



Interval Gym Timer

USER MANUAL

VER-TIM-001



DIGITS	POWER	MOUNTING
6	100 to 240V AC	Wall or Desk

Safety Information.

CAUTION: RISK OF INJURY OR PROPERTY DAMAGE

1. Electrical safety. This is a mains powered device. Only use the AC/DC adapter supplied in the box. It accepts 100 to 240V, 50/60Hz, so it works on Australian power without a converter. Never plug it into a shared power board or multi socket adapter, and never substitute a third party adapter.

2. Keep it dry. Do not use the timer, the adapter or the remote in a damp environment, and do not let water reach any part of the system.

3. Operating temperature. Use the timer between minus 20°C and plus 65°C only. Outside that range the unit can be damaged.

4. Remote batteries. If the remote will sit unused for a long stretch, take the two AAA batteries out to stop them damaging the battery housing.

5. Mounting. The timer can sit on a desk or shelf, or be fixed to a wall with the included brackets. Check the wall and fixings can carry the weight before you mount it.

6. Training safety. Talk to a health professional before starting any exercise program and train under proper supervision. Over training raises the risk of injury.

BEFORE YOU START

Read this manual in full before plugging the timer in.

This product is for training use. It is not a medical device.

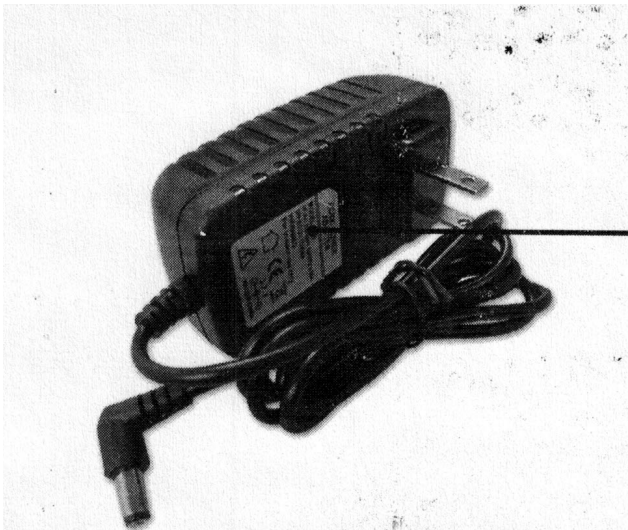
Keep the unit and remote out of reach of children.

Need help? Contact support@vervefitness.com or visit vervefitness.com/support

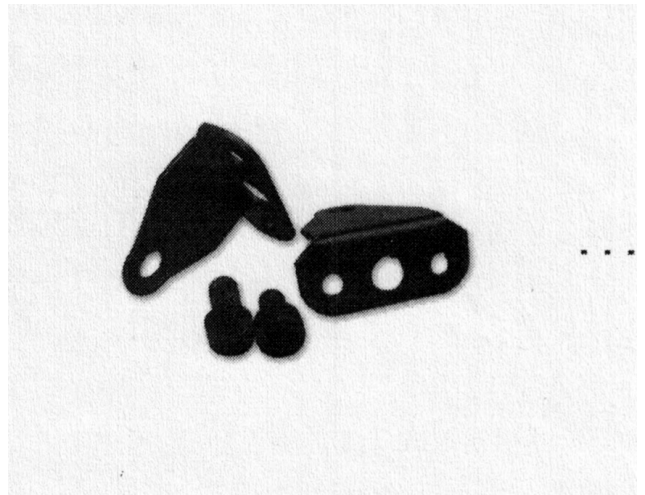
What's In The Box.

Check every item against the list below before you set up. If anything is missing or damaged, contact VERVE support before you begin.

