



# — Q20 USER MANUAL



Q20



Back



Mode Set Enter

Reset Stop Start

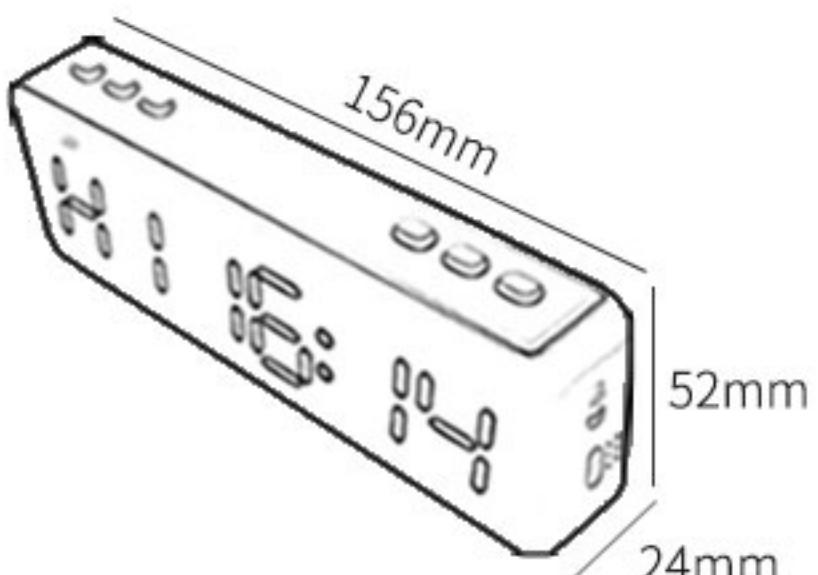
Function indication light

Charge indicator



Charge indicator--

- The light stays on when charging
- The light flashes when the battery is low
- Turns off when full



# SAFETY WARNING

Before using the timer , please read the user manual and the safety warnings first

	Dangers leading to death or serious injury		Means which is prohibited to do
	Dangers leading to physical or mental harm		Means which is executed

1. It is recommended to use the original battery to avoid fire, explosion, or other hazards.
-  2. Some items(or parts of them ) might be smelly when took out from the package due to the long stey in the sealed package. It has to be considered normal and the smell will fade by keeping the products exposed to the air.
-  3. Do not use harsh soaps or aggressive cleaning products to wash the timer
4. Operation Temperature: From -20°C to +60°C. If the environment is out of such temperature range, will lead to the warranty invalid .
-  5. The charging time should not exceed 8 hours, otherwise it will cause the product to overheat and damage. If it is not used for a long time, please turn off the power and charge it once a month
-  6. International practice recognizes that we have no responsibility or obligation to bear the accident and property damage caused by the incorrect use of the product.

# Function

- CLOCK---12/24h format HH:MM.
- MIIT---1min workout,1min rest,99rounds.
- HIIT---30s workout,30s rest,99rounds.
- TABATA---20s workout,10s rest,8rounds.
- EMOM1---5mins workout,1min rest,5rounds.
- EMOM2---5mins workout,1min rest,3rounds.
- FGB1---1min workout,no rest,17rounds.
- FGB2---1min 30s workout,1min rest,17rounds.
- WRC---10 groups of customize program.
- UP---MM:SS format,00:00 to 99:59.
- DOWN---MM:SS format,99:59 to 00:00.
- Stopwatch--- MM:SS:ss(1/10s)(1/100s)format,  
00:00:00 to 99:59:99.

## 【Button Description】

Mode: Switch mode

Set: Enter the editing state

Enter: save the data edited

Reset/->: Time reset /cursor moves (editing state)

Stop/+: Pause / +1(editing state)

Start/-: Start / -1 (editing state)

# General settings

## 【General editing】

- 1: Power on , press **Mode** to switch to CLOCK mode, which displays as 00:00.

