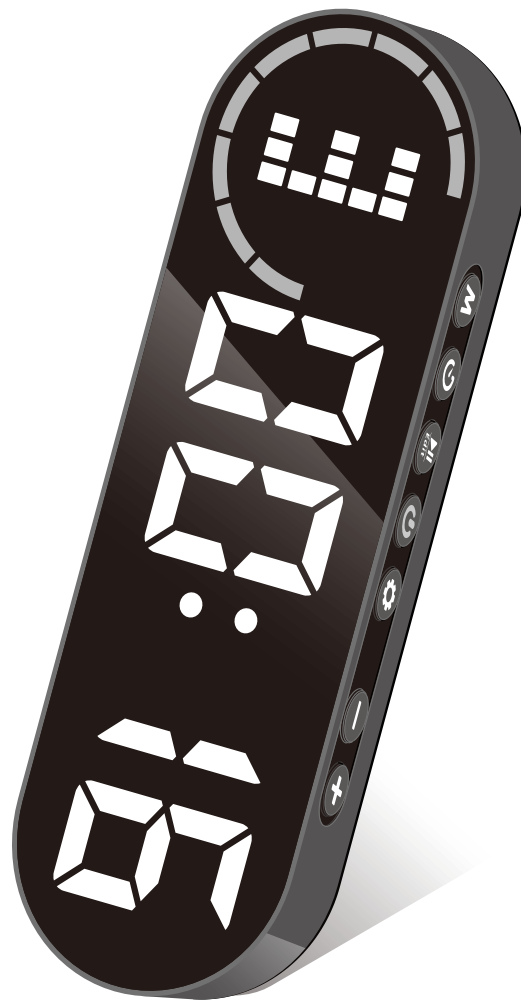


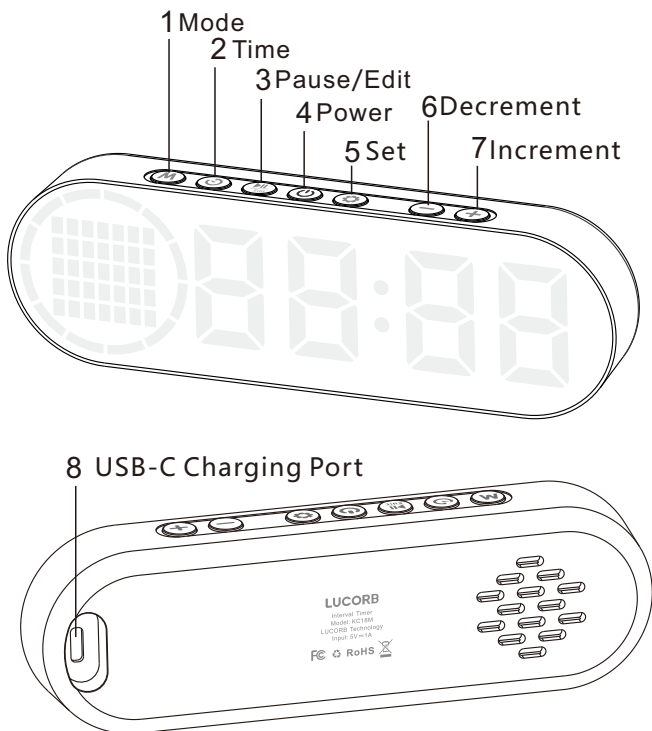
Welcome Guide

Interval workout timer



Thank you for purchasing LUCORB workout timer.
This manual addresses product features, operating
instructions, FAQs and warranty...
Please review this manual thoroughly before
operating your device.

