



SMART FITNESS TIMER

Instructions

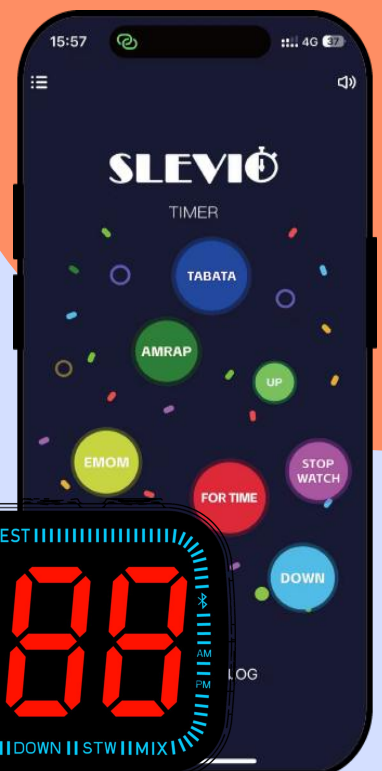
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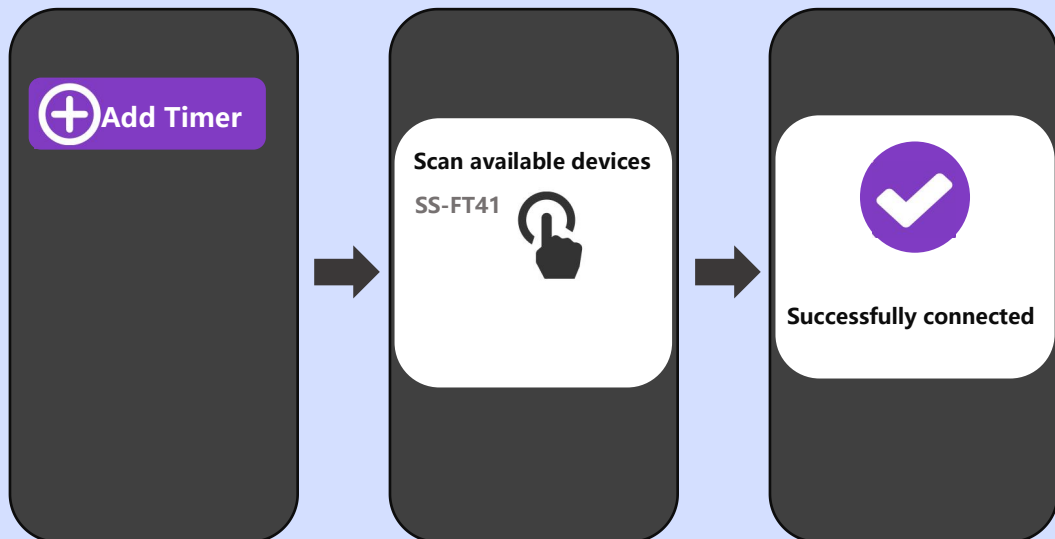
www.sleviosport.com