- **Timer unit** ×1, 6 digit LED display, metal exterior, tinted screen panel
- **AC/DC power adapter** ×1, input 100 to 240V AC, 50/60Hz, output 12V DC
- **Wall mounting brackets** ×1 set, with fixing hardware
- **Remote control** ×1
- **AAA batteries** ×2, for the remote



AC/DC power adapter



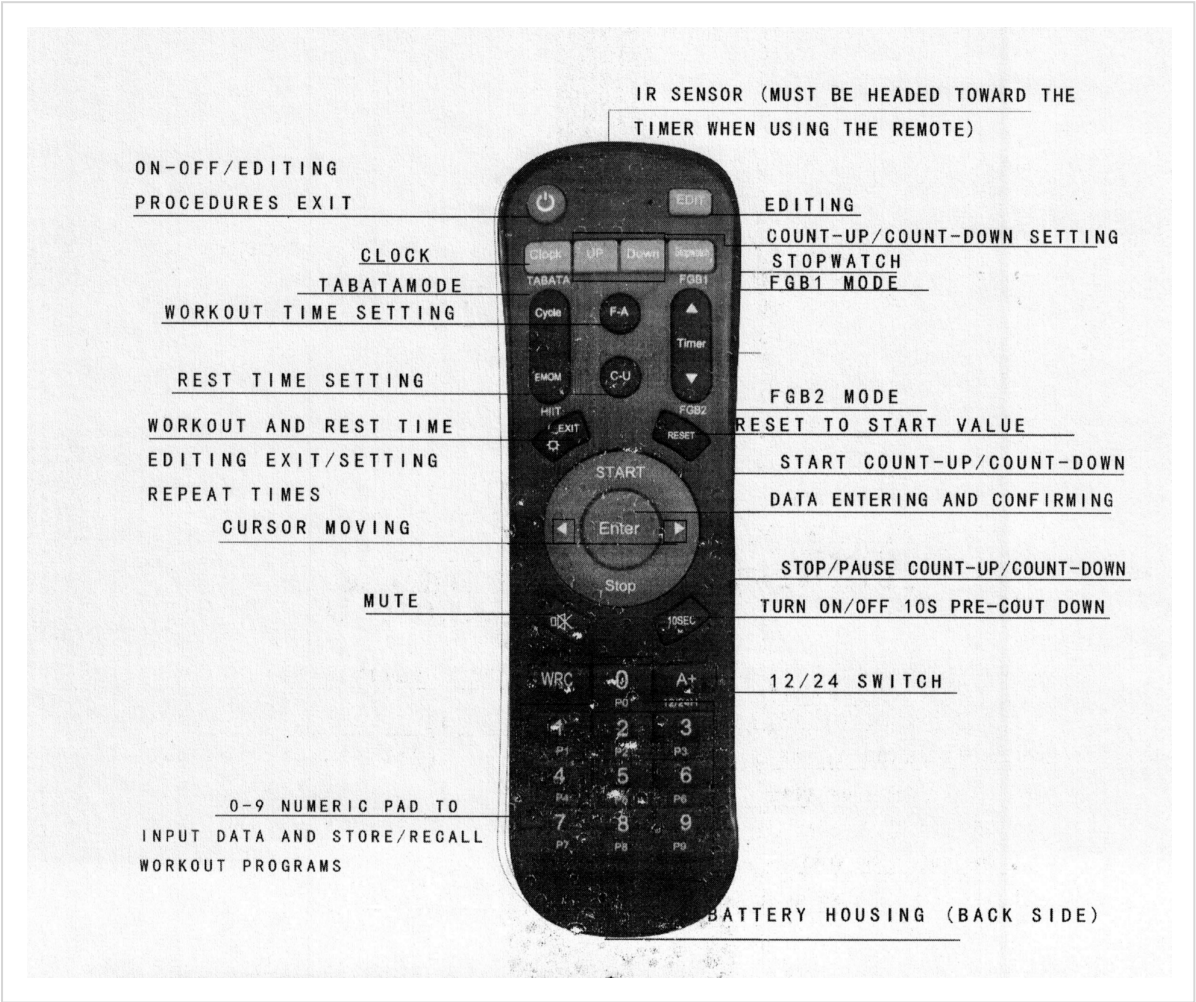
Wall mounting brackets and hardware

NOTE

The timer unit itself has no buttons beyond its power input and infrared sensor. Every setting, mode and program is controlled from the remote. See the next page.

