

Thank You for purchasing the Timebirds® BigBird workout timer. Upon receipt of the product, check for any defects prior to first use. If defects are found, do not use and contact Timebirds immediately.

Safety | It is important to read and understand all instructions before using Timebirds® BigBird. Only use Timebirds® BigBird as described in the manual.

Warning | Do not overload wall outlets, extension cords, or adapters beyond their capacity. Avoid placing the device near extreme heat. Refrain from attempting to repair the device on your own. Avoid placing your ears next to the buzzer, as it may cause significant pain and possible hearing loss. Always recycle or dispose of your device according to your local environmental laws and guidelines. Remember that poorly structured or executed workouts may cause personal injury. Proper setup and use of this device are the responsibility of the user. Timebirds® bears no liability beyond the replacement value of the device

Notice | Timebirds® BigBird is not waterproof and may incur damage if exposed to water. Please ensure it is always kept in a dry or covered area. Avoid dropping, throwing, or bumping the device to prevent damage. Ensure that Timebirds® products are not used as toys, and do not allow children to use the device without proper supervision or instruction.

Product Care | Always store Timebirds® BigBird in a clean and dry environment. To clean, wipe it with a damp cloth; do not use harsh chemicals or cleaning agents. Do not disassemble, attempt to repair, or modify it.

Specifications

Model: TIMEBI-BIG-1A1-BLA
FCC ID: 2BC92-TIMEBI-BIG
Power Input: 9v 2.5A 22.5W
Weight: approximately 5kg.
Maximum volume: of the Piezo is 103db.
Operating Temp: 10 – 60 degrees Celsius / 50 – 140 Fahrenheit.
Dimensions: 715 x 213 x 42mm or 28.2 x 8.4 x 1.6 in.

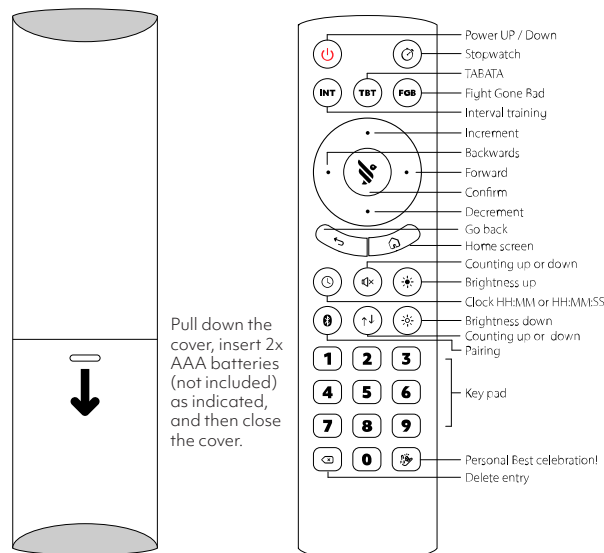
Warranty | Timebirds® BigBird is covered by a 12-month limited warranty for manufacturer's defects and faults. The warranty does not cover normal wear and tear or cosmetic damage. The warranty does not cover negligent or improper use, alteration, mishandling, self-repair, poor maintenance, water damage or incorrect storage. For more information about Timebirds® warranty, visit www.timebirds.com

Customer Service | For more information, troubleshooting, warranty, and replacement information please visit www.timebirds.com. Please contact us at team@timebirds.com for return addresses and replacements before returning your product.

In the box

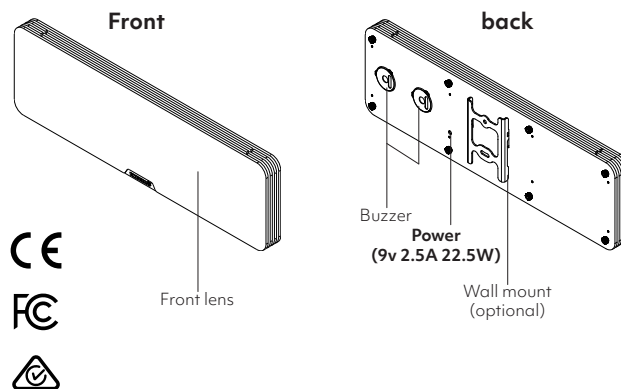
- 1x BigBird Timer
- 1x remote control
- 1x 220/110v power adapter

Remote control | Install two AAA batteries (not included) in the back of the remote control. You can change the system code by holding + any of the key pad.



Pull down the cover, insert 2x AAA batteries (not included) as indicated, and then close the cover.

Installation | Timebirds® BigBird can stand on its edge or be mounted on a wall using the optional wall mount. Power your BigBird using the provided power adapter.



CE

FCC



1. SCREENS

General Screens

888888	Off
888888	Home screen
888888	Count up mode
888888	Count down mode
888888	Interval training mode
888888	Tabata mode
888888	Fight gone bad mode
888888	Beep test
888888	Clock mode
888888	Timer settings
888888	Clock setting
888888	Sound setting
888888	memory setting
888888	Timebirds OS version
888888	Stopwatch
888888	Paired with device
888888	Sound off (muted)
888888	Sound on
888888	Timer ready
888888	Time out.

