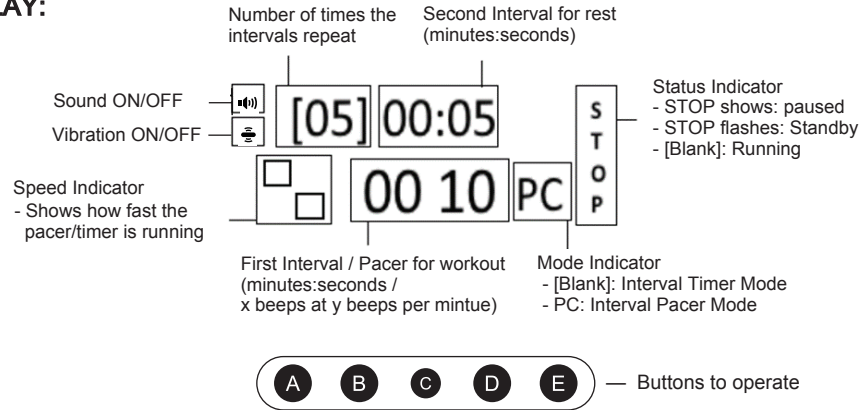# 5020 FITNESS INTERVAL TIMER WITH PACER
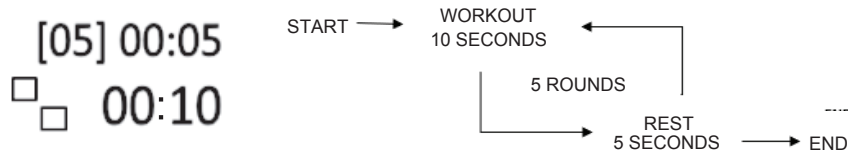
FEATURES:

1. **INTERVAL TIMER MODE -** Run two different intervals in sequence. These intervals can be repeated up to 199 times.

2. **INTERVAL PACER MODE -** Run a pacer (from 10 to 240 beeps per minute) and an interval alternatively in sequence. They can be repeated up to 199 times. Pace counter counts from 9,999.
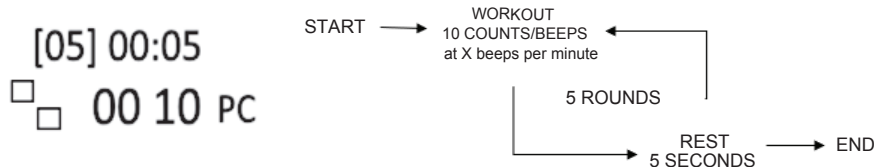
DISPLAY:

Number of times the intervals repeat
Second Interval for rest (minutes:seconds)
Sound ON/OFF
Vibration ON/OFF
Status Indicator
- STOP shows: paused
- STOP flashes: Standby
- [Blank]: Running
Speed Indicator
- Shows how fast the pacer/timer is running
First Interval / Pacer for workout (minutes:seconds / x beeps at y beeps per mintue)
Mode Indicator
- [Blank]: Interval Timer Mode
- PC: Interval Pacer Mode
A B C D E — Buttons to operate

HOW IT WORKS:

- Interval Timer Mode (Default Setting as an example):

[05] 00:05
□ 00:10

START → WORKOUT 10 SECONDS
5 ROUNDS
REST 5 SECONDS → END

- Interval Pacer Mode (Default Setting as an example):

[05] 00:05
□ 00 10 PC

START → WORKOUT 10 COUNTS/BEEPS at X beeps per minute
5 ROUNDS
REST 5 SECONDS → END

## TO TURN ON THE DEVICE:

- **Please install a new AAA battery to turn on the device (battery not included in the package).**

TO CHANGE MODE:

- To change between interval timer and interval pacer modes, make sure the display is fully reset and on standby (STOP flashes) and then press A to switch between the Interval Timer Mode and Interval Pacer Mode.

TO SET UP YOUR DEVICE:

● INTERVAL TIMER MODE:

SECOND INTERVAL
Number of Rounds
FIRST INTERVAL
A B C D E
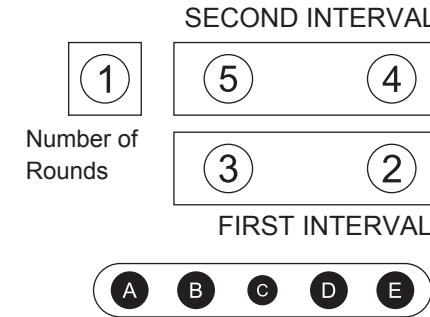
To Operate:

* **When in Interval Timer mode**, press E to start/stop the timer. When the timer is stopped, press D to reset the timer to the original setting.

