



TIMEBIRDS 2BC92-TIMEB-MINI TIMEB-MINI Sonic Mini Workout Timer Instruction Manual

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PMN: Mini

mini

OS-5

Last updated March 2024

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2BC92-TIMEB-MINI TIMEB-MINI Sonic Mini Workout Timer

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

Product Care

Always store Timebirds® mini 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® mini 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

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

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

Warranty

Timebirds® mini 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

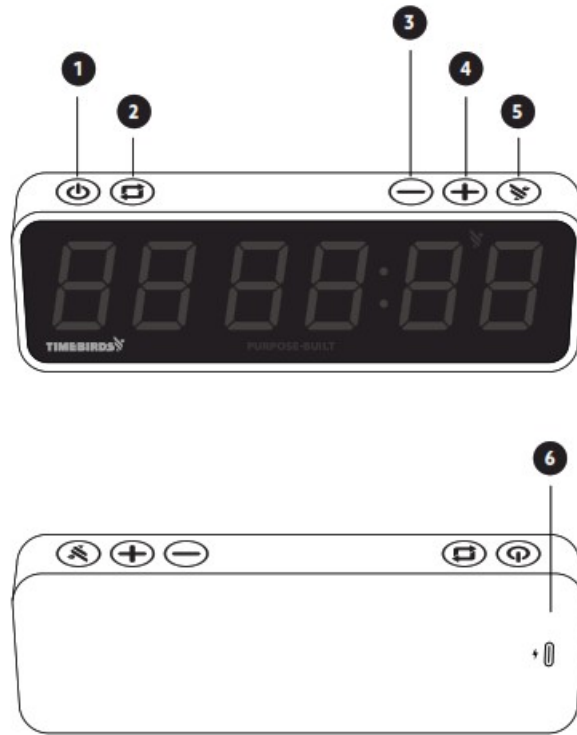
Customer Service

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.

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 (%).

 **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 3s to enable Bluetooth discovery mode.

IN A MODE

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

Screens

General Screens

- 88 88 88 Off
- 88 - - - - Home screen
- 88 88 6 A E Low battery warning
- 88 88 1 0 0 Battery charge 100%
- 88 - - 6 0 Battery % charged
- 88 88 8 8 Count up mode
- 88 88 8 8 Count down mode
- 88 A E E F Interval training mode
- 88 6 A E A Tabata mode
- 88 9 0 6 A Fight gone bad mode
- 88 E E 5 E Beep Test.
- 88 E A E 5 Heat mode
- 88 88 8 8 Clock mode
- 88 8 8 2 E Rep counter mode
- 88 8 5 E E Settings
- 88 8 5 E E Clock setting
- 88 8 5 E E Sound setting
- 88 8 5 E E Timebirds workout memory setting
- 88 8 4 : 0 0 Timebirds OS version
- 88 6 8 7 8 intro sound enabled
- 88 6 8 7 8 Intro sound disabled
- 88 2 E 8 8 Count down to start disabled
- 88 2 0 8 8 Count down to start enabled
- 88 2 E 8 8 Stopwatch

88 PA 88 Timebirds pairing activated

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

Workout Memory

88 E5 E8 Reset last workout setting

88 h6 28 Save last workout setting

Mode Setting Screens

08 10:00 Counting up

88 10:00 Counting down

88 00 00 Set a working time

88 00 00 Set a test time

88 88 01 Set number of rounds

88 88 UP Counting up (Interval training mode only)

88 88 dn Count down (Interval training mode only)

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


● ● Transition from a work to rest period

● ● ● ▬ Start of a workout Transition from a rest to work period.

▬ End of a workout



Operating Timebirds mini

Charging Timebirds mini

- Using the provided USB to USB-C Cable, plug USB-C connector into Timebirds® mini
- Plug in USB port to any DC power adapter
- Timebirds® mini will display the current level of charge and beep twice to indicate power is being sent to the device
-  indicates full charge






NOTE: Timebirds® mini can also operate when plugged in


Battery Level Feedback

- Press  to display the level of battery left
-  indicates battery level <10%




NOTE: The function works even when Timebirds is turned off.

General Overview



- Hold  for 2s to power on/off
- Press  to cycle modes
- Press  to accept and advance
- Press  to decrease time
- Press  to add time





NOTE: In home screen  Timebirds® mini 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 restart your workout

When setting up a mode

- Flashing digit represent number being adjusted
- Press  or  to add or decrease time




- Press  to accept and advance
- Press  and  to go back
- Hold  2s any time to return to home screen

Adjust Volume

- Press  to cycle modes until 
- Press  to accept and display settings
- Press  to cycle settings until 
- Or, simply press  or  at any time when timer is running





NOTE: Timebirds® mini has 3 volume levels (3 being the loudest) and an off position.

