

# 700\*150MM 折后中 100\*150MM

## ANJANK CT008A User Manual



**1 Year Warranty**  
Any question? Please Email us at  
[customer01@kerchanstar.com](mailto:customer01@kerchanstar.com)

Thank you for purchasing ANJANK Interval Timer! To ensure the best possible product performance, please read this instructions in its entirety and retain it for future reference.

**Power Specifications**  
AC100-240V, 50-60Hz, Class 2


**Instructional Video**

Please scan the QR code here to access the instructional video of this product.  
[https://youtu.be/MMIHA-Mor\\_U](https://youtu.be/MMIHA-Mor_U)



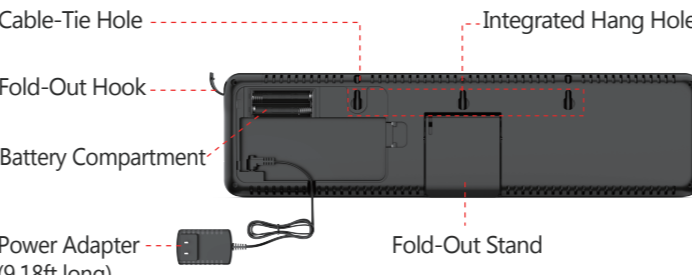
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**Front View**




10S Prep Time  
Sound On/Off  
Stopwatch

**Back View**



Cable-Tie Hole  
Integrated Hang Holes  
Fold-Out Hook  
Battery Compartment  
Power Adapter (9.18ft long)  
Fold-Out Stand

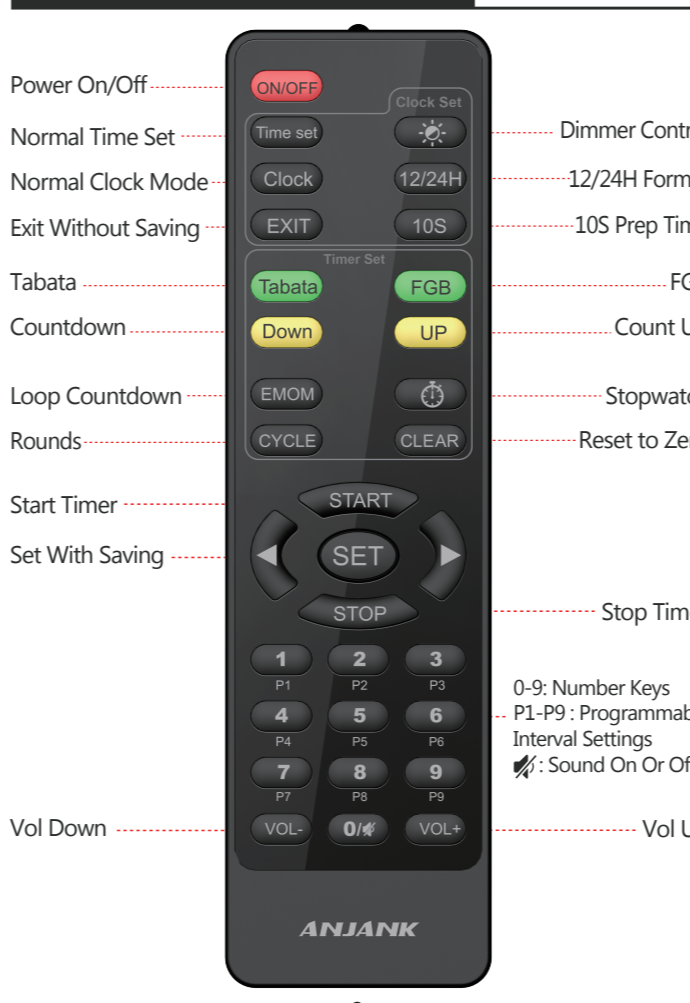
**Right And Bottom View**



USB-C Input (5V)  
Screw Hole (use to support tripod)

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**Remote Control Button Function**



Power On/Off  
Normal Time Set  
Normal Clock Mode  
Exit Without Saving  
Tabata  
Countdown  
Loop Countdown  
Rounds  
Start Timer  
Set With Saving  
Vol Down

Dimmer Control  
12/24H Format  
10S Prep Time  
FGB  
Count Up  
Stopwatch  
Reset to Zero  
Stop Timer  
0-9: Number Keys  
P1-P9: Programmable Interval Settings  
Sound On Or Off  
Vol Up

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**Gym Timer Main Function Introduction**