* When the workout ends (Round reaches 0), the alarm will sound for 30 seconds. Press any button to stop the alarm and return to the original setting.
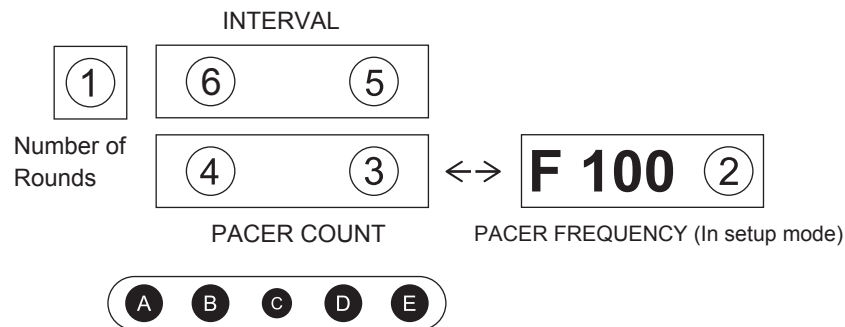
To Set Interval Timer:

* When the timer is not running (STOP sign shows or flashes):

- Hold B for 3 seconds to enter setup mode and set workout rounds and interval times (**Numbers will start to flash for 5 seconds. You will have to start over to enter setup mode if they stop flashing**):

- - - - - - - - ► Set number of **ROUNDs** (Press or Hold D/E) ①

Press B - - - ► Set SECONDs for **First Interval** (Press or Hold D/E) ②

Press B - - - ► Set MINUTEs for First Interval (Press or Hold D/E) ③

Press B - - - ► Set SECONDs for **Second Interval** (Press or Hold D/E) ④

Press B - - - ► Set MINUTEs for Second Interval (Press or Hold D/E) ⑤

Press B - - - ► END Setup mode

Press A anytime to end setup mode.

* When the timer is on standby (timer fully reset to the original setting and STOP sign flashes), press C to enter/exit Single Interval mode. In this mode, the second interval on the upper row will be replaced by **AU**. Now, when you run the timer, the first interval will keep repeating itself for the number of rounds you set.

● INTERVAL PACER MODE:

INTERVAL

① ⑥ ⑤

Number of Rounds

④ ③ ←→ **F 100** ②

PACER COUNT   PACER FREQUENCY (In setup mode)

(A) (B) (C) (D) (E)

To Operate:

* **When in Interval Pacer mode,** press E to start/stop the pacer. When stopped, press D to reset the pacer to the original setting.

* When the workout ends (Round reaches 0), the alarm will sound for 30 seconds. Press any button to stop the alarm and return to the original setting.

* Press B to turn on/off the **pacer beeps** when the pacer is running.

To Set Interval Pacer:

* When the pacer is not running (**STOP** shows or flashes):

- Hold B for 3 seconds to enter setup mode and set workout rounds, pacer frequency, and interval times (**Numbers will start to flash for 5 seconds. You will have to start over to enter setup mode if they stop flashing**):

- - - - - - - - - ▶ Set number of **ROUNDs** (Press or Hold D/E) ①

Press B - - - - ▶ Set Pacer **Frequency** - Beeps Per Minute (Press or Hold D/E) ②

Press B - - - - ▶ Set Last 2 Digits for **Pacer Count** (Press or Hold D/E) ③

Press B - - - - ▶ Set First 2 Digits for Pacer Count (Press or Hold D/E) ④

Press B - - - - ▶ Set SECONDs for **Interval** (Press or Hold D/E) ⑤

Press B - - - - ▶ Set MINUTEs for Interval (Press or Hold D/E) ⑥

Press B - - - - ▶ END Setup mode

Press A anytime to end setup mode.

* When the pacer is on standby (pacer fully reset to the original setting and **STOP** sign flashes), press C to enter/exit Single Pacer mode, In this mode, the second interval on the upper row will be replaced by **AU**. Now, when you run the pacer, the first interval will keep repeating itself for the number of rounds you set.

Other setup:

To Set Volume/Vibration/Alam Duration:

* When the timer is not running (**STOP** sign shows on the screen):

- Hold D for 3 seconds to enter setup mode and set volume, vibration, and alarm duration **(The display will start to flash for 5 seconds. You will have to start over to enter setup mode if it stops flashing).**

- - - - - - - - - ▶ Set Sound Volume — ON - High /ON - Low/OFF (Press D/E)

Press B - - - - ▶ Set Vibration — ON/OFF (Press D/E)

Press B - - - - ▶ Set Alarm Duration between intervals —

        1,3,5,7 seconds (Press D/E)

Press B - - - - ▶ END Setup mode

Press A anytime to end setup mode.

OTHER:

● DISPLAY ON/OFF

- Hold C for 3 seconds to turn OFF the display.
- The display will go blank when no activity has been detected for 2 hours.
- Press any button to turn ON the display.

● REBOOT

- The Reboot button is on the back of the device. Please remove the plastic holster first.
- If the unit is not working properly or has crashed, press the Reboot button with a pen to restart the device.

● LOCK

- Hold A for 3 seconds to lock/unlock the device. (🔒 will show or disappear on the display).

● BATTERY REPLACEMENT

Remove the battery cover from the back of the device (need to remove the plastic holster first if being used).

- To save your setting, do not press any button while changing the battery. Make sure to replace the old battery with a new type AAA battery within 20 seconds.

● Other

- Comes with a sturdy plastic holster to hold the unit into place.
- Lock feature prevents accidental modification.
- Not waterproof! Keep away from any liquid.
- Treat it carefully. Do not drop or expose the device to shock.
- For any other comments, questions, or concerns, please email support@digi1st.com for further assistance.