Clock Screens

880000	AM time
880000	PM time
880000	12 hours clock format
880000	24 hours clock format

Workout Memory

888888	Reset last workout settings
888888	Save last workout settings

Mode Setting Screens

888888	Counting up
888888	Counting down
888888	Set a working time
888888	Set a test time
888888	Set number of rounds
888888	Counting up
888888	Count down

2. SETTINGS

Set the clock

- Press the increment button to cycle modes until
- Press to accept and display settings
- Press the increment button to cycle settings until
- Press to accept and advance
- Select for a 12 or 24 hour format and press to advance
- Use the key pad to adjust the flashing digits and Press to accept

NOTE: Timebirds® BigBird will automatically synchronize to your local time zone once paired with your device. On the clock screen, use the backward and forward buttons to toggle between HH:MM and HH:MM:SS time formats

When a timer is running

- Press once to pause
- Press once to start
- Hold for 2s to restart your workout

How to save your workout

- Press the increment button to cycle modes until **00 00 00**.
- Press **⏪** or forward to accept and display settings.
- Press the decrement button to cycle settings until
- Press **⏪** or forward to accept and advance.
- Press the increment or decrement button to enable **00 hold** or disable **00 ESE** the memory of your last settings.
- Press **⏪** or forward to accept and advance to the home screen.

NOTE: Individual mode memory setting will retain settings. Settings (memory) will also remain saved if the device is unplugged from its power source.

Adjust Brightness

- Press the **☀** to increase brightness.
- Press **☀** to decrease brightness.

NOTE: Timebirds® BigBird has 4 levels of dimming, 4 being the brightest. By default, it is set at Level 4.

How to Pair my Timebirds BigBird ?

On your mobile device, go to Settings > Bluetooth and turn on Bluetooth. Stay on this screen until you complete the steps to pair your accessory.

To place your Timebirds BigBird in discovery mode, hold the **Ⓜ** button for 3s and wait for it to appear on your device.

To pair, tap your accessory name when it appears onscreen and enter the PIN displayed on the screen of your Timebirds.

00 00 Ed will display once paired.

NOTE: The Timebirds control app can be found on Android and Apple AppStore.

How to Reboot my Timebirds Bigbird?

Disconnect the power cord and wait for 10 seconds before restoring power.

Firmware updates

Firmware updates are done **Over The Air** using the Timebirds Timer app. Visit www.timebirds.com for more information.

3. OPERATING BIGBIRD

How to start a count up by rounds (ie EMOM or For Time)

- Press the decrement button to cycle modes until **UP 00 00**.
- Press **⏪** or forward to accept and advance.
- Use the key pad or Press the increment or decrement button to adjust the flashing digit (time).
- Press **⏪** or forward to accept and advance to the next.
- When you reach **00 00 01**, use the key pad or press the increment or decrement button to adjust the flashing digit (number of rounds).
- Press **⏪** or forward to accept and advance.
- Press **⏪** or forward to start.

NOTE: If you leave all digits to 0, Timebirds® will count up until 99:59 Minutes:Seconds.

How to start a Count Down

- Press the decrement button to cycle modes until **00 00 00**.
- Press **⏪** to accept and advance.
- Use the key pad or press the increment or decrement button to adjust the flashing digit (time).
- Press **⏪** or forward to accept and advance to the next.
- When you reach **00 00 01**, use the key pad or press the increment or decrement button to adjust the flashing digit (number of rounds).
- Press **⏪** or forward to accept and advance.
- Press **⏪** or forward to start.

NOTE: If you leave all digits to 0, Timebirds® BigBird will count up until 99:59 (Minutes:Seconds).

How to start a customer interval training (ie TABATA)

- Press the decrement button to cycle modes until **00 00 00**.
- Press **⏪** or forward to accept and advance.
- Use the key pad or press the increment or decrement button to adjust the flashing digit (time on or period of work).
- Press **⏪** or forward to accept and advance to the next.
- When you reach **00 00 00**, use the key pad or press the increment or decrement button to adjust the flashing digit (period of rest).
- Press **⏪** or forward to accept and advance.
- When you reach **00 00 01**, use the key pad or press the increment or decrement button to adjust the flashing digit (number of rounds to complete).
- Press **⏪** or forward to accept and advance.
- Selecton a timer counting UP **00 00 UP** or down **00 00 DN**.
- Press **⏪** or forward to accept and advance.
- Press **⏪** or forward to start.

How to set up a customer HEAT workout ? (rounds with variable periods of work and rest)

NOTE : 1 heat consists of 1 cycle, which includes a period of work followed by a period of rest. If you set 3 heats, you will need to choose both the duration of work and rest for each of the 3 heats individually. The maximum number of custom cycles, or heats, is 30.

