

How to Use a Gymboss Interval Timer



There are three modes: clock, stopwatch and interval timer. To change modes, hold both the up and down arrows at the same time. I'm going to focus on the interval timer mode.

1. Press any button to turn it on.
2. Press SET. The work interval will start blinking (top number on the right). Use the up and down arrows to adjust the number to your desired length of time.
3. Press SET again. The rest interval will start blinking (bottom number on the right). Use the up and down arrows to adjust the number to your desired length of rest. If you don't want a rest period (for example, just want the timer to beep every minute), bring this number down to zero.
4. Press SET again. The number of rounds will start blinking (number in bottom left corner). Use the up and down arrows to adjust to the desired number of rounds.
5. Press SET again. The type of alarm beep will start blinking. BH = beep high BL = beep low V= vibrate. Use up and down arrows to change the type until the one(s) you want is blinking. I usually just keep mine on BH.
6. Press SET again. The alarm duration will start blinking. You can choose 1, 2, 5 or 9 seconds in length, using the up and down arrows to scroll through the options until the one you want is blinking. I keep mine on 1.
7. Push SET one final time to exit setup mode. You're now ready to begin your workout.
8. Press START to begin.

If you need to pause it during the workout, hit the START button three times quickly in a row. To stop and reset the timer, hold the START button down for three seconds.



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