Quick Start

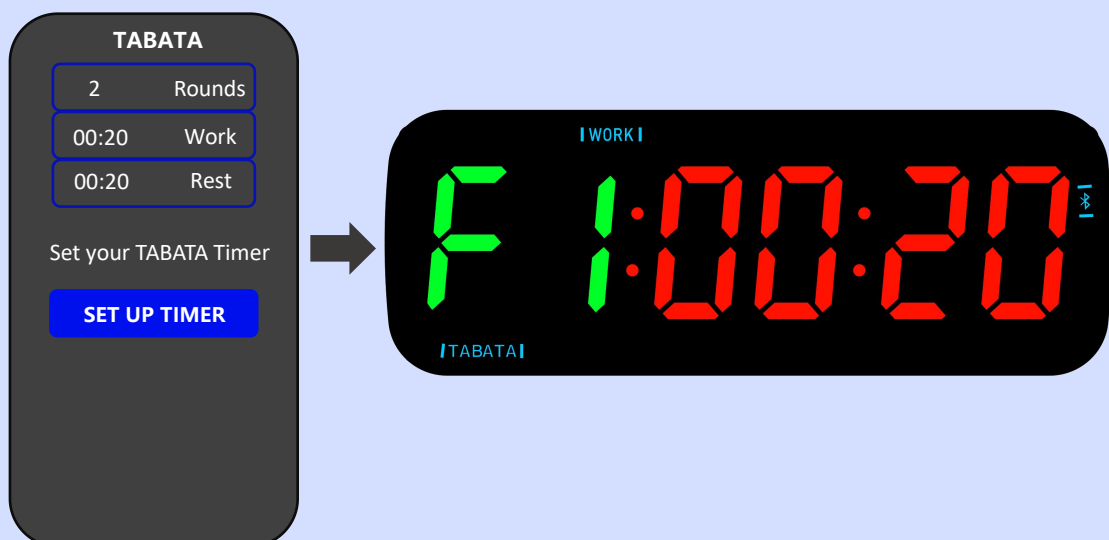
- ① Scan the QR code to download app



- ② Launch App and add timer by Bluetooth



- ③ Using app to set up timer



Question & Help

1. If you turn on the SLEVIO TIMER and it does not light up:

Please plug in the Type-C charging cable; the battery may be depleted due to long-term transportation.

2. If you press “Connect” and the SLEVIO TIMER is not found:

Make sure you are close to the SLEVIO TIMER—stand right next to it when tapping "Connect".

3. If you encounter any other issues, try:

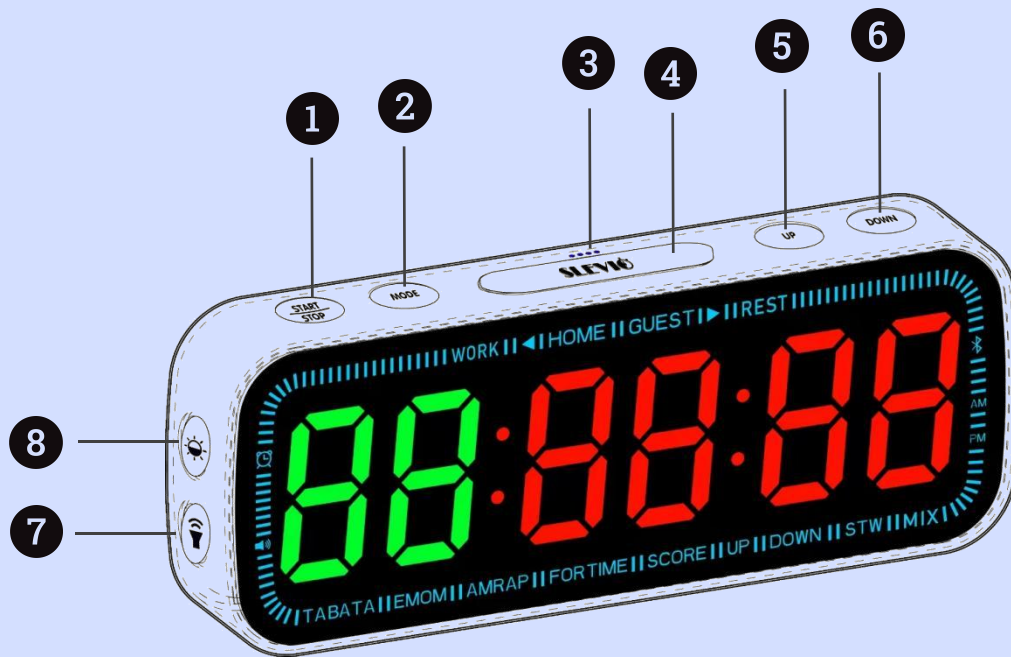
Try resetting the SLEVIO TIMER by unplugging it or turning your phone fully off and on.

If you require any additional assistance, we are here to help.

