



## SLEVIO Interval Fitness Timer Instructions

[Home](#) » [SLEVIO](#) » SLEVIO Interval Fitness Timer Instructions 

### Contents

- 1 SLEVIO Interval Fitness Timer
- 2 LED Display Panel
- 3 Functions Description
- 4 Operation Setting
  - 4.1 Clock Display Function
  - 4.2 Custom Timer for Interval Training (eg. Tabata) F-C mode (Fitness-Cease mode)
- 5 Countdown Mode
- 6 Count-up Mode
- 7 Custom Count-up Mode (eg. EMOM)
- 8 Buzzer Switch Setting
- 9 Product Technical Specifications
  - 9.1 AFTER SALES SERVICE
- 10 Documents / Resources
  - 10.1 References
- 11 Related Posts



## SLEVIO Interval Fitness Timer



**NOTE:** It is important to tear off the protective film on the screen and read and understand the instructions carefully before using SLEVIO TIMER

### LED Display Panel



### Functions Description

#### 1. Clock Function

- Show “Hour”, “Minute”, “Second” on the screen at the same time.
- Support 12 hours / 24 hours system.

#### 2. Custom Timer for Interval Training Function

- 8 groups of rest data can be set.
- Maximum duration of the rest is 99 minutes and 59 seconds.
- Support cycle time-count. Maximum groups number of the rest is 99 groups.
- The remaining number of the rest groups and the rest time of the remaining exercise groups are available to be checked.
- When the timing of a single exercise / a rest ends, the buzzer sounds for 1 second;

- The buzzer sounds for 2 seconds when each group timing ends.
3. Countdown Function
    - Set timing. Maximum duration is 99 minutes and 59 seconds.
    - The buzzer sounds for 2 seconds when the timing ends.
  4. Count-up Function
    - Maximum duration is 99 minutes and 59 seconds.
    - The buzzer sounds for 2 seconds when the timing ends.
  5. Custom Count-up Function
    - Set timing. Maximum duration is 99 minutes and 59 seconds.
    - Support cycle time-count. Maximum groups number is 99 groups.
    - The remaining number of finished exercise groups is available to be checked.
    - The buzzer sounds for 2 seconds when each group of timing ends.
  6. 10-second Countdown Function
    - There is a 10- second countdown remind by default when the counting function is on.
  7. Power ON/OFF Function
  8. The Buzzer Switch Function.

