

Thank You for purchasing the Timebirds® BigBird 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® BigBird. Only use Timebirds® BigBird as described in the manual.

Warning | Do not overload wall outlets, extension cords, or adapters beyond their capacity. Avoid placing the device near extreme heat. Refrain from attempting to repair the device on your own. Avoid placing your ears next to the buzzer, as it may cause significant pain and possible hearing loss. Always recycle or dispose of your device according to your local environmental laws and guidelines. Remember that poorly structured or executed workouts may cause personal injury. Proper setup and use of this device are the responsibility of the user. Timebirds® bears no liability beyond the replacement value of the device

Notice | Timebirds® BigBird is not waterproof and may incur damage if exposed to water. Please ensure it is always kept in a dry or covered area. Avoid dropping, throwing, or bumping the device to prevent damage. Ensure that Timebirds® products are not used as toys, and do not allow children to use the device without proper supervision or instruction.

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

Specifications

Weight: approximately 5kg.
 Maximum volume: of the Piezo is 103db.
 Power input: 220/110V DC - 50/60hz.
 Operating Temp: 10 – 60 degrees Celsius / 50 – 140 Fahrenheit.
 Dimensions: 715mm (length) x 213mm (width) x 42mm (height) or 28.2 x 8.4 x 1.6 in.

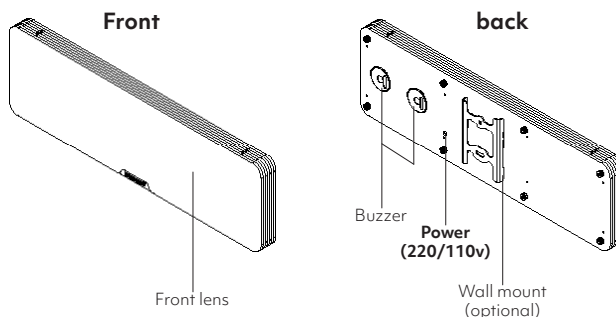
Warranty | Timebirds® BigBird is covered by a 12-month limited warranty for manufacturer's defects and faults. The warranty does not cover normal wear and tear or cosmetic damage. The warranty does not cover negligent or improper use, alteration, mishandling, self-repair, poor maintenance, water damage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

Customer Service | For more information, troubleshooting, warranty, and replacement information please visit www.timebirds.com. Please contact us at team@timebirds.com for return addresses and replacements before returning your product.

In the box

- 1x BigBird Timer
- 1x 220/110v power adapter

Installation | Timebirds® BigBird can stand on its edge or be mounted on a wall using the optional wall mount. Power your BigBird using the provided power adapter.



1. SCREENS

General Screens

- 88 88 88 Off
- 88 88 88 Home screen
- UP 88 88 Count up mode
- DN 88 88 Count down mode
- 88 88 88 Interval training mode
- 88 88 88 Tabata mode
- 88 88 88 Fight gone bad mode
- 88 88 88 Beep test
- 88 88 88 Clock mode
- 88 88 88 Timer settings
- 88 88 88 Clock setting
- 88 88 88 Sound setting
- 88 88 88 memory setting
- 88 88 88 Timebirds OS version
- 88 88 88 Stopwatch
- 88 88 88 Paired with device
- 88 88 88 Sound off (muted)
- 88 88 88 Sound on
- 88 88 88 Timer ready
- 88 88 88 Time out.

Clock Screens

- 88 00 00 AM time
- 88 00 00 PM time
- 12 88 88 12 hours clock format
- 24 88 88 24 hours clock format

Workout Memory

- 88 88 88 Reset last workout settings
- 88 88 88 Save last workout settings

Mode Setting Screens

- UP 88 88 Counting up
- DN 88 88 Counting down
- 88 00 00 Set a working time
- 88 00 00 Set a test time
- 88 88 88 Set number of rounds
- 88 88 UP Counting up
- 88 88 DN Count down

2. SETTINGS

Set the clock

- Press the increment button to cycle modes until 88 88 88
- Press (S) to accept and display settings
- Press the increment button to cycle settings until 88 88 88
- Press (S) to accept and advance
- Select for a 12 or 24 hour format and press (S) to advance
- Use the key pad to adjust the flashing digits and Press (S) to accept

NOTE: Timebirds® BigBird will automatically synchronize to your local time zone once paired with your device. On the clock screen, use the backward and forward buttons to toggle between HH:MM and HH:MM:SS time formats

When a timer is running

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

How to save your workout

- Press the increment button to cycle modes until 88 88 88
- Press (S) or forward to accept and display settings.
- Press the decrement button to cycle settings until
- Press (S) or forward to accept and advance.
- Press the increment or decrement button to enable 88 hold or disable 88 88 88 the memory of your last settings.
- Press (S) or forward to accept and advance to the home screen.