Getting to Know Your workout time



Basic Specifications

Dimensions(L*W*H):

160 x 23.5 x 50mm/6.29 x 0.9 x 1.96 inch

Digital Height: 1.2 inch

Weight: 125g

Housing Material: ABS

Input: 5V-1A

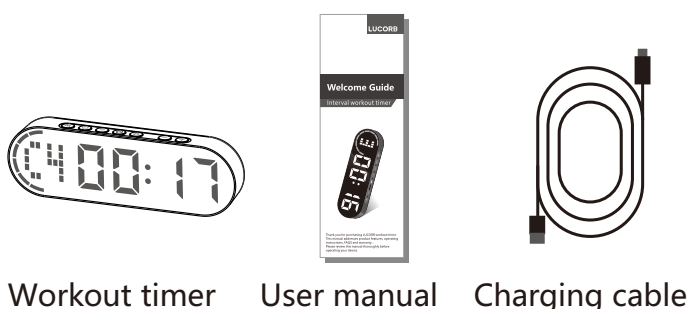
Battery Type: Lithium-Ion Polymer

Capacity: 2000 mAh - 3.7V

Running Time: 20 hours

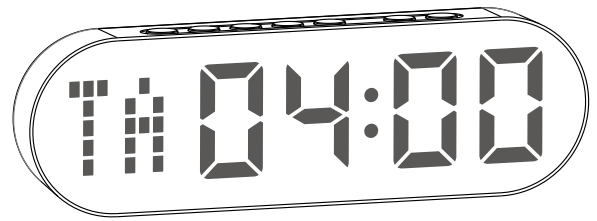
Operating Temp: 10-60 °C / 50-140 °F

What's in the box



Function Introduction

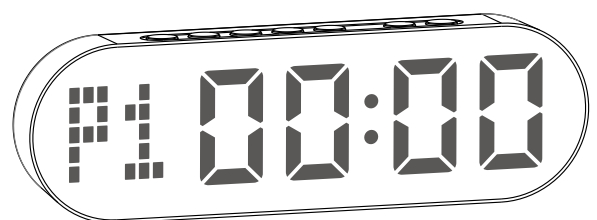
1. **M** Mode



7 preset interval programs:

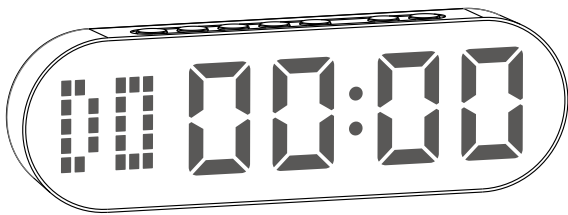
- TA TABATA:**
8 rounds, work 20s, rest 10s.
- MT MIIT:**
15 rounds, work 30s, rest 10s,
- E1 EMOM 1:**
20 rounds, work 1min, rest 0s,
- E2 EMOM 2:**
20 rounds, work 1min 30s, rest 1min,
- FB FGB1:**
5 rounds, work 5min, rest 1min,
- Fb FGB2:**
3 rounds, work 5min, rest 1min,
- HT HIIT:**
15 rounds, work 45s, rest 15s,

9 customize interval programs: P1-P9



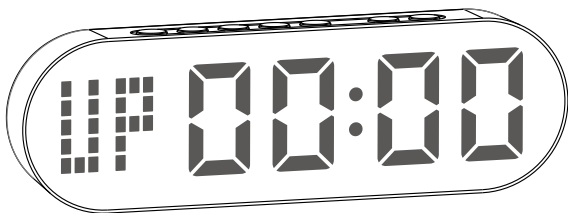
Each programmable plan is up to 9 interval periods (F1-F9) to (C1-C9)

2. Time



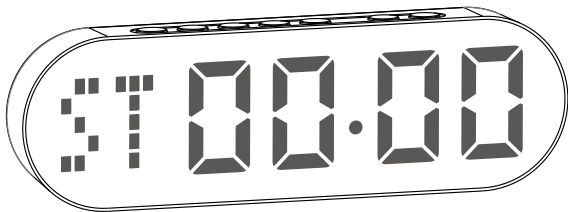
Countdown Time

Countdown time(min:sec):
99: 59- 00:00



Count up Time

Count up time (min:sec):
00: 00- 99:59



Chronograph(stopwatch)

Stopwatch(min:sec.ms):
00:00.00- 99:59.99

3. Pause/Edit

Start/Pause/Reset(clear)/Edit

4. Power

Long press  for 2 sec to turn ON/OFF
Press once to check the level of battery left

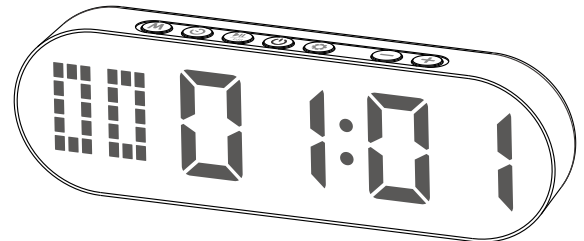
Tips: If this timer doesn't enter any working mode, it will turn off in 5 minutes. If you just use it as a clock, please plug in the charging cable, it will not turn off.

