













MODE		SETUP	PRESETS	WORKOUT	COUNT UP
ACTIONS					
	Click	+ 10 sec	Next Preset	Play / Pause	Play / Pause
	Press	+ 1 min; hold auto++	Count up	Pause & Count up	Pause & Count up
	double Click	- 10 sec	Start	Stop & Reset	Start / Stop & Reset
	double Press	- 1 min; hold auto--			
	triple Click	Exit Setup	Enter Setup	Enter Setup	Enter Setup
	triple Press	Next setup item			

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MODE		SETUP	PRESETS	WORKOUT	COUNT UP
ACTIONS					
	Click	+ 10 sec	Next Preset	Play / Pause	Play / Pause
	Press	+ 1 min; hold auto++	Count up	Pause & Count up	Pause & Count up
	double Click	- 10 sec	Start	Stop & Reset	Start / Stop & Reset
	double Press	- 1 min; hold auto--			
	triple Click	Exit Setup	Enter Setup	Enter Setup	Enter Setup
	triple Press	Next setup item			

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MODE			SETUP	PRESETS	WORKOUT	COUNT UP
ACTIONS						
<div><div></div></div>	Click	+ 10 sec	Next Preset	Play / Pause	Play / Pause	
<div><div></div></div>	Press	+ 1 min; hold auto++	Count up	Pause & Count up	Pause & Count up	
<div><div></div><div></div></div>	double Click	- 10 sec	Start	Stop & Reset	Start / Stop & Reset	
<div><div></div><div></div><div></div></div>	double Press	- 1 min; hold auto--				
<div><div></div><div></div><div></div><div></div></div>	triple Click	Exit Setup	Enter Setup	Enter Setup	Enter Setup	
<div><div></div><div></div><div></div><div></div><div></div></div>	triple Press	Next setup item				

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