- Press the decrement button to cycle modes until **00 ER 05**.
- Press **⏪** or forward to accept and advance.
- Use the key pad or press the increment or decrement button to adjust the flashing digit (number of heats).
- Press **⏪** or forward to accept and advance.
- Using the key pad :
 - 00 00 00** select the period of work for HEAT
 - 00 00 00** select the period of rest for HEAT 1
 - 02 00 00** select the period of work for HEAT 2
 - 02 00 00** select the period of rest for HEAT 2 etc. Repeat for each heat.
- Once all heats are set up, Press **⏪** or forward to start.

4. GLOSSARY

AMRAP | stands for *As Many Rounds As Possible.* The goal is to do as many repetitions of an exercise as possible during a set amount of time, without resting.

Beep Test | is also known as the *Shuttle Run Test*. The test involves continuous running between two points that are 20 meters apart, initiated by a beep sound.

EMOM | stands for *Every Minute On a Minute*. The goal is to complete a certain number of reps of a particular exercise within 60 seconds.

FGB | (*Fight Gone Bad*) is 3 rounds of 5 minutes of work with 1 minute of rest between each round. The five minutes of work is made up of one minute at five different stations: wall balls, sumo deadlift high pulls, box jumps, push presses and rowing.

For Time | is when you try to complete your workout as quickly as you can.

Interval Training | involves a series of repeated rounds of exercise, with a specific work interval followed by a recovery interval.

Tabata | consists in eight rounds of 20-seconds-on-10-seconds-off.

Timebirds® BigBird Wall Mount

Please follow the provided instructions carefully. Ensure that you read and fully understand the installation instructions. Keep these installation instructions in an easily accessible location for future reference.

SAFETY MEASURES

Safety measures must be observed at all times during the installation of this product. Utilize proper safety gear and tools for the installation procedure to prevent personal injury.

WEIGHT LIMITATION

This wall mount is designed to support a maximum weight of 10kg (22lbs). Under no circumstances should this weight limit be exceeded, as it may result in wall mount failure and potential damage or injury.

STRUCTURAL SOUNDNESS

Ensure that the wall or mounting surface is structurally sound and capable of supporting a maximum weight of 10kg (22lbs). If it cannot, the wall must be reinforced. A secure structure must bear the weight or load of the timer. When mounting to a wall with wooden studs, confirm the dead center of the wooden stud prior to installation.

PROPER INSTALLATION PROCEDURE

The proper installation procedure, as outlined in the installation instructions, must be strictly followed. Failure to do so could lead to serious personal injury.

DO NOT INSTALL IN UNSTABLE ENVIRONMENTS

Do not install on a structure prone to vibration, movement, or potential impact. Avoid installation near heaters, fireplaces, direct sunlight, air conditioning units, or any other source of direct heat energy, moisture or any corrosive environment.

RECOMMENDED MOUNTING SURFACES

Recommended mounting surfaces include wooden studs and solid, flat concrete. If the mount is to be installed on any surface other than wooden studs, use suitable hardware, which is commercially available.

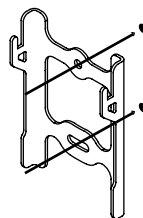
INTENDED USE

Do not use the wall mount for purposes other than supporting the specified timer. It is not intended for use with other equipment or devices.

How to install ?

Note that anchors are not provided. It is your responsibility to use the right anchor systems based on the type of surface the mount will be attached to.

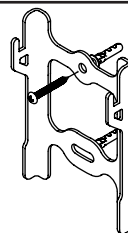
1. Use the wall mount to mark hole positions on the wall.



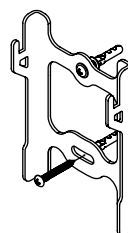
2. Drill holes on the marks and insert anchors.



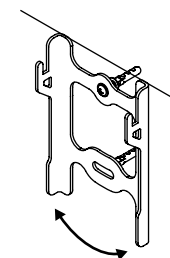
3. Position the wall mount and insert the top screw.



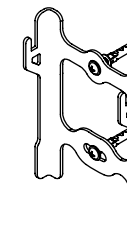
4. Insert the bottom screw and keep it loose.



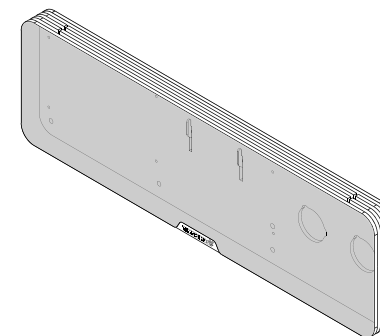
5. Swing the mount until proper horizontal leveling is reached.




6. Tighten the bottom screw, then the top screw to secure the position.



7. Slide the BigBird timers into the hooks of the wall mount.



BIGBIRD by Timebirds

Model: TIMEBI-BIG-1A1-BLA
FCC ID: 2BC92-TIMEBI-BIG
Input: 9v 2.5A 22.5W 
Designed and Made in Australia

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TIMEBIRDS