

Instructions

To set the Count Down Timer:

On the rear of the timer:

1. Choose hours/minutes (h/m) or minutes/seconds (m/s) mode by sliding the bottom right switch.
2. Select Beep (add symbol), Flash (add symbol), and/or Vibrate (add symbol), by sliding the appropriate switches

On the front of the timer:

3. Set the time by pressing h/m and/or m/s
Note: If you selected m/s on the back in step #2 then the h/m button on the front sets the minutes and the m/s button sets the seconds. If you selected the h/m on the back in step #2 then the h/m button on the front sets the hours and the m/s button sets the minutes.
4. Press START/STOP button to begin count down
5. To stop the count down, press START/STOP again
6. To clear display, press both h/m and m/s buttons simultaneously

To set the Count up timer (Stop Watch):

On the rear of the timer:

1. Choose hours/minutes (h/m) or minutes/seconds (m/s) mode by sliding the bottom right switch.
2. Select Beep (add symbol), Flash (add symbol), and/or Vibrate (add symbol), by sliding the appropriate switches

On the front of the timer:

3. Press START/STOP button to begin count down
4. To stop the count down, press START/STOP again
5. To clear display, press both h/m and m/s buttons simultaneously