



Rogue Echo Gym Timer Clock User Manual

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ROGUE

Rogue Echo Gym Timer Clock User Manual



Real-Time Clock



Cautions

- Read over this user's manual. It's very important to understand the operation of the timer.
- Check the package and make sure there are no parts missing:

There are the following contents in the package

- 1 x gym timer;
- 1 x power adapter;
- 1 x remote control; (Triple-A batteries are not included)
- 1 x user's manual;
- 2 x brackets; (including 2 x nails and 2 x bolts)

The timer is designed for indoor only. It is not recommended to use in the outdoors. Keep the timer away from high temperatures, humidity, dew, water, and direct sunlight. When cleaning your timer, make sure the power is disconnected. Alcohol or solvents are not allowed to use on the timer. 1.5" and 1.8" timer works under 6V DC power; 2.3", 3", and 4" timer works under 12V DC power. Don't use another power source as possible as you can. But when you have to, make sure the power supply you use is the same output voltage as the one that comes with the clock. If you need to connect your timer to a portable battery, please pay attention to the output voltage. The wrong operation may cause a malfunction or even components to burn. Remote control requires 2 x AAA batteries to power up (Not included due to the forbidden policy of international shipping); We highly suggest you consult your fitness coach for professional advice on your WOD. Any overtraining may cause injury to your muscles, joints, or tendons.

Functions

There are four main functions for this timer, including real-time clock, countdown, count up, and interval timing. Besides, there are also other one-click accessible features like Stopwatch, Tabata, and FGB provided.

Real-time clock

The display format is [H1 HH: MM] for 24-hour time format and [H2 HH: MM] for 12-hour time format. HH means hours and MM means minutes. The timer will display in real-time mode when plugged in. You need to adjust it to your local time. You can toggle between H1 and H2 easily with a one-click button on the remote.

Countdown

The display format is [dn MM: SS]. MM means minutes and SS means seconds. It supports as much as 99 minutes and 59 seconds. You can program a start time between 99:59 and 00:00 to run a countdown and stop at 00:00. Pause & continue are allowed. If your countdown is always the same, like in a speech with the same time for spokesmen, you can start over with a one-click button on the remote control, which save you time on re-programming your setup. A Buzzer sound is available for the countdown function. When the countdown ends, it beeps once and lasts for about 3 seconds. 10 seconds preparation countdown is available under this function.

The buzzer starts to beep at 3, 2, 1, and the first start time. For example, a 30 seconds countdown starts at [dn 00:30]. The buzzer will beep at 3, 2, 1, and [dn 00:30]. The last beep at [dn 00:30] is just a little bit longer (appr. 1 second).

Count-up

The display format is [UP MM:SS]. MM means minutes and SS means seconds. It supports as much as to 99 minutes and 59 seconds. You can program a stop time between 99:59 and 00:00. It always starts at [UP 00:00] and stops at the time you set up. You can start over as well like the countdown with the one-click button on the remote control. Buzzer sound is also available for count-up. When the count-up ends, it beeps once and lasts for about 3 seconds. 10 seconds preparation countdown is also available for count-up. The buzzer starts to beep at 3, 2, 1, and the first start time [UP 00:00]. The sound at 00 is just a little bit longer (appr. 1 second).

Interval Timing

This is a powerful feature for your workouts. You may probably only use this function during your WOD. So, try to read this instruction carefully and try operating your timer with the remote control more before you manage it. Generally, you can save up to 10 group intervals(P0-P9), under each you can set up to 9 workout times and 9 rest times with at most 99 rounds(repeats). The group displays as Pn on the timer screen when first pressing on the numbers 0-9. The workout time display format is [Fn MM:SS] and the rest time display format is [Cn MM: SS].

Stopwatch

Runs in minutes – seconds – hundreds of a second format. The large big display makes it a large sports timer with a long viewing distance and big angle. Starts to run from [00 00:00] and stops at [99 59:99] or the time you want to pause.

Start over with a one-click button is available for this feature. But the buzzer sound and 10 seconds preparation countdown is not available. Also, the stopwatch function is not programmable.

Tabata

20 seconds workout 10 seconds rest with 8 rounds, which is called Tabata. This is one of the most popular training methods used during WOD. This “built-in” feature can be accessed easily by clicking the Tabata button on the remote control.