Note: when the power is plugged ON/OFF, the timer will beep for a while. That is a normal signal of system bootstrap and shut-down.

- 2: Press **Set** to enter the editing state.

(flashing numbers can be edited)

Clock setting--the screen displays such as H1 00:00.

Press **Set** to enter editing, press **→** move the cursor, press **+** or **-** to modify time, press **Enter** to save the edited value.(H1 stands for 24-hour format and H2 stands for 12-hour format. 12/24H format can be switched by **+ / -Stop** key)

## 【Count up/down setting】

e.g.---30 minutes Count up

- Press **Mode** to switch to UP mode,Display UP 00:00.
- Press **Set** to enter editing, press **→** to move the cursor ,press **+** or **-** to modify the time as UP 30 :00, and press **Enter** to save the data.

Note: after saving the data, the display will reset to zero (The value set is the maximum value of Count up).

- Press **start** to start the 30 minutes count up.

e.g.---20 minutes Count up

Press **Mode** to switch to Down mode ,display dn 00:00.

# General settings

- Press **Set** to enter editing, press **→** to move the cursor, press **+** or **-** to modify the time as dn 20:00, and press **Enter** to save the data.
- Press **Start** to start the 20 minutes countdown

## 【WRC workout+rest time interval setting】

1: Switch the group number of customize program

- Press **Mode** to switch to WRC mode, press **Reset**, then press **+ / stop** to switch custom groups, P0 to P9

2: Save a group of workout+rest time to P0.

(F1=20s,C1=18s,F2=15s,C2=12s Loop = 3)

- In WRC mode, press **Reset** then press **+ / stop** to switch custom groups to be P0. Press **Set** to enter workout time 1 edit, the screen shows F1----, press **→** move the cursor, press **+** or **-** modify time as F1 0 0 20, press **Enter** to save data.
- Press **Mode** to enter the rest time 1 edit, the screen shows C1----, press **→** move the cursor, press **+** or **-** modify time as C1 00 18, press **Enter** to save the data. Then press **Set** to enter the workout time 2 edit, the screen shows F2----, press **→** move the cursor, press **+** or **-** modify time as F2 00 15, press **Enter** to save the data..

Press **Mode** to enter the rest time 2 edit, the screen shows C2----, press **→** move the cursor, press **+** or **-** modify time as C2 00 12, press **Enter** to save the data.

# General settings

- Then press the **Enter** for 2 seconds to exit the work-out and rest time editing, enter into the cycle number setting, the screen displays C-C 01, press **→** move the cursor, press **+** or **-** to change to C-C 03 , press **Enter** to save the data and exit editing automatically, press **Start** to start the program.

## 【Stopwatch】

- Press **Mode** to switch to Stopwatch mode, the screen displays 00:00:00
- Press **Start** to start.
- Press **Stop** to pause.
- Press **Reset** to reset to 00:00:00

## 【Default mode】

MIIT---1min workout,1min rest,99rounds.

HIIT---30s workout,30s rest,99rounds.

TABATA ---20s workout,10s rest,8rounds.

EMOM1---5mins workout,1min rest,5rounds.

EMOM2---5mins workout,1min rest,3rounds.

FGB1---1min workout,no rest,17rounds.

FGB2---1min 30s workout,1min rest,17rounds.

Basic operations:

1. Press **Mode** to switch the mode.
2. Press **Start** to start ; press **Stop** to pause; press **Reset** to reset.

Product type	Timer
Weight	153.7g
Product size	156mm*52mm*24mm
Character size	1inch
Battery capacity	2000mAh
Charging time	3H
Power consumption	1.48WH
Electric current	Charging-1200mA/Work-200mA
Charging voltage	5V

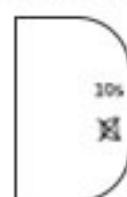
Contains: Timer x 1 , Power cord x 1 ,Instruction x 1



# Special settings

## 【10 seconds pre-countdown and system sound settings】

- 1: When the power is on, press **Mode** for 3seconds and release after the screen is black.
- 2: Press **+ / stop** to turn on / off the 10s pre-countdown; press **- / Start** to turn on / off the sound.
- 3: Press **Mode** to exit.



