How to Setup Game Timer (can also be used as a Scoreboard and more)

1. Plug the timer into an electrical outlet

2. Use your mobile device's camera to scan and download the Flex Timer App

iOS

Android

3. Make sure your mobile device's Bluetooth setting is turned on

4. Open the App and Press **Connect**

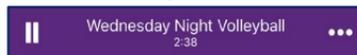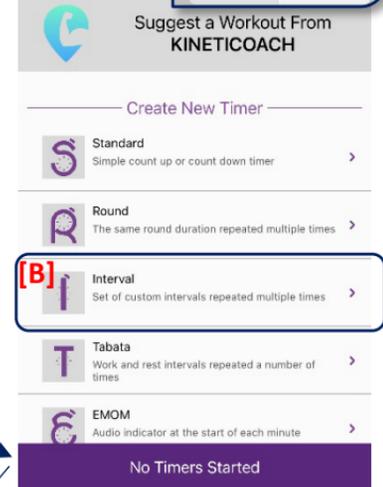| Features			
Mobile App Controlled	Smart Watch Integration	Sync with Music Speaker	Highly Customizable

funtimevolleyball.com

5. **Choose one option: A, B or C**

   [A] Select "**Imports**" and enter the **Import Code**, found on the timer. Alternatively, you can **[B]** create a new **"Interval"** timer or **[C]** → select a **"Recently Used"** timer

   Timers Favorites Imports

   RECENTLY USED >

   FUNTIME VOLLEYBALL

   Wednesday Night Volleyball

   [A]

   Import Code

   Cancel OK

   Suggest a Workout From **KINETICOACH**

   ――― Create New Timer ―――

S	Standard	Simple count up or count down timer	>
R	Round	The same round duration repeated multiple times	>
[B] I	Interval	Set of custom intervals repeated multiple times	>
T	Tabata	Work and rest intervals repeated a number of times	>
E	EMOM	Audio indicator at the start of each minute	>

   No Timers Started

Tip!

You can connect and control a timer that is already running, regardless of who started it

No Timers Started

Wednesday Night Volleyball
2:38

||GYMNEXT||

If **Step 5 [A]** or **[C]** was done, then skip the following steps. Now tap the **"Start"** button

6. Insure all settings are as follows, then tap the **"Intervals"** option to setup

Wednesday Night V... ✕
Start @ 6pm - 5 Matches
with 5-minute warmups

🖊 👁 ⭐ 🕐

——————Timer Options——————

Intervals	10 x various
Repetitions	1
Rest between repetitions	N/A
Flex Timer status shows	Interval
Counting direction	Down

——————Tap to Hide Additional Options——————

Prelude	0s
3, 2, 1 count down each round	On
Time Remaining Warnings	Off
Metronome	Off

Tip!

You can customize your timer by giving it a name, image and description by taping on the edit icon 🖊

Start

7. Tap the **+** symbol to alternately add a **"Rest Interval"** then a **"Work Interval"** as follows

Rest Interval
= 5-minute warmup

Work Interval
= 55-minute match

Cancel	Intervals	OK
Rest between intervals & groups		None
Rest		5:00
Interval 1		55:00
Rest		5:00
Interval 2		55:00
Rest		5:00
Interval 3		55:00
Rest		5:00
Interval 4		55:00
Rest		5:00
Interval 5		55:00

Edit	+

8. Once Intervals are set, tap the **OK** button then tap the **Start** button

Start
Timer must be started on the hour, preferably at **6pm sharp**

Learn more at gymnext.com