# TIMEBIRDS

## mini

OS–5

Last updated March 2024

**Thank You** for purchasing the Timebirds® mini 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®. Only use Timebirds® mini as described in the manual.

**Warning** | Overheating, damage or exposure to excessive heat may cause the battery to explode and cause flames resulting in physical harm. Always use a compatible charging device when charging. Do not overload wall outlets, extension cords, or adaptors beyond their capacity. Do not place the device in a fire or near extreme heat. Stop using the device if the battery is damaged or malfunctioning. Do not attempt to repair the battery. Always recycle, or dispose, of the battery according to your local environment laws and guidelines. Poorly structured, or executed, workouts may cause personal injury. Proper setup and use of this device is the responsibility of the user. Timebirds® bears no liability beyond the replacement value of the device.

**Notice** | Timebirds® mini is not waterproof and may become damaged if exposed to water. Always place Timebirds® mini in a dry area. Dropping, throwing or bumping the device may cause damage to the device. Do not use Timebirds® mini as a toy or let children use the device without proper supervision or instruction.

**Product Care** | Always store Timebirds® mini in a clean and dry environment. To clean, wipe with a damp cloth, do not use harsh chemicals or cleaning agents. Do not dissembled, try to repair or modify.

The lens is designed to pop in and out. In the event of the lens popping out, simply pop it back in so the Timebirds® mini logo car be read while facing you.

## Specifications
**Weight:** approximatively 150gr.
**Maximum volume:** of the Piezo is 75db.
**Battery type:** Lithium-Ion Polymer
**Capacity:** 1200 mAh - 3.7V
**Operating Temp:** 10 – 40 degrees Celsius / 50 – 104 degrees Fahrenheit
**Dimensions:** 155mm (length) x 22mm (width) x 47mm (height)

**Warranty** | Timebirds® mini 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 for return addresses and replacements before returning your product.

# 1. What's in the box?

1x Timer
1x USB to USB-C charging cable
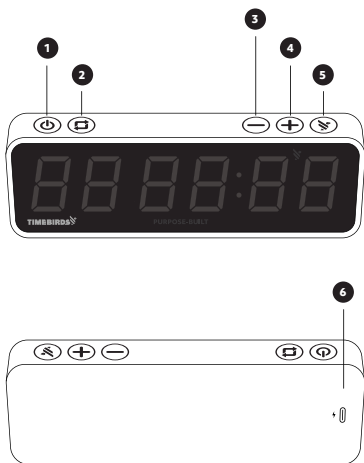


**1.** On/Off

**2.** Cycle modes

**3.** Decrease value

**4.** Increase value

**5.** Accept/advance

**6.** USB-C port

## Power

• Hold 2s to turn Timebirds® on or off
• Press once to display battery level feedback *(%)*.

## Mode

• Press to cycle through the mode
• Hold 2s to go back to the home screen

## Decrement

• Press decrement value

## Increment

• Press to increment value

## Set

**HOME SCREEN**
• Press to validate your entry
• Hold 3s to enable Bluetooth discovery mode.

**IN A MODE**
• Press to stop the timer
• Press again to restart
• Hold for 2s to reset the timer

## 2. Screens

### General Screens

| | |
|---|---|
| 88 88 88 | Off |
| 88 -- -- | Home screen |
| Lo 6Rt | Low battery warning |
| 88 8100 | Battery charge 100% |
| -- -- 60 | Battery % charged |
| UP 88 88 | Count up mode |
| dn 88 88 | Count down mode |
| 88 ntEr | Interval training mode |
| tRbRtR | Tabata mode |
| F9 9o6R | Fight gone bad mode |
| 6E tESt | Beep Test. |
| 8H ERt5 | Heat mode |
| CL 88 88 | Clock mode |
| rEP8 ct | Rep counter mode |
| 888 SEt | Settings |
| CL 8SEt | Clock setting |
| 5d 8SEt | Sound setting |
| t6 8SEt | Timebirds workout memory setting |
| 85 84:00 | Timebirds OS version |
| 88 6i rd | intro sound enabled |
| no 6i rd | Intro sound disabled |
| no ct dn | Count down to start disabled |
| 88 ct dn | Count down to start enabled |
| cH ro no | Stopwatch |
| 88 PR Rr | Timebirds pairing activated |

