

Dear Customer,

Congratulations on your choice of the world's finest Boxing Workout Timer.

This Timer is designed to increase the level of intensity of your workout. It can be used for all of your boxing workouts like the Heavy bag, Punch Mitts, Double End Bag, Jump Rope, Shadow Boxing & Medicine Ball routines. Some important features given below will help you in your training & boxing workouts.

**Installation** : Ensure the right voltage supply and plug in the lead.

**Work Round** : Set the Work Round to 2, 3 or 4 minute as per your need and turn the OFF/ON switch to ON position this is indicated by five consecutive beeps.

**Rest Period** : Rest period can be chosen between 15, 30, 45, or 60 seconds with the help of a rotary switch and is indicated by five consecutive beeps.

**Interval Period** : Interval period can be set for 0, 15, 30, 45, or 60 Seconds and can be set with the help of a rotary switch and is indicated by two short beeps.

**Delay Start** : When the Timer is initially turned ON there is a 5 second delay before the bell rings to indicate the start of the Round.

**Reset Button** : By simply pressing the Reset button, you can restart the timer to the beginning of a new round at any time. After five second delay new round will start.

**CAUTION** : Do not drop or mishandle the Timer as it can get damaged? Place the Timer on a sturdy surface.