5. Settings

Adjust the clock

Please adjust the clock time, date and year before initial use to ensure the correct format of the alarm clock is set in the future.

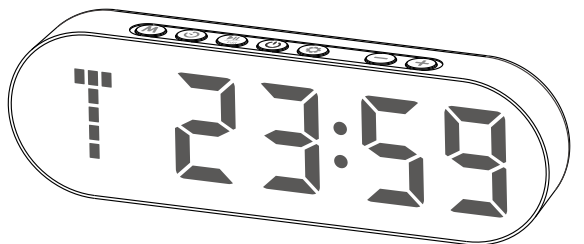
Short press  to :



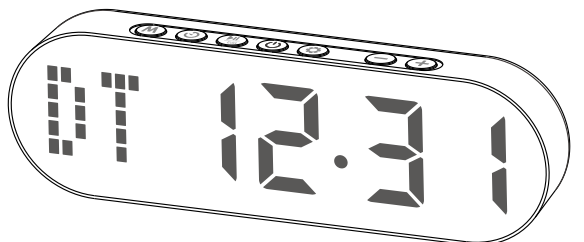
Long press  until the 'hour' digits flashing

1: Press  or  to add or decrease value

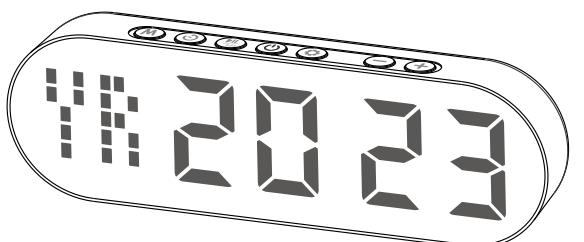
2: Press  once to accept and advance, 'Minute' digit will flash



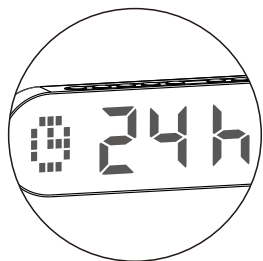
Repeat step 1 and 2 to adjust 'Minute' - 'Date' - 'Year'



Long press  to save current setting



Tips: Press and hold  or  for digits increase and decrease rapidly

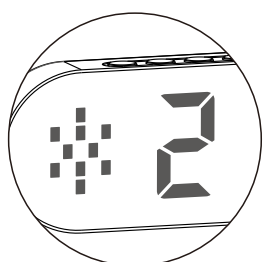


Clock Format

24 hour format

12 hour format

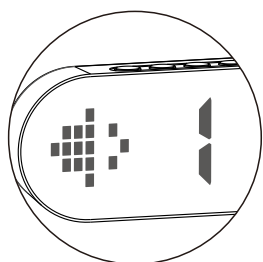
Press **+** or **-** to change



Brightness

Brightness adjustable 1-4

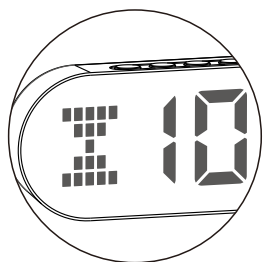
Press **+** or **-** to adjust



Volume

Volume adjustable 1-4
and OFF position

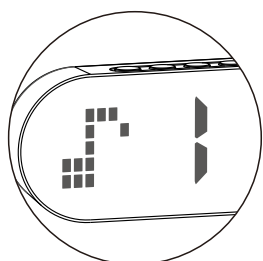
Press **+** or **-** to adjust



Preparation time

adjustable 0-99 sec

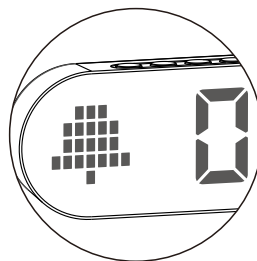
Press **+** or **-** to adjust



Optional Prompt sound

types: 1-3

Press **+** or **-** to select



Alarm Clock

2 alarm types:

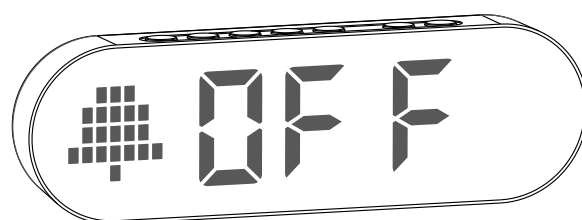
daily alarm: 7

weekday alarm: 5

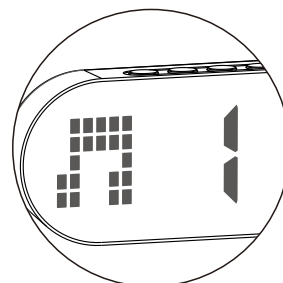
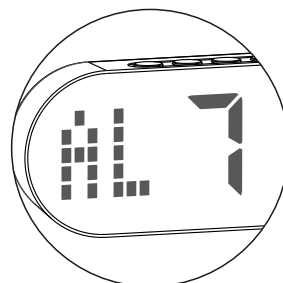
2 alarm chimes:

chime 1, chime 2

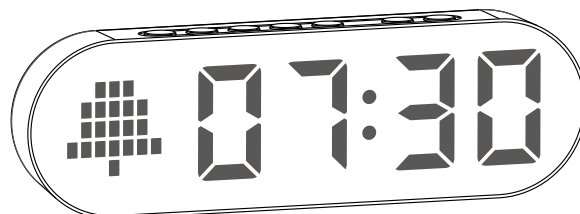
Set an Alarm Clock



Long press **⚙** to enter the edit page,
1: Press **+** or **-** to add or decrease value
2: Press **⚙** once to accept and advance
Repeat step 1 and 2 to set the time -> alarm
type->alarm chime

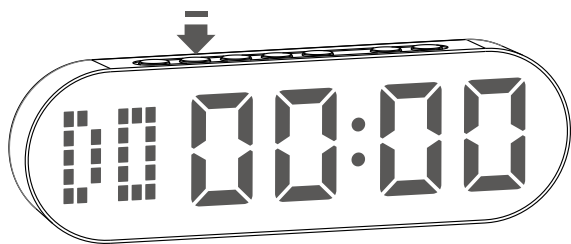


Long press **⚙** to save current setting.



Tips: Pay attention to the format of
the alarm clock is 24H.

Start Your Countdown Time



Short press to 'DO'

Long press to enter the edit page:

1: Press or to adjust 'minute' value

2: Press once to accept and advance,

Repeat step 1 and 2 to adjust 'second' value

Long press to save

In addition:

Shortcut key(only for minute format)

1: Short press to 'DO'

2: Press or to adjust 'minute' value

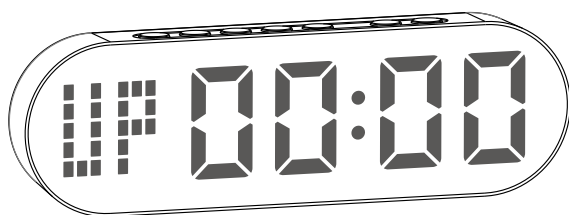
Short press to start or pause

Long press to reset

Tips: Countdown time from 99:59 to 00:00.

When timer is already running, it continues to run if you exit mode.

Start Your Count up Time



Short press to 'UP'

Short press to start or pause

Long press to reset(clear) 00:00

count up time limit founction:

Short press to 'UP'

Long press to enter the edit page

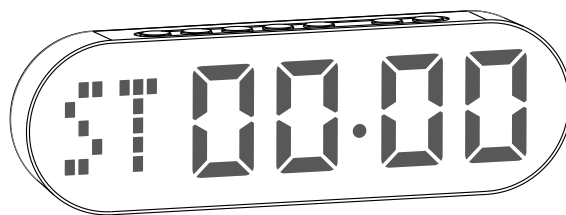
Press or to set the upper limit of time

Long press to save

Tips: Count up time from 00:00 to 99:59.

