



### Model 506 Circuit Training Timer Instructions

This Circuit Training Timer (**CTT**) is operated by three buttons: **MODE**, **SET** and **START/STOP**. To power up, connect the supplied 12 volt regulated direct current (DC) power adapter (center positive) to unit and follow the instructions for operation.

When the **CTT** is first plugged-in, the horn will sound and all LED's will flash 3 times; this is the power-up indication procedure. After this, the display will blank out completely and then each of the 4 digits will successively light until all LED's are illuminated. This will continue for several seconds, and then all LED's will shut off, except for 2 in the bottom middle of the panel. This indicates that the **CTT** is awaiting user intervention.

#### **Set Warm-up Time**

- Press **MODE**, until "**UP:xx**" is displayed
- Press **SET** to increment the warm-up time (minutes)
- Press **START/STOP** to decrement the warm-up time (minutes)
- Press **MODE** to Confirm

**Note:** Setting warm-up time to 0 will mean that the warm-up will be skipped. Maximum warm-up time is 30 minutes.

#### **Set Station Time**

#### **Set Cool down Time**

- Press **MODE**, until "**Cd:xx**" is displayed.
- Press **SET** to increment the cool down time(minutes)
- Press **START/STOP** to decrement the cool down time (minutes)
- Press **MODE** to Confirm

**Note:** Setting warm-up time to 0 will mean that the cool down will be skipped. Maximum cool down time is 30 minutes.

#### **Set Number of Stations**

<ul style="list-style-type: none"> <li>• Press <b>MODE</b> until “<b>St:xx</b>” is displayed.</li> <li>• Press <b>SET</b> to increment station time seconds (1 to 99).</li> <li>• Press <b>START/STOP</b> to decrement station time.</li> <li>• Press <b>MODE</b> to confirm.</li> </ul> <p><b>Note:</b> Station time cannot be set to 0.</p>	<ul style="list-style-type: none"> <li>• Press <b>MODE</b> until “<b>nS:xx</b>” is displayed.</li> <li>• Press <b>SET</b> to increment number of stations (1 to 99).</li> <li>• Press <b>START/STOP</b> to decrement number of stations.</li> <li>• Press <b>MODE</b> to confirm.</li> </ul>
<p><b>Set Number of Laps</b></p> <ul style="list-style-type: none"> <li>• Press <b>MODE</b> until “<b>nL:xx</b>” is displayed.</li> <li>• Press <b>SET</b> to increment the number of laps ( 1 to 99, and “- -” for continuous operation)</li> <li>• Press <b>START/STOP</b> to decrement the number of stations.</li> <li>• Press <b>MODE</b> to confirm.</li> </ul> <p><b>Note:</b> The “- -” (double dash) signifies continuous operation.</p>	<p><b>Set Changeover Delay</b> (Set delay allowing a person to switch over to the next station)</p> <ul style="list-style-type: none"> <li>• Press <b>MODE</b> until “<b>dL:xx</b>” is displayed</li> <li>• Press <b>SET</b> to increment the change over delay (0 to 99 seconds)</li> <li>• Press <b>START/STOP</b> to decrement the changeover delay.</li> <li>• Press <b>MODE</b> to confirm.</li> </ul> <p><b>Note:</b> Setting the changeover delay to 0 means that it will be skipped completely. Dancing “<b>C</b>” characters will be displayed on the panel when the changeover delay is counting down.</p>
<p><b>Set Brightness</b></p> <ul style="list-style-type: none"> <li>• Press <b>MODE</b> until “<b>br: x</b>” is displayed.</li> <li>• Press <b>SET</b> to increment the brightness setting (0 to 6).</li> <li>• Press <b>START/STOP</b> to decrement the brightness setting.</li> <li>• Press <b>MODE</b> to confirm.</li> </ul>	<p><b>Ready Mode</b></p> <ul style="list-style-type: none"> <li>• Press <b>MODE</b> until 2 small dots are illuminated in the middle of the display. This is the <b>Ready Mode</b>.</li> </ul>

## Starting the CTT

- Press **START/STOP** to begin fitness session.

- Press **MODE** at any time within the fitness session to cancel the session. The CTT will return to the **Ready Mode**.
- Press **START/STOP** at any point in the fitness session to halt the session.
- Press **START/STOP** again to resume the session at the exact place it was halted.

### **Wireless Remote Instructions: (Optional)**

The wireless remote has three buttons and will operate the same as the buttons on the clock. The buttons are labeled as follows:

- (1) **MODE**
- (2) **SET**
- (3) **START/STOP**

### **Battery Installation** (Battery Type: 23A, 12VDC)

Remove back of remote with a #1 Phillips screw driver. Once the back of the remote is off, remove battery carefully. Replace battery with new **23A, 12V** battery (**take note of the polarity markings found on the inside of the back cover of the remote**).

### **Mounting Instructions**

**For wall mounting installation:** Place two # 10, 1 ¼" long screws\* (included) in wall 16" apart (16" center to center). Ensure these screws are at the same height for level.

**For table mounting installation:** Use the # 8, ½" screws (included) to attach the table stand (included) to the rear of the timer. Once the stand is secure, the timer will stand on its own.

\*May use other size screws as long as it is at least a #10 screw. The length may vary depending on the installation point.