ROGUE HOME TIMER

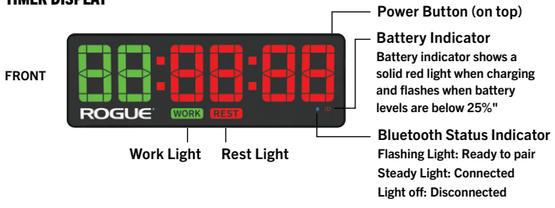
QUICK START GUIDE

ROGUE

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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.

1. 10 sec work / 20 sec rest x 99
2. 20 sec work /10 sec rest x 99
3. 30 sec work /10 sec rest x 99
4. 30 sec work / 60 sec rest x 99
5. 60 sec work / 30 sec rest x 99
6. 60 sec work / 0 sec rest x 99
7. 90 sec work / 1 min rest x 99
8. 2 min work / 1 min rest x 99
9. 3 min work /1 min rest x 99
10. 4 min work / 1 min rest x 99
11. 5 min work /1 min rest x 99
12. 10 min work /1 min rest x 99
13. Variable interval workout: Work periods in seconds: 30,45,60,75, 90,75,60,45,30) with 60 sec rest in between each interval
14. Variable interval workout: Work periods in seconds: 30,45,60,75,90,75,60, 45,30) with 30 sec rest in between each interval
15. Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 30 sec rest in between each interval
16. Variable interval workout: Work periods in minutes: 1,2,3,4,5,4,3,2,1) with 60 sec rest in between each interval
17. 5 min countdown timer
18. 10 min countdown timer
19. 24 second shot clock
20. 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.



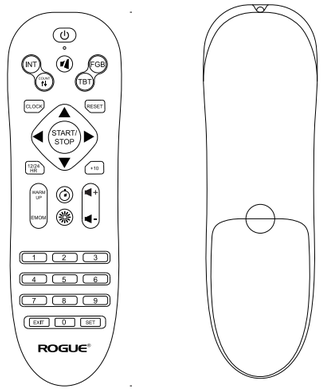
EXAMPLE: To access workout #10, enter:

"1" + "0" + START/STOP.

ROGUE

ROGUEFITNESS.COM

REMOTE



Power On/Off

Sound On/Off

Brightness
Adjust the brightness (5 Levels)

Exit
Press to leave a current mode/ function.

Volume Control
Adjust the Volume (5 Levels)

Set
Used before and after settings are programmed/customized.

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.

Clock Display Format
In clock mode, press the 12/24 hour button to cycle through the different display format as follows: 24hr with seconds, 24hr without seconds 12hr with seconds, or 12hr without seconds

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.