When timer is already running, it continues to run if you exit mode.

Start Your Stopwatch



Short press to 'ST'

Short press to start of pause

Long press to reset(clear) 00:00.00

Tips: Stopwatch time from 00:00.00 to 99:59.99. When timer is already running, it continues to run if you exit mode.

Split Time Function

While stopwatch is running

press once to take a split,

press again to take second lap...

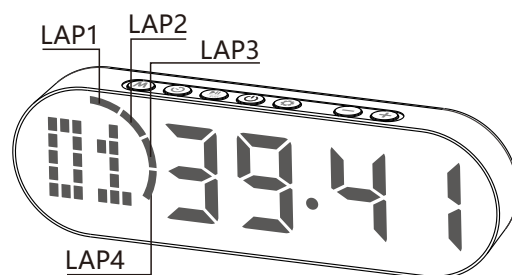
Laps and split times(up to 12 records) will be stored in memory

press to stop split time

will be displayed with blue ring indicator.

Long press for 2 sec to reset(clear)

Press or to recall records,split times



LAP1=2.65	LAP2=4.20	LAP3=8.70	LAP4=1:23.86
SPLIT1=2.65			
	SPLIT 2 = 6.85		
		SPLIT3 = 15.55	
			SPLIT 4 = 1:39.41

Tips: When split times up to 12 records, you need to reset(clear) the records for a new lap and split time.

Start Your Preset Workout Training

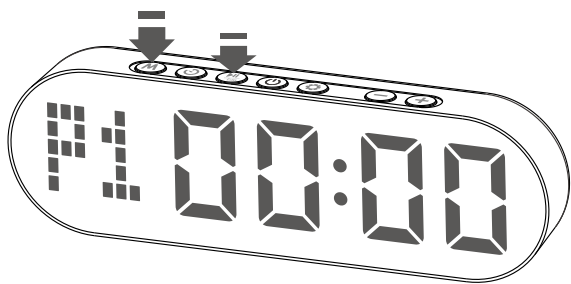
Short press to choose mode

Long press to run

Short press to pause or resume

Long press to restart

Start Your Customize Interval Training

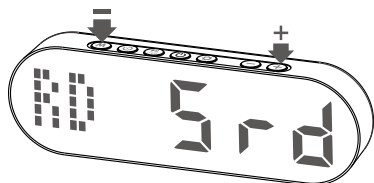


A If you just need one group of Work(F)-to-Rest(C) periods:(e.g. Work 1min 30 sec, Rest 45 sec, repeat 5 round)

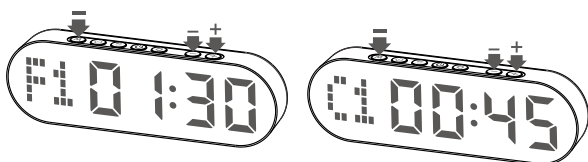
Short press **M** to 'P1 '

Short press **⏮** to enter edit page, 'round' digits flashing

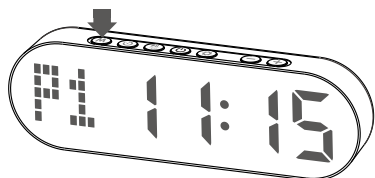
1: Press **+** or **-** to add value: 5



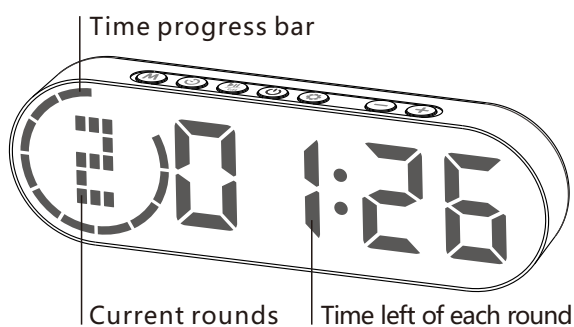
2: Press **M** once to accept and advance, Repeat step 1 and 2, set Work(F1) time to 1:30, set Rest(C1) time to 00:45



Long press **M** for 2 sec to save setting to P1. Now the screen display the total time: P1: 11 min 15 sec