1	<b>Tabata (F1 00:20, C1 00:10)</b> Preset 20S workout, 10S rest, repeat 8 times
2	<b>FGB (F1 05:00, C1 01:00)</b> Preset 5 minutes workout, 1 minute rest, repeat 3 times
3	<b>Countdown (dn MM:SS)</b> Count down from target time to 00:00, Max: 99:59
4	<b>Count Up (UP MM:SS)</b> Count up from 00:00 to target time, Max: 99:59
5	<b>EMOM (dn MM:SS)</b> Count down from target time to 00:00 and then repeat this process, Max: 99:59
6	<b>Stopwatch (MM SS:MS)</b> Count up from 00 00:00 to 99 59:99
7	<b>Custom Interval Mode (Fn MM:SS, Cn MM:SS)</b> 9 custom interval time programs: P1-P9 Each interval time program contains workout time: F1-F9, rest time: C1-C9, Max count time: 99:59, Max rounds: 99

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**Getting Started**

**1. Install or Replace Backup Batteries**  
Remove the battery compartment cover of the clock and remote control. Insert 2\*AAA (Not included) batteries into the battery compartment of the clock and remote control.

**Notice:**  
The timer's batteries are only used to maintain the time and settings in the event of a power outage. Under the battery power, the display will go blank.

**2. Plug in Power Adapter**  
Plug the power adapter into a power outlet.

**Clock Part**

**1. Time Set**

- In Clock Mode, press "Time set" button to enter HOUR setting. HOUR digits will flash. Press "◀" or "▶" button to advance to the correct hour.
- Press "Time set" button to confirm and enter MINUTE setting. MINUTE digits will flash, press "◀" or "▶" button to advance to the correct minute.
- Press "Time set" button again to confirm and exit from the normal time set mode.

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**2. Clock Normal Clock Mode**  
Press "Clock" button to return to normal clock mode.

**3. EXIT EXIT**  
Press "EXIT" button to not save.

**4. Brightness Control**  
Press "☼" button to adjust 5 levels brightness of the display (Full, High, Medium, Low, Dark).

**5. Switch Time Format**  
In Clock Mode, press "12/24H" button to switch between 12 and 24 hour mode.

**Notice:**  
When using the 12-hour time format, AM/PM icon will appear to suggest morning/afternoon time.

**6. Volume Control**  
Press "VOL -" or "VOL +" button to select the volume level (1-12 adjustable).

**10S Preparation Time**

Press "10S" button to turn on or off the 10s preparation time before using timer (Tabata/FGB/Down/UP/EMOM/P1-P9). "10S" icon will be displayed on the screen when turned on.

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**Clear Function**

Press "CLEAR" button to reset the data(Down/UP/EMOM/P1-P9) to zero. Eg, if you want to clear countdown mode that you set, just press "Down", then press "CLEAR".

**Sound On/Off**

Press "☼" button to sound on or off. When the sound is off, "☼" icon will appear on the screen.

**Notice:**  
When the sound is on, timer will have the sound prompts below:  
1. Beeping THREE Times in the last 3 seconds, if you activate 10S prep time function.  
2. Beeping ONE time to indicate the workout time is over and THREE Times in the last 3 seconds to indicate the rest time is over.

**Tabata (F1 00:20, C1 00:10)**

- Press "Tabata" button to enter Tabata mode, screen shows "F1 00:20".
- Press "START" button to start.

**Notice:**

- "F" means "workout", "C" means "rest". For example, the letter F1 represents the 1st time of exercise, C1 represents the 1st time of rest and so on.
- Tabata mode: Preset 20 seconds workout, 10 seconds rest, repeat 8 times.
- Screen displays "F8: 00: 00" to indicate the end of Tabata.

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**FGB (F1 05:00, C1 01:00)**

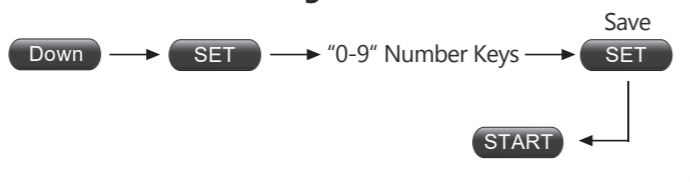
- Press "FGB" button to enter FGB mode, screen shows "F1 05:00".
- Press "START" button to start.

**Notice:**

- FGB mode: Preset 5 minutes workout, 1 minute rest, repeat 3 times.
- Screen displays "F3: 00: 00" to indicate the end of FGB.

**DOWN(Countdown)**

**The countdown setting order is follows:**



**DOWN(Countdown)**

- Press "DOWN" button to enter countdown mode, screen shows "dn: 00:00".
- Press "SET" button to enter setting. The first digit will flash on the display.
- Use "0-9" number keys to input the countdown time.
- Press "SET" button to save.
- Press "START" button to start.

