

SPORTSMITH™

LED Fitness Timer

Instruction Manual

Part Number:P00019



3,2,1 GO

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Thank you for choosing our programmable interval timer for your athletics complex. We are confident that your new programmable interval timer will give many years of reliable service.

The following manual will give some introductions about the key features, specifications and operation of the timer. Make sure to read the manual carefully before operation.

Check list:

1. One (1) display timer with mounting brackets



2. One (1) power charger
3. One (1) Remote control

NOTE:

Please check that these items are available prior to initial test of the timer. If you are missing any items, please contact with your local distributor or SPORTSMITH for assistance

Security warning

Before You Begin:

ALWAYS connect/disconnect cables before power is turned on.
NEVER try to repair without guidance.
NEVER open the frame without guidance.
NEVER try to repair with the power on.
ALWAYS keep the charger away from water.

TF-CF3002A Brief Introduction

The LED PROGRAMMABLE INTERVER TIMER TF-CF3002A offers a variety of standard functions including: clock display, Stop Watch to hundredths of a second, 20 minute count down, and a "Fight Gone Bad" timer. In addition the timer can be programmed with specific count up to and down from times. The timer can also be used to program custom intervals. The timer can save up to seven custom programs.

Application Domain:

This timer mainly designed for high intensity training, also has many various functions that make it beneficial to virtually any type of exercise program.

Key features:

- Distance of readability: 35m
- Can be used for 100,000 hours
- Include a switch for "power on/off" on the side of frame, which is used to isolate electric power from the device.
- Wireless remote control available
- Battery box & Mobile rechargeable battery are optional.
 - Battery Recharging Time: 3 hours
 - Battery can be used for 3 hours.
- May be mounted to wall surface or place it on platform.

Specification:

1. Overall dimension: 655mm x 173mm x 50mm (L x H x D)
2. Digit size: 113mm x 64mm
3. Net weight: 1500g
4. Digits: Φ5mm red and blue, 7-segement LEDs.
5. Working voltage: DC15V
6. Working environment: -10°C~50°C Humidity: <80%
7. Protection Degree: IP52
8. Operation method: wireless remote control unit
9. Construction: 50 mm Extruded aluminum frame, 17mm thick, Face panels made from Aluminum, 2.5mm thick.

OPERATION MANUAL

1) Setting the time of day



- a) Clock Display
 - i) Press "▷" or "◁" to select the minutes or hours to be changed.
 - ii) When the number blink use keys from 0 to 9 on the remote to change the time (for example, change the time to be "12", you need to press the first key "1" and then press the second key "2").
 - iii) Press "OK" to confirm the changes
 - iv) Alternate between 12/24 hr format by pressing "12/24H "



2. Counting up

- a) Quick Count Up from 0:00 to 99:59



- i) Press the "F1" and then "OK" (you may need to press "Exit" first if you are already in another program) The timer will execute a 10 second count down then will count up from 0:00 to 99:59
- b) Stopwatch Function (100 minute max count-up with minutes, seconds, and hundredths of a second)



- i) Press "F4" the timer will display.
- ii) Press "OK". (you may need to press "Exit" first if you are already in another program) The timer will immediately begin counting up from 00:00:00. The timer will continue to count up to 99:59:00 unless a change is made.

- c) Setting a custom "count-up to" time

- i) Press the "△" button (you may need to press "Exit" first if you are already in another program)



- ii) The timer will display
- iii) Use the "▷" and "◁" keys to move from minutes to seconds.
- iv) When the numbers blink use keys from 0 to 9 on the remote to change the time for example, change the time to be "12", you need to press the first key "1" and then press the second key "2").
- v) Press "OK" to begin the program. The program will start with a 10 second count down. Or press anyone of the Function keys from F5 and F11 to save the program. The timer will beep three times to indicate that the program is being saved and return to clock mode.
- vi) Once a program is saved simply press the Function key and "ok" to begin the program.

3) Counting Down

- a) Quick count down from 20:00 to 00:00



- i) Press "F2" and then "OK". (you may need to press "Exit" first if you are already in another program)
- ii) The timer will execute a 10 second count down to start the program then will begin counting down from 20:00. The timer will continue to count down to 00:00 unless a change is made.

b) Setting a custom "count-down from" time



- i) Press the "▽" button (you may need to press "Exit" first if you are already in another program)
- ii) The timer will display
- iii) Use the "▷" and "◁" keys to move from minutes to seconds.
- iv) When the numbers blink use the number keys (from 0 to 9) to adjust the time.
- v) Press "OK" to begin the program. The program will start with a 10 second count down. Or press one of the Function keys between F5 and F11 to save the program. The timer will beep three times to indicate that the program is being saved and return to clock mode.
- vi) Once a program is saved simply press the Function key and "OK" to begin the program.

4) Creating Custom Intervals

- i) Press the "select" button (you may need to press exit first if you are already in another program).
- ii) The timer will display the number of Rounds in Blue.it will display at the first time, then you need to press the number keys to select the number of times you wish to go through the entire interval from 1 to 99.



- iii) Press "select" again and the timer will display as above.
- iv) H1 represents the amount of time the athlete will "work".
- v) Use the "▷" and "◁" keys to move from minutes to seconds. When the numbers blink the number keys (from 0 to 9) can be used to adjust the time.



- vi) Press "select" again and the timer will display as above.
- vii) Use the "▷" and "◁" keys to move from minutes to seconds. When the numbers blink the number keys(from 0 to 9) can be used to adjust the time.
- ix) Press "OK" to begin the program. The program will start with a 10second count down. Or press one of the Function keys between F5 and F11 to save the program.
The timer will beep three times to indicate that program is being saved and return to clock mode.
- x) Once a program is saved simply press the function Key and "OK" to begin the program. For example, when you pressing the function key it will display, and then you can press ok to start it.



- xi) The timer will beep once to start each work cycle and twice to start each rest cycle.

5) Preprogrammed Fight Gone Bad Function

- a) This is a custom interval program used by Crossfitters. For more information please see website: [www. Crossfit.com/cf-info/faq.html](http://www.Crossfit.com/cf-info/faq.html).

- i) Press the "F3" key



- ii) The timer will display

- iii) The timer will execute a 10 second count down and then proceed through the entire FGB interval beeping once to begin each new movement and twice for each rest period.

6) 10 seconds countdown

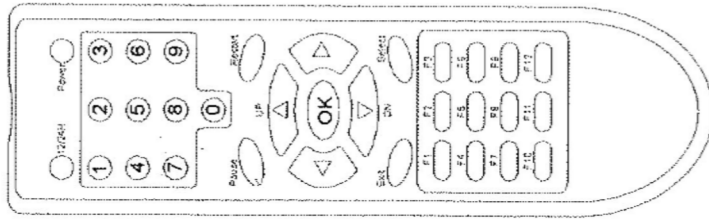
- a) Press F12 to activate/deactivate the 10 seconds countdown, "10" indicates active



7) Wireless remote control unit

when you operate the remote unit, please reference to the key's indicating as Figure 1

Figure 1



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