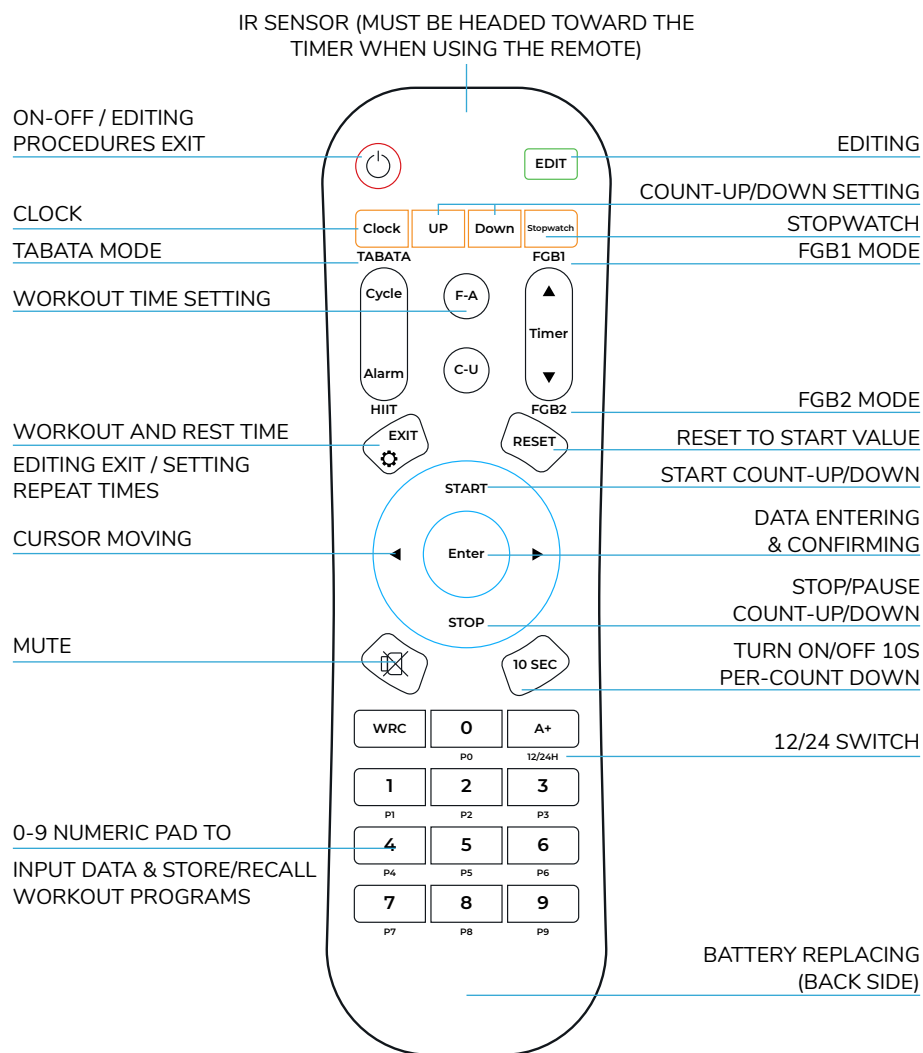# User manual

Thanks!

