PROFESSIONAL FIGHT & GYM TIMER

OPERATING INSTRUCTIONS

PFGT

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NOTE: The TITLE Platinum Professional Fight & Gym Timer has a multitude of functions and operating options. It can be a little intimidating when initially setting up the timer for your specific requirements and needs, but follow the PROGRAMMING and EXAMPLES OF PROGRAMMING below in the manual and it is laid out clearly. Determine your programming demands, read through the instructions and follow the directives to programming the timer. **Be sure to keep this Owner's Manual in a secure place after initial setup for any future questions, timing options, and programming changes, revisions and/or additions that are needed.**

FUNCTIONING: The Platinum Timer is ideal for all training sessions and competitions in boxing, MMA, grappling, wrestling, combat sports, fitness classes, athletic events, school activities and much, much more.

The timer is manufactured to show the time of one or more cycles, composed of Time of Action (Round Time), Time of Pause (Rest Time), Number of Cycles (Number of Rounds), Time of Final Pause (Optional Time Between Events).

The timer can be programmed with up to five separate timers, easily activated by associated keys, and each one with the above four parameters: Time of Action, Time of Pause, Number of Cycles and Time of Final Pause.

Turning the Timer On and Off
Turn the timer on and off with the On-Off key. When turned off, one separation point between the minutes and seconds will remain lighted up, indicating the presence of a live power feed.

Visualizations
If the time is less than 10:00, it will appear entirely on the right display, and the number of cycles (rounds) will appear on the left display. Otherwise, the minutes are displayed on the left, instead of the number of cycles (rounds).

Start and Stop of a Visualized Timer
To begin the count of one of the five timers, press the key of the desired timer (Timer-X), followed by the Start-Stop key. When the key of this Timer-X is pressed twice, the starting time is charged and visualized; the Start-Stop key must then be pressed to begin the count. The time count can be stopped and then started again with the Start-Stop key.

Timer Booking
A timer can be booked in order to start a count automatically at the end of a timer that is visualized. If the timer in use is programmed on an infinite cycle, the booked timer will begin at the end of the first pause of the working timer. To make a booking, press the key of the Timer-x to be booked and then the Timer-Booking key.

<u>Start and Stop of a Blind Timer</u>
It is possible to activate any one of the five timers so that they only issue the audio signals of start/end of the various cycles without being visualized: press the key of the Timer-x chosen and then the Blind-Timer Start-Stop key. The time count can be stopped and then restarted with the same key. Since the count of the Blind Timer works with different sounds, it can function at the same time with the Visualized-Timer without the risk of creating confusion: this allows the ability to time two activities simultaneously in the same place, such as two boxers sparring and other athletes training separately.

<u>Timers Status</u>
With the Timers-Status key, the number of active timers are visualized for four seconds. The timer in use is indicated with a flashing number, whereas inactive timers are indicated with fixed lighting. If the F1 key is pressed within four seconds, the Visualized-Timer and the Blind functions will be exchanged; in this way it is possible to visualize the timer that was only present through a sound signal. Press the F2 key instead of the F1 key and the possible booking will be deleted.

PROGRAMMING: Press the PROG key to access programming: H1 will appear on the left display indicating the first parameter to be programmed, and on the right display the respective value will appear, which can be modified with the keys (+) and (-). Press PROG once again to pass the following parameters or Start-Stop to end the programming.

H1 – Counting Modality (Forward – Backward) [Up – Do]
This modality defines the direction of the count. With the keys (+) and (-) select "Up" for forward counting or "Do" for backwards or countdown counting. Pres PROG to pass to the following parameter or Start-Stop to end the programming.

H2 – Type of Sound (Trilling or Continuous) [1-2]
This modality defines the sound type of Start/End for the various programs. With the keys (+) and (-) select: "1" for trilling sound and "2" for continuous sound. Pres PROG to pass to the following parameter or Start-Stop to end the programming.

H3 – Sound Volume (High – Medium – Low – Off) [3 – 2 – 1 – 0]
This modality defines the sound intensity or level. With the keys (+) and (-) select "3" for High, "2" for Medium, "1" for Low and "0" for Off or No Sound. Pres PROG to pass to the following parameter or Start-Stop to end the programming.

PROGRAMMING THE TIMERS
For each of the five timers, there are four programming parameters for a total of 20 parameters. Each one is identified by the number of the timer (1, 2, 3, 4, 5) and by the letter of the parameter (A, P, C, F):

for Timer-1	**1A – 1P – 1C – 1F**
for Timer-2	**2A – 2P – 2C – 2F**
for Timer-3	**3A – 3P – 3C – 3F**
for Timer-4	**4A – 4P – 4C – 4F**
for Timer-5	**5A – 5P – 5C – 5F**