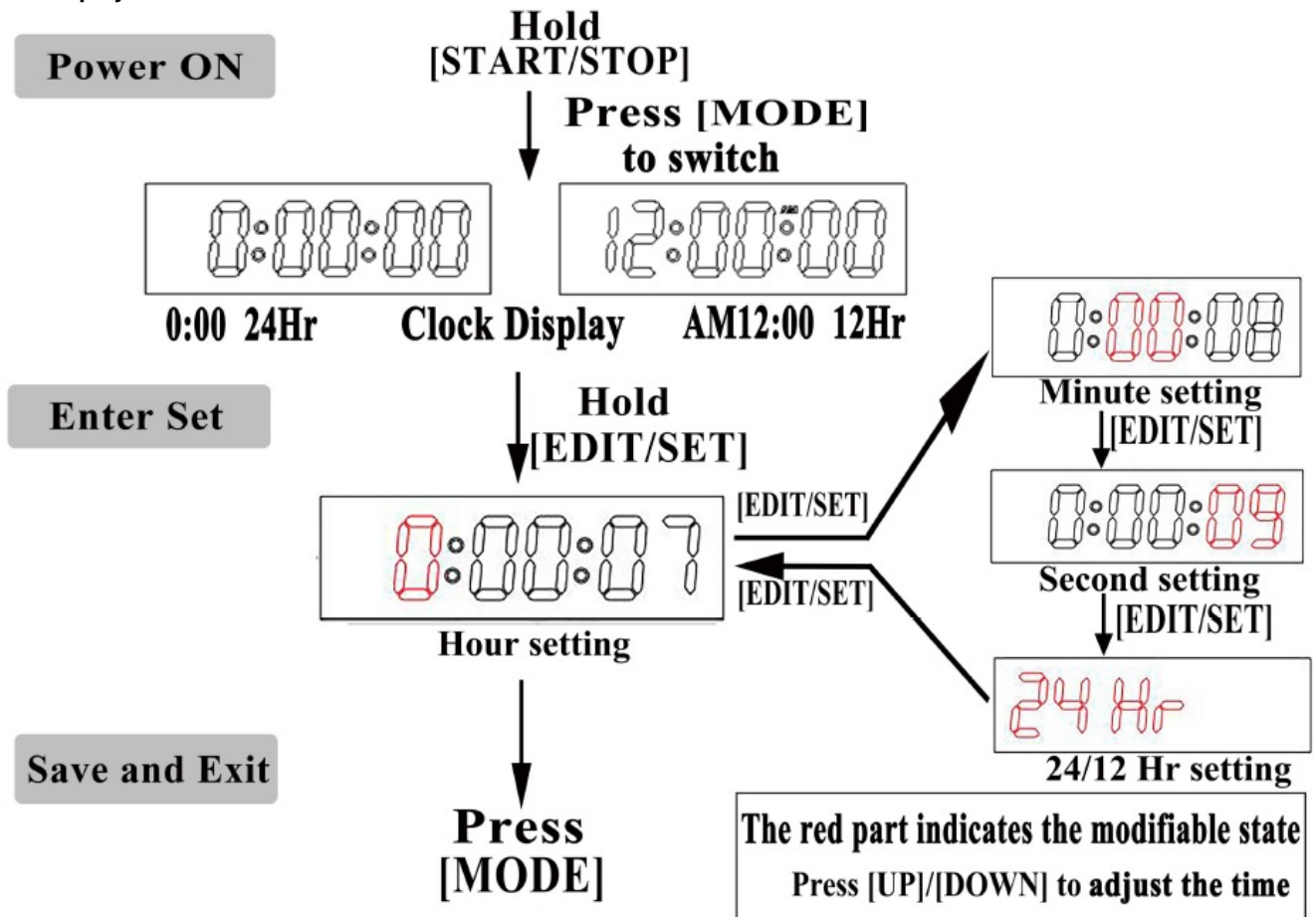
## **Operation Setting**

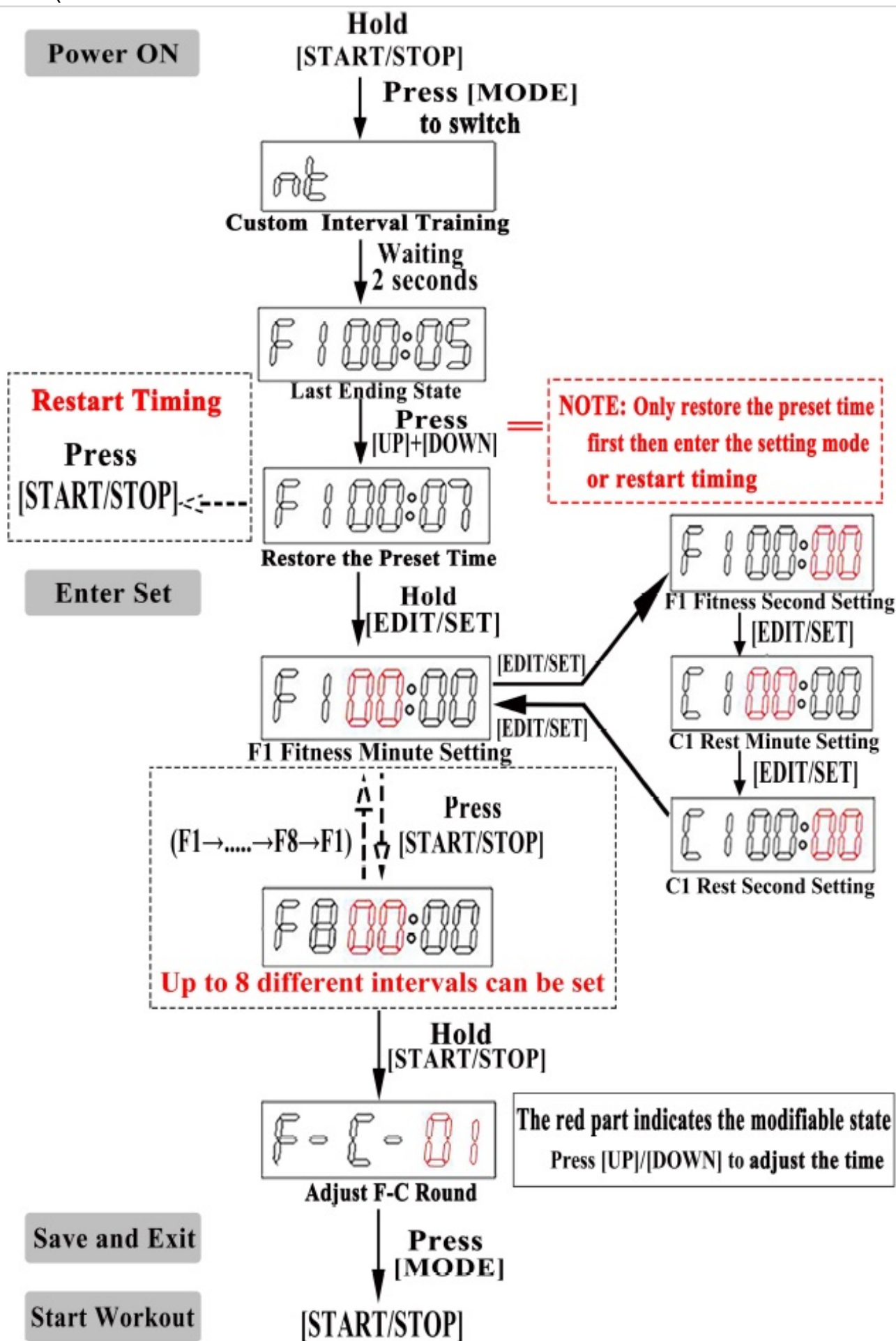
**NOTE:** The system will exit settings automatically if there is no any operation within 15 seconds.

### **Power ON/OFF**

Long press [START/STOP] for 2 seconds to turn on / turn off the appliance under the suspended state (After power on, the timer restores the state before shutdown by default.)

## Clock Display Function





- Start time counting/suspend time counting (Short press)
- Under the setting mode, switching to the next group's setting F1→F8 (Short press)
- Under the setting mode, setting the exercise rounds (Long press)
- Under the suspended mode, turn off the appliance (Long press)

#### **[EDIT/SET]**

- Enter the setting mode (Long press)
- Switch setting (Minute, Second) (Long press)

#### **[UP]**

- Increase Hour/Minute/Second (Short press)
- Continuously increase Hour/Minute/Second (Long press)
- Under the time counting mode, checking the remaining rounds (Short press)

#### **[DOWN]**

- Decrease Hour/Minute/Second (Short press)
- Continuously decrease Hour/Minute/Second (Long press)
- Under the time counting/suspended counting state, checking the remaining groups' settings (Short press)

