

QUICK REFERENCE GUIDE FOR COMMON USED WORKOUT PROGRAMS SETTING AND STORING

Attention:

. The WOD Timer needs to be switched on and set on clock function, then follow the several sequences of buttons to be pressed.
 . The following step-by-step guide to set the most common workout programs has been draft to operate when the Timer is brand-new, or to store a workout program on to a still not in use memory position. If some workout program should have been already set by the user, it is recommended to check all the workout parameters (so, not just the ones set by following the here below guide), while setting each workout program, or to reset (erase) all Timer's data by using the reset-to-factory procedure: ; ; ; .

. If more workout program's features and/or functions should be needed (such as, for example, the beep-pacer, please follow the instruction given on to the WOD Timer Operation Manual).

TABATA - (20s. workout + 10s. rest) x 8 rounds:



AMRAP - As More Reps As Possible (quick setting):



AMRAP - As More Reps As Possible (setting and storing):



FOR TIME - A given workout within the less time:



EMOM - Every Minute On the Minute - Minute-rounds (8, 12, 20 or 30) workout:



TACFIT® TABATA - [(20s. workout + 10s. rest) x 8 rounds] + 50s. rest] x 4 rounds:



TACFIT® COMMANDO TABATA - [(20s. workout + 10s. rest) x 8 rounds] + 50s. rest] x 6 rounds:



TACFIT® 4/1 - (4m. workout + 1m. rest) x 4 rounds:



TACFIT EMOTM - Every Minute On The Minute (20 rounds):



TACFIT® 90/30 - (90s workout + 30s. rest) x 10 rounds:



TACFIT® AMRAP 20 - As More Reps As Possible within 20 minute (setting and storing):



TACFIT® AFAP – As Faster As Possible – A given workout within the less time with a 20 minutes goal:



* To store the workout program in to the position "1". If already set, just chose another position, from 1 to 0.

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