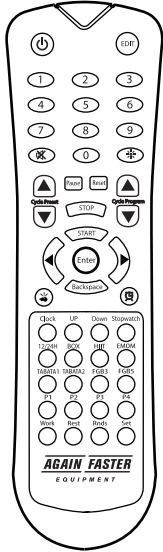


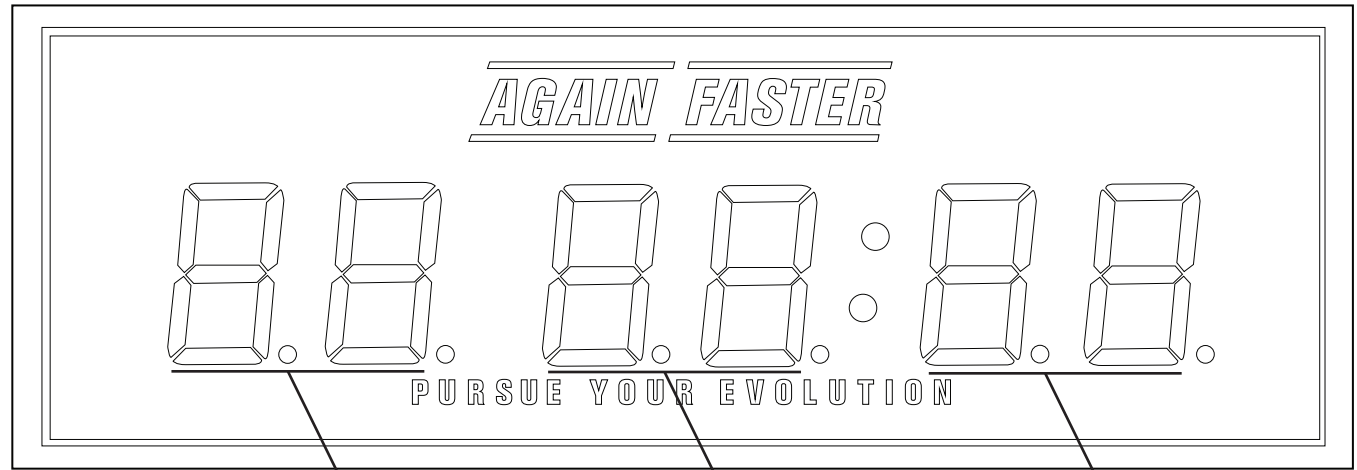
# AGAIN FASTER

EQUIPMENT

Wall Timer



## Display



Program/Rounds

Minutes

Seconds



On/Off



Whistle on demand  
Toggle 10-second pre-work out count down on/off



Clock display



Switch between 12hr and 24hr (military time) mode



Turn whistle on/off  
Must be in clock mode



Adjust brightness  
5 levels



Pause the program



Reset the program to the beginning



Stop the clock



Start the clock



Toggle left



Toggle right

## Preset Programs



8 Rounds  
20-Seconds work  
10-Seconds rest



12 Rounds  
3-Minutes work  
1-Minute rest



3 Rounds  
5-Minutes work  
1-Minute rest



16 Rounds  
20-Seconds work  
10-Seconds rest



Up to 99 Rounds  
30-Seconds work  
30-Seconds rest



5 Rounds  
5-Minutes work  
1-Minute rest



Every Minute On the Minute  
1-Minute interval  
Whistle each minute

---

## Custom Programs

To make a custom program follow the steps below. Repeat for P1-P4



Press the program number button



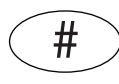
Press the rest button



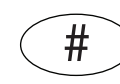
Press the Rounds button



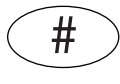
Press the work button



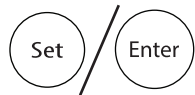
Enter the rest time you desire



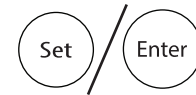
Enter the number of rounds you desire



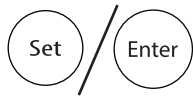
Enter the work time you desire



Press the set/enter button



Press the set/enter button



Press the set/enter button



Press the program number button



Press the start button

## Timer Sequences



Counts up  
With Milliseconds!



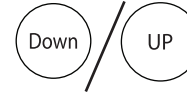
Count down timer  
From 0-99 Minutes



Count up timer  
From 0-99 Minutes

## Custom Timer Sequences

Edit Up/Down sequence times.



Choose your timer sequence



Press the edit button



Enter the time you desire



Press the set/enter button



Cycle Program

Cycle through custom programs  
(P1-P4)



Cycle Preset

Cycle through preset programs  
(BOX, HIIT, EMOM, TABATA, FGB)



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