


# 700\*150MM 折后中 100\*150MM

## ANJANK CT008 User Manual



**1 Year Warranty**  
Any question? Please Email us at [customer01@kerchanstar.com](mailto:customer01@kerchanstar.com)

Thank you for purchasing ANJANK Interval Timer! To ensure the best possible product performance, please read this instructions in its entirety and retain it for future reference.

**Power Specifications**  
AC100-240V, 50-60Hz, Class 2

**Instructional Video**  
Please scan the QR code here to access the instructional video of this product.  
<https://youtu.be/kdMFWBA5BM>



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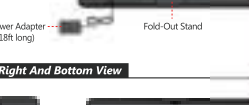
**Front View**



**Back View**



**Right And Bottom View**



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**Remote Control Button Functions**



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**Timer Main Function Introduction**

**Tabata (F1 00:20, C1 00:10)**  
Set 20S workout, 10S rest, repeat 8 times

**3 (F1 05:00, C1 01:00)**  
Set 5 minutes workout, 1 minute rest, repeat 3 times

**Countdown (dn MM:SS)**  
Count down from target time to 00:00, Max: 99:59

**Count Up (UP MM:SS)**  
Count up from 00:00 to target time, Max: 99:59

**EMOM (dn MM:SS)**  
Count down from target time to 00:00 and then repeat this process, Max: 99:59

**Stopwatch (MM SS:MS)**  
Count up from 00:00 to target time, Max: 99:59

**Custom Interval Mode (Fn MM:SS, Cn M:SS)**  
Custom interval time programs: P1-P9  
Interval time program contains workout time: F1-F9, time: C1-C9, Max count time: 99:59, Max rounds: 99

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**Getting Started**

**1. Install or Replace Backup Batteries**  
Remove the battery compartment cover of the clock and remote control. Insert 2\*AAA (Not included) batteries into the battery compartment of the clock and remote control.

**Notice:**  
The timer's batteries are only used to maintain the time and settings in the event of a power outage. Under the battery power, the display will go blank.

**2. Plug in Power Adapter**  
Plug the power adapter into a power outlet.

**Clock Part**

**1. Time Set Time Set**

(1) In Clock Mode, press "Time set" button to enter HOUR setting. HOUR digits will flash. Press "◀" or "▶" button to advance to the correct hour.  
(2) Press "Time set" button to confirm and enter MINUTE setting. MINUTE digits will flash, press "◀" or "▶" button to advance to the correct minute.  
(3) Press "Time set" button again to confirm and exit from the normal time set mode.

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**2. Clock Normal Clock Mode**  
Press "Clock" button to return to normal clock mode.

**3. EXIT**  
Press "EXIT" button to not save.

**4. Brightness Control**  
Press "☀" button to adjust 5 levels brightness of the display (Full, High, Medium, Low, Dark).

**5. Switch Time Format**  
In Clock Mode, press "12/24H" button to switch between 12 and 24 hour mode.

**Notice:**  
When using the 12-hour time format, AM/PM icon will appear to suggest morning/afternoon time.

**6. Volume Control**  
Press "VOL-" or "VOL+" button to select the volume level (1-12 adjustable).

**10S Preparation Time**  
Press "10S" button to turn on or off the 10s preparation time before using timer (Tabata/FGB/Down/UP/EMOM/P1-P9). "10S" icon will be displayed on the screen when turned on.

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**Clear Function**  
Press "CLEAR" button to reset the data(Down/UP/EMOM/P1-P9) to zero. Eg. if you want to clear countdown mode that you set, just press "Down", then press "CLEAR".

**Sound On/Off**  
Press "🔊" button to sound on or off. When the sound is off, "🔊" icon will appear on the screen.

**Notice:**  
When the sound is on, timer will have the sound prompts below:  
1. Beeping THREE Times in the last 3 seconds, if you activate 10S prep time function.  
2. Beeping ONE time to indicate the workout time is over and THREE Times in the last 3 seconds to indicate the rest time is over.

**Tabata (F1 00:20, C1 00:10)**

- Press "Tabata" button to enter Tabata mode, screen shows "F1 00 : 20".
- Press "START" button to start.

**Notice:**

- "F" means "workout", "C" means "rest". For example, the letter F1 represents the 1st time of exercise, C1 represents the 1st time of rest and so on.
- Tabata mode: Preset 20 seconds workout, 10 seconds rest, repeat 8 times.
- Screen displays "F8: 00: 00" to indicate the end of Tabata.

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**FGB (F1 05:00, C1 01:00)**

- Press "FGB" button to enter FGB mode, screen shows "F1 05 : 00".
- Press "START" button to start.

**Notice:**

- FGB mode: Preset 5 minutes workout, 1 minute rest, repeat 3 times.
- Screen displays "F3: 00: 00" to indicate the end of FGB.

**DOWN(Countdown)**

**The countdown setting order is follows:**



- Press "DOWN" button to enter countdown mode, screen shows "dn 00:00".
- Press "SET" button to enter setting. The first digit will flash on the display.
- Use "0-9" number keys to input the countdown time.
- Press "SET" button to save.
- Press "START" button to start.

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**UP(Count-up)**

The count-up has 2 ways to use:


**Mode 1:**

- Press "UP" button to enter count-up mode, screen shows "UP: 00:00".
- Press "START" button to start.

**Mode 2:**

- Press "UP" button to enter count-up mode.
- Press "SET" button to enter setting.
- Use "0-9" number keys to input the count-up time.
- Press "SET" button to save.
- Press "START" button to start.

**The count-up setting order is follows:**



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**EMOM (Loop Countdown)**

EMOM and DOWN are set in the same way

**The loop countdown setting order is follows:**



- Press "EMOM" button to enter loop countdown mode.
- Press "SET" button to enter setting.
- Use "0-9" number keys to input the loop countdown time.
- Press "SET" button to save.
- Press "START" button to start.

**Stopwatch**

- Press "🕒" button to enter stopwatch mode, screen shows "00 00:00" and "0.1" icon.
- Press "START" button to start.

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**P1-P9 Custom Interval Setting**

This timer has 9 custom interval timers(P1-P9). They are set in the same way. Let's take the P1 as the example.

**The P1 setting order is follows:**



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**1. Custom Workout and Rest Time Setting**

- Press "P1" button to enter P1, screen shows "P1".
- Press "SET" button to enter setting. Screen shows "F1 00:00" and the first digit flashes.
- Use "0-9" number keys to input the workout time of F1.
- Press "◀" or "▶" to switch to the next step to be set C1, F2, C2 and so on you can set up to 9 times workout, 9 times rest.
- Press "SET" button to save when finished.

**2. Custom Round Setting**

- Press "P1" button (if already in P1 mode, no need to press "P1").
- Press "CYCLE" button. Screen shows "C-C 00".
- Press "SET" button to enter setting.
- Use "0-9" number keys to input the rounds.
- Press "SET" button to save.

**3. Clear**

- Press "P1" button (if already in P1 mode, no need to press "P1").
- Press "CLEAR" button to reset the data.

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**USB-C Function**

The timer comes with a USB-C interface, allowing you hook up a power bank via the USB slot easily make it work.

**Warranty**

ANJANK backs 45-day money back and one year warranty. Any question? Please contact our friendly customer service team through [customer01@kerchanstar.com](mailto:customer01@kerchanstar.com), we will work hard to put a smile on your face within 24 hours.

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.