



Timebirds™ Instructions

April 2021

Thank You for purchasing the Timebirds™ workout timer. Upon receipt of the product, check for any defects prior to first use. If defects are found, do not use and contact Timebirds immediately.

Safety | It is important to read and understand all instructions before using Timebirds™. Only use Timebirds™ as described in the manual.

Warning | Overheating, damage or exposure to excessive heat may cause the battery to explode and cause flames resulting in physical harm. Always use a compatible charging device when charging. Do not overload wall outlets, extension cords, or adaptors beyond their capacity. Do not place the device in a fire or near extreme heat. Stop using the device if the battery is damaged or malfunctioning. Do not attempt to repair the battery. Always recycle, or dispose, of the battery according to your local environment laws and guidelines. Poorly structured, or executed, workouts may cause personal injury. Proper setup and use of this device is the responsibility of the user. Timebirds™ bears no liability beyond the replacement value of the device.

Notice | Timebirds™ is not waterproof and may become damaged if exposed to water. Always place Timebirds™ in a dry area. Dropping, throwing or bumping the device may cause damage to the device. Do not use Timebirds™ as a toy or let children use the device without proper supervision or instruction.

Product Care | Always store Timebirds™ in a clean and dry environment. To clean, wipe with a damp cloth, do not use harsh chemicals or cleaning agents. Do not disassemble, try to repair or modify.

The lens is designed to pop in and out. In the event of the lens popping out, simply pop it back in so the Timebirds™ logo can be read while facing you.

Specifications

Weight: approximately 150gr.

Maximum volume: of the Piezo is 75db.

Battery type: Lithium-Ion Polymer

Capacity: 1200 mAh - 3.7V

Input: 5V DC

Operating Temp: 10 – 40 degrees Celsius / 50 – 104 degrees Fahrenheit

Dimensions: 155mm (length) x 22mm (width) x 47mm (height)

Warranty | Timebirds™ 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. The warranty does not cover negligent or improper use, alteration, mishandling, self-repair, poor maintenance, water damage or incorrect storage. For more information about Timebirds™ warranty, visit www.timebirds.com

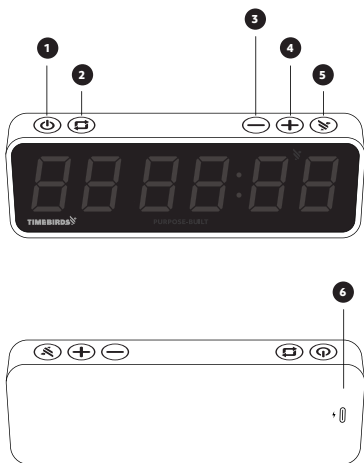
Customer Service | For more information, troubleshooting, warranty, and replacement information please visit www.timebirds.com.

Please contact us for return addresses and replacements before returning your product.

1. What's in the box?

1x Timer

1x USB to USB-C charging cable



1. On/Off

2. Cycle modes

3. Decrease value

4. Increase value

5. Accept/advance

6. USB-C port



Power



- Hold 2s to turn Timebirds™ on or off
- Press once to display battery level feedback (% - *Timebirds™ on*)

Mode



- Press to cycle through the mode
- Hold 2s to go back to the home screen

Decrement



- Press decrement value

Increment



- Press to increment value

Set



HOME SCREEN

- Press to validate your entry
- Hold for 2s to start a stopwatch (*Timebirds™ in Home screen*)

IN A MODE

- Press to stop the timer
- Press again to restart
- Hold for 2s to reset the timer

2. Screens

General Screens

88 88 88	Off
88 88 88	Home Screen
88 88 88	Low Battery Warning
88 88 88	Battery Level Feedback (Medium)
88 88 88	Battery Level Feedback (Full)
88 88 88	Count Up Mode
88 88 88	Count Up By Round Mode
88 88 88	Count Down Mode
88 88 88	Count Down By Round Mode
88 88 88	Interval Training Mode
88 88 88	Clock Mode
88 88 88	Clock Setting
88 88 88	Alarm Clock Setting
88 88 88	Sound Setting
88 88 88	Timebirds Workout Memory Setting
88 88 88	Timebirds Operating System Revision

Workout Memory

88 88 88	Reset last workout setting
88 88 88	Save last workout setting



Sound Level Screens

58 88 FF	Sound Off
58 88 88	Sound Level 1
58 88 82	Sound Level 2
58 88 83	Sound Level 3

Clock Screens

88 00 00	AM Time
88 00 00	PM Time
12 88 88	12 Hours Clock Format
24 88 88	24 Hours Clock Format
88 88 00	Alarm On
88 88 FF	Alarm Off

Mode Setting Screens

88 10:00	Counting Up
88 10:00	Counting Down
88 00 00	Set A Working Time
88 00 00	Set A Rest Time
88 88 00	Set A Number Of Rounds
88 88 00	Counting Up (<i>Interval Training Mode Only</i>)
88 88 00	Count Down (<i>Interval Training Mode Only</i>)

3. Audio

Indications



Long Beep



Normal Beep



Short Beep



• Mode is set
and ready to go



- Count Down To Start
(3, 2, 1)
- Transition From One
Round To The Next
- Transition From A Rest
To A Work Period



