Manuals+ — User Manuals Simplified.

TIMEBIRDS OS-4 Portable Gym and Workout Timer

TIMEBIRDS OS-4 Portable Gym and Workout Timer Instruction Manual

Contents

TIMEBIRDS

TIMEBIRDS OS-4 Portable Gym and Workout Timer

Thank You for purchasing the Timebirds® workout timer. Upon receipt of the product, check for any defects prior to first use. If defects are found, do not use and contact Time-birds immediately.

Safety

It is important to read and understand all instructions before using Time-birds®. Only use Timebirds® 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 de-vice when charging. Do not overload wall out-lets, 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® is not waterproof and may become damaged if exposed to water. Always place Timebirds® in a dry area. Dropping, throwing or bumping the device may cause damage to the device. Do not use Time-birds® as a toy or let children use the device without proper supervision or instruction.

Product Care

Always store Timebirds® in a clean and dry environment. To clean, wipe with a damp cloth, do not use harsh chemicals or cleaning agents. Do not dissembled, 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® logo car be read while facing you.

Specifications

- Weight: approximatively 150gr.
- Maximum volume: of the Piezo is 75db.
- Battery type: Lithium-Ion Polymer
- Capacity: 1200 mAh – 3.7V
- Input: 5V DC
- Operating Temp: 10 – 40 degrees Celsius / 50 – 104 degrees Fahrenheit
- Dimensions: 155mm (length) x 22mm (width) x 47mm (height)

Warranty

Timebirds® 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
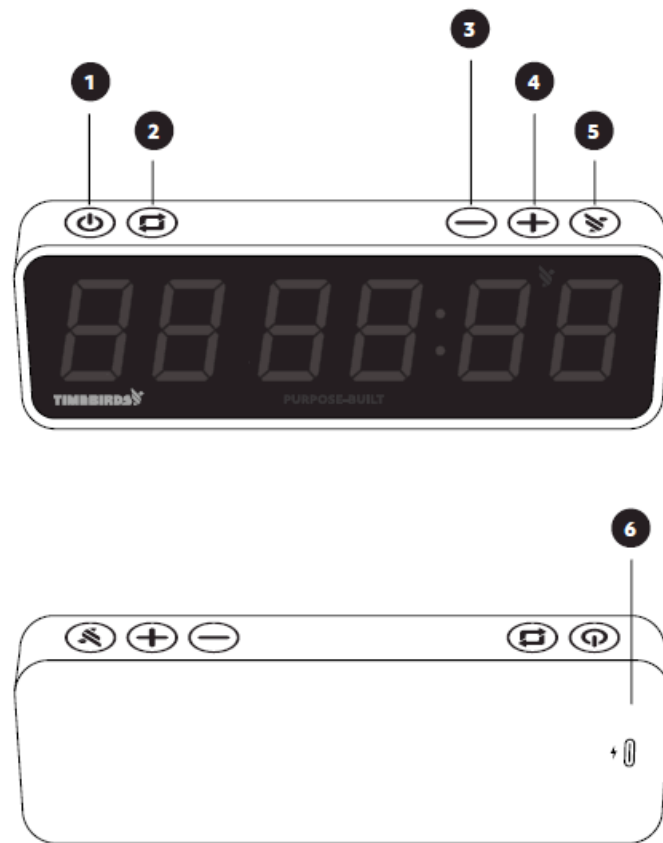
1. On/Off
2. Cycle modes
3. Decrease value
4. Increase value
5. Accept/advance
6. USB-C port

Power

- Hold 2s to turn Timebirds® on or off
- Press once to display battery level feedback (% – Timebirds® on)

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 for 2s to start a stopwatch (Timebirds® in Home screen)

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
-- -- --	Home screen
Lo bAt	Low battery warning
100	Battery charge 100%
60	Battery % charged
UP	Count up mode
UP rd	Count up by round mode
dn	Count down mode
dn rd	Count down by round mode
nt	Interval training mode
tAbAtA	Tabata mode

Display	Description
F- 9o bA	Fight gone bad mode
cL	Clock mode
rEP ct	Rep counter mode
SEt	Settings
cL SEt	Clock setting
Sd SEt	Sound setting
tb SEt	Timebirds workout memory setting
oS 4:00	Timebirds OS version
bi rd	intro sound enabled
no bi rd	Intro sound disabled
no ct dn	Count down to start disabled
ct dn	Count down to start enabled

Sound Level Screens

Display	Description
Sd oFF	Sound off
Sd 1	Sound level 1
Sd 2	Sound level 2
Sd 3	Sound level 3

Clock Screens

Display	Description
A 00 00	AM time
P 00 00	PM time
12	12 hours clock format
24	24 hours clock format