FGB1 and FGB2

The popular Fight Gone Bad training method, which is usually used by professional fitness enthusiasts is another tough way to burn your fat. FGB1 consists of 5 minutes workout and 1-minute rest with 5 rounds, and FGB2 consists of 5 minutes workout and 1-minute rest with 3 rounds. When using it, press the FGB button on the remote control, and you will have FGB1, press it again, and you will have FGB2.

EMOM

Under Interval timing, when rest time is set up [Cn 00:00], you will have an EMOM function. Besides the one-minute countdown, you can set up other different “mom”, like 30 seconds, 30 minutes, etc. You can also set up to 99 repeats and repeats are displayed on the screen. For example, 30 seconds countdown with 3 repeats stored under shortcut key 1(P1), you can program it this way:

Step 1: Press number 1 on the remote, and the screen displays [P1] **Step 2:** Press the Edit button, the screen reads [F1 MM: SS], input 0-0-3-0

Step 3: Press the Edit button again, and the screen changes to [C1 MM:SS], input 0-0-0-0.

Step 4: Press the OK button, and the screen changes to C C- RR, input 0-3, and press the OK button. Now the setting is done. Press the Start button to run this “EMOM” function.

The timer will display as follows as it runs:

- [1 00:30]
- [2 00:30]
- [3 00:30]

When you use this feature next time, just press the number 1 and the Start button to run it.

Important Features

Brightness Adjustment

The seven segments are packed with high-contrast and ultra-bright LEDs, which makes the timer seen clearly across your gym. So, it's necessary to make the timer dimmable. There are 5 bright levels you can select by the remote control. From the lowest to the highest, there will be one brightness friendly to your eyes.

Enable & Disable Buzzer Sound

Beeps apply to countdown, count up, Tabata, FGB, and customized interval timing. There is no beeps on the real-time clock and stopwatch function. Press on the "BUZZER" icon on the remote control to enable or disable the beep sound. Press on the icon, when the buzzer makes 3 beeps, a beep sound is enabled; when the buzzer makes 1 beep, a beep sound is disabled.

Enable & Disable 10 Seconds Preparation Countdown

10 seconds preparation countdown applies to countdown, count-up, Tabata, FGB, and customized interval timing. There is no 10 seconds countdown prep. for real-time clock and stopwatch. Press button 10Sec on the remote control to enable or disable the prep. countdown. When the buzzer makes 3 beeps, 10 seconds countdown is enabled; When makes 1 beep, 10 seconds countdown is disabled.

