



Kettlebell Timer Pro

User Manual
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About Kettlebell Timer Pro

Kettlebell Timer Pro is an advanced kettlebell workout timer app for iPhone, iPad, and iPod Touch.

This highly customisable workout timer has a large, easy-to-read display and supports randomisation of work, rest, reps and sets to maximise flexibility in your workouts.

Warning beeps at the end of each rest period allow you to prepare for upcoming sets.

A workout metronome chimes for each rep, and this can be configured for either interval (reps per work period) or cadence (reps per minute) modes.

Interface colours and sounds can also be set using the built-in editors.

All workouts are saved to your iOS device and can be fully edited using the history editor.

Workouts can be shared on Facebook and Twitter, and full workout histories can be exported via email and iTunes.

Workouts from the last 30, 60, and 90 days can also be viewed using the built-in bar and line graph display.

Regular updates will be released with new features, which will be free for users who have purchased this app.

Configuring Presets

Presets in KT Pro are predefined routines that can be configured from the Timer and Settings tabs.

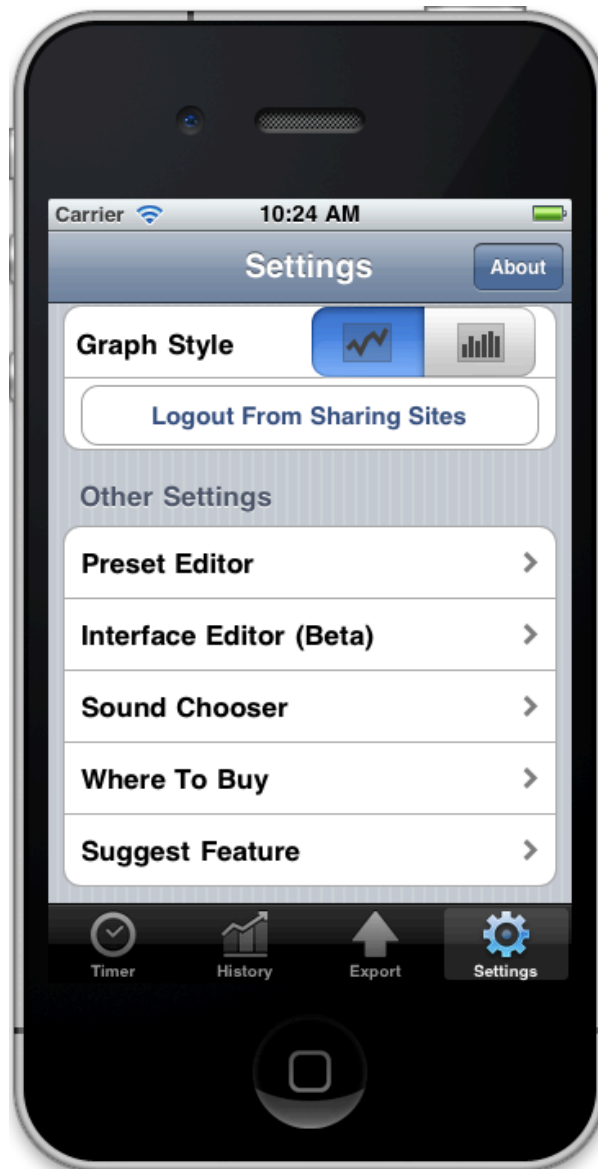
The Timer tab allows you to edit the preset currently in use and the Preset Manager in the Settings tab allows you to edit any preset in KT Pro.

The current preset can be configured in the Timer tab by either pressing:

1. The 'Edit' button relevant to the setting you want to change, such as work time.
2. The 'i' button in the lower right of the screen to edit the entire preset.



Alternatively, presets can be configured using the Preset Manager in the Settings tab:



Configure presets

Preset Manager

Use the Preset Manager to:

- Add presets by touching the '+' button. A pop-up dialog will allow you to choose either a Standard or Multi-Step preset.
- Select the current preset from the presets listing.
- Configure presets by touching the blue '>' button to the right of the preset you want to configure.
- Delete presets by swiping from right to left of the preset you want to delete. This will not work if the preset you are trying to delete is the current preset.



