

700*150MM 折后中 100*150MM

ANJANK
CT008 User Manual

F 100:30

1 Year Warranty
Any question? Please Email us at customer01@kerchanstar.com

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/JkdmFWB5bM>

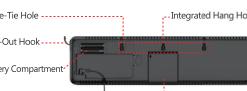
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Front View



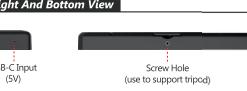
105 Prep Time
Sound On/Off
Stopwatch

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)

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
Dimmer Control
12/24H Format
105 Prep Time
FGB
Count Up
Stopwatch
Reset to Zero
Stop Timer
Vol Down
Vol Up
0-9 Number Keys
F1-F9
Programmable Interval Settings
Sound On Or Off
Custom Interval Mode (Fn MM:SS, Cn MM:SS)

Gym Timer Main Function Introduction

1. Tabata (F1 00:20, C1 00:10)
Preset 205 workout, 105 rest, repeat 8 times

2. FGB (F1 05:00, C1 01:00)
Preset 5 minutes workout, 1 minute rest, repeat 3 times

3. Countdown (dn MM:SS)
Count down from target time to 00:00, Max: 99:59

4. Count Up (UP MM:SS)
Count up from 00:00 to target time, Max: 99:59

5. EMOM (dn MM:SS)
Count down from target time to 00:00 and then repeat this process, Max: 99:59

6. Stopwatch (MM SS:MS)
Count up from 00:00:00 to 99:59:99

7. Custom Interval Mode (Fn MM:SS, Cn MM:SS)
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

Getting Started

1. Install or Replace Backup Batteries
Remove the battery compartment cover of the clock and remote control. Insert 2xAAA (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. 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 "Brightness" button to adjust 5 levels brightness of the display (Full, High, Medium, Low, Dark).

5. 12/24H 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. VOL - VOL + Volume Control
Press "VOL -" or "VOL +" button to select the volume level (1-12 adjustable).

105 Preparation Time
Press "105" button to turn on or off the 10s preparation time before starting timer (Tabata/FGB/Down/UP/EMOM/P1-P9). "105" icon will be displayed on the screen when turned on.

7. Clock Part

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

8. USB-C Function
The timer comes with a USB-C interface, allowing you to hook up a power bank via the USB-C 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, we will work hard to put a smile on your face within 24 hours.

9. Custom Workout and Rest Time Setting
(1) Press "P1" button to enter P1, screen shows "P1".
(2) Press "SET" button to enter setting. Screen shows "P1 00:00" and the first digit flashes.
(3) Press "SET" button to enter setting.
(4) Use "0-9" number keys to input the workout time of P1.
(5) Press "SET" button to save.

10. Custom Round Setting
(1) Press "P1" button if already in P1 mode, no need to press "P1".
(2) Press "CYCLE" button. Screen shows "C-C 00".
(3) Press "SET" button to enter setting.
(4) Use "0-9" number keys to input the rounds.
(5) Press "SET" button to save when finished.

11. Clear
(1) Press "P1" button (If already in P1 mode, no need to press "P1").
(2) Press "CLEAR" button to reset the data.

FCC Warning:

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.