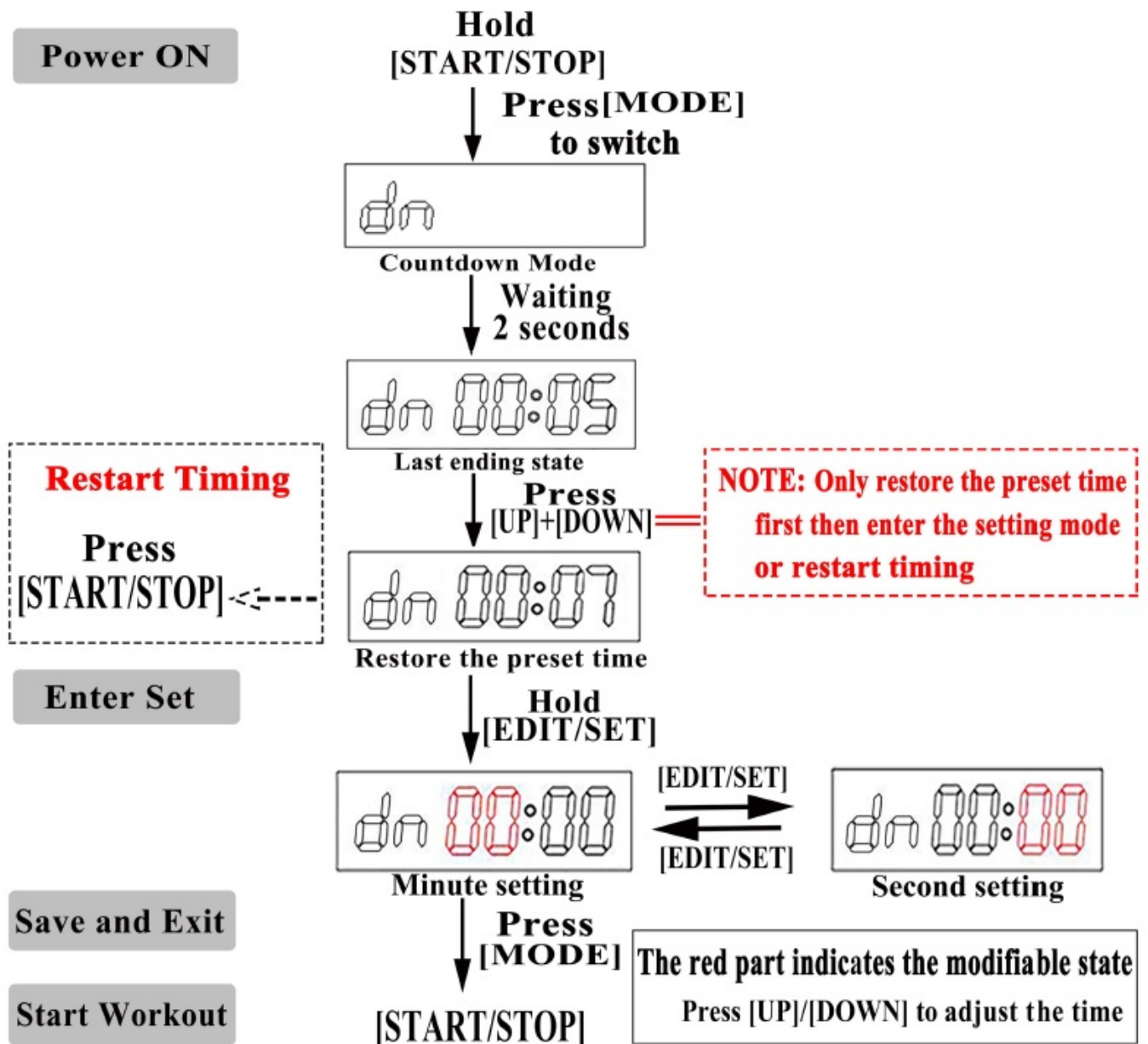
#### **[UP]+[DOWN]**

- Under the suspended counting mode, restore the preset time. (Press [UP]+[DOWN] at the same time) (Note: Under the working mode, only restore the preset time first then the time can be altered or restart timing)

#### **[MODE]**

- Switch to the next mode/save and exit (Short press)

## Countdown Mode



### [START/STOP]

- Start time counting/suspend time counting (Short press)
- Under the suspended state, turn off the product (Long press)