“10s” 10s pre-countdown  
“X” Mute

## 【Volume adjustment】

1. Turn on the power ,Press **Mode** for 3 seconds and release when the screen lights off.
2. Press **-/Start** for enter into volume adjustment, Continue to press **-/start** for switch the volume (3 levels total ,0=mute)
3. Press **Mode** to exit setting .

## 【Brightness adjustment settings】

- 1: When the power is on, press **Mode** for 3 seconds and release after the screen is black.
- 2: Press **Reset/→** to enter the brightness adjustment interface, and continue to press **Reset/→** to change the brightness (3 level).
- 3: Press **Mode** to exit.

## 【H1/H2 sign settings】

- 1: When the power is on, press **Mode** for three seconds and release after the screen is black.
- 2: Press **Enter** to turn on / off the the sign of 12H/24H format (H1/H2).
- 3: Press **Mode** to exit.

## 【Data reset】

- 1.Press **Enter** and **Reset** together for 3 seconds, enter the self-test program and reset the data.

# Operation Manual

## 【APP download】

- Android users: Search "GX\_Remote" from Google play and download the English version of the mobile APP (Please find this icon 

IOS users: Enter APP Stroe and search for "GX\_Remote" to download and install the English version of the mobile APP(Please find this icon 



• For Android users •



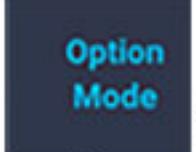
• For Google users •

## 【Connection instructions】

- Bluetooth connection operation:

1--Ensure that the timer is powered on ,and the mobile phone with the Bluetooth and location open



2--Click “GX\_Remote” ,click  enter the setting interface, the scanned bluetooth equipment name will appear at the “Bluetooth connection” interface .

# Operation Manual

(Bluetooth name format is GxTimer\_ (4 random letters or numbers)), e.g.: GxTimer\_0xB2 as shown in the below picture:

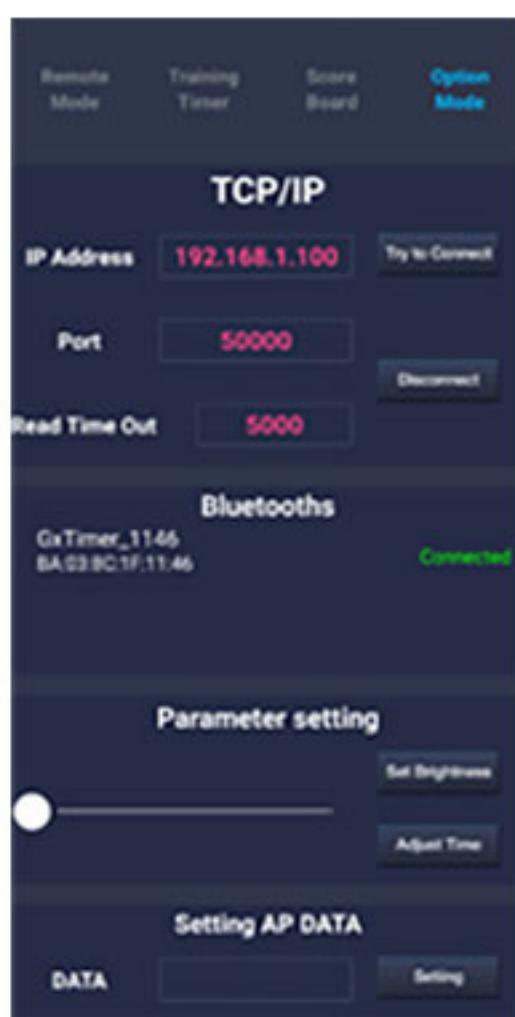
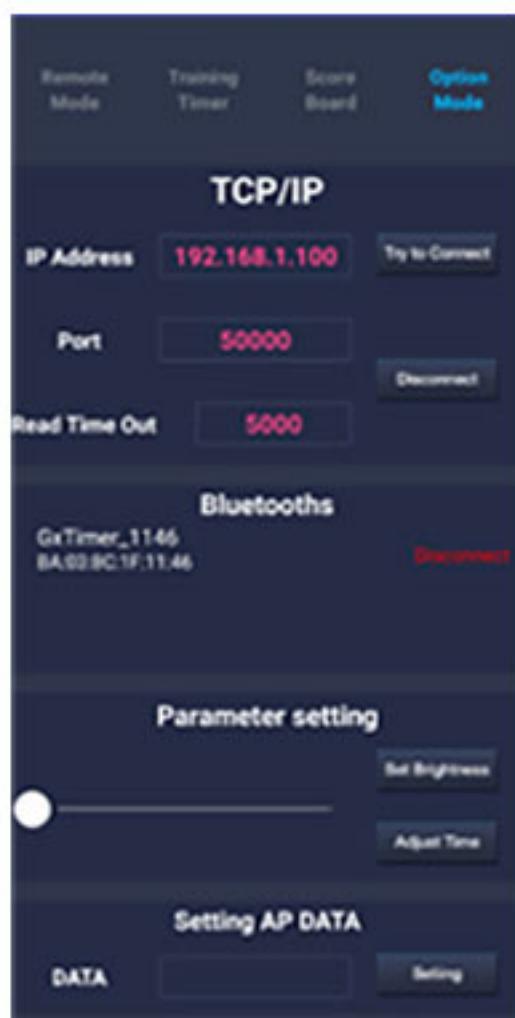
> Bluetooth interface, drop down and search , click Disconneted to connect the Bluetooth



