

ROGUE HOME TIMER

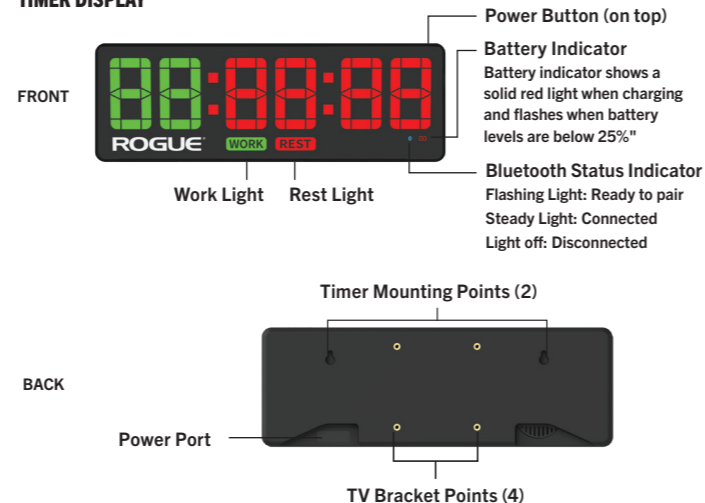
QUICK START GUIDE

ROGUE®



The Rogue Home Timer can be controlled through the Rogue App
Available for iPhone and Android.

TIMER DISPLAY



INITIAL SET-UP

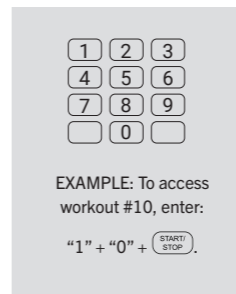
- 1 Connect the Power:** Using the supplied cable and appropriate adapter if needed, ensure the cable is securely inserted into the Power Port.
- 2 (Optional) Connect to Bluetooth:** Turn device on. Bluetooth Indicator Light should be flashing blue or off, indicating ready to pair. Use your cellphone to pair the device using the Rogue App, available for free download through the App Store or Google Play.
- 3 Set the Clock:** Press **CLOCK** then **SET**. Use the arrows and numeric keypad to set the time. Press **SET** again to save and exit.
- 4 Select Program, Begin Workout:** Initiate a workout: Select a Program (FGB, TBT, EMOM, Timer, etc) Press **START/STOP** to begin the workout.
- 5 Follow the Prompts:** The Work and Rest light will Indicate whether it is an exercise or rest interval.

Optional: The timer can be mounted to a wall or other vertical surface. It can also be attached to the Timer Floor Stand (sold separately) or used with other VESA 75 standard mount compatible brackets with the included screws.

PROGRAMMED INTERVALS

The timer is pre-programmed with 20 interval settings. Exit any timers and enter the number of the workout below, using the keypad, followed by **START/STOP**.

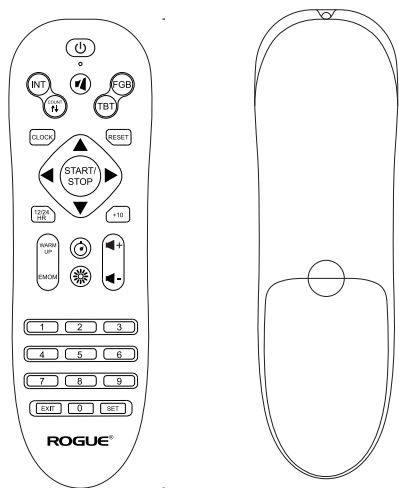
- 10 sec work / 20 sec rest x 99
- 20 sec work / 10 sec rest x 99
- 30 sec work / 10 sec rest x 99
- 30 sec work / 60 sec rest x 99
- 60 sec work / 30 sec rest x 99
- 60 sec work / 0 sec rest x 99
- 90 sec work / 1 min rest x 99
- 2 min work / 1 min rest x 99
- 3 min work / 1 min rest x 99
- 4 min work / 1 min rest x 99
- 5 min work / 1 min rest x 99
- 10 min work / 1 min rest x 99
- Variable interval workout: Work periods in seconds: 30,45,60,75, 90,75,60,45,30) with 60 sec rest in between each interval
- Variable interval workout: Work periods in seconds: 30,45,60,75,90,75,60, 45,30) with 30 sec rest in between each interval
- Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 30 sec rest in between each interval
- Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 60 sec rest in between each interval
- 5 min countdown timer
- 10 min countdown timer
- 24 second shot clock
- Lap timer function. Count up until **START/STOP** is pressed and then start timer over counting up from zero again. To exit this mode, press **EXIT**.