Transtion From A Work
To Rest Period



Start Of A Workout



End of a workout

4. Operating Timebirds



Charging Timebirds

- Using the provided USB to USB-C Cable, plug in the USB-C connector into the USB-C port of located on the back of Timebirds™
- Plug in the USB port into any 5V DC power adapter
- Timebirds™ will display the current level of charge and beep twice as an indication that power is being sent to the device
-  indicates full charge

NOTES: Timebirds™ can operate normally when plugged in

Battery Level Feedback

- Under the  (home screen), press  to display the level of battery left
-  will indicate that the battery level is below 10%

General Overview

- Hold  for 2s to power up or down Timebirds™
- Press  to cycle modes
- Press  to select a more or validate your entry
- Press  to decrease time
- Press  to add time

NOTES: Under  Timebirds™ will turn itself off after 30s of inactivity

When a timer is running

- Press  once to pause
- Press  once to start
- Hold  for 2s to reset your timer

When setting up a mode

- The flashing digit represent the number that is being adjusted
- Press  or  to add or decrease time
- Press  to validate your entry and advance
- Press  and  to jump back
- Hold  for 2s at any time to return to the home screen

Adjust Volume

- Hold  to power up Timebirds™
- Press  to cycle through modes until you reach 
- Or, simply press  or  at any time when timer is running

NOTES: Timebirds™ has 4 levels and an Off position, 4 being the loudest.
By default, Timebirds™ is set at Level 2

How to display the Clock

- Hold  to power up Timebirds™
- Press  to cycle through modes until you reach 
- Press  to validate your selection and display the clock
- Press  or hold  for 2s at any time to return to the home screen

How to set the Clock

- Press  to cycle through modes until you reach 
- Press  to validate your selection
- Press  or  to adjust the GREEN flashing digits for a 12 or 24 hour format
- Press  to validate your selection
- Press  or  to adjust the pair RED flashing digits corresponding to Hours
- Press  to validate your selection
- Press  or  to adjust the pair RED flashing digits corresponding to Minutes
- Press  to validate your selection and return to the home screen

NOTES: The clock setting will remain saved even if Timebirds™ runs out of battery

How to set the Alarm Clock

- Press  to cycle through modes until you reach 
- Press  to validate your selection
- Press  or  to activate your alarm 
- Press  or  to adjust the GREEN flashing digits for a 12 or 24 hour format
- Press  to validate your selection
- Press  or  to adjust the pair RED flashing digits corresponding to Hours
- Press  to validate your selection
- Press  or  to adjust the pair RED flashing digits corresponding to Minutes
- Press  to validate your selection and return to the home screen

NOTES: By default, the alarm is deactivated. Once the alarm sets off, it will automatically be deactivated

How to save your workout

- Hold  to power up Timebirds™
- Press  to cycle through modes until you reach 
- Press  to validate your selection
- Press  or  to enable  or disable  the memory of your last settings after your Timebirds is turned off
- Press  to validate your selection and return to the home screen

NOTES: Individual mode memory setting will retain settings even if the battery dies. Settings (memory) are only saved after the device is turned off using the  button or idle timeout.

How to Reboot my Timebirds?

- Hold    for 2s to reboot/reset Timebirds™ to factory settings

NOTES: The reboot function is only to be used if your screen is frozen or Timebirds is not responsive to any buttons.

How to start a Count Up

- Press  to cycle through modes until you reach 
- Press  to validate your selection
- Press  or  to adjust the flashing digit (time)
- Press  to validate your selection and move to the next
- Repeat the above 2 steps until the colon lights up and Timebirds™ Beep once.
- Press  to start

NOTES: If you leave all digits to 0,
Timebirds™ will count up until 99:59
Minutes:Seconds)

How to start a Count Up By Rounds (ie EMOM)

- Press  to cycle through modes until you reach 
- Press  to validate your selection
- Press  or  to adjust the flashing digit (time)
- Press  to validate your selection and move to the next
- Repeat the above 2 steps until you reach 
- Press  or  to adjust the flashing digits (number of rounds)
- Press  to validate your selection
- Press  to start

How to start a Count Down

- Hold  to power up Timebirds™
- Press  to cycle through modes until you reach 
- Press  to validate your selection
- Press  or  to adjust the flashing digit (time)
- Press  to validate your selection and move to the next
- Repeat the above 2 steps until you reach 
- Press  or  to adjust the flashing digits (number of rounds)
- Press  to validate your selection
- Press  to start

How to start a Custom Interval Training (ie Tabata)

- Hold  to power up Timebirds™
- Press  to cycle through modes until you reach 
- Press  to validate your selection
- Press  or  to adjust the flashing digit (time on)
- Press  to validate your selection and move to the next
- Repeat the above 2 steps until you reach 
- Press  or  to adjust the flashing digits (period of rest)
- Press  to validate your selection and move to the next
- Repeat the above 2 steps until you reach 
- Press  or  to adjust the flashing digits (number of rounds)
- Press  to validate your selection
- Press  to start



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www.timebirds.com**