### [EDIT/SET]

- Enter the setting mode (Long press)
- Switch the settings (Minute, Second) (Short press)

### [UP]

- Increase Hour/Minute/Second (Short press)
- Continuously increase Hour/Minute/Second (Long press)

### [DOWN]



- Decrease Hour/Minute/Second (Short press)
- Continuously decrease Hour/Minute/Second (Long press)

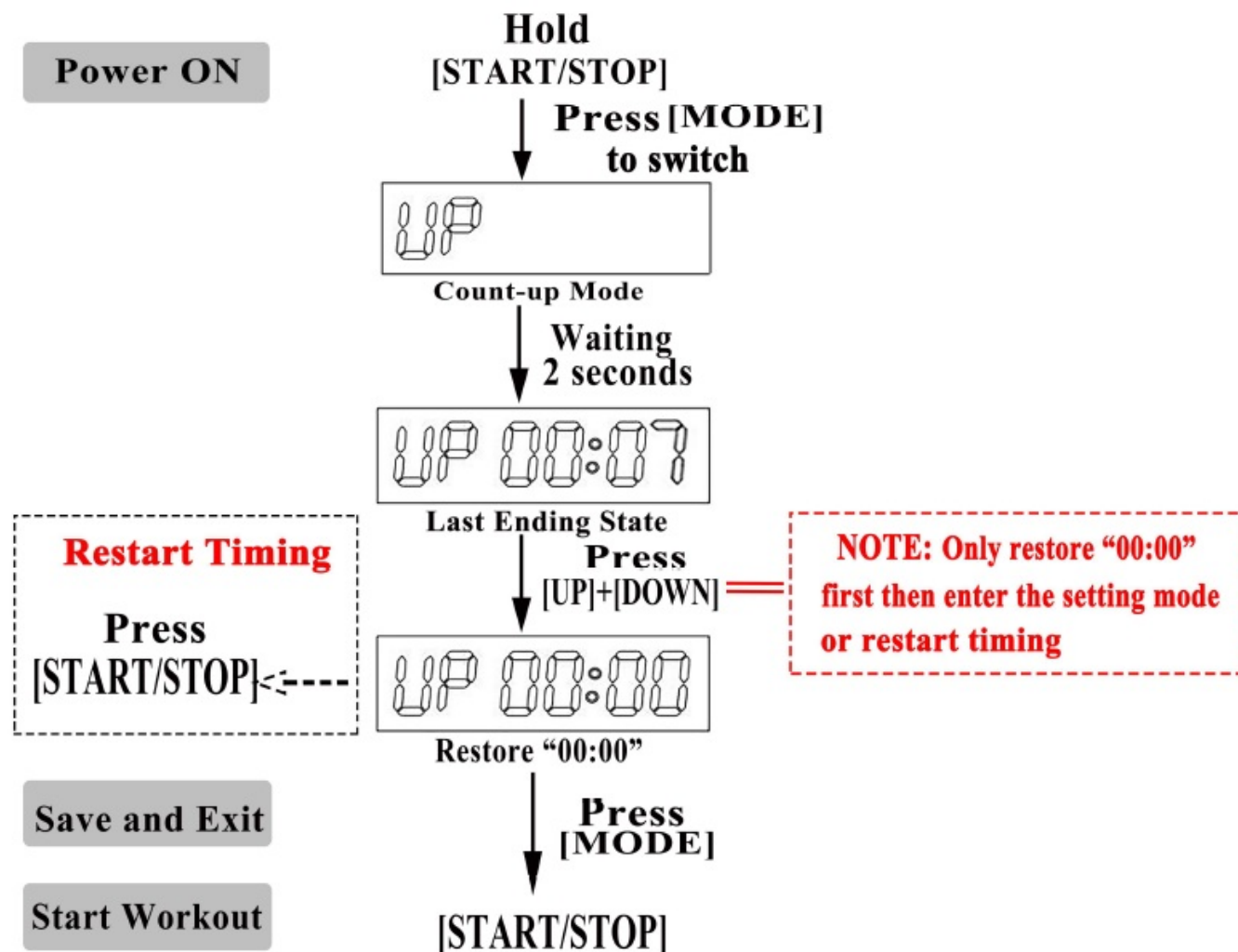
#### [UP]+[DOWN]