Operate Your Gym Timer

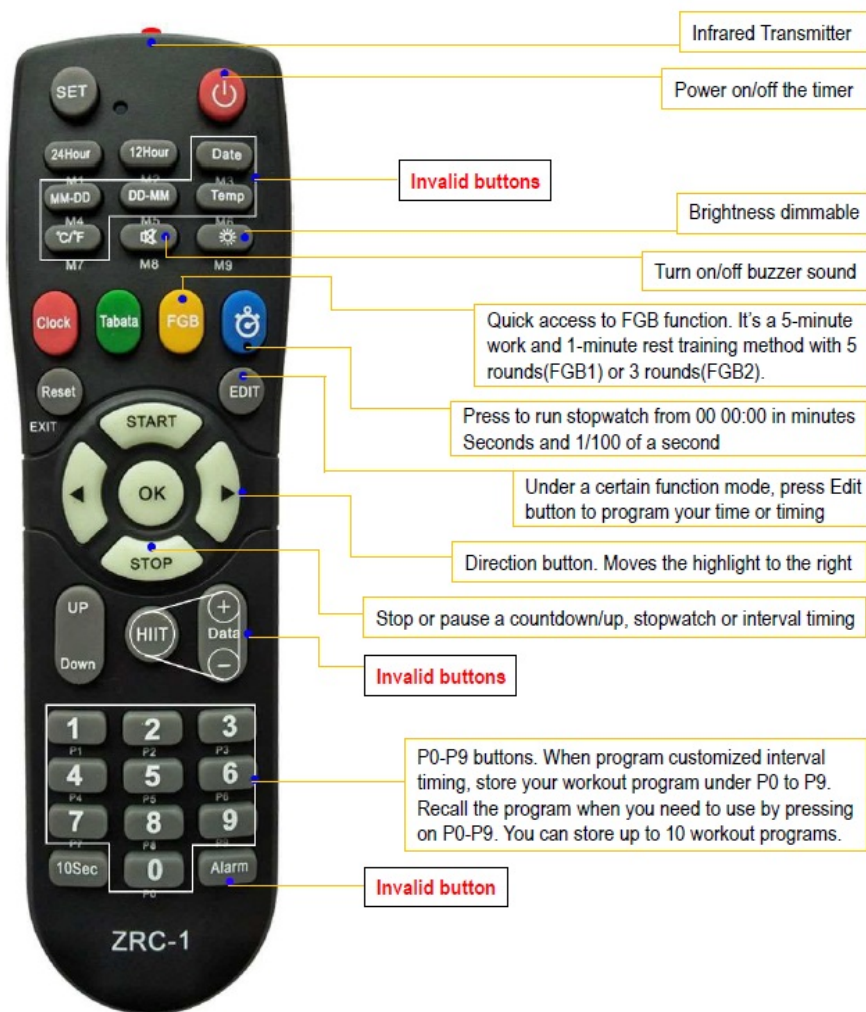
Learn Remote Control Buttons



Remote control requires



2xAAA batteries to power up. Make sure the batteries are located in the battery slot well. If the battery indicator doesn't blink when pressing on any button, check your batteries or replace them. The infrared transmitter sends a signal to the clock. If the transmitter works well, you will find it blink very well through a camera when pressing on any buttons. This is also a very common way to judge your remote control if it is defective or not. But you can't use any of APPLE video products because IR signal is blocked.



Examples for Programming Your Timer

Clock – Real Time Set up (Example: 9:25 pm)

The clock should be under time mode when set up your local time. When plug in, the timer displays in time mode. You can also toggle from other function to time mode by pressing "Clock" on the remote control. Press SET or EDIT button to enter edit mode. The screen will display [H1 HH: MM] with first H blinks. Input 0-9-2-5 and then press OK button. The setup is done and now the screen displays [H1 09:25]. Press 12 Hour button to change the display format to 12 hour, the clock will display [H2 9:25] now.



- HH:MM means Hours and Minutes. Clock mode runs in Hours and Minutes. Seconds don't show up.
- You can toggle 12/24 hour display format by pressing 12Hour and 24Hour buttons.

Countdown Setup (Example: 30 minutes Countdown)

The timer should be under countdown mode when set up a countdown. Press Down button to toggle the timer to countdown mode before you start to program. You can set up a start time at any time between 00:00 and 99:59. Press SET or EDIT button to enter edit mode. The screen will display [dn MM:SS] with first M blinks. Input 3-0-0-0 and then press OK button. The setup is finished and now the screen displays [dn 30:00]. Press Start button to run the countdown.

- MM:SS means Minutes and Seconds. The countdown function runs for Minutes and Seconds;
- If buzzer sound is activated, it will beep once when the countdown ends;
- You can activate 10s prep. countdown for your countdown.

Count-up Setup (Example: 30 minutes Count-up)

The timer should be under count-up mode when set up a count-up. Count-up always starts from [UP 00:00], so you need to set up a stop time. Press UP button to toggle the timer to count-UP mode before you start to program. Press SET or EDIT button to enter edit mode. The screen will display [UP MM:SS] with first M blinks. Input 3-0-0-0 and then press OK button. The setup is finished and now the screen displays [UP 30:00]. Press Start button to run the countdown.

- MM:SS means Minutes and Seconds. The count-UP function runs in Minutes and Seconds;
- If buzzer sound is activated, it will beep once when the count-up ends;
- You can activate 10s prep. countdown for your count-up.

Interval Timing

Interval timing is the most important feature for this timer. You can use this feature for your WOD, CrossFit fitness, even boxing, MMA and more. We suggest you make a plan to save your different frequently used interval timing groups under a certain shortcut key for future quick access. You can save up to 10 groups with 9 intervals under each group, and you can set up to 99 rounds for each interval.

