



HART Interval Timer Remote Instructions



Functions

- 12/24 hr clock. Display format: HH:MM
- Interval timing for alternate work and rest periods
FF stands for working time
CC stands for rest time
PP stands for number of rounds
- Count Down Timer 99:59 to 00:00
Display format will be dn MM:SS
- Count Up Timer 00:00 to 99:59
Display format will be UP MM:SS
- Stopwatch 00:00:00 to 99:59:59
Display Format MM:SS: 1/10 1/100
- Up to 26 Programs can be saved
Numbers 0 to 9, A1 to A4, B1 to B4, C1 to C3 and D1 to D4 can all be used for saving programs,
- 10 second lead in countdown can be turned on or off.



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-  On/Off (During EDIT mode, exit from editing and return to normal function)
-  Edit
-  Moves cursor left in edit mode
-  Moves cursor right in edit mode
-  Start a timing program
-  Pause timing
-  Save the edited data
-  Enter into clock mode
-  In Clock Mode: switch between 12/24 hr display
 *During other functions this button will display the clock for 3 seconds and then return to the timing program without stopping or resetting timer.
-  Enter into alternate timing mode
-  Enter into Count Up Mode
-  Enter into Count Down mode
-  Enter into Stopwatch mode
-  Mute
-  Reset during any timing mode back to start position
-  Turn on/off the 10 sec preparation countdown, will beep once to indicate change
-  Increase or decrease numbers during edit mode. Numbers on keypad can be used for direct entry



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COUNT DOWN/UP

Example 1

20 minutes count down:

1. Press  to enter into count down mode
2. Press  for editing, either enter 2000 using number keypad or use cursor buttons and TIMER1 up down buttons to enter desired time.
3. After editing 20 00, press  save the data and exit editing
4. Press  to start 20 minutes count down.

Example 2

30 minutes count up:

1. Press  to enter into count up mode;
2. Press  for editing, after editing 30 00, press  save the data and exit editing
3. Press  to start 30 minutes count up.

INTERVAL TIMING FOR ALTERNATE WORK/REST PERIODS

1. Press  to enter into alternate timing editing.
2. Press  to enter into editing state, the screen will display FF MM:SS. Enter the work time and press  to save the data, the screen will then display CC MM SS.
3. Enter the desired rest time and press  to save the data, the screen will display PP -- 99
4. Enter the desired number of rounds and press  to save the data.
5. Press  to start the interval timing

Example

20 seconds work, 10 seconds rest for 10 rounds (Tabata training)

1. Press  to enter into alternate timing editing.
2. Press  to enter into editing state, the screen will display FF MM:SS. Enter the work time 0020 and press  to save the data, the screen will then display CC MM SS.
3. Enter the rest time of 0010 and press  to save the data, the screen will display PP -- 99
4. Enter 10 for the number of rounds and press  to save the data.
5. Press  to start the interval timing

STOPWATCH

Press  to enter stopwatch mode then use ,  and  buttons to operate.



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STORING TIMING PROGRAMS

The HART Interval Timer can store up to 26 pre-programmed timer settings.

The buttons 0 to 9, A1 to A4, B1 to B4, C1 to C3 and D1 to D4 can all be used for saving programs

In Interval, Count Down or Count Up mode, after the final  is pressed in Edit mode, press one of the storage buttons to save the program.

Example 1

Save the program of 20 minutes count down into button number 1

1. Press  to enter into count down mode
2. Press  for editing, after editing 20 00, press  save the data and exit editing
3. Press button A1 to save the setting
4. To begin the program at any time, select A1 and then press 

Example 2

Save the program of 30 minutes count up into button number E1

1. Press  to enter into count up mode;
2. Press  for editing, after editing 30 00, press  save the data and exit editing
3. Press button B1 to save the setting
4. To begin the program at any time, select B1 and then press 

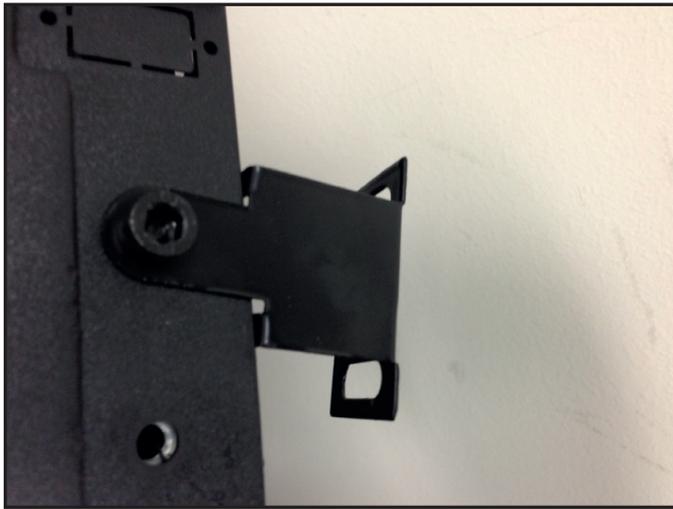
Example 3

20 seconds work, 10 seconds rest for 10 rounds (Tabata training)

1. Press  to enter into alternate timing editing.
2. Press  to enter into editing state, the screen will display FF MM:SS. Enter the work time 0020 and press  to save the data, the screen will then display CC MM SS.
3. Enter the rest time of 0010 and press  to save the data, the screen will display PP -- 99
4. Enter 10 for the number of rounds and press  to save the data.
5. Press button C1 to save the setting
6. To begin the program at any time, select C1 and then press 



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Mounting Instructions

Attach mounting brackets using a 5mm allen key as per diagram

The timer is designed to angle slightly downwards for enhanced visibility