

单页尺寸：70x130mm

Acedeck

G02 User Manual

Gym Timer Clock



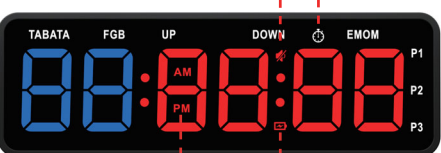
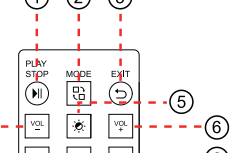
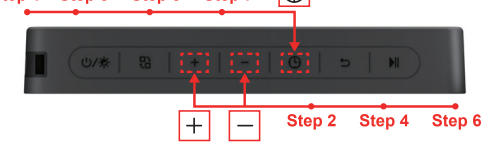
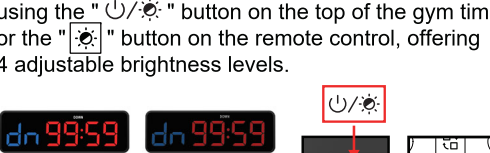
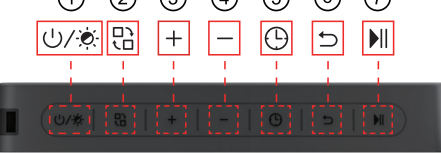
Thank you for purchasing Acedeck Gym Timer Clock. To ensure the best product performance, please read this user manual in detail and retain it for future reference.

Questions? Contact Customer Service Center at

✉ acedeckshop@outlook.com

18-month Warranty

Version 1.0

FRONT VIEW	BACK VIEW	REMOTE CONTROL VIEW	ITEMS COME IN THE BOX	BATTERY & CHARGING	CLOCK PART		DIMMER								
 Mute Functionality Stopwatch TABATA FGB UP DOWN ENOM P1 P2 P3 AM/PM Indicator Low Battery Indicator	 Magnet Spine	 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	1. Gym Timer Clock ×1 2. Remote Control ×1 (CR2032 Cell is Included) 3. User Manual ×1 4. USB-C to USB-A Cable ×1 (No AC Adapter) 5. Hanging Lanyard ×1	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="padding: 5px;">Charging Port</th> <th style="padding: 5px;">USB-C (5V 1A)</th> </tr> <tr> <td style="padding: 5px;">Battery</td> <td style="padding: 5px;">Built-in rechargeable lithium battery</td> </tr> <tr> <td style="padding: 5px;">Battery Life</td> <td style="padding: 5px;">≈40 hours</td> </tr> <tr> <td style="padding: 5px;">Battery Icon Indicator</td> <td style="padding: 5px;"> Black Version 🔌 Charging 🔌 Fully charged White Version 🔌 Charging 🔌 Fully charged </td> </tr> </table> Important 1. A low battery warning will appear when the battery drops to 10%, and the charging icon will flash. 2. Please charge the timer before the battery is completely dead; otherwise, it will restore to factory settings and all previous settings need to be set again.	Charging Port	USB-C (5V 1A)	Battery	Built-in rechargeable lithium battery	Battery Life	≈40 hours	Battery Icon Indicator	Black Version 🔌 Charging 🔌 Fully charged White Version 🔌 Charging 🔌 Fully charged	 1.Setting Time NOTE: 1. Time can only be adjusted using the buttons on top of the gym timer. The remote is not designed for this function. 2. Time Setting Order: 12/24 Format Switch→Hour→Minute Step 1: Press and hold "⏸️" 2 seconds to enter TIME FORMAT(12/24HR) setting. "12H" will flash, it means 12 hour mode(AM/PM), the default is 12-hour time format. Step 2: Press "+" or "-" to select time format. "24H" will flash, it means 24 hour mode(military time).		Step 3: Press "⏰" second time to confirm and enter HOUR setting, the HOUR digits will flash on the display. HOUR Flashes  The brightness of the screen can be freely selected using the "☀️" button on the top of the gym timer or the "☀️" button on the remote control, offering 4 adjustable brightness levels.
Charging Port	USB-C (5V 1A)														
Battery	Built-in rechargeable lithium battery														
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TOP VIEW  ① ② ③ ④ ⑤ ⑥ ⑦	SIDE VIEW  Left side Right side	① 🎵: play/stop ② ⏮️: switch workout mode ③ ➡️: exit ④ 🔊: decrease volume ⑤ 🔊: adjust brightness ⑥ 🔊: increase volume ⑦ 🔁: set loop rounds ⑧ ⚙️: enter setting mode ⑨ 🗑️: clear previous settings	PRODUCT SPECIFICATIONS Dimensions: 7.09(L)*1.02(W)*2.28(H)inches N Weight: 0.46lb Clock accuracy: ±13 seconds/month (in normal temperature) Material: Plastic+Silicone	FEATURES - Time - Remote Control - Strong Magnet - Easy to Carry - Long Battery Life - Customizable Interval - Brightness Control - Volume Control GETTING STARTED Press and hold "⏸️" 3 seconds to power on.	Step 4: Press "+" or "-" to advance to the correct hour. HOUR Flashes  Step 5: Press "⏰" third time to confirm and enter MINUTE setting, the MINUTE digits will flash on the display. MINUTE Flashes  Step 6: Press "+" or "-" to advance to the correct minute. Step 7: Press "⏰" fourth time to confirm and exit the time setting mode. 2.Normal Clock Mode (1) In workout timing interface, pressing "⏸️" button on the machine can return to normal clock mode. (2) Press "🔄" to switch to the last mode—normal clock mode.	Step 3: Press "☀️" second time to confirm and enter HOUR setting, the HOUR digits will flash on the display. HOUR Flashes  Step 4: Press "+" or "-" to advance to the correct hour. HOUR Flashes  Step 5: Press "⏰" third time to confirm and enter MINUTE setting, the MINUTE digits will flash on the display. MINUTE Flashes  Step 6: Press "+" or "-" to advance to the correct minute. Step 7: Press "⏰" fourth time to confirm and exit the time setting mode. 2.Normal Clock Mode (1) In workout timing interface, pressing "⏸️" button on the machine can return to normal clock mode. (2) Press "🔄" to switch to the last mode—normal clock mode.	Step 3: Press "☀️" second time to confirm and enter HOUR setting, the HOUR digits will flash on the display. HOUR Flashes  Step 4: Press "+" or "-" to advance to the correct hour. HOUR Flashes  Step 5: Press "⏰" third time to confirm and enter MINUTE setting, the MINUTE digits will flash on the display. MINUTE Flashes  Step 6: Press "+" or "-" to advance to the correct minute. Step 7: Press "⏰" fourth time to confirm and exit the time setting mode. 2.Normal Clock Mode (1) In workout timing interface, pressing "⏸️" button on the machine can return to normal clock mode. (2) Press "🔄" to switch to the last mode—normal clock mode.								