- Under the suspended counting state, restore the setting value.  
(Press [UP] + [DOWN] at the same time) (Note: Under the working mode, only restore the preset time first then the time can be altered or restart timing)

#### [MODE]

- Switch to the next mode/save and exit (Short press)

#### Count-up Mode



#### [START/STOP]

- Start time counting/suspend time counting (Short press)
- Under the suspended mode, turn off the appliance (Long press)

#### [UP]+[DOWN]

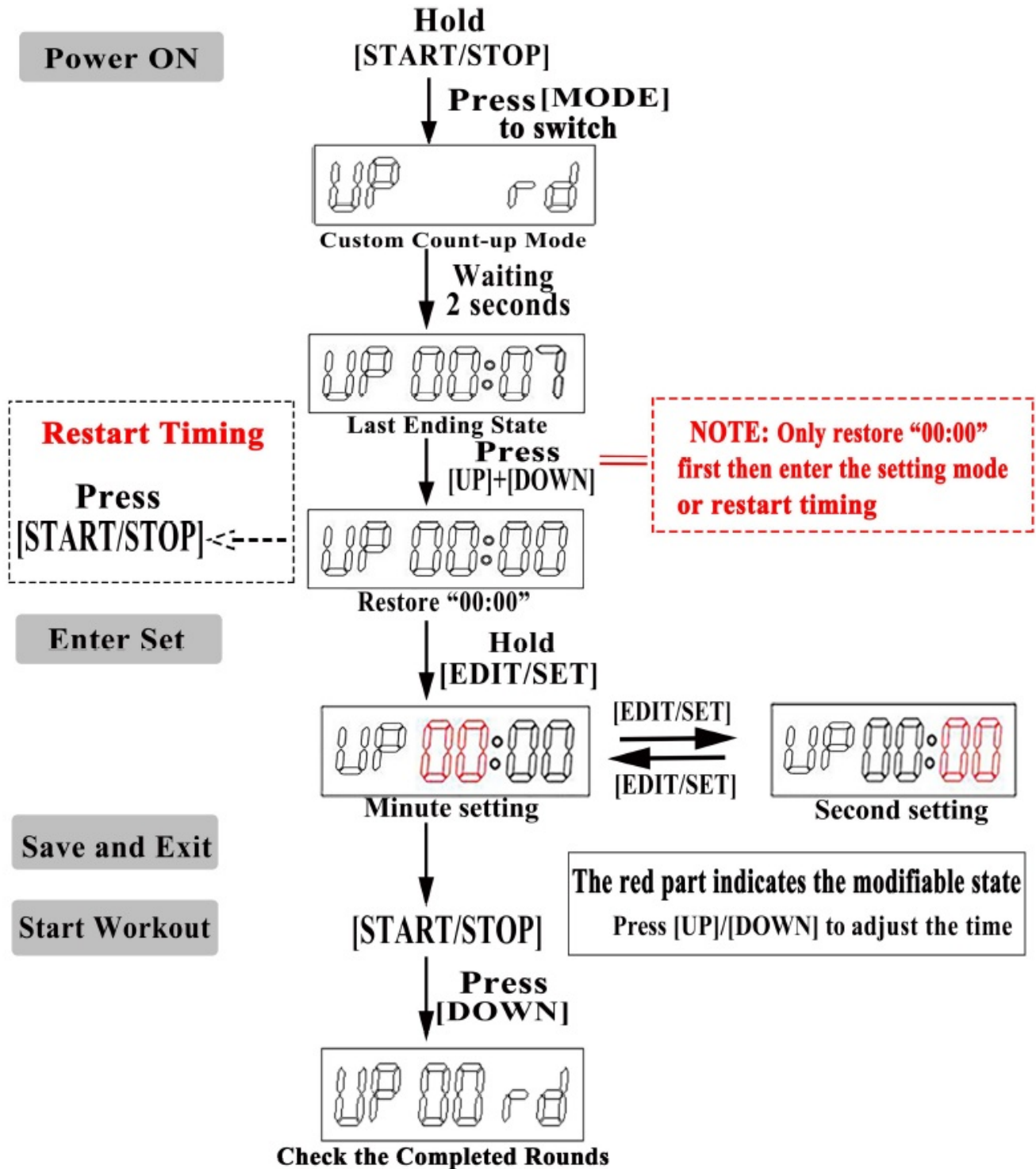


- Under the suspended counting mode, restore “00:00” (Press the two buttons together)

## [MODE]

- Switch to the next mode/save and exit (Short press)

## Custom Count-up Mode (eg. EMOM)



When reaching the maximum group number of 99, all groups will be cleared. Short press [START/STOP] button to start counting again.

## [START/STOP]

- Under the counting mode, start counting/suspend counting (Short press)
- Under the suspend mode, turn off the appliance (Long press)

#### **[EDIT/SET]**

- Enter setting mode (Long press)
- Switch settings (Minute, Second) (Short press)

#### **[UP]**

- Increase Hour/Minute/Second (Short press)
- Continuously increase Hour/Minute/Second (Long press)

#### **[DOWN]**

- Decrease Hour/Minute/Second (Short press)
- Continuously decrease Hour/Minute/Second (Long press)
- Under the counting mode, checking the finished count-up groups (Short press)

#### **[UP]+[DOWN]**

- Under the suspended counting mode, restore “00:00” (Press at the same time)Note: Under the working mode, only restore “00:00” first then the time can be altered or restart timing

