

Exercise Program

SETTING THE CLOCK – (timer is in military time)

Example: August 22, 2006 – 10:37 A.M.

Press "RESET" button

Unit flashes "ENGLISH", Press "OK" button

Year 2001 flashes on LCD

Press "+" button to change to 2006, Press "OK" button

The word month and 01 flashing appears on LCD

Press "+" button until unit displays "month 08" or whatever month unit is being programmed in, Press "OK" button

Unit displays 08.01 (01 is flashing, this is the day of the month)

Press "+" until unit displays "Day 08.22", or whatever day it is being programmed in, Press "OK" button

Unit now displays "Hour 0:00" with the hour zero flashing

Press "+" button until unit displays "Hour 10:00" or whatever hour you desire, Press "OK" button

Unit now displays "Minute 10:00" with minutes flashing

Press "+" button until unit displays "Minute 10:37" or whatever minute you desire, Press "OK" button

The unit now displays the date, time, day of the week and the relay status

PROGRAMMING

Press "MENU" button

Unit displays "PROGRAM", press "OK" button

Unit displays "NEW PROG" flashing, Press "OK" button

Unit momentarily displays "FREE 28" which means 28 lines of programming are available (this number will decrease by 1 after each line of programming is stored)

Unit displays "TIME ON" and a flashing "ON", Press "OK" button

Unit displays "HOUR ON 0:00", hour zero flashing

Press "+" button until desired hour is achieved, Press "OK" button

Unit displays "MINUTE ON 0:00", minute zeros are flashing (the hour will not be zero; it will be the hour you chose)

Press "+" button until desired minute is achieved, Press "OK" button

The on time is displayed, "MONDAY" is flashing on the screen and an inverted triangle is flashing above the number 1

If you want your exercise program for MONDAY * , Press "OK" button

Unit displays the time, inverted triangle above the 1, and "COPY" flashing

Press the "+" button, the unit now displays the time, inverted triangle above the 1, and "STORE" flashing, Press "OK" button

Unit displays "NEW PROG" flashing, Press "OK" button

Unit displays "TIME OFF" and "OFF" flashing, Press "OK" button

Unit displays "HOUR OFF 0:00" with hour zero flashing, press "+" button until you reach desired hour, Press "OK" button

Unit displays "MINUTE OFF 0:00" with zero minutes flashing (the hour will not be zero; it will be the hour you chose)

Press "+" button until you reach desired minute, Press "OK" button

Unit displays "MONDAY" flashing and the off time, Press "OK" button

NOTE: When programming a TR-612-TOP the unit will display 42 instead of 28. Choose channel 1 (C1) or channel 2 (C2) by using the "+" or "-" keys. Push "OK" to store this selection. Choose "on" or "off" by using the "*" or "." keys. Push "OK" to store this selection. Continue programming as described.

Unit displays "COPY" flashing and the off time, press "+" key
Unit displays "STORE" and off time, Press "OK" button
Programming of the time switch is complete
Press "MENU" button to return to run mode

* To choose TUESDAY instead of MONDAY: When the unit is flashing "MONDAY", press the "+" button ** ,

The unit now displays "TUESDAY" flashing and the on time, press "OK" button
Unit displays "COPY" flashing and the on time, press "+" button, unit displays "STORE" flashing and the on time, Press "OK" button
Use this same procedure when programming the off time

** To choose WEDNESDAY instead of TUESDAY: When the unit is flashing "TUESDAY", press the "+" button

The unit now displays "WEDNESDAY" flashing and the on time, press "OK" button
Unit displays "COPY" flashing and the on time, press "+" button, unit displays "STORE" flashing and the on time, Press "OK" button
Use this same procedure when programming the off time

NOTES

During programming the "+" and "-" buttons will increase and decrease the value on the screen
The "-" button can also return you to the previous line of program if an error is made
You may return to the run mode during programming by pressing the "MENU" button

REVIEW PROGRAM

To review or check your program, press the "MENU" button, unit will display "PROGRAM"
Press "OK" button, unit flashes "NEW PROG", press "+" button until unit displays "CHECK",
Press "OK" button
Continue pressing "OK" button to review all lines of programming and return to run mode

DELETING LINES OR ENTIRE PROGRAM

To delete a single line or the entire program press "MENU" button, unit displays "PROGRAM",
press "OK" button, unit flashes "NEW PROG", press "+" button until unit says "CLEAR", press
"OK" button, unit flashes "SINGLE", press "OK" button if you want to delete one line, press "+"
button repeatedly to view all lines of programming, press "OK" button to delete individual lines
If you want to delete entire program push "+" button, unit will display "ALL", press "OK" button to
delete entire program
Unit displays "CONFIRM" press "OK" button, all program lines have now been deleted
Press menu button to return to run mode