

ROGUE ECHO GYM TIMER 2.0

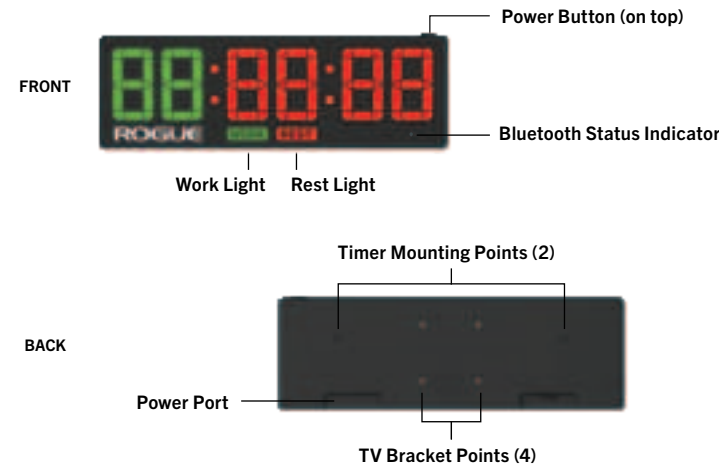
QUICK START GUIDE

ROGUE®



The Rogue Echo Gym Timer 2.0 can be controlled through the Rogue App
Available for iPhone and Android.

TIMER DISPLAY



INITIAL SET-UP

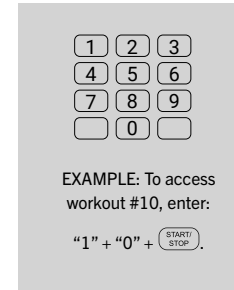
- 1 Connect the Power:** Using the supplied cable and appropriate adapter if needed, ensure the cable is securely inserted into the Power Port.
- 2 (Optional) Connect to Bluetooth:** Turn device on. Bluetooth Indicator Light should be flashing blue or off, indicating ready to pair. Use your cellphone to pair the device using the Rogue App, available for free download through the App Store or Google Play.
- 3 Set the Clock:** Press **CLOCK** then **SET**. Use the arrows and numeric keypad to set the time. Press **SET** again to save and exit.
- 4 Select Program, Begin Workout:** Initiate a workout: Select a Program (FGB, TBT, EMOM, Timer, etc) Press **START/STOP** to begin the workout.
- 5 Follow the Prompts:** The Work and Rest light will Indicate whether it is an exercise or rest interval.

Optional: The timer can be mounted to a wall or other vertical surface. If desired, use the template supplied in the box to mark the mounting points. It can also be attached to the Timer Floor Stand (sold separately) and used with a VESA 100 standard mount compatible TV bracket.

PROGRAMMED INTERVALS

The timer is pre-programmed with 20 interval settings. Exit any timers and enter the number of the workout below, using the keypad, followed by **START/STOP**.

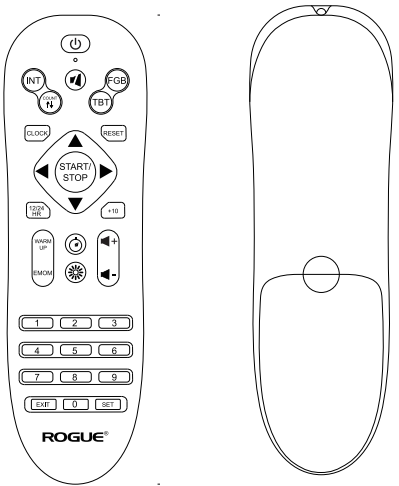
- 10 sec work / 20 sec rest x 99
- 20 sec work / 10 sec rest x 99
- 30 sec work / 10 sec rest x 99
- 30 sec work / 60 sec rest x 99
- 60 sec work / 30 sec rest x 99
- 60 sec work / 0 sec rest x 99
- 90 sec work / 1 min rest x 99
- 2 min work / 1 min rest x 99
- 3 min work / 1 min rest x 99
- 4 min work / 1 min rest x 99
- 5 min work / 1 min rest x 99
- 10 min work / 1 min rest x 99
- Variable interval workout: Work periods in seconds: 30,45,60,75, 90,75,60,45,30) with 60 sec rest in between each interval
- Variable interval workout: Work periods in seconds: 30,45,60,75,90,75,60, 45,30) with 30 sec rest in between each interval
- Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 30 sec rest in between each interval
- Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 60 sec rest in between each interval
- 5 min countdown timer
- 10 min countdown timer
- 24 second shot clock
- Lap timer function. Count up until **START/STOP** is pressed and then start timer over counting up from zero again. To exit this mode, press **EXIT**.