Attentions

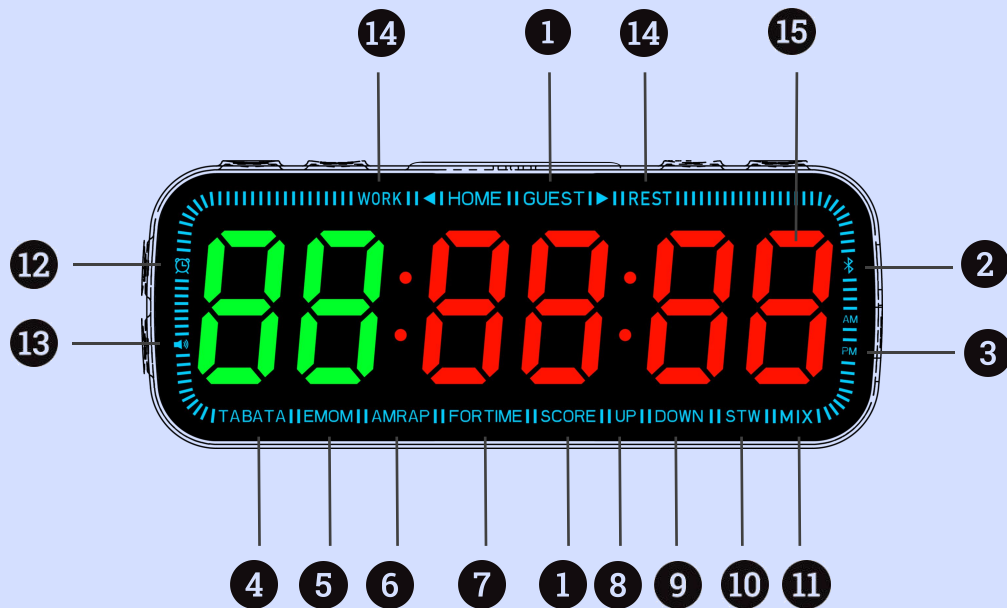
- Do not use a power adapter with an output voltage exceeding 10V (such as a laptop adapter), as this may damage the timer.
- Do not use the product under extreme temperatures. Please keep the product away from a dusty and humid place.
- Do not knock or drop the product on a hard surface to avoid damage.
- Keep the product away from heat and fire.
- Please do not use Apple's Type-C charging cable for charging.

Button Introduction



- ① Power switch On/Off
- ② Switch Modes
- ③ Power LED
- ④ Touch Bar
- ⑤ UP/Increase Value
- ⑥ DOWN/Decrease Value
- ⑦ Volume Control
- ⑧ Brightness Control

LED Display Introduction



- | | |
|------------------------------|---------------------|
| ① Score Mode HOME/GUEST | ⑨ Count Down Mode |
| ② Bluetooth Connect Display | ⑩ Stopwatch Mode |
| ③ 12 / 24 hours Clock System | ⑪ MIX Timer Mode |
| ④ TABATA Mode | ⑫ Alarm Clock |
| ⑤ EMOM Mode | ⑬ Volume |
| ⑥ AMRAP Mode | ⑭ Work/Rest Display |
| ⑦ FOR TIME Mode | ⑮ Timer Display |
| ⑧ Count Up Mode | |

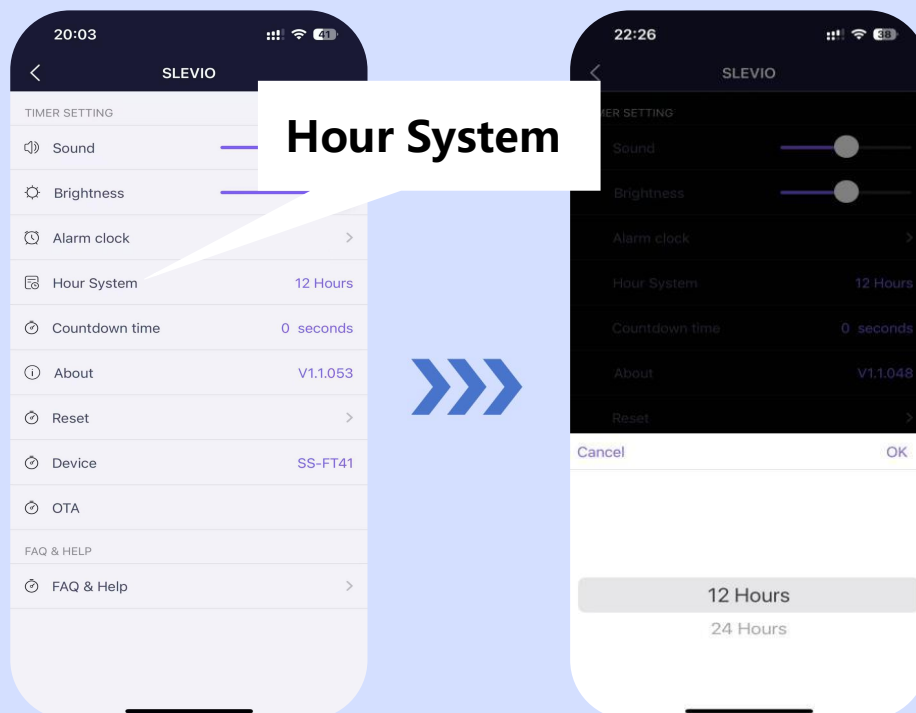
Operation Setting

- **Power ON/OFF**

- Long press [START/STOP] for 2s to turn on / turn off the appliance under the suspended state.