Thank you for choosing the Tiny Timer. Developed by James Newbury, the Tiny Timer is small in size but has endless possibilities.
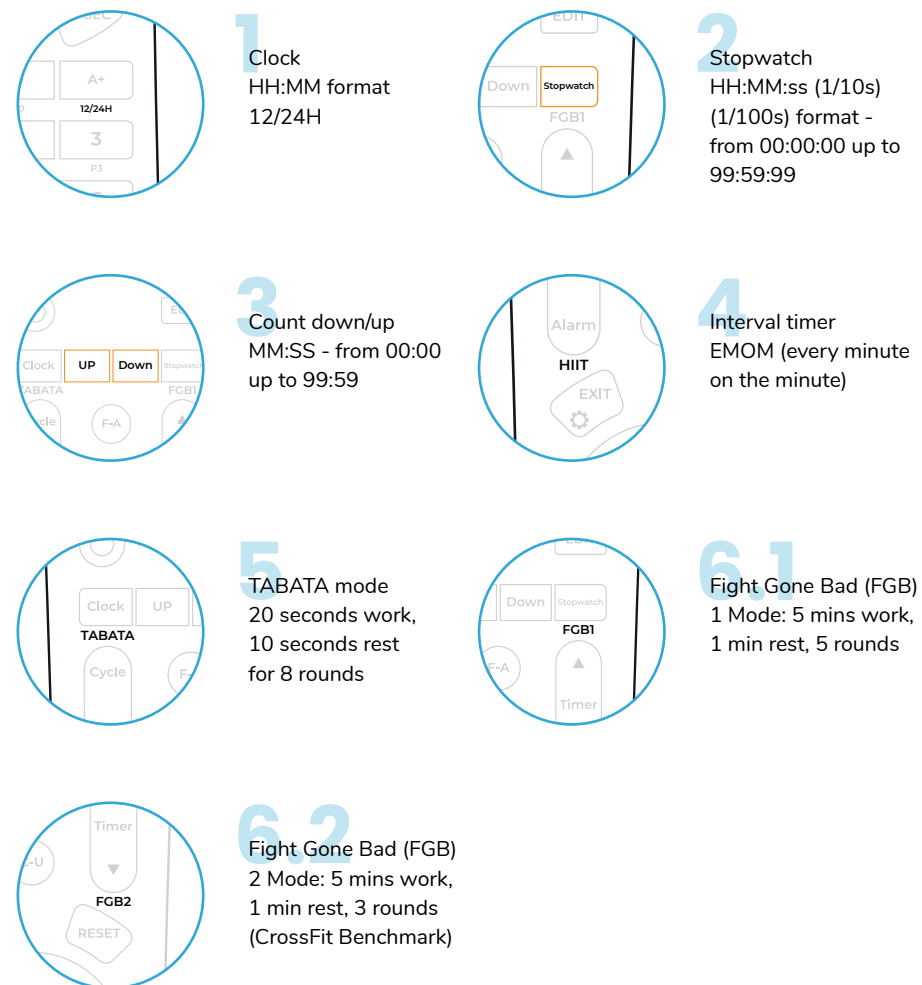
What's in the box

1 x Timer with magnetic strip

1 x Charging Cable

2 x Wall screws

1 x Remote (2 x AAA Batteries not included)

1 x Tripod

1 x Instruction Manual

Remote control

IR SENSOR (MUST BE HEADED TOWARD THE TIMER WHEN USING THE REMOTE)

ON-OFF / EDITING PROCEDURES EXIT

CLOCK

TABATA MODE

WORKOUT TIME SETTING

WORKOUT AND REST TIME

EDITING EXIT / SETTING REPEAT TIMES

CURSOR MOVING

MUTE

0-9 NUMERIC PAD TO

INPUT DATA & STORE/RECALL WORKOUT PROGRAMS

EDITING

COUNT-UP/DOWN SETTING

STOPWATCH

FGB1 MODE

FGB2 MODE

RESET TO START VALUE

START COUNT-UP/DOWN

DATA ENTERING & CONFIRMING

STOP/PAUSE COUNT-UP/DOWN

TURN ON/OFF 10S PER-COUNT DOWN

12/24 SWITCH

BATTERY REPLACING (BACK SIDE)

EDIT · Clock · UP · Down · Stopwatch · TABATA · FGB1 · Cycle · F-A · Timer · Alarm · C-U · FGB2 · HIIT · EXIT · RESET · START · Enter · STOP · 10 SEC · WRC · 0 · A+ · P0 · 12/24H · 1 · 2 · 3 · P1 · P2 · P3 · 4 · 5 · 6 · P4 · P5 · P6 · 7 · 8 · 9 · P7 · P8 · P9

Main Functions

1 Clock
HH:MM format
12/24H

2 Stopwatch
HH:MM:ss (1/10s)
(1/100s) format -
from 00:00:00 up to
99:59:99

3 Count down/up
MM:SS - from 00:00
up to 99:59

4 Interval timer
EMOM (every minute
on the minute)

5 TABATA mode
20 seconds work,
10 seconds rest
for 8 rounds

6.1 Fight Gone Bad (FGB)
1 Mode: 5 mins work,
1 min rest, 5 rounds

6.2 Fight Gone Bad (FGB)
2 Mode: 5 mins work,
1 min rest, 3 rounds
(CrossFit Benchmark)

1 Changing Clock Time

1. On Remote press EDIT to enter editing mode. When the digits are blinking, it can be edited with numeric pad on remote.
2. Input the digits, then press ENTER on remote to save the edited data. Note: H1 stands for 24H time format. H2 stands for 12H time format. 12H and 24H formats can be swapped by pressing 12/24H switch button.

