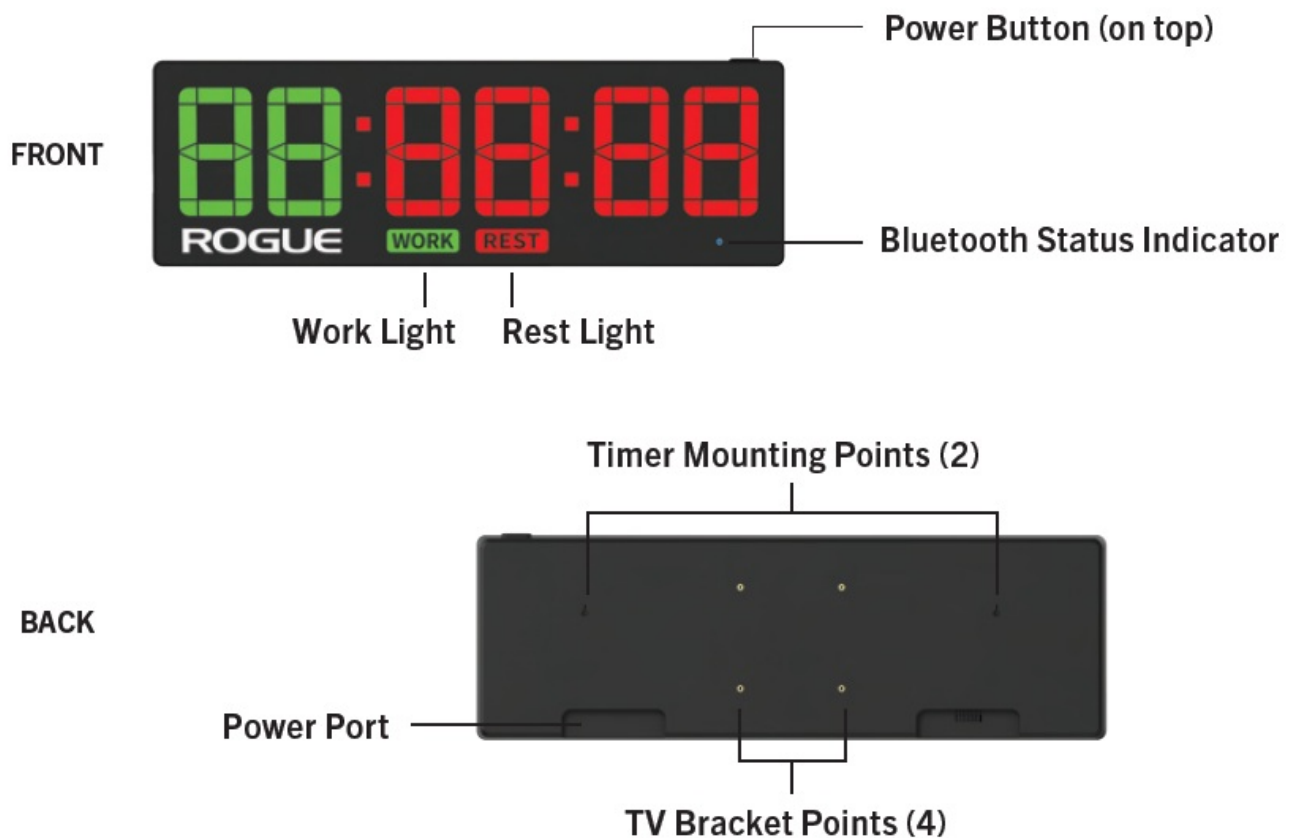# Manuals+

☰

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ROGUE Echo Gym Timer 2.0

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

TIMER DISPLAY

FRONT

Power Button (on top)

ROGUE

WORK REST

Work Light   Rest Light

Bluetooth Status Indicator

BACK

Timer Mounting Points (2)

Power Port

TV Bracket Points (4)

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** 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 .

1. 10 sec work / 20 sec rest x 99
2. 20 sec work /10 sec rest x 99
3. 30 sec work /10 sec rest x 99
4. 30 sec work / 60 sec rest x 99
5. 60 sec work / 30 sec rest x 99
6. 60 sec work / 0 sec rest x 99
7. 90 sec work / 1 min rest x 99
8. 2 min work / 1 min rest x 99
9. 3 min work /1 min rest x 99
10. 4 min work / 1 min rest x 99
11. 5 min work /1 min rest x 99
12. 10 min work /1 min rest x 99

```
1   2   3
4   5   6
7   8   9
    0
```

EXAMPLE: To access
workout #10, enter:

"1" + "0" + [START/ STOP].
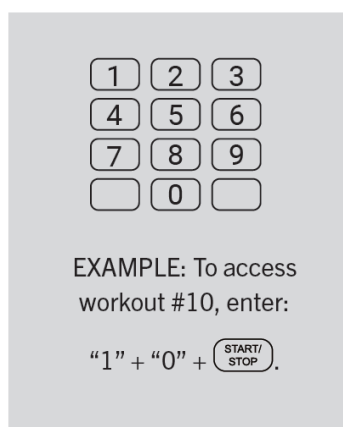
13. Variable interval workout: Work periods in seconds: 30,45,60,75, 90,75,60,45,30) with 60 sec rest in between each interval
14. Variable interval workout: Work periods in seconds: 30,45,60,75,90,75,60, 45,30) with 30 sec rest in between each interval
15. Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 30 sec rest in between each interval
16. Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 60 sec rest in between each interval
17. 5 min countdown timer
18. 10 min countdown timer

19. 24 second shot clock

20. 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.**

REMOT

⏻ Power On/Off		🔊+ 🔊- Volume Control — Adjust the Volume (5 Levels)	
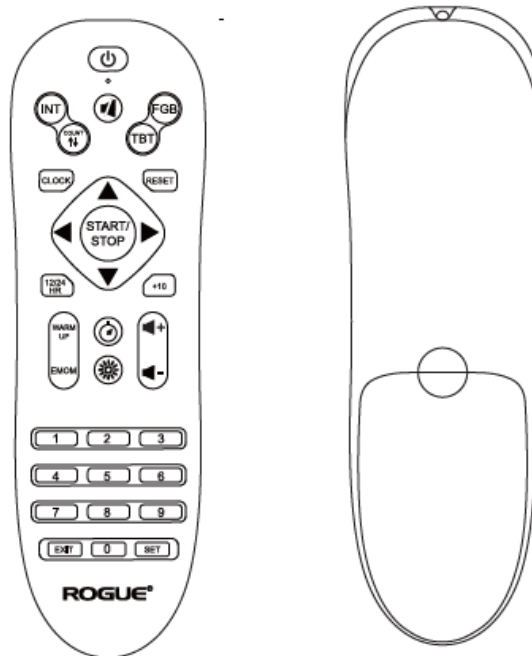
🔇 Sound On/Off

☀️ **Brightness** — Adjust the brightness (5 Levels)

SET Set — Used before and after settings are programmed/customized.

EXIT Exit — Press to leave a current mode/function.

RESET Reset — Clears data on screen back to the previous setting.

- **CLOCK**

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

- **12/24 HR** 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 START/ STOP to start, stop, or resume the stopwatch timer.

  Press **RESET** to go back to 00:00.

- **+10 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 **START/ STOP** to start or stop a Timed sessions or modes such as EMOM and Warm-up

- **WARM UP**

  Warm-up mode

  - 10-minute count down to warm-up.
  - Press **WARM UP** and START/ STOP to start the mode
  - Press **START/ STOP** to stop or resume the mode
  - Press **EXIT** to exit the mode

- **EMOM**

  EMOM mode

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

- **FGB** "

  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

- **INT**

  Interval Timer

- Turns on Interval Timer Mode.
- To Start Your Most Recently Saved Interval Timer:
- Press (**INT**) followed by **START/ STOP** to start a customized interval timer saved in your system:
- **To Set Up a New Custom interval Timer:**
- Press (**INT**) followed by (**SET**) . The screen will display flashing green numbers. Here you can enter your desired Number of Rounds for the intervals.
- Press (**SET**) a 2nd time. The display screen should now read [On: XX:XXI.Use the left/right arrows and number keys on the remote to enter in your desired Work Time in minutes and seconds.
- Press (**SET**) 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 **EXT** to leave the Interval Timer function or press **START/ STOP** to start the customized interval timer you just saved.

- **COUNT** ↑↓ **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 **START/ STOP** begin the interval timer.

- **Count-Up Timer Up Arrow**
  - Turns on Count-Up Timer Mode.
  - To start your most recently used count-up timer:
  - Press▲ followed by **START/ STOP**
  - To start a customized count-up timer saved in your system:
  - Press ▲ followed by **SET** . Use the left/right arrows and number keys on the remote to enter in your desired count-up time in minutes and seconds.
  - Press **SET** again to complete and save your programmed settings.
  - When finished ,**EXT** press to leave the Count-Up Timer Mode .

- **Countdown Timer Down Arrow**
  - Turns on Count Down Timer Mode.
  - To start a customized Countdown Timer saved in your system:
  - Press ▲ followed by **START/ STOP**
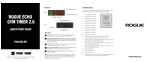 - To Set Up a New Custom Countdown Timer:

- Pres▲ s followed by **SET** Use the left/right arrows and number keys on the remote to enter in your desired count-down time in minutes and seconds.
- Press **SET** again to complete and save your programmed settings.
- When finished, press **EXT** to leave the Countdown Timer Mode.
- **TBT**
  - **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 **START**/ **STOP** to start, stop, or resume the Tabata timer.

[ROGUEFITNESS.COM](#)

Documents / Resources

	[ROGUE Echo Gym Timer 2.0](#) [[pdf](#)] User Guide Echo Gym Timer 2.0, Gym Timer 2.0, Timer 2.0

References

- [User Manual](#)

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