REMOTE CONTROL 1. The remote control is for setting timers ONLY, not for setting the clock time. 2. Powered by a CR2032 cell. 3. Works within a distance of more than 6m/20ft.		WORKOUT MODE INTRODUCTION switch between different workout modes. enter or save the timer setting in UP/DOWN/EMOM/P1-P3 modes. <table><tr><td>1</td><td>Tabata (F1 00:20, C1 00:10)</td></tr><tr><td>2</td><td>FGB (F1 05:00, C1 01:00) Preset 5 minutes workout, 1 minute rest, repeat 3 times.</td></tr><tr><td>3</td><td>Count Up (UP MM:SS) Count up from 00:00 to target time, Max: 99:59.</td></tr><tr><td>4</td><td>Count Down (dn MM:SS) Count down from target time to 00:00, Max: 99:59.</td></tr><tr><td>5</td><td>Stopwatch (MM SS:MS) Count up from 00:00 to 99:59:99.</td></tr><tr><td>6</td><td>EMOM (dn MM:SS) Count down from target time to 00:00 and then repeat this process, Max: 99:59.</td></tr><tr><td>7</td><td>P1-P3 (Fn MM:SS, Cn MM:SS) F1-F9: Workout time; C1-C9: Rest time CYCLE: Set rounds for P1-P3, Max rounds: 99 CLEAR: Reset the number of P1-P3 to the default zero</td></tr></table>		1	Tabata (F1 00:20, C1 00:10)	2	FGB (F1 05:00, C1 01:00) Preset 5 minutes workout, 1 minute rest, repeat 3 times.	3	Count Up (UP MM:SS) Count up from 00:00 to target time, Max: 99:59.	4	Count Down (dn MM:SS) Count down from target time to 00:00, Max: 99:59.	5	Stopwatch (MM SS:MS) Count up from 00:00 to 99:59:99.	6	EMOM (dn MM:SS) Count down from target time to 00:00 and then repeat this process, Max: 99:59.	7	P1-P3 (Fn MM:SS, Cn MM:SS) F1-F9: Workout time; C1-C9: Rest time CYCLE: Set rounds for P1-P3, Max rounds: 99 CLEAR: Reset the number of P1-P3 to the default zero	UP (Count Up) "F": Workout time "F1": 1st time of exercise, same to F9 "C": Rest time "C1": 1st time of rest, same to C9 During a workout: 1 beep: End of workout time 3 beeps: End of rest time Long beep: End of entire workout session NOTE: Before starting workout, there will be 5s countdown prep with 3 beep sounds. Stopwatch mode do not have countdown ready. Tabata Press " " repeatedly until TABATA mode appears, screen shows "F1 00:20" and "TABATA".		DOWN (Count Down) Press " " repeatedly until DOWN mode appears, screen shows "dn 00:00" and "DOWN". Down 1. Press " " and use "0-9" number keys on the remote to set the target time. 2. Press " " again to save. 3. Press " " on the timer to start/stop; Press " " to exit.	EMOM (Loop Countdown) EMOM and DOWN are set in the same way Press " " repeatedly until EMOM mode appears, screen shows "dn 00:00" and "EMOM". Emom 1. Press " " of remote control to enter setting. 2. Use "0-9" number keys to input the loop countdown time. 3. Press " " to save. 4. Press " " to start.	P1-P3 Customized Interval Setting The P1 setting steps Switch to P1 mode SET Programmable workout → 0-9" Number Keys → + Programmable rest → Can set up to 9 times workout, 9 times rest → Save Switch to P1 mode → OUT → Programmable round → 0-9" Number Keys → Save Switch to P1 mode → CLR (If you want to reset the P1 data, including interval mode and rounds)	CARE AND MAINTENANCE Precautions Avoid exposing the product to extreme temperatures, direct sunlight, strong acids, bases, corrosive chemicals, or environments that could accelerate the degradation of silicone materials. Cleaning Instructions Dampen a soft cloth and wring out excess water before gently wiping the surface. For stubborn stains, use a mild detergent. Do not use abrasive cleaning products or scrubbing pads, as they may harm the silicone exterior.										
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EXIT Press the " " button on the timer or the " " on the remote to exit from the current timing to its corresponding workout mode for restart.		CR2025 3V		3		4		5		6		7		8		9		10		11		12		13		14		15		16		17	

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.