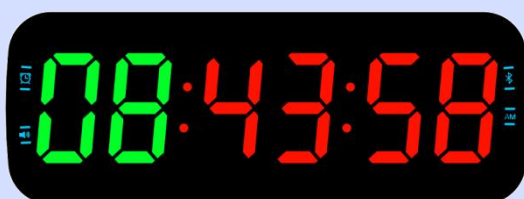
- **Clock Setting**

- Timer connects to the app and automatically synchronizes your phone's time.
- Supports both 12-hour and 24-hour systems.
- Tap Timer Settings in the top left corner of the app, and in Hour System Settings.
- Set to 12 hours, the AM/PM icon will be displayed according to the time of day, and the AM/PM icon will not light up for 24 hours.



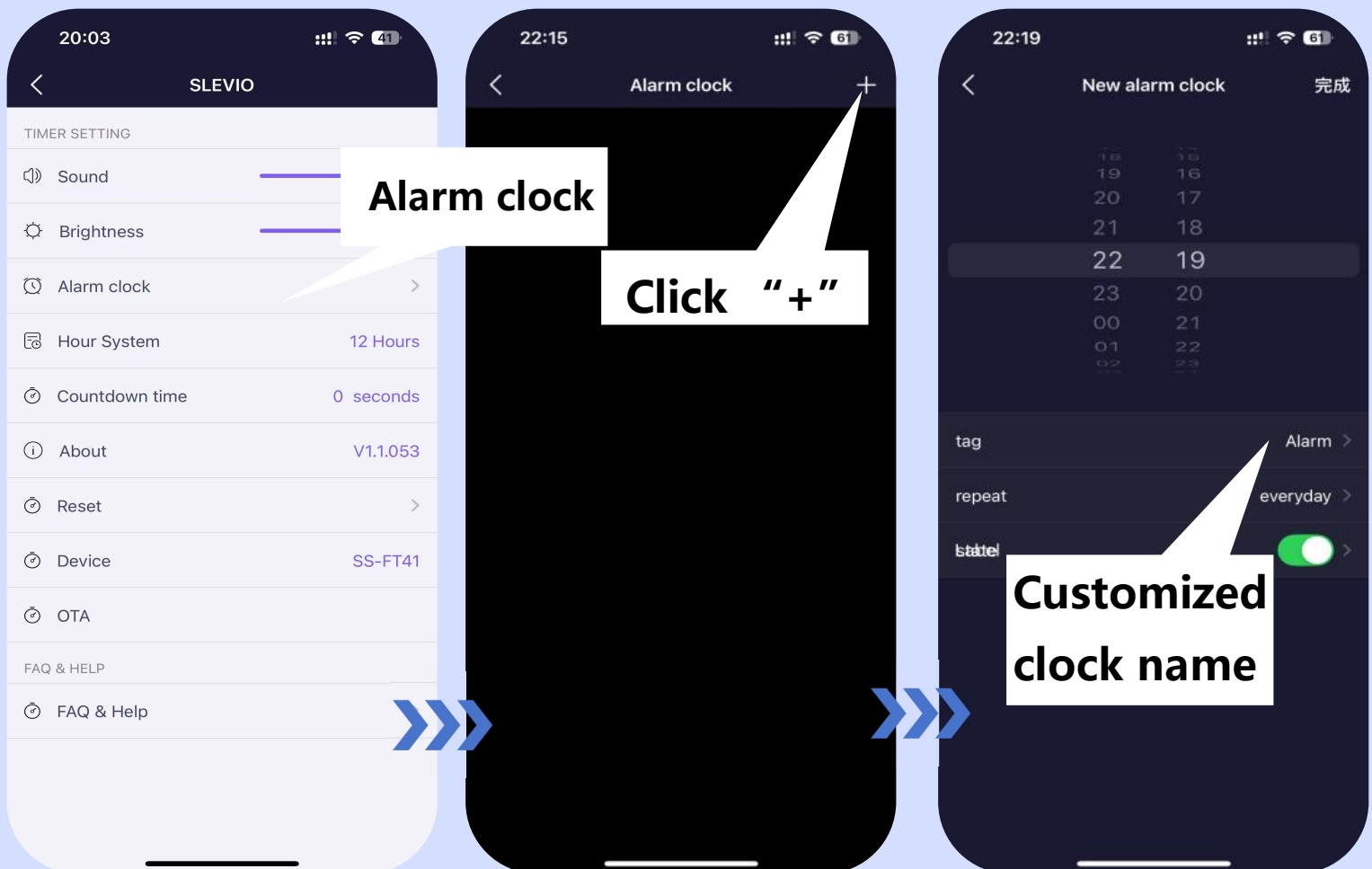
12 hours system display

24 hours system display



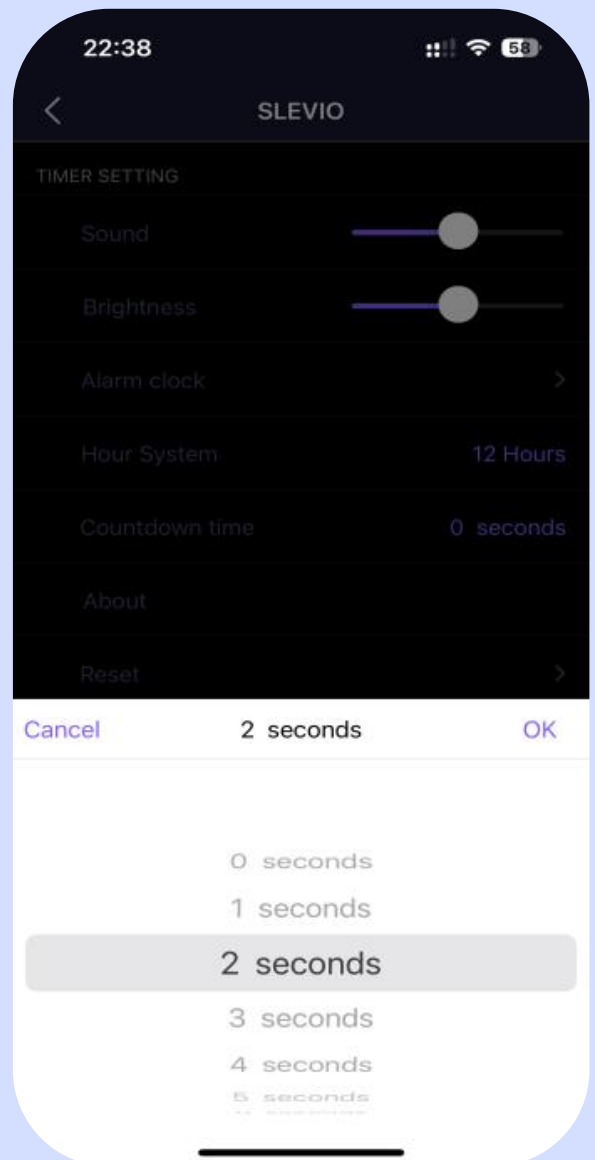
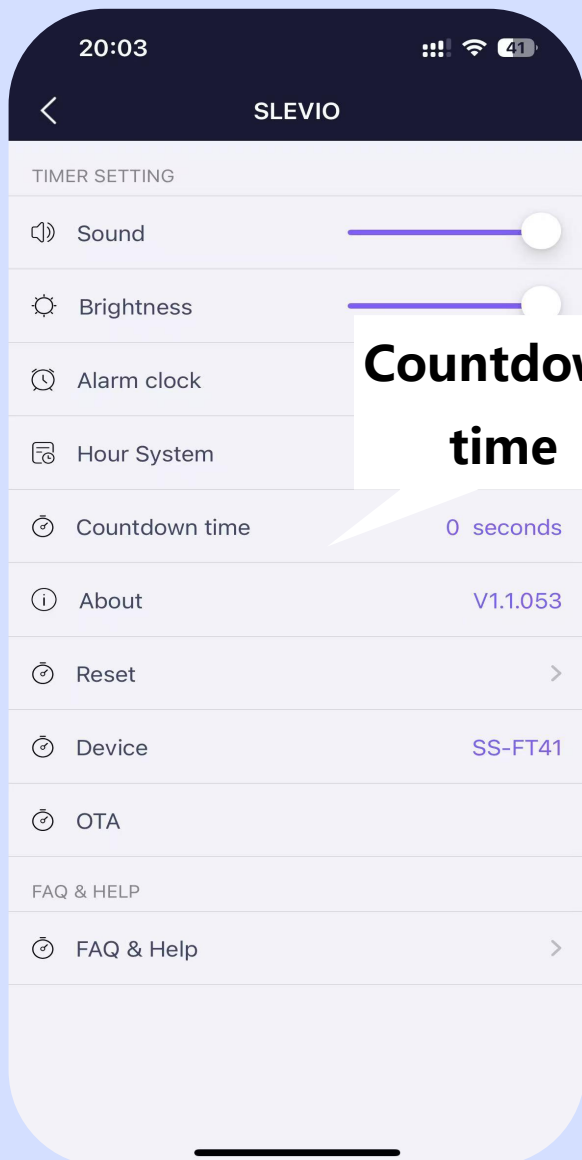
● Alarm Clock Setting