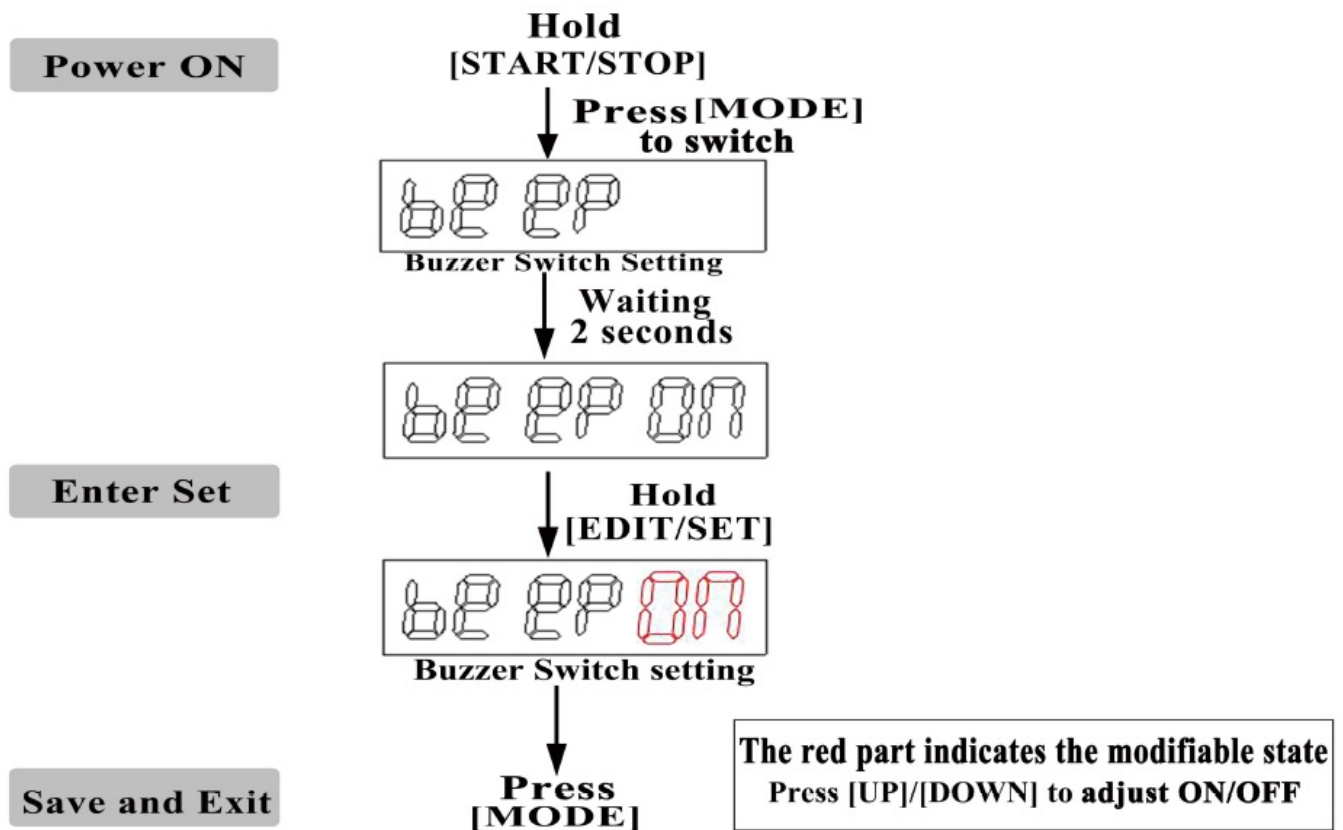
#### **[MODE]**

- Switch to the next mode/save and exit (Short press)

#### **10-Second Countdown Function**

1. There is a 10-second countdown remind by default before the counting function is on.  
(**Note:** All buttons become invalid during the 10-second countdown.)
2. The buzzer sounds once per second at the final 3 seconds countdown.

## Buzzer Switch Setting



(**Note:** There is no reminding voice or button pressing voice after turning off the buzzer.)

## Product Technical Specifications

**Housing Material:** ABS + Rubber

**Product Size:** 175\*25\*58 mm / 6.9\*2.3\*0.98 in

**Power Cord Type:** USB-C Charging cable

**Battery Type:** 3000mAh

**Supply Voltage:** 3.7V

## Attentions

- Do not use the product under extreme temperatures. Please keep the product away from dusty and humid place.
- Do not knock or drop the product on a hard surface to avoid damages.
- Keep the product away from heat and fire.

## AFTER SALES SERVICE

**Returns:** Email subject title: "Return – I got questions with my (item)"

If your item contains manufacturer defects, please contact us for assistance. You can return the product to SLEVIO Factory Space. Please contact us and state the product's defect before returning your order. We are not responsible for damages caused by incorrect use, handling, or abuse of the item.

## Warranties

Email subject title: "Warranty – I need a body check for my (item) "

SLEVIO provides an additional level of protection to you by including 1-year warranty on all items. During the warranty period, you should send your item to SLEVIO Factory Space, and it will be checked and restored to

proper operating conditions at no additional repair or parts fee. If you come across any problems, please contact us.

### Refunds


Email subject title: “Refunds – (your order number)”

You may return the products you have purchased directly from our website within 30 days of receiving the item. Kindly note that the customer is responsible for the shipping expenses in returning your package to us. SLEVIO does not take responsibility for any items lost during the return shipping. Please contact us before shipping the products



Customer service contact:  
[support@sleviosport.com](mailto:support@sleviosport.com)  
[www.sleviosport.com](http://www.sleviosport.com)

### Documents / Resources

	<p><a href="#">SLEVIO Interval Fitness Timer</a> [pdf] Instructions Interval Fitness Timer</p>
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### References

-  [Slevio](#)