

ALM – ALM034 - Pam's Pro Workout

- Manual PDF
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[Official Pamela's Pro Workout Manual PDF](#)

Pamela's Pro Workout Cheat Sheet

Pamela's Pro Workout is a powerful programmable clocked modulation and trigger source for Eurorack—with deep parameter editing and extensive external CV modulation.

This guide puts everything at your fingertips for fast, creative patching!

Panel Reference

Pamela's Pro Workout	
[Clk] [Run] [CV1] [CV2]	<--- Inputs (Top Row)
[Color LCD]	
[Program Knob] [Start/Stop]	<--- Main Controls
1 2 3 4 5 6 7 8	<--- 8 Outputs (Bottom Row)

Jacks, Button, and Knob Reference

Inputs (Top row, left to right)

Label	Function	Voltage Range
Clk	External clock input, or assignable as CV in or bank switch	0–5V logic (edge 0.7V min)
Run	Clock run/stop gate, or RESET, CV in, prev bank, or output rotate trigger	0–5V logic (edge 0.7V min)
CV1	Assignable analog CV input for parameter modulation	0–5V (outside ignored)
CV2	Assignable analog CV input for parameter modulation	0–5V (outside ignored)

NOTE: CV inputs can be assigned as additional CV or trigger sources depending on settings.

Outputs (Bottom row, 1–8 left to right)

- **8 outputs:** Each programmable with clocks, triggers, envelopes, modulation, LFOs, etc.
 - **Voltage Range:** 0–5V, 12-bit resolution, up to 3.8 kHz update frequency
 - **Dedicated green LED per output**
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Expander Connections (Rear)

- **Axon-1 / Axon-2:** Adds 4x extra CV ins (0–5V), assignable, with Axon-2 offering 2 assignable buttons

- **PPEXP1 / PPEXP2:** Adds external DIN Sync/MIDI clock outputs and fixed division triggers
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Main Controls

Control	Action
Program Knob (push/turn)	Navigate/edit parameters, push to select, hold for 'extended' per-output params, long hold (in main screen) opens settings
Start/Stop Button	Starts or stops the clock, resets on stop

Shortcuts:

- **Hold Start/Stop and turn knob:** Quick-jump same parameter across outputs
 - **Hold Start/Stop and click knob:** Mute/unmute current output
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Basic Operation Summary

1. **Set Clock BPM:**
2. Main screen: Turn/push program knob to set BPM (10–330 BPM).
3. **Navigate Outputs / Select Output Modifier:**
4. Without selecting, turning knob scrolls through 8 outputs.
5. Push to highlight an output's "modifier" (mult/divide/utility/triggered).
6. Turn to set time division or type. Push to exit.
7. **Edit Output Parameters (Waveforms & More):**
8. With output selected, *push+hold* knob (>1 sec) to open parameter page.
9. Scroll & edit: Shape, Level, Width/Slew, Offset, Phase, Euclid, Probability, Loop, Cross-Op, Flex, Quantizer, Scope, etc.
10. Push+hold knob again to exit.

11. CV Assignment:

12. Many parameters: Scroll to CV in menu, assign to CV1, CV2 (or Axon if present).
13. Set attenuation/offset for each CV assignment (full bipolar/attenuverter logic).

14. Save/Load Banks:

15. Whole module or per-output, up to 64 banks.
 16. All settings persist across power cycles.
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Output Waveforms & Parameters

Parameter	Description
Shape	Pulse/square, ratchets, triangle, trapezoid, sine, hump, expo/log env, random, etc.
Width/ Slew	Changes width (pwm, ratchet density), slew makes wave more/less sharp
Level	Output voltage, 0–5V (in percent)
Offset	Adds DC offset (percent of 0–5V); with Level=0, can output fixed CV
Phase	Phase shift/moves start point of waveform
Probability	Chance step will trigger/send output, 0–100%
Euclidean	Steps / Triggers / Pad / Shift for Euclidean rhythm generation
Loop	Output pattern or randomness can reset/repeat after X beats (incl. nap/wake)
Cross Op	

Parameter	Description
	Combine output with another output/CV using logic, mix, sample+hold, etc.
Flex Op	Micro-timing: Swing, Human, Ramp Up/Down, Hump, Delay, PWR2
Quantiser	Quantizes to music scales (Chromatic, Major, Minor, User, etc.)
Invert	Invert output voltage
Scope	Real time waveform view

Inputs/Outputs Voltage Ranges

Jack Type	Range	Function
Outputs 1–8	0 to +5V	CV/triggers/LFO, 12-bit, 3.8kHz
Inputs (CV 1,2)	0 to +5V	Assignable analog CV
Clk/Run Inputs	0 to +5V logic, 0.7V rising	Clock/logic, can be used as assignable CV (0–5V, see above)

Settings Menu (press+hold encoder from BPM/main screen)

- **Clk/Run input assignment:** (Clock, CV, bank switching, rotation, etc.)
- **EXT PPQN:** Set expected clock pulses per quarter note (default 24)

- **UI theme** (visual style)
 - **Encoder hold time** (customize hold duration)
 - **Bank load/save**
 - **Reset all**
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Expander Info (back panel)

- **AUX headers ONLY!** See manual for correct header usage.
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Useful Tips

- Any parameter with a % can be modulated by CV!
 - Multiple parameters can be assigned to the same CV input, each with custom attenuate/offset.
 - Utility output types: GATE (held high = playing), OFF, START (pulse on start), STOP (pulse on stop).
 - Use 'Scope' to view your output wave and its shape in real-time.
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External Sync

- For precise sync: set PPQN to 24, use DIN Sync-standard clock/run (Run recommended for pre-sync).
 - Supports CV control of BPM via clock input.
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Links

- [Official Manual PDF](#)
- [Generated With Eurorack Processor](#)