- Go to the top left corner of the app and select "Alarm Clock Settings" under "Hour System Settings."
- Supports customized alarm clock names.



● Countdown Setting

- Support 10-second Countdown Setting.
- Adjustable from 00 to 10 Seconds. (00 indicates that the function is disabled).



● Timer Setting

TABATA (High-intensity interval training.)

- Supports setting Rounds (MAX 20 rounds), Work (MAX 99 minutes, 99 seconds), optional add Sets (MAX 20 sets) and Rest between Sets (MAX 99 minutes, 99 seconds).



AMRAP (AMRAP means as many rounds or reps as possible.)

- Supports setting AMRAP(MAX 99 minutes, 99 seconds), and optional add multiple AMRAPs (MAX 9 AMRAP)and Rest between Sets (MAX 99 minutes, 99 seconds).
- Supports recording the current time using touch bar at the top center.



EMOM (Stands for every minute on the minute.)

- Supports setting every Work (MAX 99 minutes, 99 seconds) for Rounds(MAX 20X) optional and Rest between Sets (MAX 99 minutes, 99 seconds).



FOR TIME (Signifies that the goal is to complete a prescribed set of exercises and repetitions as quickly as possible.)

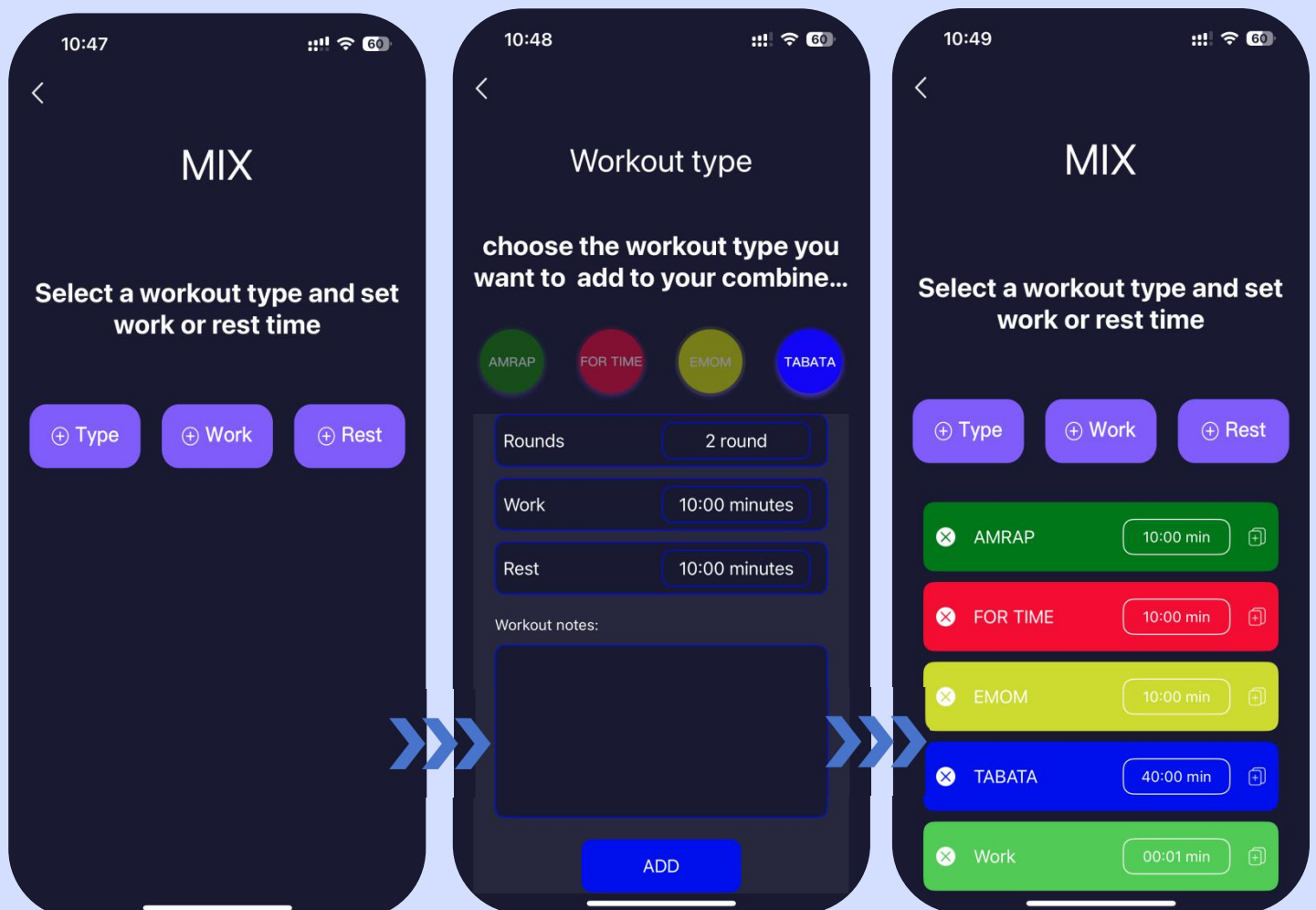
- Supports setting Time cap (MAX 99 minutes, 99 seconds) for Rounds(MAX 20X), optional add Sets (MAX 20 sets) and Rest between Sets (MAX 99 minutes, 99 seconds).
- Supports recording the current time using touch bar at the top center.



