

to improving the electric power industry  
and products related to the level of civil  
customers with new technology, new materials  
and techniques combine integrated solutions,  
and technical service and thoughtful



**Thanks for choosing our products !**

— USER MANUAL —

**Rep Fitness**

**-----INTERVAL TRAINING TIMER**

# WHAT'S INSIDE THE BOX:



TIMER (x1)



110/220 V

AC ADAPTOR

(x1)



REMOTE CONTROL

(x1)

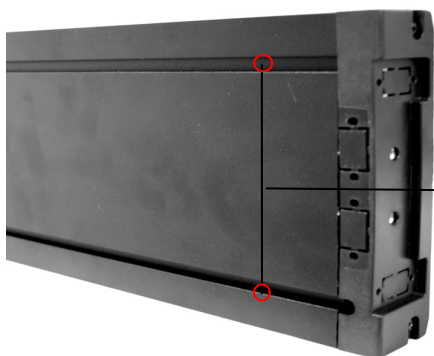


WALL MOUNTING

BRACKETS W/HARDWARE

(x2)

## ① TIMER



TRACKS FOR DESK STANDS

S

POWER CORD PLUG

WALL-MOUNTED BRACKETS HOLES



4DIGITS LED DISPLAY



MODEL No.: XENIOS USA - XSXFITM01  
DC 12V  $\approx$  2000 mA  
CE RoHS  
⚠ FOR INDOOR USE ONLY ⚠  
⚠ DO NOT OPEN ⚠

② 110/220 V AC ADAPTOR



POWERADAPTER  
MODEL: SDK-0903  
INPUT: AC 100-240V 50/60Hz  
OUTPUT: DC 12V  $\approx$  2000mA  
WARNING  
For in door use only  
⚠ ⚠ ⚠  
L.P.S  
MADE IN CHINA

③ WALL MOUNTING BRACKETS W/HARDWARE



Hardware for wall mounting is not provided.

**WHAT'S INSIDE THE BOX:**

**④ REMOTE CONTROL**



**⑤ AAA BATTERY SET FOR REMOTE CONTROL**



**FIRST SET UP:**

**WALL MOUNTED**



The Rep Fitness - Interval Training Timer can be wall-mounted by using provided hardware. Wall screws are not provided along with the timer.


Thanks for choosing our products !

- Interval Training Timer



## WARNINGS



 **Warning:** this is an electricity power supplied device. For safety reason it is duly recommend to read and understand the herein user manual and warnings sheet, before to use it.

- The - Interval Training Timer come with its AC adapter. It can be plug in to 110 V and 220 V power networks. Do not use it with lower or higher voltage cause either the adapter and the timer could get damaged and warranty will void. AC adapter has its own power cord. It is not recommended to plug the power cord in to a multi-slot power plug.
- Do not try to supply the device by using a third party AC adapter. In case of use of any third parties' components, Interval Training.
- Do not use the - Interval Training Timer in a damp environment and do not drop water on it or on the AC adapter or on the remote control. Damp and/or water will damage the Rep-Fitness and its accessories. Warranty will void in case of mis-use of the Timer.
- Operative Temp: from -20 C° up to +65 C°. The use of the timer out of such temp range, will result in to a warranty void.
- It is recommended to remove batteries from remote control in case it will not be in use for a long term. Long term stand-by may result in to batteries and remoter control damages.
- Some items (or parts of them) might smell once un-packed, due to the long stay in to their sealed package. It has to be considered normal and the smell will fade by keeping the same products exposed to the air. Do not use harsh soaps or aggressive cleaning products to wash the products: they may result in to products damages and warranty void.
- It is recommended to use only GX original spare parts. Any damage that may result by the use of third parties parts, will result in to a warranty void.
- The Interval Training Timer can be set either on a desk or mounted on a wall. Rep-Fitness and its international licenser and/or dealers will not be responsible for any kind of damages that may result from wall-mounting operations.
- Be sure to consult your health professional or your physician before beginning any type of exercise program. It is always recommended to consult an expert trainer before to attempting any kind of physical exercise. Avoid any over-training will prevent the risk of injuries to muscles, joints or tendons.
- This is a product thought, developed and manufactured for training purposes. its international licensers assume no liability or responsibility for accidents or injury to person or property that may result from improper use of this product. Always issue common sense when using a training tool: it will avoid any risks to injury yourself, other persons around you, animals, objects and properties.