NOTE: Individual mode memory setting will retain settings. Settings (memory) will also remain saved if the device is unplugged from its power source.

Adjust Brightness

- Press the (*) to increase brightness.
- Press (*) to decrease brightness.

NOTE: Timebirds® BigBird has 4 levels of dimming, 4 being the brightest. By default, it is set at Level 4.

How to Reboot my Timebirds Bigbird?

Disconnect the power cord and wait for 10 seconds before restoring power.



Firmware updates

Firmware updates are done Over The Air using the Timebirds Timer app. Visit www.timebirds.com for more information.

3. OPERATING BIGBIRD

How to start a count up by rounds (ie EMOM or For Time)

- Press the decrement button to cycle modes until **UP 00 00**.
- Press **⏪** or forward to accept and advance.
- Use the key pad or Press the increment or decrement button to adjust the flashing digit (time).
- Press **⏪** or forward to accept and advance to the next.
- When you reach **00 00 00**, use the key pad or press the increment or decrement button to adjust the flashing digit (number of rounds).
- Press **⏪** or forward to accept and advance.
- Press **⏪** or forward to start.

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

How to start a Count Down

- Press the decrement button to cycle modes until **00 00 00**.
- Press **⏪** to accept and advance.
- Use the key pad or press the increment or decrement button to adjust the flashing digit (time).
- Press **⏪** or forward to accept and advance to the next.
- When you reach **00 00 00**, use the key pad or press the increment or decrement button to adjust the flashing digit (number of rounds).
- Press **⏪** or forward to accept and advance.
- Press **⏪** or forward to start.

NOTE: If you leave all digits to 0, Timebirds® BigBird will count up until 99:59 (Minutes:Seconds).

How to start a customer interval training (ie TABATA)

- Press the decrement button to cycle modes until **00 00 00**.
- Press **⏪** or forward to accept and advance.
- Use the key pad or press the increment or decrement button to adjust the flashing digit (time on or period of work).
- Press **⏪** or forward to accept and advance to the next.
- When you reach **00 00 00**, use the key pad or press the increment or decrement button to adjust the flashing digit (period of rest).
- Press **⏪** or forward to accept and advance.

- When you reach **00 00 00**, use the key pad or press the increment or decrement button to adjust the flashing digit (number of rounds to complete).
- Press **⏪** or forward to accept and advance.
- Select on a timer counting UP **00 00 UP** or down **00 00 DA**.
- Press **⏪** or forward to accept and advance.
- Press **⏪** or forward to start.

How to set up a customer HEAT workout ? (rounds with variable periods of work and rest)

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 **00 00 00**.
- 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 :
 - 00 00 00** select the period of work for HEAT 1
 - 00 00 00** select the period of rest for HEAT 1
 - 00 00 00** select the period of work for HEAT 2
 - 00 00 00** select the period of rest for HEAT 2 etc. Repeat for each heat.
- Once all heats are set up, Press **⏪** or forward to start.

4. GLOSSARY

AMRAP | stands for *As Many Rounds As Possible*." The goal is to do as many repetitions of an exercise as possible during a set amount of time, without resting.

Beep Test | is also known as the *Shuttle Run Test*. The test involves continuous running between two points that are 20 meters apart, initiated by a beep sound.

EMOM | stands for *Every Minute On a Minute*. The goal is to complete a certain number of reps of a particular exercise within 60 seconds.

FGB | (*Fight Gone Bad*) is 3 rounds of 5 minutes of work with 1 minute of rest between each round. The five minutes of work is made up of one minute at five different stations: wall balls, sumo deadlift high pulls, box jumps, push presses and rowing.

For Time | is when you try to complete your workout as quickly as you can.

Interval Training | involves a series of repeated rounds of exercise, with a specific work interval followed by a recovery interval.

Tabata | consists in eight rounds of 20-seconds-on-10-seconds-off.

FCC Statement

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

RF Exposure Information

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

ISED Statement

English: 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.

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux RSS exempts de licence d'Innovation, Sciences et Développement économique Canada.

L'exploitation est soumise aux deux conditions suivantes :

- (1) Cet appareil ne doit pas provoquer d'interférences.
- (2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

L'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).

This device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS 102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du cnr - 102 et conformément avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs rf et la conformité.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux rayonnements du Canada établies pour un environnement non contrôlé.

This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

Cet équipement doit être installé et utilisé à une distance minimale de 20 cm entre le radiateur et votre corps.