## Sound Level Screens

| | |
|---|---|
| `Sd  oFF` | Sound off |
| `Sd     1` | Sound level 1 |
| `Sd     2` | Sound level 2 |
| `Sd     3` | Sound level 3 |

## Clock Screens

| | |
|---|---|
| `A 00:00` | AM time |
| `P 00:00` | PM time |
| `12` | 12 hours clock format |
| `24` | 24 hours clock format |

## Workout Memory

| | |
|---|---|
| `rESEt` | Reset last workout setting |
| `hoLd` | Save last workout setting |

## Mode Setting Screens

| | |
|---|---|
| `UP 10:00` | Counting up |
| `dn 10:00` | Counting down |
| `Sn 00:00` | Set a working time |
| `Sr 00:00` | Set a test time |
| `rd    01` | Set number of rounds |
| `UP` | Counting up *(Interval training mode only)* |
| `dn` | Count down *(Interval training mode only)* |

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## 3. Audio

## Indications

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▬▬▬▬ Long beep

▬▬ Normal beep

● Short beep

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● Mode is set and ready to go

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▬▬ • Count down to start
  (3, 2, 1)

  • Transition from one
  Round to the next

  • Transition from a rest
  To a work period

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●● Transtion from a work
to rest period

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●●● ▬▬ Start of a workout
Transition from a rest to work
period.

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▬▬▬▬ End of a workout

## 4. Operating Timebirds mini

## Charging Timebirds mini

• Using the provided USB to USB-C Cable, plug USB-C connector into Timebirds® mini
• Plug in USB port to any DC power adapter
• Timebirds® mini will display the current level of charge and beep twice to indicate power is being sent to the device
• ⬜⬜ ⬜🔴🔴🔴 indicates full charge

**NOTE:**
Timebirds® mini can also operate when plugged in

## Battery Level Feedback

• Press ⏻ to display the level of battery left

• ⬜🟢 ⬜🔴🔴 indicates battery level <10%

**NOTE:**
The function works even when Timebirds is turned off.

## General Overview

• Hold ⏻ for 2s to power on/off
• Press 🔁 to cycle modes
• Press 🕊 to accept and advance
• Press ⊖ to decrease time
• Press ⊕ to add time

**NOTE:**
In home screen ⬜⬜ ⬜⬜ ⬜⬜ Timebirds® mini will turn itself off after 30s of inactivity

## When a timer is running

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

## When setting up a mode

• Flashing digit represent number being adjusted
• Press ⊖ or ⊕ to add or decrease time
• Press Ⓧ to accept and advance
• Press Ⓓ and ⊖ to go back
• Hold Ⓓ 2s any time to return to home screen

## Adjust Volume

• Press Ⓓ to cycle modes until $\boxed{8}\ \boxed{8}\ \boxed{8}\ \mathtt{SEt}$
• Press Ⓧ to accept and display settings
• Press Ⓓ to cycle settings until $\mathtt{Sd}\ \boxed{8}\ \mathtt{SEt}$
• Or, simply press ⊖ or ⊕ at any time when timer is running

**NOTE:** Timebirds® mini has 3 volume levels (3 being the loudest) and an off position.

## Adjust Brightness

• Press ⊖ or ⊕ at home screen ⊟⊟ ⊟⊟ ⊟⊟

**NOTE:** Timebirds® mini has 4 levels of dimming, 4 being the brightest. By default, Timebirds® mini is set at Level 4. Battery life may vary based on brightness setting.

## How to display the Clock

• Press ⟳ to cycle modes until ⸆⸋ ⸋⸋ ⸋⸋
• Press ⚡ to accept and display clock
• Hold ⟳ for 2s to return to home screen

## How to set the Clock

• Press ⟳ to cycle modes until ⸋⸋ ⸋5⸆⸆
• Press ⚡ to accept and display settings
• Press ⟳ cycle settings until ⸆⸋ ⸋5⸆⸆
• Press ⚡ to accept and advance
• Press ⊖ or ⊕ to adjust the GREEN flashing digits for a 12 or 24 hour format
• Press ⚡ to accept and advance
• Press ⊖ or ⊕ to adjust the pair RED flashing digits corresponding to hours
• Press ⚡ to accept and advance
• Press ⊖ or ⊕ to adjust the pair RED flashing digits corresponding to Minutes
• Press ⚡ to accept and advance