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REMOTE



Power On/Off



Volume Control

Adjust the Volume (5 Levels)



Sound On/Off



Brightness

Adjust the brightness (5 Levels)



Set

Used before and after settings are programmed/customized.



Exit

Press to leave a current mode/function.



Reset

Clears data on screen back to the previous setting.



Clock

To change, press **CLOCK** then **SET**

Use the arrows and numbers to adjust.

Press **SET** again to save and exit.



12/24 Hours Format

In clock mode, press to toggle between 12-hour or 24-hour (military time) format.



Stopwatch Timer

Turns on Stopwatch Mode.

Press **START/STOP** to start, stop, or resume the stopwatch timer.

Press **RESET** to go back to 00:00.



10 Second Countdown

This button turns a 10-second preparation countdown ON/OFF before every use of the timer.

Countdown ON = 2 red lights on

Countdown OFF = No red lights



Start/Stop

Use **START/STOP** to start or stop a Timed sessions or modes such as EMOM and Warm-up



Warm-up mode

10-minute count down to warm-up.

Press **WARM UP** and **START/STOP** to start the mode

Press **START/STOP** to stop or resume the mode

Press **EXIT** to exit the mode



EMOM mode

1 min work / 0 second rest *99

Press **EMOM** and **START/STOP** to start the mode

Press **START/STOP** to stop or resume the mode

Press **EXIT** to exit the mode



“Fight Gone Bad”Timer

FGB Mode is a 17 minute timer, containing three 5-minute rounds, with each round consisting of five 1-minute intervals counting down with no rest between intervals.

These rounds are indicated by "Work" showing in green at the bottom of the timer.

There are two 1-minute rest periods between each round. These rounds are indicated by "Rest" in red at the bottom of the timer



Interval Timer

Turns on Interval Timer Mode.

To Start Your Most Recently Saved Interval Timer:

Press **INT** followed by **START/STOP** to start a customized interval timer saved in your system:

To Set Up a New Custom interval Timer:

- Press **INT** followed by **SET** . The screen will display flashing green numbers. Here you can enter your desired Number of Rounds for the intervals.

- Press **SET** a 2nd time. The display screen should now read [On:XX:XX].Use the left/right arrows and number keys on the remote to enter in your desired Work Time in minutes and seconds.

- Press **SET** a 3rd time,The display screen should now read[XX:XX],Use the left/right arrows and number keys on the remote to enter in your desired Rest Time in minutes and seconds.

- Press **SET** a 4th time to complete and save your programed settings. To assign your new interval timer a Shortcut Key on the remote, press any number key 21-30. That number key will then be tied to those setting in the future when you're in Interval Timer Mode.

- When finished,press **EXIT** to leave the Interval Timer function or press **START/STOP** to start the customized interval timer you just saved.



Countdown/Count-Up Selection

In Interval Timer Mode, this button determines whether the time will count up or down.

Once selected, you can then press to **START/STOP** begin the interval timer.



Count-Up Timer Up Arrow

Turns on Count-Up Timer Mode.

To start your most recently used count-up timer:

Press **▲** followed by **START/STOP**

To start a customized count-up timer saved in your system:

Press **▲** followed by **SET** . Use the left/right arrows and number keys on the remote to enter in your desired count-up time in minutes and seconds.

Press **SET** again to complete and save your programmed settings.

When finished, press **EXIT** to leave the Count-Up Timer Mode .



Countdown Timer Down Arrow

Turns on Count Down Timer Mode.

To start a customized Countdown Timer saved in your system:

Press **▼** followed by **START/STOP**

To Set Up a New Custom Countdown Timer:

Press **▼** followed by **SET** . Use the left/right arrows and number keys on the remote to enter in your desired count-down time in minutes and seconds.

Press **SET** again to complete and save your programmed settings.

When finished, press **EXIT** to leave the Countdown Timer Mode.



Tabata Timer

Turns on Tabata Timer Mode.

Tabata sessions are 4 minutes long and consist of 20-second intense training periods followed by 10 seconds of rest.

Press **START/STOP** to start, stop, or resume the Tabata timer.