Console & Remote Control.

Every function is operated from the remote. Point the top of the remote (the IR sensor) at the timer whenever you press a button.



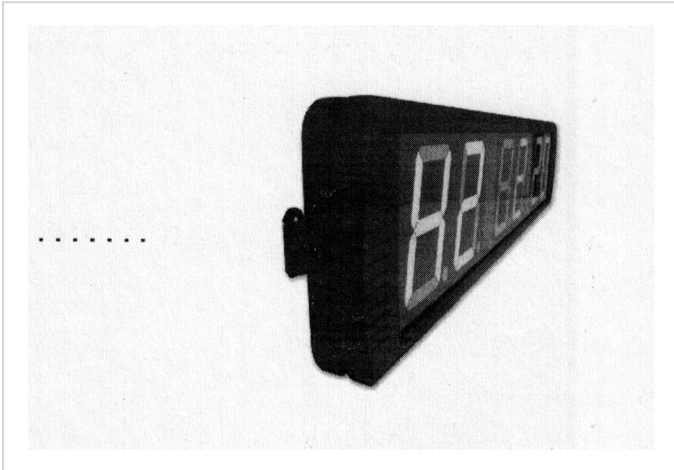
Remote control layout

The **WRC** and **A+** keys are printed on the remote but their function is not documented by the manufacturer beyond the 12/24 hour switch marked next to A+. Treat any other function as unconfirmed and check with VERVE support before relying on it.

Setup.

Unpacking & placement

Unpack all items and decide whether the timer will sit on a desk or shelf, or be fixed to a wall. For a wall fitting, use the included brackets and confirm the wall and fixings can carry the unit's weight before you drill.



Bracket fitted to the side of the timer

Power

Plug the DC connector into the power input on the back of the timer, then plug the adapter straight into a wall outlet. Do not run it through a shared power board, and do not substitute a different adapter.

Remote batteries

Open the battery housing on the back of the remote and fit the two AAA batteries provided.

Turning it on

Press the power button on the remote, aimed at the timer. The timer beeps briefly when it powers on and off. That is a normal bootstrap and shutdown signal, not a fault. It defaults to Clock mode, showing something like **H1 00:00**.

PAIRING THE REMOTE [2.4G MODELS ONLY]

Some remotes can run on 2.4G wireless instead of infrared. If your remote supports it: within 15 seconds of powering on, press and hold **EXIT** and **10SEC** together for more than 3 seconds, then release once the remote's light flashes and goes out.

To go back to standard infrared, press and hold **MUTE** and **RESET** together for more than 3 seconds until the light flashes and goes out. If your remote is infrared only, you can skip this step.

Operating Instructions.

CLOCK, STOPWATCH & COUNT-UP/DOWN

Setting the clock

The clock is the default screen after power on, shown as **H1 00:00** or **H2 00:00**. Press **EDIT**, type the current time on the number pad, then press **Enter** to save. H1 is 24 hour format, H2 is 12 hour format; the **A+ / 12/24H** button switches between them.

Stopwatch

Press **Stopwatch** to enter stopwatch mode, shown as 00 00:00. Press **Start** to begin or resume after a pause, **Stop** to pause, and **Reset** to return to zero. Range is 00:00:00 to 99:59:99 (minutes, seconds, hundredths).

Count-up / count-down

Press **UP** for count-up mode or **Down** for countdown. Press **EDIT**, enter the time, then **Enter** to save, then **Start** to run it. Range is 00:00 to 99:59 (minutes, seconds).

Example, 30 minute count-up: press UP, press EDIT, type 3000, press Enter, press Start.

Example, 20 minute countdown: press Down, press EDIT, type 2000, press Enter, press Start.