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**UP(Count-up)**

The count-up has 2 ways to use:

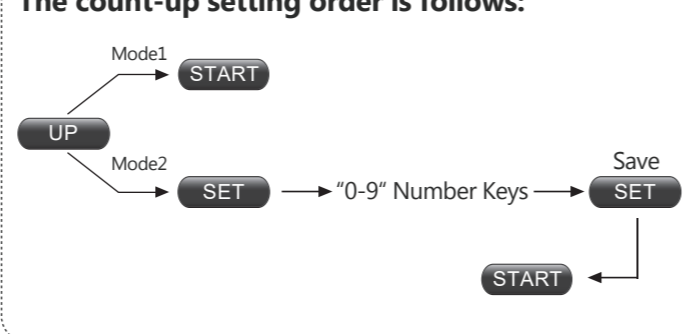
Mode 1:

- Press "UP" button to enter count-up mode, screen shows "UP: 00:00".
- Press "START" button to start.

Mode 2:

- Press "UP" button to enter count-up mode.
- Press "SET" button to enter setting.
- Use "0-9" number keys to input the count-up time.
- Press "SET" button to save.
- Press "START" button to start.

**The count-up setting order is follows:**

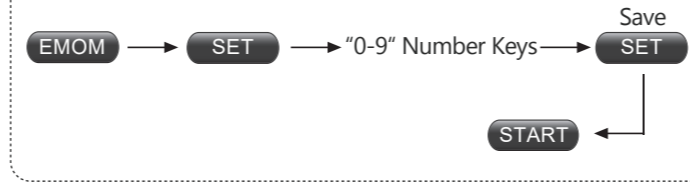


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**EMOM (Loop Countdown)**

EMOM and DOWN are set in the same way

**The loop countdown setting order is follows:**



- Press "EMOM" button to enter loop countdown mode.
- Press "SET" button to enter setting.
- Use "0-9" number keys to input the loop countdown time.
- Press "SET" button to save.
- Press "START" button to start.

**Stopwatch**

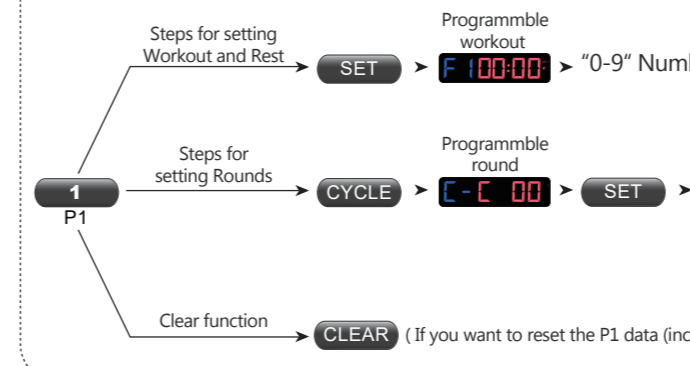
- Press "⌚" button to enter stopwatch mode, screen shows "00 00:00" and "⌚" icon.
- Press "START" button to start.

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**P1-P9 Custom Interval Setting**

This timer has 9 custom interval timers(P1-P9). They are set in the same way. Let's take the P1 as the example.

**The P1 setting order is follows:**



**1. Custom Workout and Rest Time Setting**

- Press "P1" button to enter P1, screen shows "P1".
- Press "SET" button to enter setting. Screen shows "F1 00:00" and the first digit flashes.
- Use "0-9" number keys to input the workout time of F1.
- Press "▶" or "◀" to switch to the next step to be set C1, F2, C2 and so on (you can set up to 9 times workout, 9 times rest).
- Press "SET" button to save when finished.

**2. Custom Round Setting**

- Press "P1" button (if already in P1 mode, no need to press "P1").
- Press "CYCLE" button. Screen shows "C-C 00".
- Press "SET" button to enter setting.
- Use "0-9" number keys to input the rounds.
- Press "SET" button to save.

**3. Clear**

- Press "P1" button (if already in P1 mode, no need to press "P1").
- Press "CLEAR" button to reset the data.

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**USB-C Function**

The timer comes with a USB-C interface, allowing you hook up a power bank via the USB slot easily make it work.

**Warranty**

ANJANK backs 45-day money back and one year warranty. Any question? Please contact our friendly customer service team through support: [customer01@kerchanstar.com](mailto:customer01@kerchanstar.com), we will work hard to put a smile on your face within 24 hours.

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