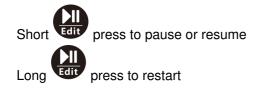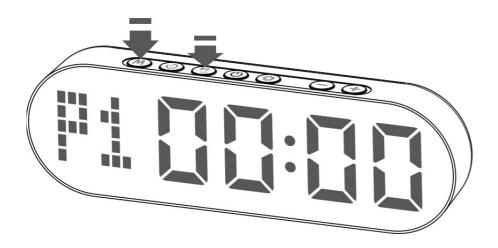| LAP1=2.65	LAP2=4.20	LAP3=8.70	LAP4=1:23.86
SPLIT1=2.65			
SPLIT 2 = 6.85			
SPLIT3 = 15.55			
SPLIT 4 = 1:39.41			

Tips: When split times up to 12 records, you need to reset(clear) the records for a new lap and split time.

Start Your Preset Workout Training

Short **M** press to choose mode

Long **M** press to run

Short press to pause or resume

Long press to restart

Start Your Customize Interval Training

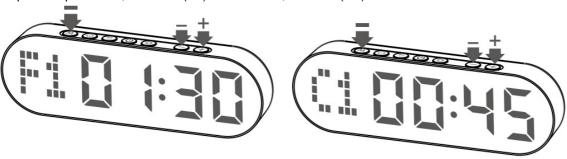**A** If you just need one group of Work(F)- to-Rest(C) periods:(e.g. Work 1min 30 sec, Rest 45 sec, repeat 5 round)
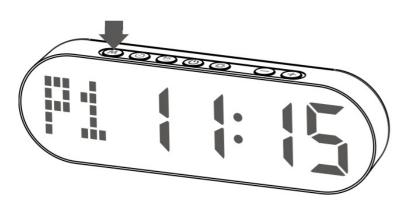
Short press to 'P1 '

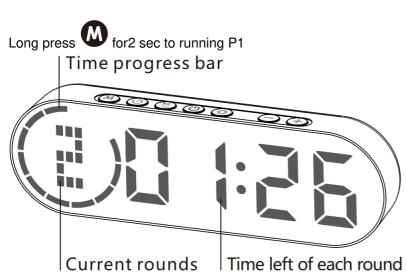Short press to enter edit page, 'round' digits flashing

1. Press or to add value: 5
2. Press once to accept and advance

Repeat step 1 and 2, set Work(F1) time to 1:30, set Rest(C1) time to 00:45
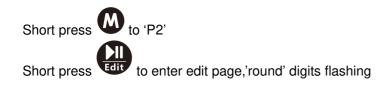

Long press for 2 sec to save setting to P1.Now the screen display the total time: P1: 11 min 15 sec

Long press **M** for 2 sec to running P1

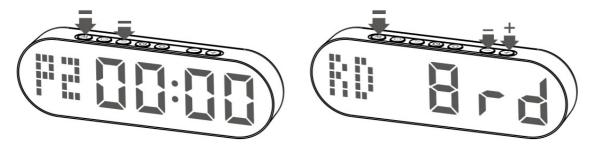Time progress bar

Current rounds | Time left of each round

B If you need a set of different work(F)- to-rest(C) periods: (e.g. work(F1) 40sec, rest(C1) 10sec, and then work(F2) 50sec, rest(C2)15S; repeat 8 rounds)
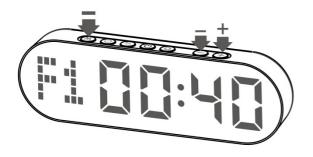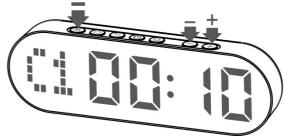
Short press **M** to 'P2'

Short press **Edit** to enter edit page,'round' digits flashing

1. Press **+** or **–** to add value: 8

2. Press **M** once to accept and advance, Repeat step 2 and 1, set Work (F1) time: 'second' to 40
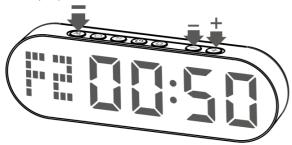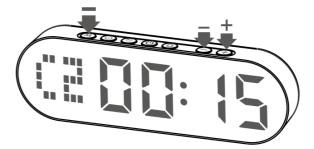
Rest (C1) time time: 'second' to 10

Repeat step 2 and 1,set Work (F2) time: 'second' to 50
Rest (C2) time: 'second' to 15

Long press **M** for 2 sec to save setting to P2.
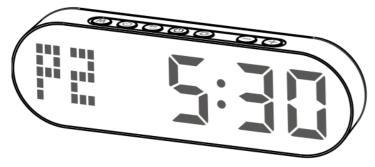Now the screen display the total time:
P2: 15 min 20 sec
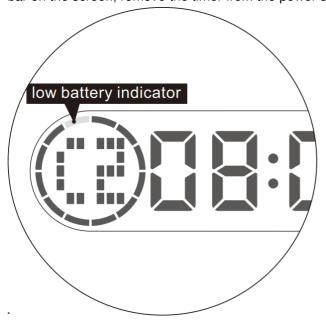
Long press **M** for
2 sec to running P2

NOTE

By default, the display format is mm:ss (e.g. 5:30 means 5 min and 30 sec). If you program total time more than 99 minutes and 59 seconds, it will change the display format to hh.mm (e.g. 5.30 means 5 hours and 30mintus).
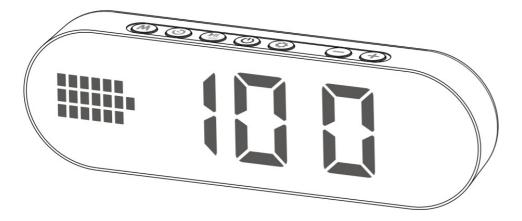

Tips: The total time of each set of programmable plan is up to 99 hours 59 minutes.

Charging your timer

LUCORB workout timer has a low battery indicator, when the battery level <10% the 12th blue ring led flashing, shows the battery needs recharging. Please use the provided USB-C Cable, plug USB-C connector in to LUCORB timer, plug in USB port to a UL-certified USB wall charger for charging. While charging, there is a battery progress bar on the screen, remove the timer from the power supply once fully charged.

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Tips: LUCORB timer can also operate when plugged in.

Warranty

LUCORB Workout Timer is covered by a 12-month limited warranty for manufacturer's defects and faults. The warranty does not cover normal wear and tear or cosmetic damage, not cover negligent or improper use, alteration, mishandling, self-repair, poor maintenance, water damage or incorrect storage.

Customer Service

For more information, troubleshooting,warranty and replacement information, please cactus following Email address: **www.luxorb@outlook.com** Please contact us for any other questions.

Documents / Resources

LUCORB 5V-1A Interval Workout Timer [pdf] User Guide
5V-1A Interval Workout Timer, 5V-1A, Interval Workout Timer, Workout Timer, Timer

References

- **User Manual**