These 20 parameters can be accessed with the PROG key, and can be modified with the (+) and (-) keys. Immediate access to first parameter (xA) of the chosen timer occurs by pressing PROG and then the desired Timer-x key. Programming is terminated with the Start-Stop key. The four parameters (A, P, C, F) concerning the 5 Timers (x) are described as follows:

xA – Time of Action or Round (from 0':05' to 90':00')
Modify the value with the keys (+) and (-); press continuously to vary quickly. There are time steps of 1 second for values from 0':05' to 1':00', time steps of 5 seconds for values from 1':00' to 10':00', time steps of 1 minute for values from 10':00' to 90':00'. Note that for values over 10 minutes, the seconds are no longer visualized. Press PROG to move to the next parameter or Start-Stop to end programming.

xP – Time of Pause or Rest (from 0':00' to 90':00')
This parameter determines the time of Pause or Rest following the Action or Round. Setting the Time of Rest is exactly as per the steps in setting the Time of Action or Round in parameter xA above. Press PROG to move to the next parameter or Start-Stop to end programming.

xC – Number of Cycles or Rounds (from 0 – 99)
This parameter defines the number of Cycles or Rounds by Action + Pause; with xC = 0 the number of cycles is infinite and they can be interrupted only by the Start-Stop key. Modify the value with the keys (+) and (-); press continuously to vary quickly.

xF – Time of Final Pause or Stop (from 0':00' to 90':00')
This parameter sets the Final Pause or Stop following the last Action or Round. After the Final Pause the entire cycle is repeated; with xF = 0 the Final Pause or Stop does not occur and the cycle is performed only once. Setting the Time of Final Pause or Stop is exactly as per the steps in setting the Time of Action or Round in parameter xA above. Press PROG to move to the next parameter or Start-Stop to end programming.

EXAMPLES OF PROGRAMMING
The following are several examples of how each of the five timers can be programmed to obtain different modalities or functioning.

Single Action
Indicated for displaying the fixed time of a competition with a final audio signal. Example: a 30 or 60 minute activity or competition with no time stoppages.
To program: xA = Time of Action, xP = 0, xC = 1 and xF =0

Fixed Number of Cycles or Rounds

Indicated for displaying the time of competitions repeated constantly. Ideal for timing boxing, MMA, grappling, wrestling and combat sports with fixed round lengths, rest periods and number of rounds. Example: a 12 round boxing fight with 3:00 rounds and 1:00 rest periods. Or, fitness boxing classes that have 8, 9 or 10 set rounds of 3:00 in length followed by a 1:00 rest period between rounds.

To program: xA = Time of Action, xP = Time of Pause, xC = Number of Cycles or Rounds, xF = 0

Infinite Number of Cycles

Indicated for continuous sequences of training; it can be interrupted only by pressing the Start-Stop key. This is ideal for boxing gyms, MMA, grappling training with continuous rounds.

To program: xA = Time of Action, xP = Time of Pause or Rest, xC = 0, xF = 0

Fixed Number of Cycles or Rounds with a Final Pause or Stop

Indicated for training sequences with recovery times of differing duration. After the Final Pause the entire cycle is repeated; it can be interrupted only by pressing the Start-Stop key.

To program: xA = Time of Action, xP = Time of Rest, xC = No. of Cycles, xF = Time of Final Pause

REMOTE CONTROL

The remote control allows you to control all the functions to a distance of up to 50-feet. The Platinum Timer can be used with or without the remote control. Please be sure to always keep the remote control in a safe place after use to prevent misplacing or losing. The remote operates on a 9-volt battery, not included.

5 PRE-PROGRAMMED SETTINGS INCLUDED ON THE TIMER

Parameter	Description	Default Value
H1	Modality of Count	Up
H2	Type of Sound	2 = Continuous
H3	Sound Volume	2 = Medium
1A	Timer 1 – Action/Round	3':00'
1P	Timer 1 – Pause/Rest	1':00'
1C	Timer 1 – Number of Cycles	6
1F	Timer 1 – Final Pause	0':00'
2A	Timer 2 – Action/Round	2':00'
2P	Timer 2 – Pause/Rest	1':00'
2C	Timer 2 – Number of Cycles	3
2F	Timer 2 – Final Pause	0':00'

3A	Timer 3 – Action/Round	15':00'
3P	Timer 3 – Pause/Rest	5':00'
3C	Timer 3 – Number of Cycles	0
3F	Timer 3 – Final Pause	0':00'
4A	Timer 4 – Action/Round	30':00'
4P	Timer 4 – Pause/Rest	10':00'
4C	Timer 4 – Number of Cycles	0
4F	Timer 4 – Final Pause	10':00'
5A	Timer 5 – Action/Round	45':00'
5P	Timer 5 – Pause/Rest	15':00'
5C	Timer 5 – Number of Cycles	0
5F	Timer 5 – Final Pause	10':00'

INSTALLATION

Secure the Platinum Timer to a highly visible wall or stable, flat surface with screws or wall anchors. Be sure the timer is fastened securely and the electrical cord is safely out of the way of any traffic or movement to prevent tripping and/or knocking the timer off and damaging it. The timer warranty does not cover dropped or damaged timers.

WARRANTY

The Platinum Timer is warranted for two years from the date of purchase for manufacturing and material defects. Transport costs are not included. Remote control battery is excluded from warranty. Make sure the timer is securely attached to a wall or a sturdy, level surface. Warranty does not cover dropped or damaged timers, or lost remote control devices.