



Sporttimer MT29

CrossFit



Sporttimer MT29

CrossFit - wall
Art.nr. 35-810-29



Sporttimer MT29

CrossFit - Table
Art.nr. 35-811-29



(Option) Transport case



Infrared Remote Control

Sporttimer MT29

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1. General information

1.1. Purpose

This manual provides the necessary information for the correct use of **Sporttimer MT29**, also indicated "MT" in this document. We suggest you keep the manual for the duration of the product's life.

1.2. Product description

MT is ideal for programming, timing, displaying and acoustically signaling time intervals (minutes:seconds) during workout programs. It is recommended especially for sportspeople, trainers and gyms.

Its programming flexibility allows several workout modes.

It can be managed with the local keypad or with an infrared remote control.

It is available in the wall mount version (*default*) or table version.

1.3. Symbols used in the manual

Portions of the text which are of particular importance in regards to the safety or proper use of the product are indicated by the following symbols.



Warning:

risk of danger or injury to persons if instructions or the necessary precautions are not followed.



Caution:

situations that could cause damage to your device or other equipment.



Note:

important information on product use.

1.4. Technical features

Power supply:	100-240V, 50/60Hz, 0.2A
Temperature:	-10 ... +70 °C (storage) 0 ... +50 °C (operating)
Relative humidity (without condensation):	10 ... 95% (storage) 20 ... 90% (operating)
Altitude:	12000m (storage) 2000m (operating)
Size (Width x Height x Depth):	56 x 19 x 4 cm (wall version, art.152-01) 56 x 23.5 x 9 cm (table version, art.152-04) 11 x 4.9 x 2.2 cm (remote control)
Digits size:	9 x 4 cm
Weight:	1.6 kg (wall version, art.152-01) 2.05 kg (table version, art.152-04) 0.17 kg (remote control)
Battery of the remote control:	alkaline, 9V, 16 x 45 x 26 mm, typical lifespan: 2 years

1.5. Safety warning



- It is absolutely mandatory that the installation of the product and the electrical system are designed and implemented by qualified technicians, in compliance with regulations in effect in the country where installation takes place.
- Before carrying out any configuration or maintenance operation, disconnect the power supply from the product.
- The opening of the case and the configuration of the product must be carried out only by a qualified technician.
- Do not expose the product to heat sources, to water or to rain.
- Do not crush, pull, bend, excessively twist or modify the power supply cable. Also, do not use the power cable if it has been damaged.

1.6. Guarantee



The guarantee is valid for two years starting from the date of purchase and includes free repair for any defects in materials or construction. The guarantee does not include shipping costs. Batteries are not included in the warranty. More information on guarantee and post-sale support can be found at www.LEDdisplay.se.

1.7. Disposal of product

Please dispose of your product in a manner most compatible with the environment and in accordance with federal or state laws, reusing parts and recycling components and materials when possible.



When this crossed-out waste bin symbol is attached to a product it signifies the product should be disposed of in a separate container from other waste.

The sorted waste collection of the present device is organized and managed by the manufacturer. Users who wish to dispose of their present device should contact the manufacturer and follow the procedure indicated for separate waste collection.

Ensuring proper sorted waste collection, in accordance with environmental standards, for the disposal of further devices helps to protect the environment and the health of persons from any damaging effects. It also favors the reuse and recycling of materials. Administrative sanctions, in accordance with regulations in effect, will be applied for any improper or abusive disposal of the product on part of the holder.

1.8. Compliance with EU regulations

The product meets the essential requirements of the Electromagnetic Compatibility and Safety for electronic devices, in accordance with European directives:

- **2014/30/EU** of 26 February 2014,
- **2014/35/EU** of 26 February 2014,
- **2011/65/EU** of 8 June 2011.

2. Installing the MT



Since every **MT** is provided with a power supply cable and plug, we suggest that a power cord socket controlled by an easily accessible switch be placed nearby. Before installing the **MT** on the wall, we suggest first running a preliminary test by temporarily connecting the device to the mains power supply. Fix **MT** to the wall with two screws or wall anchors.



Before plugging in the device, make sure that the data on the power supply rating plate is compatible with that of the mains power supply.

3. Keypad

The local and remote control keypad is provided with the following keys.



To turn the device to stand-by.



To access the programming functions.



To select the previous parameter during programming.



To select the workout program.



To change the timer value.



To select the following parameter during programming.



To start the timer.



Not used.



To increase the parameter value.



To stop the timer.



Not used.



To decrease the parameter value.

4. Operation

MT programmes and stores the time intervals of 9 “**workout programs**”. It also times and displays the program in course and signals the events with acoustic signals.

4.1. What a workout program is

A **“workout program”** consists of (*Fig. 4.1*):

1. An optional start interval (PRE-WORKOUT).
2. A sequence of PHASES, each one formed of CYCLES:
 - a time interval (ACTION) to perform the exercises,
 - a time interval (PAUSE) for recovery.