Long press **M** for 2 sec to running P1



B If you need a set of different work(F)-to-rest(C) periods: (e.g. work(F1) 40sec, rest(C1) 10sec, and then work(F2) 50sec, rest(C2)15S; repeat 8 rounds)

Short press **M** to 'P2'

Short press **⏮** to enter edit page, 'round' digits flashing

1: Press **+** or **-** to add value: 8



2: Press **M** once to accept and advance, Repeat step 2 and 1, set Work (F1) time: 'second' to 40

Rest (C1) time time: 'second' to 10



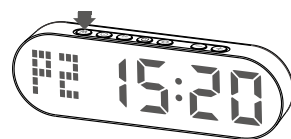
Repeat step 2 and 1, set Work (F2) time: 'second' to 50
Rest (C2) time: 'second' to 15



Long press **M** for 2 sec to save setting to P2. Now the screen display the total time:

P2: 15 min 20 sec

Long press **M** for 2 sec to running P2



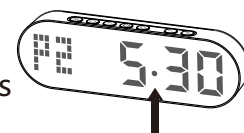
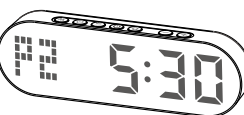
NOTE

By default, the display format is mm:ss

(e.g. 5:30 means 5 min

and 30 sec). If you program total time more than 99 minutes and 59 seconds, it will change the display format to hh.mm

(e.g. 5.30 means 5 hours and 30 minutes).



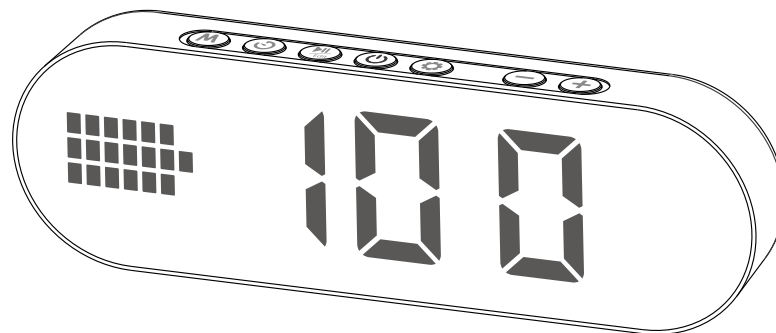
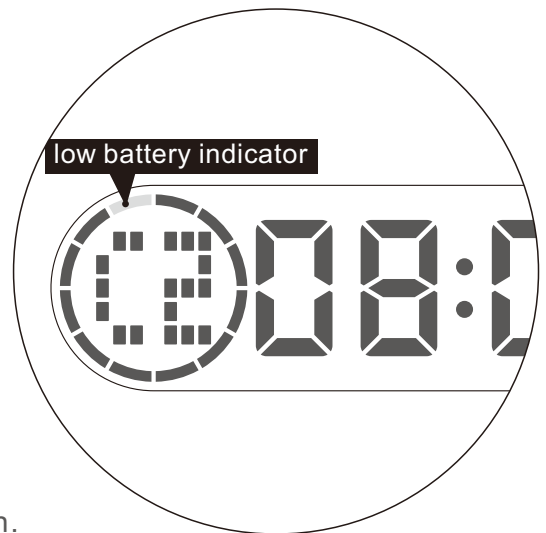
Tips: The total time of each set of programmable plan is up to 99 hours 59 minutes.

Charging your timer

LUCORB workout timer has a low battery indicator, when the battery level <10% the 12th blue ring led flashing, shows the battery needs recharging. Please use the provided USB-C Cable, plug USB-C connector in to LUCORB timer, plug in USB port to a UL-certified USB wall charger for charging.

While charging, there is a battery progress bar on the screen, remove the timer from the power supply once fully charged.

Tips: LUCORB timer can also operate when plugged in.



Warranty

LUCORB Workout Timer is covered by a 12-month limited warranty for manufacturer's defects and faults. The warranty does not cover normal wear and tear or cosmetic damage, not cover negligent or improper use, alteration, mishandling, self-repair, poor maintenance, water damage or incorrect storage.

Customer Service

For more information, troubleshooting, warranty and replacement information, please contact us by following Email address: www.luxorb@outlook.com

Please contact us for any other questions.