2 Stopwatch Function

1. Press Stopwatch on remote to enter stopwatch mode. The timer will display 00:00:00
2. Press START on remote to start or restart (after pausing) the stopwatch.
3. Press Stop on remote to Pause
4. Press RESET on remote to go back to 00:00:00

3 Count up/down

Example 1: 30 minute count-up operation:

1. Press UP on remote to enter count up mode. Timer will display UP 00:00
2. Press EDIT on remote and edit to 30:00. Press ENTER on remote to save the data
3. Press START on remote to start 30 minute count up.

Example 2: 20 minute countdown operation:

1. Press DOWN on remote to enter countdown more. The timer will display dn 00:00
2. Press EDIT on remote and edit to 20:00. Press ENTER on remote to save the data
3. Press START on remote to start 20 minute countdown.

4 Interval Timer: EMOM

1. Choose a number on the remote to save the interval into. Eg. Press 1
2. Press F-A on the remote to enter work period eg. 01:00 is 1 minute
3. Press ENTER on the remote
4. Press C-U on the remote to enter rest period.
5. Because there is no rest period for an EMOM select 00:00 and press ENTER on the remote
6. Press EXIT on the remote control
7. Now select the number of rounds for this EMOM. eg 10 is ten rounds (press 0 then 1)
8. Press ENTER on the remote
9. Press START on the remote and a 10 second countdown will begin before the first round starts.

This interval will now be saved in your timer and can be reactivated by simply pressing 1 on the remote.

Different interval periods can be saved into the Tiny Timer by selecting another number on the remote and programing a new interval. Eg you may want to set a work period for three minutes then set a rest period for 1 minute. Follow the same process and it will store the interval into the Tiny Timer.

5 TABATA Mode

1. Press CYCLE on remote to enter TABATA mode
2. 8 rounds of 20 seconds work then 10 seconds of rest is preset into TABATA mode
3. Press START on remote and a 10 second countdown will begin before the first round starts.

6 Fight Gone Bad Mode

There are two FGB modes pre-programmed into the Tiny Timer.
FGB1 mode is programmed for 5 rounds of 5 minutes work then 1 minute rest.
FGB2 mode is programmed for 3 rounds of 5 minutes work then 1 minute rest. (CrossFit benchmark).

1. Press FGB1 or FGB2 on the remote
2. Press START on the remote and a 10 second countdown will begin before the first round starts.

Warnings

This is an electricity powered device, for safety reasons it is duly recommended to read and understand the below points before using the Tiny Timer.

- Do not try to supply the Tiny Timer from a different charging cable. If this is the case, the warranty will be void.
- Do not use the Tiny Timer in a damp environment and do not drop the Tiny Timer or the remote in water. Dampness or water damage will damage the Tiny Timer and its accessories. Warranty will be void if the Tiny Timer or its accessories are dropped in water or stored in a damp location.
- The operating temperature of the Tiny Timer and its accessories is from -20 degrees Celsius to 65 degrees Celsius. The use of the timer outside of this temperature range will result in the warranty being voided.
- It is recommended to remove the batteries from the Tiny Timer remote if the timer is being placed in storage for a long period of time. If the Tiny Timer or Remote is not used for a long period of time it may result in battery damage.
- Do not use harsh soaps or aggressive cleaning products to wash the products.
- We recommend only using original spare parts. Any damage that results from the use of third party spare parts will void warranty.
- The Tiny Timer can be sat on a desk or mounted to a wall. Tiny Timer is not responsible for any damage caused to a wall from wall mounted operation.
- Be sure to consult your health professional or your physician before beginning any type of exercise program and avoid over training to prevent injury.
- The Tiny Timer is a product developed and manufactured for training purposes. Tiny Timer assumes no liability or responsibility for accidents or injury to a person or property that may result from improper use of this product. Always use common sense when using a training tool. It will avoid any risks to injuring yourself or others and property.

Support

If you ever need any more help or want to reach out please email us at **info@tiny-timer.com**

We'd love to see the Tiny Timer in action so don't forget to tag us on Instagram! We can be found at **@thetinytimer**

If you would love to see the Tiny Timer in action and watch how all the functions work, our founder James Newbury has uploaded all the videos on The Tiny Timer's YouTube channel.

Just use the QR code below to be taken straight there.

TINY TIMER