> A green “Connected” is displayed when the connection is successful



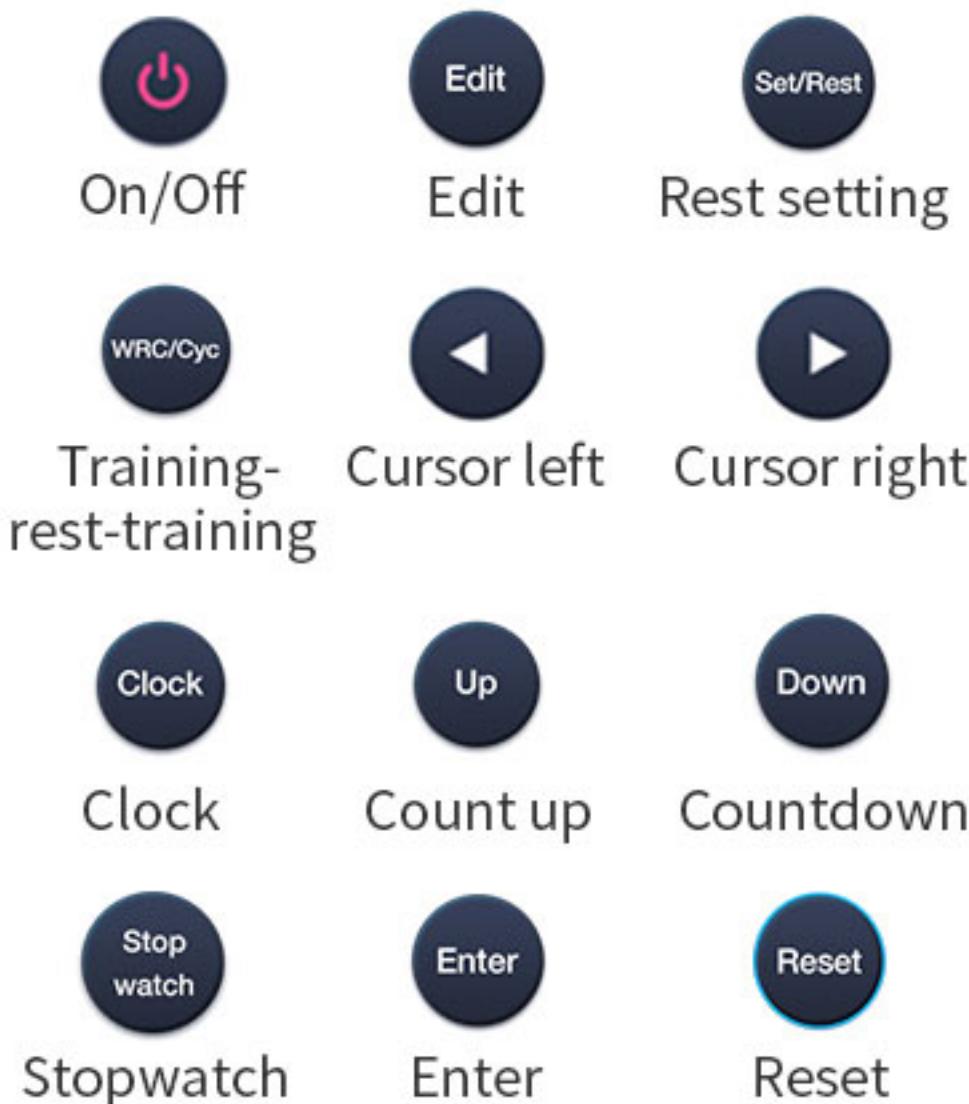
> A red “Disconnected” will be displayed when bluetooth disconnected While the green Connected means that the APP now is able to control the timer, Successful connection like below shows:



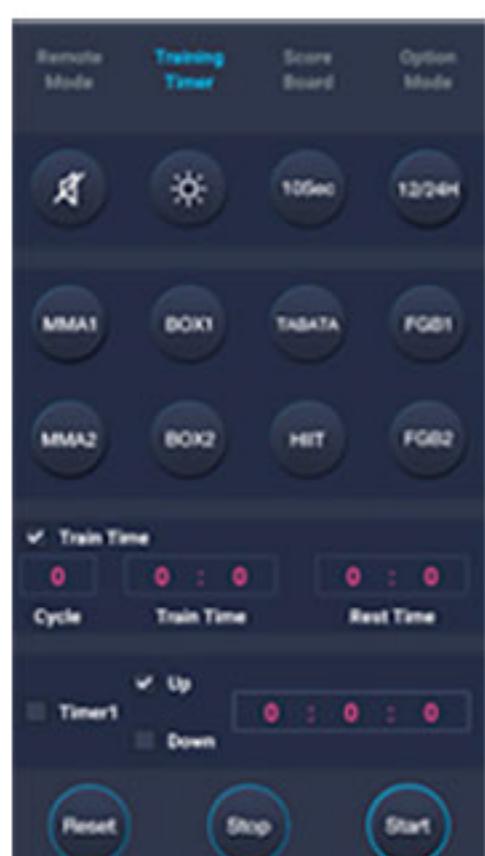
# Operation Manual

## 【Button Description】

1. Click **Remote Mode** to enter the infrared mode interface as below shows :



2. Click **Training Timer** to enter the interval timing interface as below shows :

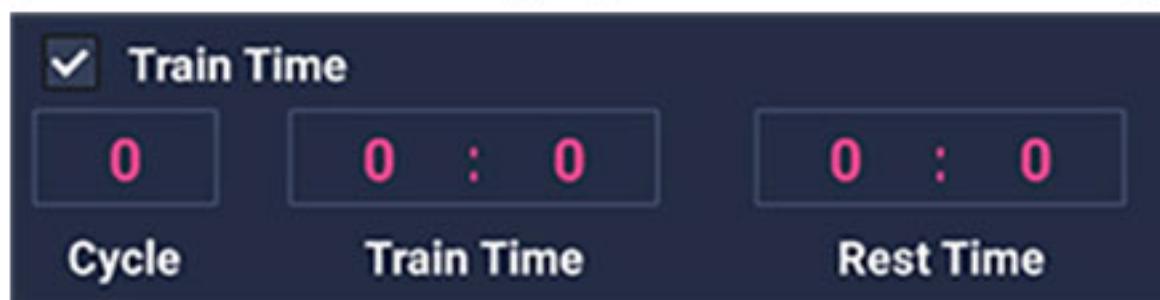


# Operation Manual

> 6 kinds of training mode:



> The number of cycles, workout and rest time of the 6 training modes will be displayed on the following interface



> Basic operation:

1. Choose one of the training mode

# Operation Manual

2. Press  to start ; press  for pause; press  for reset

## 【General settings】

### (1) Regular setting

- Press  to switch to clock mode, displays for example 00:00.
- Press  to enter the editing state, refer to the following: (Flashing numbers can be edited)

Time setting:

The screen displays as H100:00. Press  to enter editing, press the number keys 0-9 to edit the time, press the cursor button to move to the next digit editing, then press  to save the edited data.

(H1 refers to 24-hour format, H2 refers 12-hour format. The 12/24H format can be switched by pressing  )

## 【Count up/countdown setting】

### (1) Example 1: 30 minutes count up

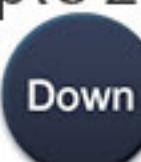
- Press  to switch to the count up mode and displays UP 00:00
- Press  to enter editing, press the number keys

# Operation Manual

0-9 to edit the time, press the cursor button to move to the next digits . modify the time as UP 30:00, press  to save the data.(Note: after saving the data, the display will back to show UP 00:00 (The value set is the maximum value of Count up)).

- Press  to start the 30-minute count.

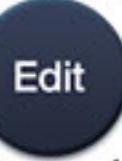
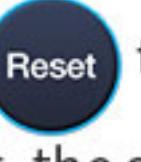
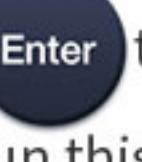
## (1) Example 2: 20 minutes countdown

- Press  to switch to countdown mode and display dn 00:00
- Press  to enter editing, press the number keys 0-9 to edit the time, press the cursor button to move to the next digit editing, and modify the time to dn 20:00, press  to save the data.
- Press  to start the 20-minute countdown.

## 【WRC workout+rest time interval setting】

- Switch the group number of customize program: Press the number keys 0-9 to switch the custom group, P0 to P9 , press  to reset.
- Setting a workout+rest interval time into P0. (F1=20 seconds, C1=18 seconds, F2=15 seconds, C2=12 seconds ,Loop = 3)

# Operation Manual

In WRC training mode, press number key 0 to enter P0 group. Press  to enter training time 1 edit, the screen displays F1----. Press the number keys 0-9 to edit the time, press the cursor button to move the cursor to next digit, modify the training time to F1 0020. Press  to save the data. Press  to enter the rest time editing, the screen displays C1----, press the number keys 0-9 to edit the time, press the cursor button to move to the next digit, modify the time to C10018, press  to save the data. Then press  to enter training time 2 to edit, the screen displays F2----, press the number keys 0-9 to edit the time, press the cursor button to move to the next digit, modify the training time to F2 00 15, press  to save the data. Press  to enter the break time 2 edit, the screen displays C2----, press the number keys 0-9 to edit the time, press the cursor button to move to the next digit, modify the break time to C2 00 12, press  to save the data. Press  to exit the training rest time editing, enter the cycle number setting, the screen displays CC-01, press the number keys 0-9 to edit the time, press the cursor button, modify it to C-C03, press  to save the data and automatically exit the editing; press  to run this program.

## 【Stopwatch】

- (1) Press  to switch into stopwatch mode, the screen displays 00:00:00.
- (2) Press  to start.
- (3) Press  to pause.
- (4) Press  to reset to 00:00:00.

## FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

## RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.