

# ROGUE

Home Timer

Quick Start Guide

## Timer Introduction



**This power button is located at the top of timer housing.**

1. Short press button to power on timer, screen display time which default 12H format
2. When charging, hold button 3 seconds to let timer enter into sleep mode.
3. When timer in sleep mode, short press button, timer will start counting from 0.
4. Short press button to pause/stop the timer mode, and resume to work mode after short press button.
5. Hold button for 3 seconds to shut down timer(not charging), in the meantime screen will display "OFF" off.

## Timer Display Introduction:

 This work light only light up during work time in any training mode.

 This rest light only light up during rest time in any training mode.

### Battery status indicator

When the battery level is below 25%, this lights start flashing every second to remind users to charge.

When timer connect to adaptor, battery light stay on during charging.

When fully charged, battery light turn off automatically.

### Bluetooth status indicator


When the device is just turned on, the Bluetooth indicator will flash every second and wait for pairing. 2.If the pairing is successful, the Bluetooth light is always on.

3.If the pairing is not successful/waiting for pairing, the Bluetooth light will automatically turn off after 5 minutes. However, the Bluetooth is still allow to pairing.

## Remote Control Introduction:



Number Key

The timer pre-programmed 20 modes, saved as number key 1-20. When timer free, press number and  to start corresponding mode.

### Mode 1-20

- ① 10sec work / 20 sec rest x 99      ② 20sec work /10 sec rest x 99      ③ 30sec work /10 sec rest x 99
- ④ 30sec work / 60 sec rest x 99      ⑤ 60sec work / 30sec rest x 99      ⑥ 60sec work / 0sec rest x 99
- ⑦ 90sec work / 1min rest x 99      ⑧ 2min work / 1min rest x 99      ⑨ 3min work /1min rest x 99
- ①⑧ 4min work / 1min rest x 99      ①① 5min work /1min rest x 99      ①② 10min work /1min rest x 99
- ①③ Variable interval workout: Work periods in seconds: 30,45,60,75,90,75,60,45,30) with 60 sec rest in between each interval
- ①④ Variable interval workout: Work periods in seconds: 30,45,60,75,90,75,60,45,30) with 30 sec rest in between each interval
- ①⑤ Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 30 sec rest in between each interval
- ①⑥ Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 60 sec rest in between each interval
- ①⑦ 5 min countdown timer      ①⑧ 10 min countdown timer      ①⑨ 24 second shot clock
- ②⑩ Lap timer function. Count up until START/STOP is pressed and then start timer over counting up from zero again



### **Power On/Off**

Turns the timer LED display on or off.



### **Voice On/Off**

Turns the timer sound on or off.



### **Brightness Adjust**

Use this button to change the brightness of the display screen across 5 levels



### **Stopwatch Timer**

Turns on Stopwatch Mode.

Press  to Start, stop, or resume the stopwatch timer. Press “RESET” to go back to 00:00.



### **Normal Clock**

Turns on normal clock mode — current time of day.

To change the current time, press  followed by the  button.

Use the arrows and number keys to enter the preferred time, then press  again to save and exit.



### **12/24 Hours Format**

In clock mode, press this button to have the timer display the normal clock time in either the 12-hour or 24-hour (military time) format



### **10 Seconds ACTIVE/INACTIVE**

This button will activate or deactivate a 10-second preparation countdown before every use of the timer.

2 red dots will light up when the 10-second prep is ON. The 2 red dots will be dark when the 10-second prep is OFF.




### **EMOM Mode**

1min work / 0 sec rest\*99

Press  and  to start the mode

Press  to stop or resume the mode


Press  to exit the mode.

#### WARM UP

### Warm up Mode

10 minutes count down

Press  and  to start the mode

Press  to stop or resume the mode

Press  to exit the mode.

#### COUNT ↑↓

### Countdown/Count-Up Selection

In interval Timer Mode, this button determines whether the time will count up or down. Once selected, you can then press “OK” to begin the interval timer.

#### EXIT

### Exit Button

Press to leave a current mode/function. Unset changes may be lost.

#### SET

### Timer Set

Used before and after settings are programmed/customized in Interval Timer Mode, Count-Up Mode, Countdown Mode, and Normal Clock mode.

#### RESET


### Reset Button

Reset Button clears data on screen back to the previous setting.

#### FGB

### Fight Gone Bad™ Timer

Turns on the Fight-Gone-Bad Timer Mode.

FGB Mode consists of three 5-minute rounds, with each round counting down 1 minute at 5 different exercise stations with no rest. There is a 1-minute clock stoppage between each round. Press  to start, stop, or resume the FGB


timer.

TBT

### Tabata Timer

Turns on Tabata Timer Mode.

Tabata sessions are 4 minutes long and consist of 20-second intense training periods followed by 10 seconds of rest.


Press  to start, stop, or resume the Tabata timer.

INT



### Interval Timer


Turns on Interval Timer Mode.


To Start Your Most Recently Saved interval Timer:


Press  followed by  to Start a Customized Interval Timer Saved in Your System:



To Set Up a New Custom interval Timer:

Press  followed by . The screen will display flashing green numbers. Here you can enter your desired Number of rounds for the intervals.

Press  a 2nd time. The display screen should now read [On:XX:XX]. Use the left/right arrows and number keys on the remote to enter in your desired Work Time **in minutes and seconds**.

Press  a 3rd time, the display screen should now read [XX:XX]. Use the left/right arrows and number keys on the remote to enter in your desired Rest Time in minutes and seconds.

Press  a 4th time to complete and save your programmed settings.

When finished, press  to leave the Interval Timer function or press  to start the customized interval timer you just saved.


### ▲ **Count-Up Timer UP ARROW**

Turns on Count Up Timer Mode.


To Start Your Most Recently Used Count-Up Timer:

Press ▲ followed by 

To Start a Customized Count-Up Timer Saved in Your System:

Press ▲ followed by . Use the left/right arrows and number keys on the remote to enter in your desired count-up time in minutes and seconds.

Press  again to complete and save your programmed settings.

When finished, press  to leave the Count-Up Timer mode or press

### ▼ **Count-down Timer Down ARROW**

Turns on Count down Timer Mode.


To Start Your Most Recently Used Count-down Timer:

Press ▼ followed by 

To Start a Customized Count-down Timer Saved in Your System:

Press ▼ followed by the Shortcut Key Button (Number Key 0--9) you assigned to the desired count-down timer.


To Set Up a New Custom Count-down Timer:

Press ▼ followed by . Use the left/right arrows and number keys on the remote to enter in your desired count-down time in minutes and seconds.

Press  again to complete and save your programmed settings.

To assign your new count-down timer a Shortcut Key on the remote, press any number key 0-9. That number key will then




be tied to those settings in the future when you're in Count- Timer mode.  
When finished, press  to leave the Count-down Timer mode or press




### **Volume Control**

Use These Buttons to Adjust the Volume Across 5 Levels. To Increase Volume:

Press 

To Decrease Volume:

Press 

## FCC regulatory conformance:

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.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

**NOTE:** 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

**NOTE:** The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

## RF Exposure

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 20 cm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## IC regulatory conformance

This device complies with CAN ICES-003 (B)/NMB-003(B).

This device complies with Industry Canada licence-exempt RSS standard(s). 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.

Cet appareil est conforme à la norme CAN ICES-003 (B)/NMB-003 (B).

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

## **RF Exposure**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 20 cm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Cet équipement est conforme aux limites d' exposition aux rayonnements de la IC établies pour un environnement non contrôlé. Cet équipement doit être installé et fonctionner à au moins 20cm de distance d' un radiateur ou de votre corps.