The entire sequence of PHASES can be performed several times and are called ROUNDS.

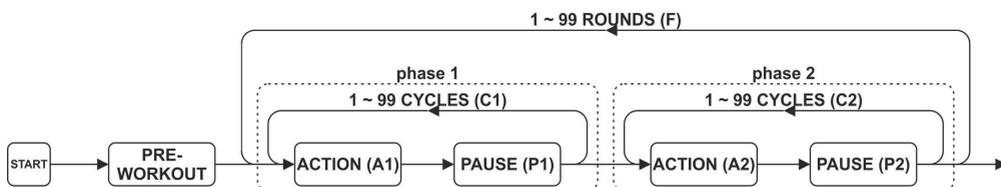


Fig. 4.1 Example of workout program consisting of pre-workout and 2 phases.

4.2. Displayed data and acoustic signals

MT displays the ACTION and PAUSE times and the current CYCLE number. It also uses different length sounds to signal the various events occurring during the **“workout program”**.

Fig. 4.2 shows the information displayed by the **MT** during the timing phase; PAUSE shows only one separation point between minutes and seconds.



Fig. 4.2 Data displayed by the **MT** while timing.

The following events are acoustically signaled with different sound modes:

- PRE-WORKOUT end: 3 sounds (short duration) in the last 3 seconds,
- ACTION start: 1 sound (medium duration) - ACTION end: 1 sound (long duration),
- end of the entire **“workout program”**: 3 sounds (long duration).

You can also program the emission of a sound as follows:

- At regular intervals (cadence) during each ACTION, to synchronize the workout exercises;
- At time intervals before the end of each ACTION and PAUSE.

4.3. Selecting, starting and stopping a workout program

To select a “workout program”:

- press the [TIMER] key several times until the desired “workout program” is displayed (“t1”, “t2”, ..., “t9”), and
- within 3 seconds press [STOP]¹.

Press [START] and [STOP] to start and stop timing. You can program timing forward or backward.

4.4. Modifying the timer

With the timer stopped: press [#] and then change its value with [+] and [-] (keeping them pressed, the change is rapid, only for the local keypad). At the end, press [#] again to confirm the changes or press the other keys to delete the changes.

5. Programming

You can set the specific parameters of each of the nine (9) “workout programs” and the general parameters valid for all the programs. Use the arrow keys [<] and [>] to scroll the parameters; you can modify the values of these parameters with the keys [+] and [-] (on the local keypad, keep them pressed to rapidly change the values).

“Fig. 5.1” shows the data displayed on the MT while programming.



Fig. 5.1 Data displayed on the MT while programming.

5.1. General parameters

To access the programming functions press [PROG]. Press [PROG] or [ON-OFF] again to quit the programming mode.

Identifier	Description	Parameter		
		min	default	max
H1	Timing modes (dn : downward, uP : upward).	dn	uP	uP
H2	Sound type (trilling : 1, continuous : 2).	1	2	2
H3	Sound volume (off : 0, low : 1, medium : 2, high : 3).	0	2	3
H4	PRE-WORKOUT duration (minutes:seconds).	0:00	0:10	99:00
H5	Regular sound emission interval - cadence (seconds).	0	0	60

¹. Press [START] instead of [STOP] to start timing immediately.

H6	Time interval before ACTION end acoustic signal (minutes:seconds).	0:00	0:00	99:00
H7	Time interval before PAUSE end acoustic signal (minutes:seconds).	0:00	0:00	99:00

5.2. Specific parameters

To access programming functions (“Fig. 5.2”):

- press [TIMER] several times until the desired “workout program” is displayed (“t1”, “t2”, ..., “t9”), and then
- press [PROG] within 3 seconds.

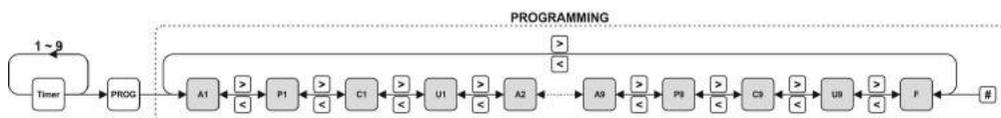


Fig. 5.2 Timer parameters programming flow.

For each “workout program” you can determine up to nine (9) successive PHASES, each containing the following parameters.