Example One:

3 minutes work, 1 minute rest with 4 rounds. Save this program under shortcut key P0.

- Under any timer work mode, press P0 on the remote. The screen reads [P0].
- Press Edit, the screen reads [F1 MM:SS]. Input 0300 by the numerical pad. The screen reads [F1 03 00].
- Press Edit again, the screen reads [C1 MM:SS]. Input 0-1-0-0. The screen reads [C1 01 00].
- Press OK. The screen reads [C- C RR]. Input 0-4. [F1 03 00] stays on the screen.

- Press Start to run your program.
- When you use this program other time, just press P0 and then press Start button to run it.

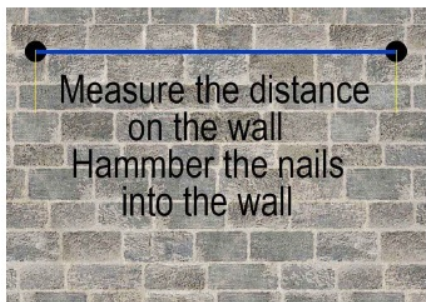
MM: SS means Minutes and Seconds. Work time & rest time run in Minutes and Seconds; RR means rounds. They are actually digital numbers; If the buzzer sound is activated, it will beep once when work time ends, beep the count-up ends; 4 times with the last sound a little big longer when rest time ends. When the last round ends (the last rest time), it beeps a much longer sound. You can activate 10s prep. countdown for your work time.

Example Two:

90 seconds work, 30 seconds rest; 60 seconds work, 20 seconds rest; 30 seconds work, 10 seconds rest 8 rounds Save under shortcut key P9

- Under any timer work mode, press P1 on the remote. The screen reads [P1].
- Press Edit, the screen reads [F1 MM:SS]. Input 0-1-3-0 by the numerical pad. The screen reads [F1 01 30].
- Press Edit again, the screen reads [C1 MM:SS]. Input 0-0-3-0. The screen reads [C1 03 00].
- Press Edit, the screen reads [F2 MM:SS]. Input 0-0-5-9. The screen reads [F2 00 59]. Press Edit again, the screen reads [C2 MM SS]. Input 0-0-2-0. The screen reads [C2 00 20].
- Press Edit, the screen reads [F3 MM:SS]. Input 0-0-3-0. The screen reads [F2 00 30]. Press Edit again, the screen reads [C3 MM:SS]. Input 0-0-1-0. The screen reads [C3 00 10].
- Press OK. The screen reads [C- C RR](RR are digits, stands for rounds). Input 0-8. [F1 03 00] stays on the screen.
- Press Start to run your program.
- When you use this program other time, just press P1 and then press Start button to run it.
- MM:SS means Minutes and Seconds. Work time & rest time run in Minutes and Seconds;
- RR means rounds. They are actually digital numbers;
- If the buzzer sound is activated, it will beep once when work time ends, beep the count-up ends; 4 times with the last sound a little bit longer when rest time ends. When the last round ends (the last rest time), it beeps a much longer sound.
- You can activate 10s prep. countdown for your work time.

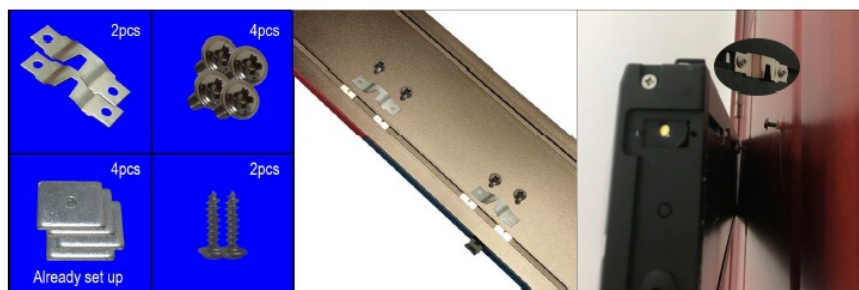
Mount Your Gym Timer



Mount 4" gym timer to wall



Mount to wall or ceiling with top brackets Two brackets are already put in the top slot of the timer. What you need to do is just to find a string or metal chain to hang it onto your wall or ceiling. must refer to the right picture. Mount to wall with back brackets



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