MIX (This flexible option blends the four modes while letting you tailor work and rest periods.)

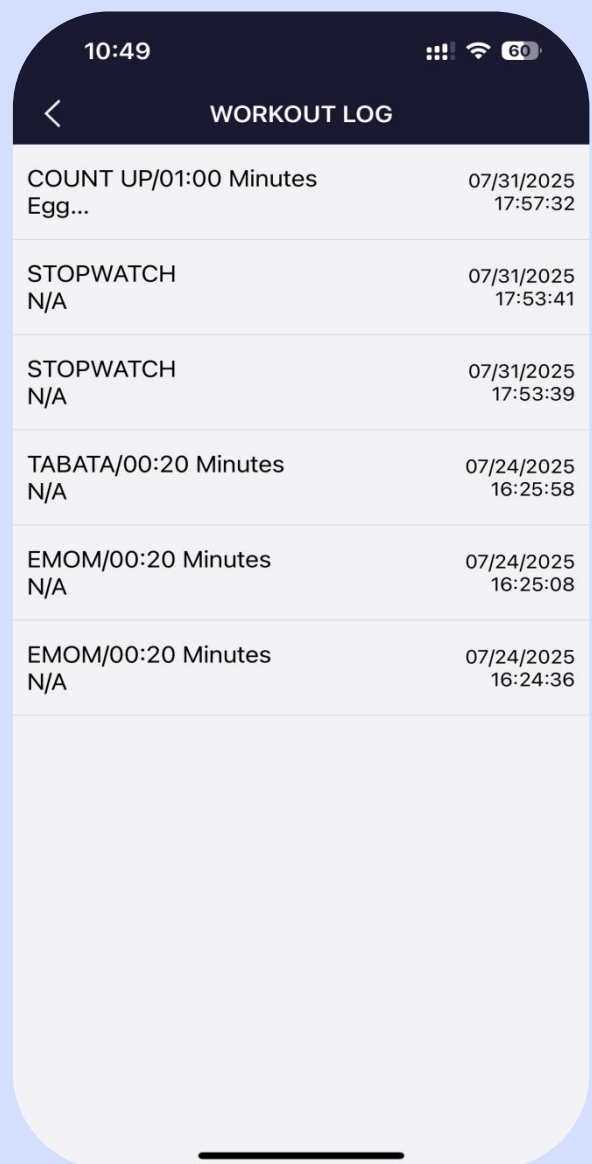
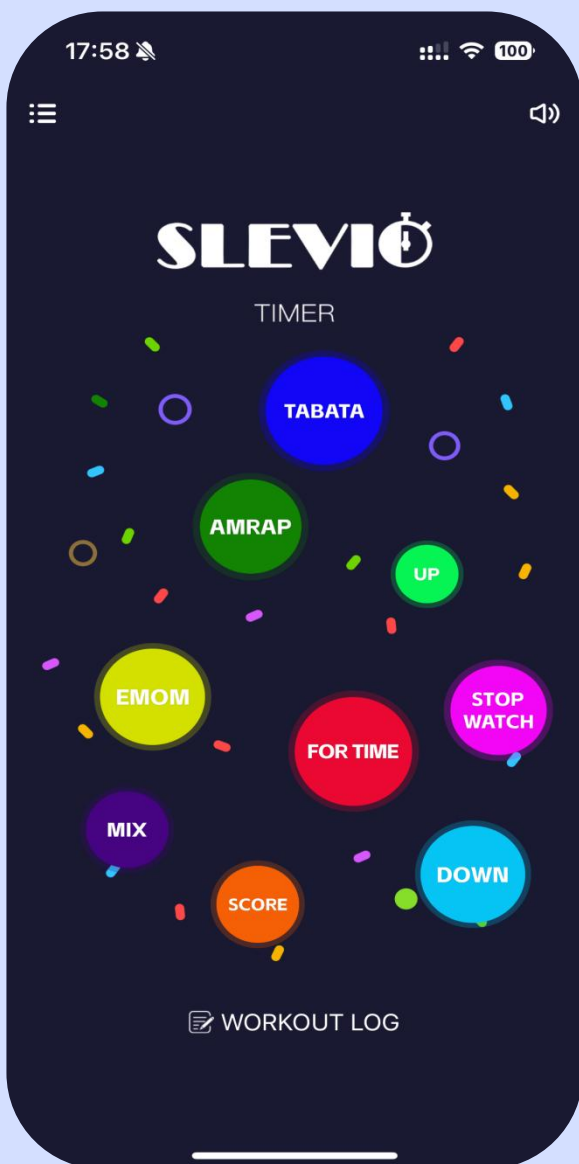
○ For example:

