

PMN:Mini

**TIMEBIRDS** 

mini

OS-5

Last updated March 2024

**Thank You** for purchasing the Timebirds® mini workout timer. Upon receipt of the product, check for any defects prior to first use. If defects are found, do not use and contact Timebirds immediately.

**Safety** | It is important to read and understand all instructions before using Timebirds®. Only use Timebirds® mini as described in the manual.

**Warning** | Overheating, damage or exposure to excessive heat may cause the battery to explode and cause flames resulting in physical harm. Always use a compatible charging device when charging. Do not overload wall outlets, extension cords, or adaptors beyond their capacity. Do not place the device in a fire or near extreme heat. Stop using the device if the battery is damaged or malfunctioning. Do not attempt to repair the battery. Always recycle, or dispose, of the battery according to your local environment laws and guidelines. Poorly structured, or executed, workouts may cause personal injury. Proper setup and use of this device is the responsibility of the user. Timebirds® bears no liability beyond the replacement value of the device.

**Notice** | Timebirds® mini is not waterproof and may become damaged if exposed to water. Always place Timebirds® mini in a dry area. Dropping, throwing or bumping the device may cause damage to the device. Do not use Timebirds® mini as a toy or let children use the device without proper supervision or instruction.

**Product Care** | Always store Timebirds® mini in a clean and dry environment. To clean, wipe with a damp cloth, do not use harsh chemicals or cleaning agents. Do not disassemble, try to repair or modify.

The lens is designed to pop in and out. In the event of the lens popping out, simply pop it back in so the Timebirds® mini logo can be read while facing you.

### **Specifications**

**Weight:** approximately 150gr.

**Maximum volume:** of the Piezo is 75db.

**Battery type:** Lithium-Ion Polymer

**Capacity:** 1200 mAh - 3.7V

**Operating Temp:** 10 – 40 degrees Celsius / 50 – 104 degrees Fahrenheit

**Dimensions:** 155mm (length) x 22mm (width) x 47mm (height)

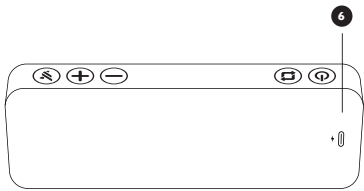
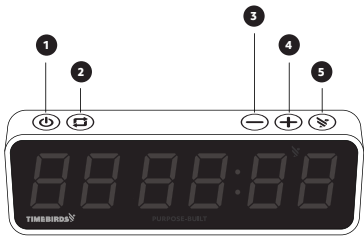
**Warranty** | Timebirds® mini is covered by a 12-month limited warranty for manufacturer's defects and faults. The warranty does not cover normal wear and tear or cosmetic damage. The warranty does not cover negligent or improper use, alteration, mishandling, self-repair, poor maintenance, water damage or incorrect storage. For more information about Timebirds® warranty, visit [www.timebirds.com](http://www.timebirds.com)

**Customer Service** | For more information, troubleshooting, warranty, and replacement information please visit [www.timebirds.com](http://www.timebirds.com). Please contact us for return addresses and replacements before returning your product.



# 1. What's in the box?

- 1x Timer
- 1x USB to USB-C charging cable



1. On/Off
2. Cycle modes
3. Decrease value
4. Increase value
5. Accept/advance
6. USB-C port

## Power

- Hold 2s to turn Timebirds® on or off
- Press once to display battery level feedback (%)

## Mode

- Press to cycle through the mode
- Hold 2s to go back to the home screen

## Decrement

- Press decrement value

## Increment

- Press to increment value

## Set

### HOME SCREEN

- Press to validate your entry
- Hold 3s to enable Bluetooth discovery mode.

### IN A MODE

- Press to stop the timer
- Press again to restart
- Hold for 2s to reset the timer



## 2. Screens

### General Screens

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888888	Off
888888	Home screen
888888	Low battery warning
888888	Battery charge 100%
888888	Battery % charged
888888	Count up mode
888888	Count down mode
888888	Interval training mode
888888	Tabata mode
888888	Fight gone bad mode
888888	Beep Test.
888888	Heat mode
888888	Clock mode
888888	Rep counter mode
888888	Settings
888888	Clock setting
888888	Sound setting
888888	Timebirds workout memory setting
888888	Timebirds OS version
888888	intro sound enabled
888888	Intro sound disabled
888888	Count down to start disabled
888888	Count down to start enabled
888888	Stopwatch
888888	Timebirds pairing activated

### Sound Level Screens

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888888	Sound off
888888	Sound level 1
888888	Sound level 2
888888	Sound level 3

### Clock Screens

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888888	AM time
888888	PM time
888888	12 hours clock format
888888	24 hours clock format

### Workout Memory

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888888	Reset last workout setting
888888	Save last workout setting

### Mode Setting Screens

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888888	Counting up
888888	Counting down
888888	Set a working time
888888	Set a test time
888888	Set number of rounds
888888	Counting up (Interval training mode only)
888888	Count down (Interval training mode only)



### 3. Audio

#### Indications

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	Long beep
	Normal beep
	Short beep
<hr/>	
	Mode is set and ready to go
<hr/>	
	<ul style="list-style-type: none"> <li>Count down to start (3, 2, 1)</li> <li>Transition from one Round to the next</li> <li>Transition from a rest To a work period</li> </ul>
<hr/>	
	Transition from a work to rest period
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	Start of a workout Transition from a rest to work period.
<hr/>	
	End of a workout

### 4. Operating Timebirds mini

#### Charging Timebirds mini

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- Using the provided USB to USB-C Cable, plug USB-C connector into Timebirds® mini
- Plug in USB port to any DC power adapter
- Timebirds® mini will display the current level of charge and beep twice to indicate power is being sent to the device
- indicates full charge

#### NOTE:

Timebirds® mini can also operate when plugged in

#### Battery Level Feedback

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- Press to display the level of battery left
- indicates battery level <10%

#### NOTE:

The function works even when Timebirds is turned off.