Workout Memory

r E S E t   Reset last workout setting

h o L d   Save last workout setting

Mode Setting Screens

U P   10:00   Counting up

d n   10:00   Counting down

o n   00 00   Set a working time

r   00 00   Set a test time

r d   0 1   Set number of rounds

U P   Counting up
(Interval training mode only)

d n   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
● ●	Transtion from a work to rest period
● ● ● ▬	Start of a workout
▬▬	End of a workout

Operating Timebirds

Charging Timebirds

- Using the provided USB to USB-C Cable, plug USB-C connector into Timebirds®
- Plug in USB port to any 5V DC power adapter
- Timebirds® will display the current level of charge and beep twice to indicate power is being sent to the device
- `100` indicates full charge

NOTE:
Timebirds® can also operate when plugged in Battery Level Feedback

• Press ⏻ to display the level of battery left

• `Lo bAt` 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® will turn itself off after 30s of inactivity
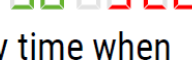
When a timer is running

- 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 `⎕⎕ ⎕SEt`
- Press ⊗ to accept and display settings
- Press ⟳ to cycle settings until `5d ⎕SEt`
- Or, simply press ⊖ or ⊕ at any time when timer is running

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

Adjust Brightness

- Press ⊖ or ⊕ at home screen `⎕⎕ ⎕⎕ ⎕⎕`

NOTE: Timebirds® has 4 levels of dimming, 4 being the brightest. By default, Timebirds® is set at Level 4. Battery

life may vary based on brightness setting.

How to display the Clock

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

How to set the Clock

- Press ⟳ to cycle modes until `SEt`
- Press ⊗ to accept and display settings
- Press ⟳ cycle settings until `cL SEt`
- 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

How to disable/enable the count down to start

Under the home Screen

- Hold ⊖ for 2s to disable the count downto start. `no ct dn`
- Hold ⊕ for 2s to enable the count down to start. `ct dn`

How to save your workout

- Press ⟳ to cycle modes until 〔〕〔〕 5Et
- Press ⊗ to accept and display settings
- Press ⟳ to cycle settings until tb 5Et
- Press ⊗ to accept and advance
- Press ⊖ or ⊕ to enable 〔〕〔〕 hoLd or disable 〔〕r E5Et 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 Reboot my Timebirds?

Hold ⊖ ⊕ for 2s to reboot/reset to factory settings

NOTE: The reboot function is only to be used if your screen is frozen or Timebirds is not responsive to any buttons.

How to start a Count Up

- Press ⟳ to cycle modes until UP 〔〕〔〕 〔〕〔〕
- Press ⊗ to accept and advance
- Press ⊖ or ⊕ to adjust flashing digit (time)
- Press ⊗ to accept and advance
- Repeat the above 2 steps until the colon lights up and Timebirds® Beep once.
- Press ⊗ to start

NOTE: If you leave all digits to 0, Timebirds® 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 `no bi rd`
- Press (🔇)(+) to turn on the beep `bi rd`

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

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

- Press (🔄) to cycle modes until `UP    rd`
- 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 `rd    01`
- Press (—) or (+) to adjust the flashing digits (number of rounds)
- Press (🔇) to accept and advance
- Press (🔇) to start

How to start a Count Down

- Press (🔄) to cycle modes until `dn`
- Press (🔇) to accept and advance
- Press (—) or (+) to adjust flashing digit (time)
- Press (🔇) to accept and advance
- Repeat above 2 steps until `rd    01`
- Press (—) or (+) to adjust flashing digits (number of rounds)
- Press (🔇) to accept and advance
- Press (🔇) to start

How to start a Custom Interval Training (ie Tabata)

- Press ⟳ to cycle modes until `nt` `88` `88`
- Press ⚡ to accept and advance
- Press ⊖ or ⊕ to adjust flashing digit (time on)
- Press ⚡ to accept and advance
- Repeat the above 2 steps until `8r` `0000`
- Press ⊖ or ⊕ to adjust the flashing digits (period of rest)
- Press ⚡ to accept and advance
- Repeat above 2 steps until `rd` `88` `01`
- 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 `rEP` `ct`
- Press ⚡ to accept and advance.
- Press any button to increase count.
- Hold ⚡ for 2s to reset.
- Hold ⟳ for 2s to return to home screen.

Firmware updates
visit **www.timebirds.com**

Documents / Resources

TIMEBIRDS OS-4 Portable Gym and Workout Timer [pdf] Instruction Manual
OS-4 Portable Gym and Workout Timer, OS-4, Portable Gym and Workout Timer, Gym and Workout Timer, Workout Timer

References

- **User Manual**