GENERAL EDITING RULE

On any editing screen the blinking digit marks the cursor. Type straight over it with the number pad, use the left/right arrows to move the cursor, and press Enter to save. Press the power button at any time to exit editing.

Operating Instructions.

INTERVAL TRAINING & CUSTOM PROGRAMS

Quick interval (Cycle) mode

Press **Cycle** to set the work interval and **EMOM** to set the rest interval, using EDIT and Enter as above for each. Press **EXIT** to set the number of rounds. Press **Start** to run it.

Tabata & Fight Gone Bad presets

Press the matching button to load a ready made program:

PRESET	BUTTON	WORK	REST	ROUNDS
Tabata	Clock / TABATA	20 sec	10 sec	8
FGB1	Stopwatch / FGB1	5 min	1 min	5
FGB2	Timer ▼ / FGB2	5 min	1 min	3

Custom multi-round programs (P0 to P9)

Store up to ten of your own interval programs using the numbered keys as program slots:

1. Press a number key (0 to 9) to open that program slot, shown as P0 to P9.
2. Press **F-A** to edit the first work interval (shows F1), type the time, press Enter.
3. Press **C-U** to edit the first rest interval (shows c1), type the time, press Enter.
4. Press F-A again for the second work interval, C-U again for the second rest interval, and repeat for further rounds.
5. Press **EXIT** to set the round count, then Enter to save and finish editing.
6. Press **Start** to run the program. Recall any saved program by pressing its number key again.

WORKED EXAMPLE: PROGRAM 1

Work 20 sec, rest 18 sec, work 15 sec, rest 12 sec, 3 rounds: press 1, F-A, 0020, Enter, C-U, 0018, Enter, F-A, 0015, Enter, C-U, 0012, Enter, EXIT, 03, Enter, then Start.

Care & Maintenance.

Cleaning

Wipe the timer housing and remote with a dry or barely damp cloth. Do not use harsh soaps, solvents or aggressive cleaning products; they can damage the housing and display, and will void the warranty.

New unit smell

A new unit can carry a faint smell from factory sealing. This is normal and fades once the timer has had some time in the open air.

Batteries

Take the AAA batteries out of the remote if it will not be used for an extended period, to stop them leaking or corroding the housing.

Spare parts

Use only original VERVE parts and the original AC adapter. Damage caused by third party parts is not covered under warranty.

STORAGE & ENVIRONMENT

Operating range: minus 20°C to plus 65°C.

Keep the timer, adapter and remote dry at all times.

Troubleshooting & FAQ.

ISSUE	LIKELY CAUSE	WHAT TO DO
Timer beeps when plugged in or switched off	Normal bootstrap / shutdown signal	No action needed, this is expected.
Remote does not respond	IR sensor not aimed at the timer, flat batteries, or wrong pairing mode	Point the top of the remote at the timer, replace the 2 AAA batteries, or re-pair per page 5 if using a 2.4G remote.
Wrong time format shown	Clock set to H1 (24h) instead of H2 (12h), or vice versa	Press the A+ / 12/24H button, then re-enter the time with EDIT.
A saved program will not recall correctly	A work, rest or round value was not confirmed with Enter	Redo the program from step 1 on page 7, pressing Enter after every value.

This unit does not use fault or error codes. If the display stays blank after checking the adapter and the wall outlet, contact VERVE support.

Frequently asked questions.

Can I use it on a desk instead of mounting it?

Yes. The timer can be set on a desk or shelf, or fixed to a wall with the included brackets.

What do TABATA, FGB1 and FGB2 mean?

They are built in interval presets. See page 7 for the work, rest and round breakdown of each.

Does the timer itself need batteries?

No. Only the remote does (2 x AAA). The timer runs from the included AC adapter.

NEED HELP?

Missing parts, damaged components or setup questions, we'll sort it fast.

Contact support@vervefitness.com or visit vervefitness.com/support