**NOTE:** Timebirds® mini will autmatically synchronize to your local time zone once paired with your device.

## How to disable/enable the count down to start

Under the home Screen ⸋⸋ ⸋⸋ ⸋⸋
• Hold ⊖ for 2s to disable the count downto start. ⼝⼝ ⸆⼐ ⼐⼐
• Hold ⊕ for 2s to enable the count down to start. ⸋⸋ ⸆⼐ ⼐⼐

## How to save your workout

• Press Ⓟ to cycle modes until ⬚⬚ ⬚SEt
• Press Ⓧ to accept and display settings
• Press Ⓟ to cycle settings until tt ⬚SEt
• Press Ⓧ to accept and advance
• Press ⊖ or ⊕ to enable ⬚⬚ hoLd or
disable ⬚P ESEt the memory of your last
settings after your Timebirds is turned off
• Press Ⓧ to accept and advance to the
home screen

**NOTE:** Individual mode memory setting will retain settings even if the battery dies. Settings (memory) are only saved after the device is turned off using the ⏻ button or idle timeout.

## How to Pair my Timebirds ?

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.

Under the home Screen ⬚⬚ ⬚⬚ ⬚⬚ :
To place your Timebirds® mini in discovery mode, hold the Ⓧ button for 3s and wait for ⬚⬚ PA ir to appear on your device. Pairing will remain active for about 60s.

To pair, tap your accessory name when it appears onscreen.

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

## How to start a Count Up
## By Rounds (ie EMOM or For Time)

• Press ⊞ to cycle modes until `UP 88 88`
• Press ✹ to accept and advance
• Press ⊖ or ⊕ to adjust the flashing digit (time)
• Press ✹ to accept and advance to the next
• Repeat the above 2 steps until `Ad 88 01`
• Press ⊖ or ⊕ to adjust the flashing digits (number of rounds)
• Press ✹ to accept and advance
• Press ✹ to start

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

## How to start a Count Down

• Press ⊞ to cycle modes until `dn 88 88`
• Press ✹ to accept and advance
• Press ⊖ or ⊕ to adjust flashing digit (time)
• Press ✹ to accept and advance
• Repeat above 2 steps until `Ad 88 01`
• Press ⊖ or ⊕ to adjust flashing digits (number of rounds)
• Press ✹ to accept and advance
• Press ✹ to start

## How to turn off/on the intro Beep

Under the home Screen `88 88 88`
• Press ✹ ⊖ to turn off the beep `no bi rd`
• Press ✹ ⊕ to turn on the beep `88 bi rd`

**NOTE:** The volume is synchronizied with the sound level setting.

## How to start a Custom Interval Training (ie Tabata)

- Press ⓓ to cycle modes until ☐ ☐ n̄E Er
- Press ⑧ to accept and advance
- Press ⊖ or ⊕ to adjust flashing digit (time on)
- Press ⑧ to accept and advance
- Repeat the above 2 steps until ☐ r 00 00
- Press ⊖ or ⊕ to adjust the flashing digits (period of rest)
- Press ⑧ to accept and advance
- Repeat above 2 steps until rd ☐ ☐ 0 1
- Press ⊖ or ⊕ to adjust the flashing digits (number of rounds)
- Press ⑧ to accept and advance
- Press ⑧ to start workout

## How to use the Rep Counter mode.

- Press ⓓ to cycle modes until rE P ☐ EE
- Press ⑧ to accept and advance.
- in the mode, press ⓓ, ⊕, ⑧ to increase count.
- Press ⊖ to decrease count.
- Hold ⑧ for 2s to reset.
- Hold ⓓ for 2s to return to home screen.

## Firmware updates

visit www.timebirds.com

## How to Reboot my Timebirds?

- Hold ⊖ ⊕ for 2s to reboot/reset to factory settings

## How to start a Custom Interval Training (ie Tabata)

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 ⊞H EA E5.
• 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 :
⊞⊞ ⊞⊞ ⊞⊞ select the period of work for HEAT
⊏⊟ ⊞⊞ ⊞⊞ select the period of rest for HEAT 1
H⊏ ⊞⊞ ⊞⊞ select the period of work for HEAT
⊏⊏ ⊞⊞ ⊞⊞ select the period of rest for HEAT 2
etc. Repeat for each heat.

• Once all heats are set up, Press Ⓥ or forward to start.

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