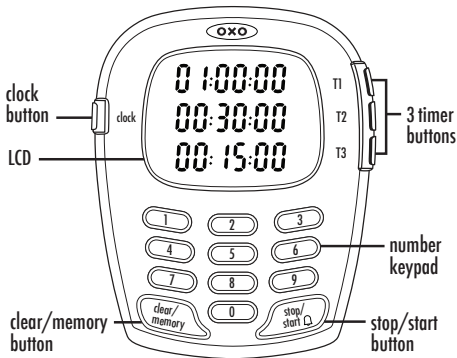




**GOOD  
GRIPS®**

**INSTRUCTIONS  
FOR USE**



\*battery door on bottom

## **Instructions for Triple Timer use:**

1. Place batteries securely inside battery compartment and close battery door. Display will show 12:00:00.
2. To set clock, press and hold clock button for 3 seconds. When hour and minute digits start blinking, enter clock time in hours and minutes on the number keypad. For example, to enter 12:30, press 1-2-3-0. Press clock button again to save time.
- 3 a. To set the first timer, press T1 timer button. Display will show all three timers and the first timer will be in parentheses. Enter desired time in hours, minutes and seconds on the number keypad. For example, to set timer for 1 hour and 15 minutes, press 1-1-5-0-0. Press stop/start button to begin countdown.

- b. To set the second and third timers, repeat step 3 using the corresponding T2 and T3 timer buttons.
- c. To pause any timer countdown, press the corresponding timer button. Display will show parentheses around that timer. Press stop/start and timer will pause.
- d. To resume countdown, press stop/start again.
- e. To clear any timer setting, make sure that timer is stopped and press clear/memory to return the display to 00:00:00.

f. When countdown is complete, timer will beep continuously for 30 seconds, display will flash and timer will begin counting up until stop/start is pressed. If stop/start is not pressed after 30 seconds, timer will beep once every 10 seconds for 10 minutes. Timer will no longer beep after 10 minutes but display will continue flashing and counting up.

4. To reset any timer to the last setting used, press the corresponding timer button to select that timer. Press clear/memory and timer will display the most recent time set. Press stop/start to begin countdown.

- 5 a. To start count up, press clear/memory so timer reads 00:00:00. Press stop/start and a plus sign (+) will appear on the right side of the timer display.
- b. To stop count up, press stop/start.
- 6. If no timer settings are pressed in 1 minute, timer will revert to clock display.
- 7. Press clock button to switch between clock and timer displays.