Adjust Brightness













- Press  or  at home screen 




NOTE: Timebirds® mini has 4 levels of dimming, 4 being the brightest. By default, Timebirds® mini is set at Level 4. Battery life may vary based on brightness setting.

How to display the Clock

- Press  to cycle modes until 
- Press  to accept and display clock
- Hold  for 2s to return to home screen

How to set the Clock





- Press  to cycle modes until 
- Press  to accept and display settings
- Press  cycle settings until 
- Press  to accept and advance
- Press  or  to adjust the GREEN flashing digits for a 12 or 24 hour format
- Press  to accept and advance
- Press  or  to adjust the pair RED flashing digits corresponding to hours
- Press  to accept and advance

- Press  or  to adjust the pair RED flashing digits corresponding to Minutes
- Press  to accept and advance

NOTE: Timebirds® mini will automatically synchronize to your local time zone once paired with your device.


How to disable/enable the count down to start

Under the home Screen 

- Hold  for 2s to disable the count down to start. 
- Hold  for 2s to enable the count down to start. 



How to save your workout

- Press  to cycle modes until 
- Press  to accept and display settings
- Press  to cycle settings until 
- Press  to accept and advance
- Press  or  to enable or  disable  the memory of your last settings after your Timebirds is turned off
- Press  to accept and advance to the home screen

NOTE: 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 Pair my Timebirds ?






On your mobile device, go to Settings > Bluetooth and turn on Bluetooth. Stay on this screen until you complete the steps to pair your accessory.







To place your Timebirds® mini in discovery mode, hold the  button for 3s and wait for  to appear on your device.

To pair, tap your accessory name when it appears onscreen

NOTE: The Timebirds control app can be found on Android and Apple AppStore

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







- Press  to cycle modes until 
- Press  to accept and advance
- Press  or  to adjust the flashing digit (time)

- Press  to accept and advance to the next
- Repeat the above 2 steps until 
- Press  or  to adjust the flashing digits (number of rounds)
- Press  to accept and advance
- Press  to start

NOTE: If you leave all digits to 0, Timebirds® mini will count up until 99:59 Minutes: Seconds
















How to turn off/on the intro Beep

Under the home Screen 


- Press   to turn off the beep 
- Press   to turn on the beep 




NOTE: The volume is synchronized with the sound level setting.

How to start a Custom Interval Training (ie Tabata)

- Press  to cycle modes until 
- Press  to accept and advance
- Press  or  to adjust flashing digit (time on)
- Press  to accept and advance
- Repeat the above 2 steps until 
- Press  or  to adjust the flashing digits (period of rest)
- Press  to accept and advance
- Repeat above 2 steps until 
- Press  or  to adjust the flashing digits (number of rounds)
- Press  to accept and advance
- Press  to start workout

How to use the Rep Counter mode.

- Press  to cycle modes until 
- Press  to accept and advance.
- in the mode, press  ,  ,  to increase count.

- Press  to decrease count.
- Hold  for 2s to reset.
- Hold  for 2s to return to home screen.

Firmware updates









visit www.timebirds.com

How to Reboot my Timebirds?

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

How to start a Custom Interval Training (ie Tabata)

NOTE : 1 heat consists of 1 cycle, which includes a period of work followed by a period of rest. If you set 3 heats, you will need to choose both the duration of work and rest for each of the 3 heats individually. The maximum number of custom cycles, or heats, is 30.

- Press the decrement button to cycle modes until .
- Press  or forward to accept and advance
- Use the key pad or press the increment or decrement button to adjust the flashing digit (number of heats).
- Press  or forward to accept and advance
- Using the key pad :
 -  select the period of work for HEAT
 -  select the period of rest for HEAT 1
 -  select the period of work for HEAT
 -  select the period of rest for HEAT 2 etc. Repeat for each heat.
- Once all heats are set up, Press  or forward to start.

FCC Warning

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

ISED Compliance Statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) This device may not cause interference. (2) This device must accept any interference, including interference that may cause undesired operation of the device.

ISED Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used installed and operated with minimum distance 0mm between the radiator and your body.



@timebirdstimers



@timebirds



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Documents / Resources

<p></p> <p>PMN:Mini</p> <p>TIMEBIRDS mini</p> <p>OS-5 <small>last updated March 2024</small></p>	<p>TIMEBIRDS 2BC92-TIMEB-MINI TIMEB-MINI Sonic Mini Workout Timer [pdf] Instruction Manual</p> <p>2BC92-TIMEB-MINI TIMEB-MINI Sonic Mini Workout Timer, 2BC92-TIMEB-MINI, TIMEB-MINI Sonic Mini Workout Timer, Sonic Mini Workout Timer, Mini Workout Timer, Workout Timer, Timer</p>
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References

- [Timebirds. Purpose-Built timers.](#)
- [User Manual](#)

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