

# MULTI TIMER (Art.152-01, 152-04)

Multi-purpose Electronic timer for sports

## FEATURES

**MULTI TIMER** is ideal for sporting and gymnasium activities (competitions, training, fitness sessions) where the sequences of action-pause are of a fixed duration, as it is for CrossFit, boxing, spinning, aerobics, kickboxing, taekwondo, ...

- **Availability of 9 different training programs**, each consisting of:
  - An initial time interval (optional);
  - Up to 9 successive training phases.Each stage can have up to 99 time intervals for performing the exercises (action), followed by intervals of time for recovery (pause). The entire sequence of steps can be executed multiple times .
- **Various functioning modes** by programming the 4 parameters of every training program: action time [0~99 min], pause time [0~99 min], increase/decrease of action time [0~10 min], number of intervals [1~99].
- **Possibility to increase / decrease automatically times of successive action**, to achieve training with performance **pyramid**.
- **Modality of time count**: forwards or backwards.
- **Visualization of the time [mm:ss] and number of cycles** with numbers that measure 9cm high, easily visible for over 30m.
- **The choice of 2 sounds and 3 levels of intensity** for signalling beginning and ending of each action.
- **Possibility of synchronizing the exercises** by sounds at preset intervals (cadence) , and warn of the end of the action and pause time.
- **Wall installation** fixed with two screws or wall anchors (Art.154-01); table version also available (Art.154-04).
- **Robust insulated plastic container**, without the need of using a ground connection. Provided with a cable and plug.
- **High quality flat membrane keyboard**, with 5 million contacts guaranteed for every key.
- **Power supply**: 100-240VAC, 50/60Hz, 0.2A. Select the type of plug for the power supply cord and the supply voltage when ordering.



Art.152-01  
**MULTI TIMER wall version**  
Size: 56x19x4cm. - Weight: 1.6kg.



Art.152-04  
**MULTI TIMER desk version**  
Size: 56x23.5x9cm. - Weight: 2.05kg.



Art.152-10  
**Multi Timer-Remote Control. Infra-red remote control for Multi/Speaker/Archery-Timer**  
Size: 4,9x11x2,2cm. - Weight: 0.17kg.



Art.852  
**BOX-04 transport case for Full-Arm-01-05**  
Size: 60x40x13,5cm. - Weight: 3.0kg.

## OPTIONAL

### Infrared TELECONTROL (Art.152-10)

Range: 15m.

Power supply: with a 9-Volt alkaline battery.

Lifespan: about 140.000 operations.

Sturdy small alluminum box: 14.5 x 5.5 x 2.2 cm.

Membrane keyboard which does not get ruined by dirt or liquids.

### Suitcase for transport (Art.852)