# REMOTE CONTROL

IR SENSOR(MUST BE HEADED TOWARD THE TIMER WHEN USING THE REMOTE)

MAIN ON/OFF AND EDITING PROCEDURES QUIT

GENERAL SETTINGS EDITING

NUMERIC PAD TO INPUT DATA AND STORE/RECALL WORKOUT PROGRAMS

WORKOUT PROGRAMS EDITING

WORKOUT PROGRAMS AND STOPWATCH CONTROLLING

CURSOR MOVING

Command data storage key

CLOCK MODE

COUNT-UP AND COUNT-DOWN SETTING  
STOPWATCH ON/OFF

F1 Enter the TABATA mode.

Enter the FGB2 mode. FGB2 means 5min work, 1min rest, 3rounds..

F2 Enter the FGB1 mode. FGB1 means 5min work, 1min rest, 5rounds.

A1 EDIT TRAINING timer

Alternate exit setup mode

A2 EDIT Rest timer




# OPERATION MANUAL

## Main Functions and Features:


- Clock: HH:MM format - 12/24H.
- Stopwatch: MM:SS:SS (1/10s)/(1/100 s) format – from 00:00 up to 99:59
- Interval Timer for training + resting workout programs
- . Count-Up and Count-Down Training and Resting times
- . MM:SS format – from 00:00 up to 99:59
- the TABATA mode.
- the FGB1 mode. FGB1 means 5min work, 1min rest, 5rounds.
- : the FGB2 mode. FGB2 means 5min work, 1min rest, 3rounds.

## General Settings and main functions Operation Manual:


### Attention - General Editing Rules:

1. After having plugged the power ON, press  to switch the - Interval Training Timer ON. The Timer enters in to the clock displaying mode and it starts displaying, for instance, **00 : 00** or **13 : 00**.

**Attention: when the power is plugged ON/OFF, the Timer beeps for a while. That is the normal signal of system bootstrap and shut-down.**





2. Press  to enter in general settings editing mode. All settings can be edited by following the displayed step-by-step procedure.

### Attention - General Editing Rules:





- . Blinking digit stands for cursor position and it can be edited by using the numeric pad on the remote control.
- First Step - Clock settings: the display shows, for example, **00 : 00**. Enter the current time by using the format HH:MM.
- Please be aware that **13:00** stands for 24h clock format, while **01:00** stands for 12h clock format. 12h and 24h format can be edited too (please go to below step f). Press , to save the first step edited data.

### Countdown/up instruction:

**Example1 :20minutes countdown operation instruction:**










1. Press  enter into countdown mode
2. press  for editing, after editing 20 00, press  save the data and exit editing
3. press  for start 20minutes countdown.


**Example2 :30 minutes count up operation instruction:**

1. Press  enter into count up mode;
2. Press  for editing, after editing 30 00, press  save the data and exit editing
3. Press  for start 30minutes count up.










## Instruction of Alternate timing Store programs of MM:SS :


**1. Save the program of Group 1 alternate timer into number 1. F1=20s, C1=18s,F2 =15s, C2=12s**

Press **number 1** key , Press  enter into training timing mode, press  ,input 00 20, Press   
 enter into rest timing mode,press  input 00 18, again Press  enter into training timing  
 mode,press  ,input 00 15, Press  enter into rest timing mode,the timer display ,press  input 00  
 12, press  save the data and exit editing; now press number 1( the clock will beep once to indicate the  
**Group 1 alternate timer** program has been saved.

Now you can press number 1 to enter into Group 1 alternate timer program directly,press  for start  
 Group 1 alternate timer









**2. Save the program of Group 2 alternate timer into number 2. F1=50s, C1=18s,F2 =40s, C2=15s**

Press **number 2**key , Press  enter into training timing mode,press  ,input 00 50, Press   
 enter into rest timing mode,press  input 00 18, again Press  enter into training timing  
 mode,press  ,input 00 40, Press  enter into rest timing mode,press  input 00 15,  
 press  save the data and exit editing; now press number 1( the clock will beep once to indicate the **Group 1  
 alternate timer** program has been saved.

Now you can press number 2 to enter into Group 2 alternate timer program directly,press  for start  
 Group 2 alternate timer



## Stopwatch Operation Manual :

1. Press  to enter the Timer in to the stopwatch function. The Timer shows 00 00 : 00.
- .Press  to start the count-up stopwatch.
- .Press  to stop the stopwatch and to hold on the display the recorded time.
- .Press  to go back to 00 00 : 00. (If  is pressed while stopwatch is working, the Timer will go back to 00 00 : 00 as well).
- .While the stopwatch is working, press  to activate ,Timer stops just on display while it keeps counting the time on background. Press  to display again the count-up from the value it has reached by working on background.
- Press  to just go back to 00 00 : 00.

## TABATA and FGB Mode Operation Manual :

- F1 the TABATA mode.
- F2 the FGB1 mode. FGB1 means 5min work, 1min rest, 5rounds.
- F3 the FGB2 mode. FGB2 means 5min work, 1min rest, 3rounds.