#### General Overview

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- Hold for 2s to power on/off
- Press to cycle modes
- Press to accept and advance
- Press to decrease time
- Press to add time

#### NOTE:

In home screen Timebirds® mini will turn itself off after 30s of inactivity



## When a timer is running

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- Press once to pause
- Press once to start
- Hold for 2s to restart your workout

## When setting up a mode

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- Flashing digit represent number being adjusted
- Press or to add or decrease time
- Press to accept and advance
- Press and to go back
- Hold 2s any time to return to home screen

## Adjust Volume

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- Press to cycle modes until
- Press to accept and display settings
- Press to cycle settings until
- Or, simply press or at any time when timer is running

**NOTE:** Timebirds® mini has 3 volume levels (3 being the loudest) and an off position.

## Adjust Brightness

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- Press or at home screen

**NOTE:** Timebirds® mini has 4 levels of dimming, 4 being the brightest. By default, Timebirds® mini is set at Level 4. Battery life may vary based on brightness setting.

## How to display the Clock

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- Press to cycle modes until
- Press to accept and display clock
- Hold for 2s to return to home screen

## How to set the Clock

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- Press to cycle modes until
- Press to accept and display settings
- Press cycle settings until
- Press to accept and advance
- Press or to adjust the GREEN flashing digits for a 12 or 24 hour format
- Press to accept and advance
- Press or to adjust the pair RED flashing digits corresponding to hours
- Press to accept and advance
- Press or to adjust the pair RED flashing digits corresponding to Minutes
- Press to accept and advance

**NOTE:** Timebirds® mini will automatically synchronize to your local time zone once paired with your device.

## How to disable/enable the count down to start

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Under the home Screen

- Hold for 2s to disable the count down to start.
- Hold for 2s to enable the count down to start.



## How to save your workout

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- Press to cycle modes until
- Press to accept and display settings
- Press to cycle settings until
- Press to accept and advance
- Press or to enable or disable the memory of your last settings after your Timebirds is turned off
- Press to accept and advance to the home screen

**NOTE:** Individual mode memory setting will retain settings even if the battery dies. Settings (memory) are only saved after the device is turned off using the button or idle timeout.

## How to Pair my Timebirds ?

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On your mobile device, go to Settings > Bluetooth and turn on Bluetooth. Stay on this screen until you complete the steps to pair your accessory.

To place your Timebirds® mini in discovery mode, hold the button for 3s and wait for to appear on your device.

To pair, tap your accessory name when it appears onscreen

**NOTE:** The Timebirds control app can be found on Android and Apple AppStore

## How to start a Count Up By Rounds (ie EMOM or For Time)

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- Press to cycle modes until
- Press to accept and advance
- Press or to adjust the flashing digit (time)
- Press to accept and advance to the next
- Repeat the above 2 steps until
- Press or to adjust the flashing digits (number of rounds)
- Press to accept and advance
- Press to start

**NOTE:** If you leave all digits to 0, Timebirds® mini will count up until 99:59 Minutes:Seconds

## How to start a Count Down

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- Press to cycle modes until
- Press to accept and advance
- Press or to adjust flashing digit (time)
- Press to accept and advance
- Repeat above 2 steps until
- Press or to adjust flashing digits (number of rounds)
- Press to accept and advance
- Press to start

## How to turn off/on the intro Beep

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Under the home Screen

- Press to turn off the beep
- Press to turn on the beep

**NOTE:** The volume is synchronized with the sound level setting.

## How to start a Custom Interval Training (ie Tabata)

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- Press to cycle modes until
- Press to accept and advance
- Press or to adjust flashing digit (time on)
- Press to accept and advance
- Repeat the above 2 steps until
- Press or to adjust the flashing digits (period of rest)
- Press to accept and advance
- Repeat above 2 steps until
- Press or to adjust the flashing digits (number of rounds)
- Press to accept and advance
- Press to start workout

## How to use the Rep Counter mode.

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- Press to cycle modes until
- Press to accept and advance.
- in the mode, press , , to increase count.
- Press to decrease count.
- Hold for 2s to reset.
- Hold for 2s to return to home screen.

## Firmware updates

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visit [www.timebirds.com](http://www.timebirds.com)

## How to Reboot my Timebirds?

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- Hold for 2s to reboot/reset to factory settings

## How to start a Custom Interval Training (ie Tabata)

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NOTE : 1 heat consists of 1 cycle, which includes a period of work followed by a period of rest. If you set 3 heats, you will need to choose both the duration of work and rest for each of the 3 heats individually. The maximum number of custom cycles, or heats, is 30.

- Press the decrement button to cycle modes until
- Press or forward to accept and advance
- Use the key pad or press the increment or decrement button to adjust the flashing digit (number of heats).
- Press or forward to accept and advance
- Using the key pad :

select the period of work for HEAT  
 select the period of rest for HEAT 1  
 select the period of work for HEAT 2  
 select the period of rest for HEAT 2  
 etc. Repeat for each heat.

- Once all heats are set up, Press or forward to start.



### FCC Warning

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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.

### Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

## ISED Compliance Statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L' émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) L'appareil ne doit pas produire de brouillage;
- (2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

## ISED Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used installed and operated with minimum distance 0mm between the radiator and your body.

L'appareil a été évalué pour répondre aux exigences générales d'exposition aux RF. Cet équipement doit être installé et utilisé avec une distance minimale de 0 mm entre le radiateur et votre corps.



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