KONDIMASTER
CROSSFIT TIMER

Features

● Clock Display, 12/24 Hour Display Format

● Counting up Function ,0:00 To 99:59 Minutes

● Stopwatch Function(Max 100 minutes, counting up with minutes, seconds and 1/100 second)

● Quick Count down from 20:00 To 00:00

● Fight Gone Bad Timer (17min = Work time 5min + Rest time 1min)*3 Rounds

● Custom Function, custom and save the parameter for counting up, counting down and programmable Fight Gone Bad timer, measuring up to 100 Minutes.

● Preparation time Function: Activate or deactivate the 10 seconds counting down in all kinds of timing models.

● Max Save 7 sets of custom data information.

● Wireless Remote.

Technology Parameter

● Apparent Size: 655*173*50mm, Weight: 1.5kg, Color: Black

● Display: 6 digits display, Light-emitting Device: High visibility red & green LED

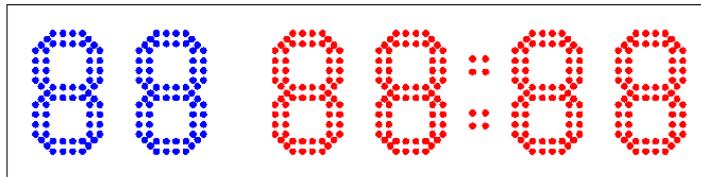Display Area Size: 595*113mm
"8" Size: 123*64mm

Figure 1

● Working Voltage: 12.6VDC, Working Current: 1A

● Power Supply Method:
   TF-ML2003　External Power adapter 12.6V 1A

● Wireless Remote Distance: 15m, Remote Battery Spec: 1.5V, 2xAAA Battery

● Working Environment Temperature Range: -10℃～50℃, Relative Humidity: ≤85％ Protection Class: IP52

Key Button

● 【Power】Button: This key is used to power on/off.

● 【12/24H】Button: 12/24 Hour Format Shift

● 【Restart】Button: This key is used to start again.

● 【Pause】Button：This key is used to stop.

● 【▲】UP Button：This key is used to custom the counting up timing mode.

● 【▼】DN Button：This key is used to custom the counting down timing mode.；

● 【◄】 Button: This key is used to set "Hour" parameter in Clock Mode/ set the "Minute" parameter in Counting

Timing mode.

● 【▶】Button：This key is used to set "Minute" parameter in Clock Mode/ set the "Second" parameter in Counting Timing mode.

● 【OK】Button：This key is used to confirm and Start.

● 【Exit】Button：This key is used to exit.

● 【Select】Button；This key is used to custom the counting down parameter for programmed Fight Gone Bad timer.

● 【F1】Button：This key is used to enter into 100 Minutes counting up mode.

● 【F2】Button：This key is used to enter into 20 Minutes counting down mode.

● 【F3】Button：This key is used to enter into "Fight Gone Bad" timer mode.

● 【F4】Button：This key is used to Stopwatch mode.

● 【F5—F11】Button：This key is used to save the custom parameter.

● 【F12】Button：This key is used to activate or deactivate 10 seconds counting down in preparation time function.

● 【0—9】Button：This key is used to set the parameter data.

Please check list:

TF-ML2003

1. One (1) display timer with mounting brackets.

2. One (1) power adaptor
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 Shenzhen Huibo Industrial&Trading Co.,Ltd for assistance

Before You Begin:

ALWAYS connect/disconnect cables before power is turned on.
NEVER service without contacting an Shenzhen Huibo Industrial&Trading Co.,Ltd. Technician.
NEVER service with the power on.

OPERATION

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)
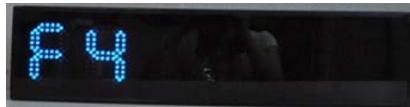
  i) Press "F4" the timer will display.

  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 as the picture above.

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. 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

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.

H2 represents the amount of time the athlete will "rest".

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 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 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.

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