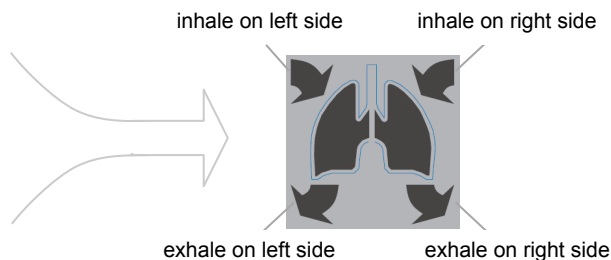
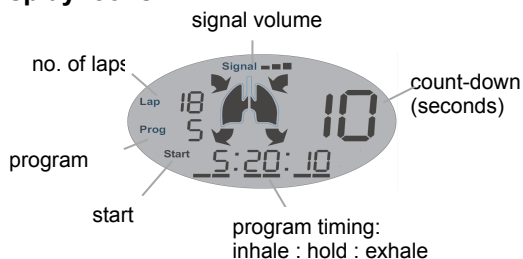


Anuloma Viloma Timer

Operating instructions

Please find latest hints for operation at www.av-timer.com

Display icons



Functions

1) Timer is switched-off

Switching-on of timer: The timer is activated by pushing the start/stop-key (hold down at least for 2 seconds!). The timer is in the *standby mode* after switching-on.

Automatic key lock: The timer can be switched-on only when the start/stop-key is pushed for at least 2 seconds and was **not pushed before** for more than 2 seconds. This way coincidental switching-on is so avoided as far as possible.

2) Standby mode



In the standby-mode, the timer is in an inactive state. The program (the requested rhythm of the alternate nostril breathing) and the signal volume can be adjusted.

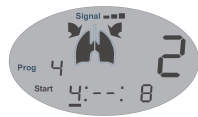
Program selection: The requested program is selected by the mode key. By pressing the key **shortly** a **higher** program is selected. By pressing the key **longer** (for approx. 2 sec.), **lower** programs can be chosen.

Signal volume: By pressing the signal key, three volume levels can be selected. By pressing the key **shortly**, a **higher** volume is selected. By pressing the key **longer** (for approx. 2 sec.), a **lower** volume is selected.

Start /stop of program: The chosen program can be started and stopped by pressing the start/stop key. The program always starts in the *start mode* (3).

Switch-off timer: By pressing the start/stop key for more than 2 sec., the timer is switched-off. In the stand-by mode, the timer is switched-off **automatically** after 3 minutes of no key activity.

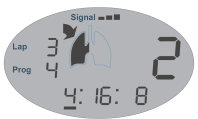
3) Start mode



The start mode is for both initializing breaths at the beginning of the alternate nostril breathing (breathe in for 4 sec. and breathe out for 8 sec.). During the start-mode, program and signal volume can be adjusted.

Flexible skip: Start-mode can be held by pressing start/stop key constantly. Only **during releasing** of the start/stop key, the adjusted program starts with inhaling on left side.

4) Program mode



Program mode
4:16:8; inhale left

The actual alternate nostril breathing is shown in the adjusted rhythm in the program-mode. The current program cycle is recognizable due to the symbolic lung and to the underlining of the program times. The count-down shows the remaining second until the next program step.

Change of program: By means of the mode key, you can change to another program also during your exercises. Press key shortly – higher program, press key long – program below. The adjusted program blinks shortly for acknowledging during the rhythm. The change takes place after finishing the current lap with “breath in on left side”.

Preliminary announcement: Approx. 2 seconds before a new exercise step, the new program step is shown by a blinking symbol.

Lap counter: The number of finished rounds is shown with „Lap“.

Finish exercises: You can exit the program by further pressing the start/stop key. The timer remains in the standby mode.

Automatic switch-off: The timer switches-off the program mode automatically after more than 60 minutes of no key activity.

General view of key functions

Mode	Start/Stop key	Mode key	Signal key
Timer switched-off	Switch-on timer	-	-
Standby mode	short: activate start mode ; long: switch-off timer	Set program	Adjust sound level
Start mode	Flexible change to program mode	Set program	Adjust sound level
Program mode	Finish program, start standby mode	Set program	Adjust sound level