Identifier	Parameters of a “workout program”		Value		
	Item	Description	min	default	max
1	A1	Workout time - ACTION (minutes:seconds).	0:00	1:00	99:00
	P1	Rest time - PAUSE (minutes:seconds).	0:00	0:30	99:00
	C1	Number of cycles - CYCLES.	1	1	99
	U1	Increase of the workout time at each cycle.	-9:55	0:00	10:00
2	A2	Workout time - ACTION (minutes:seconds).	0:00	0:00	99:00
	P2	Rest time - PAUSE (minutes:seconds).	0:00	0:00	99:00
	C2	Number of cycles - CYCLES.	1	1	99
	U2	Increase of the workout time at each cycle.	-9:55	0:00	10:00
...					
3	A9	Workout time - ACTION (minutes:seconds).	0:00	0:00	99:00
	P9	Rest time - PAUSE (minutes:seconds).	0:00	0:00	99:00
	C9	Number of cycles - CYCLES.	1	1	99
	U9	Increase of the workout time at each cycle.	-9:55	0:00	10:00
F		Number of program ROUNDS.	1	1	99

The '**F**' parameter represents the number of ROUNDS. It makes it possible to repeat the entire "**workout program**". Use the [#] key to select this parameter without scrolling all the previous parameters ("Fig. 5.2").

At each CYCLE, you can increase or decrease the ACTION time by a '**Un**' value, so as to perform "**workout programs**" with "pyramid" times (chapter 5.3).

To perform one phase after another, set an ACTION time different from null for the second phase. For example, with A2 = 2:30 at the end of phase 1, phase 2 will be automatically started.

Press [**PROG**] or [**ON-OFF**] again to quit the programming mode.

5.3. Programming example

For a second "**workout program**" as here described:

- 30 pre-workout seconds before start;
- 1 minute workout + 30 rest seconds, for 5 times;
- pyramid workout times from 2 to 4 minutes (and vice versa) in 3 cycles + 1 rest minute;
- the above must be repeated twice;
- acoustic synchronization of the exercises every 15 seconds (cadence).

Proceed as follows:

1. Press [**PROG**] to access the general parameter setting. The **MT** displays parameter **H1** (timing mode) and its current value.
2. With [>] scroll the parameters up to **H4** (PRE-WORKOUT); using the keys [+] and [-] increase/decrease the parameter value to "**0:30**".
3. Set the following parameter (cadence) **H5** = "**0:15**".
4. Quit the programming mode by pressing [**PROG**].
5. Press [**TIMER**] several times until "**t2**" is displayed, then press [**PROG**] to access the specific parameters of the "**workout program**".
6. The **MT** displays the parameter **A1** and its current value; increase/decrease this value to "**1:00**", then pass to the following parameter.
7. Set **P1** = "**0:30**", **C1** = **5** e **U1** = "**0:00**": the programming of PHASE 1 has been completed; press [>] to pass to the first parameter of the following phase.
8. In the second PHASE, set **A2** = "**2:00**", **P2** = "**1:00**", **C2** = **3** and **U2** = "**1:00**".
9. Then set PHASE 3 as follows: **A3** = "**4:00**", **P3** = "**1:00**", **C3** = **3** e **U3** = "**-1:00**".
10. Make sure that **A4** is null, then press [#] to program **F** = **2**. Press [**PROG**] to quit the programming mode.

In “Fig. 5.3” shows the progress flow of the times given in the example.

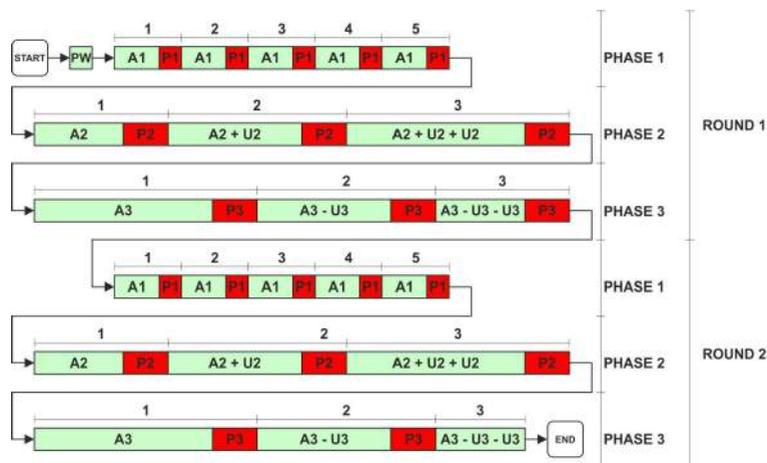


Fig. 5.3 Progress flow of the times given in the example.

6. Maintenance

The product does not require special maintenance.

6.1. Replacement of the remote control battery

1. Unscrew the two back screws to open the remote control case.
2. Replace the exhausted battery with a new one and make sure that the polarities match.
3. Screw the case back on. Pay attention not to damage the connection wires.



Exhausted batteries are considered special wastes. Do not dispose of batteries in household waste but instead dispose of them in specific waste collection centers.

6.2. Cleaning the front piece



Use a very soft clean cloth dampened with alcohol. Do not use aggressive cleaning products.

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