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REMOTE




- 


Power On/Off
- 


Sound On/Off
- 

Brightness
Adjust the brightness (5 Levels)
- 


Exit
Press to leave a current mode/function.





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Volume Control
Adjust the Volume (5 Levels)
- 




Set
Used before and after settings are programmed/customized.
- 


Reset
Clears data on screen back to the previous setting.



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

Clock
To change, press  then 
Use the arrows and numbers to adjust.
Press  again to save and exit.
- 


Clock Display Format
In clock mode, press the 12/24 hour button to cycle through the different display format as follows: 24hr with seconds, 24hr without seconds 12hr with seconds, or 12hr without seconds
- 






Stopwatch Timer
Turns on Stopwatch Mode.
Press  to start, stop, or resume the stopwatch timer.
Press  to go back to 00:00.
- 


10 Second Countdown
This button turns a 10-second preparation countdown ON/OFF before every use of the timer.
Countdown ON = 2 red lights on
Countdown OFF = No red lights
- 

Start/Stop
Use  to start or stop a Timed sessions or modes such as EMOM and Warm-up
- 



Warm-up mode
10-minute count down to warm-up.
Press  and  to start the mode
Press  to stop or resume the mode
Press  to exit the mode








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EMOM mode
1 min work / 0 second rest *99
Press  and  to start the mode
Press  to stop or resume the mode
Press  to exit the mode
- 



“Fight Gone Bad”Timer
FGB Mode is a 17 minute timer, containing three 5-minute rounds, with each round consisting of five 1-minute intervals counting down with no rest between intervals. These rounds are indicated by "Work" showing in green at the bottom of the timer. There are two 1-minute rest periods between each round. These rounds are indicated by "Rest" in red at the bottom of the timer
- 








Interval Timer
Turns on Interval Timer Mode.








To Start Your Most Recently Saved Interval Timer:
Press  followed by  to start a customized interval timer saved in your system:


To Set Up a New Custom interval Timer:
 - Press  followed by  . The screen will display flashing green numbers. Here you can enter your desired Number of Rounds for the intervals.
 - Press  a 2nd time. The display screen should now read [On:XX:XX].Use the left/right arrows and number keys on the remote to enter in your desired Work Time in minutes and seconds.
 - Press  a 3rd time,The display screen should now read[XX:XX],Use the left/right arrows and number keys on the remote to enter in your desired Rest Time in minutes and seconds.
 - Press  a 4th time to complete and save your programed settings. To assign your new interval timer a Shortcut Key on the remote, press any number key 21-30. That number key will then be tied to those setting in the future when you’re in Interval Timer Mode.
 - When finished,press  to leave the Interval Timer function or press  to start the customized interval timer you just saved.

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Countdown/Count-Up Selection
In Interval Timer Mode, this button determines whether the time will count up or down. Once selected, you can then press to  begin the interval timer.
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Count-Up Timer Up Arrow
Turns on Count-Up Timer Mode.
To start your most recently used count-up timer:
Press  followed by 
To start a customized count-up timer saved in your system:
Press  followed by  . Use the left/right arrows and number keys on the remote to enter in your desired count-up time in minutes and seconds.
Press  again to complete and save your programmed settings.
When finished, press  to leave the Count-Up Timer Mode .
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Countdown Timer Down Arrow
Turns on Count Down Timer Mode.
To start a customized Countdown Timer saved in your system:
Press  followed by 
To Set Up a New Custom Countdown Timer:
Press  followed by  . Use the left/right arrows and number keys on the remote to enter in your desired count-down time in minutes and seconds.
Press  again to complete and save your programmed settings.
When finished, press  to leave the Countdown Timer Mode.
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Tabata Timer
Turns on Tabata Timer Mode.
Tabata sessions are 4 minutes long and consist of 20-second intense training periods followed by 10 seconds of rest.
Press  to start, stop, or resume the Tabata timer.