

TimeFlex Manual



Preset 5 different count down time modes between 0-999 minutes.

Front side:

The front side has 5 different colored buttons named **activity buttons**, 5 different small orange lights named **key lights**, 1 LED staple and 1 LCD window.



Back side:

The back side has 5 different setting buttons marked: **Sort Up ↑**, **Sort Down ↓**, **OK**, **+**, **-**, a stand and a battery compartment which holds 3 AA batteries.



Right side:

On the right side of the unit there is a plug hole for an external headphone and a slide button to select **vibration on/vibration off** during the last 10 second period and when the preset count down time is about to elapse.



How to set the 5 different activity key buttons

1. Press and hold both of the **Sort Up ↑** and **Sort Down ↓** buttons on the backside of the unit for 3 seconds – the unit will turn into the power on setting mode and is indicated when the 5 key lights and the LCD starts to twinkle.
2. Press any of the **activity buttons**. The key light will stop to twinkle (LCD now shows the last stored activity time. (First time setting the LCD shows 000))
3. Press any of the **Sort Up ↑** and **Sort Down ↓** buttons step by step for setting each minute up or down. (Press and hold any of them for quick forward or quick reverse action).
4. Confirm the setting by pressing the **OK** button. All key lights starts to twinkle. Now you can choose another activity button for another setting (start from step 2).
5. To end the setting operations and to get into the power off mode, press and hold both of the **Sort Up ↑** and **Sort Down ↓** buttons for 3 seconds. (The unit turns automatically into the power off mode after 1 minute if no action is there).

NOTE: Before going into the operating mode, TimeFlex has to be turned into the power off mode.

How to use TimeFlex in the operating mode

1. Press any of the 5 **activity buttons**. The key light comes on and the LCD window shows preset count down time. (Now the operating mode is in Power on).
2. It is now possible to step between the 5 different preset count down times.
3. Choose any of the preset count down times and confirm the count time function to start, by pressing the same key again. The count down now starts and is indicated by a fully lighted LED staple. (Any preset count down time between 0-999 minutes will always show a fully lighted LED staple when the count down time function starts).
4. 10 seconds before the count down time will elapse, the alarm sound comes on and the LED staple including the 5 activity keys starts to twinkle.
5. After fully elapsed time the unit turns into the power off mode automatically.
6. To stop any count down time already started – press and hold the actual **activity button** for 5 seconds and TimeFlex turns into the power off mode.

To set the volume sound level

Press and hold both of the **Sort Up** ↑ and **Sort Down** ↓ buttons for 5 seconds to reach the alarm volume setting mode. Set alarm sound level by pressing any of the **Sort Up** ↑ and **Sort Down** ↓ buttons to select any of the 5 levels and where the lowest level is silence. Select level and again press and hold both of the **Sort Up** ↑ and **Sort Down** ↓ buttons to leave the volume setting mode.

The unit turns automatically into the power off volume setting mode after 1 minute if no action is there.

Vibration on/off

The 10 second vibration function can be freely chosen to be there or not by sliding the vibration button on the right side of the unit to on or off.

Earplug

To use the earplug to listen to the 10 second alarm – put the ear plug cable into the ear plug hole.

Contact

If you do have any questions or complaints – please contact your local dealer.

Other pictures



Magnetic function



Can be replaced if broken



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