- Start with a 10-minute AMRAP, then shift to a FOR TIME challenge (e.g. 50 burpees).
- Add EMOM segments with adjusted rep counts, or insert a modified TABATA (e.g., 30 seconds work / 15 seconds rest for 6 rounds).
- You control the order, duration of each segment, and even tweak work/rest ratios (e.g. 45 seconds work / 15 seconds rest) to match your fitness goals. It's all about creating a personalized flow that keeps workouts dynamic.



● WORKOUT LOG

- In the Workout Log section on the homepage, you'll find a comprehensive record of your past workouts categorized by these specific timing modes.
- Workout log will show detail like the time duration, the number of rounds or reps completed, and the date of the workout. It will note the specific exercises or circuits performed, the total time taken to finish, and related dates.



● REBOOT

Timer Reboot	App Reboot
Hold [START/STOP] and [DOWN] for 3s to reboot/reset to factory settings	App Reset in Timer Setting in the upper left corner of the app's home page to reboot.

Note:All your settings will be initialized when you reset the timer.

Product Technical Specifications

Model	SS-FT41
Housing Material	ABS + Rubber
Product Size	188*73*28 mm / 7.4*2.9*1.1 in
Power Cord Type	USB-C Charging cable
Battery Type	4000 mAh
Supply Voltage	3.7 V
Input Voltage	10 V

Sales Service

Returns

Email subject title: "Return - I have questions about my (item)"

If your item contains manufacturer defects, please contact us for assistance. You can return the product to SLEVIO Factory Space. Please contact us and state the product's defect before returning your order. We are not responsible for damages caused by incorrect use, handling, or abuse of the item.

Warranties

Email subject: "Warranty - I need warranty service for my (item)" SLEVIO provides an additional level of protection to you by including 12 monthly warranty on all items. During the warranty period, you should send your item to SLEVIO Factory Space, and it will be checked and restored to proper operating conditions at no additional repair or parts fee. If you come across any problems, please contact us.

Refunds

Email subject title: "Refunds - (your order number)"

You may return the products you have purchased directly from our website within 30 days of receiving the item. Kindly note that the customer is responsible for the shipping expenses in returning your package to us. SLEVIO does not take responsibility for any items lost during the return shipping. Please contact us before shipping the products.

Customer Service TEL: (323) 406-8722

Customer Service Email: support@sleviosport.com

www.sleviosport.com

Sales Service

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate

radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to

correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the

user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

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