



TO COUNT DOWN

1. Press "HOUR" and "MIN" buttons to set desired time
2. Press "START/STOP" button to start count down
3. Timer will start to count down until time is up
4. Press "START/STOP" button again to restart
5. Press "RESET" button to stop the alarm beeping

TO COUNT UP

1. Press 'START/STOP' button to start
2. Press "START/STOP" button again to pause timer
3. Press 'START/STOP' button to restart
4. Press "RESET" button to stop the timer
5. Timer will count up to a maximum of 20 minutes in 1 second intervals