Preset Editor

The following settings for each preset can be edited using the Preset Editor:

- **Title:** Preset title.
- **Work:** Time spent performing the activity when the timer is started.
- **Rest:** Time spent resting between work periods.
- **Reps:** Number of reps per set.
- **Sets:** Number of sets in the preset.
- **Activity:** Activity performed in the preset. Activities added using the text field are subsequently available using the 'Choose From List' button.
- **Weight:** Weight of the kettlebell used in the activity. For bodyweight exercises such as push-ups, enter your current weight.
- **Hand:** The hand(s) used in the activity.
- **Hand Switch Interval:** If enabled, KT Pro will play a sound after a defined number of reps or seconds to alert you to switch hands.
- **Show/Hide Hands in Timer:** Show or hide whether the current hand is displayed in the Timer tab.
- **Rep Mode:**
 - **Interval:** Reps per set mode. Reps per set are the same as the 'Reps' setting.
 - **Cadence:** Reps per minute mode. For example, in Cadence mode with reps set to 10 and 30 seconds of work, there will be 5 reps performed each set.
- **Rep Sound:** Enable/disable alert sound for each rep.
- **Set Cycles:** If enabled, set cycles allow reps to increase/decrease based on a fixed interval each set. For example, with Reps set to 8, 3 sets per cycle, and a 2 rep increase per set, Reps for each set will be 8, 10, 12, 8, 10, 12 etc.
- **Randomised Work, Rest, Reps, and Sets:** Randomised values are randomly set within high and low values. Shake your device in the Timer tab to randomise these values.

Use the 'Test Preset' button to switch to the Timer tab in test mode. Workout data is not retained in test mode.

Workout History

To view workouts that you have performed touch the 'History' tab. Here you can view and edit your workouts and view summary charts of your performance over the last 30, 60, and 90 days.

Summary Charts

To view the summary charts, simply rotate your iOS device to the landscape position:



To view your workout performance over the last 30, 60, and 90 days, touch the relevant button in the top-right corner.

To change the chart view between reps and volume (reps times weight), touch the relevant button in the top-left corner.

Editing Workouts

To edit a workout, ensure that your iOS device is in the portrait position and touch the workout you wish to edit. All attributes of a workout can be edited, and to track your progress a rating of 1 to 5 and workout notes can be added to each workout.

Deleting Workouts

To delete a workout, either swipe from right to left on the workout you wish to delete. Alternatively, touch the 'Edit' button and press the red delete button to the left of the workout.

Exporting Workouts

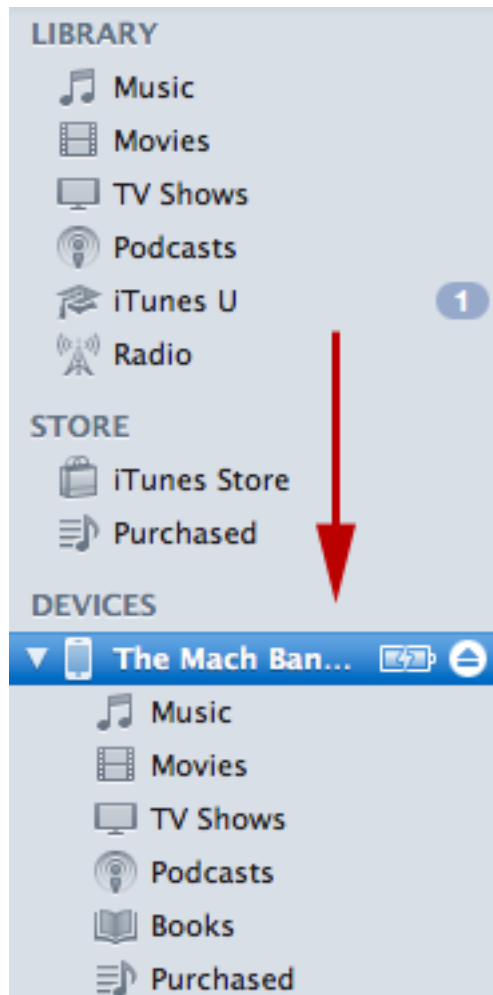
Workout data can be exported in either text or Comma Separated Value (CSV) format. Use CSV to export to Microsoft Excel or other spreadsheet editors.

To export your workout, navigate to the Export tab and then:

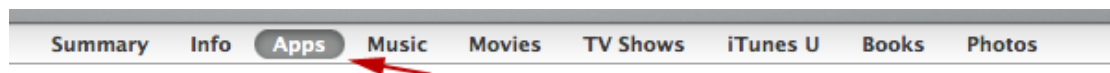
1. Select the date range of the workouts you wish to export. Options are: last 24 hours, 3 days, 7 days, 30 days, 180 days, and 365 days.
2. Name the workout file name. Do not add a file type suffix (e.g. .txt or .csv) as KT Pro will automatically append this to the file name.
3. Choose the export file format, either Spreadsheet (.csv) or Text (.txt).
4. Export workouts using either email or iTunes. Exporting via email requires a valid email account that has been configured on your iOS device. Files exported via iTunes are accessible from your computer, see below for instructions.

Accessing Exported Workouts Using iTunes

To access your saved workout files, connect your iOS device to your computer and open iTunes. Navigate to the device:



At the top of the window, navigate to the 'Apps' tab:

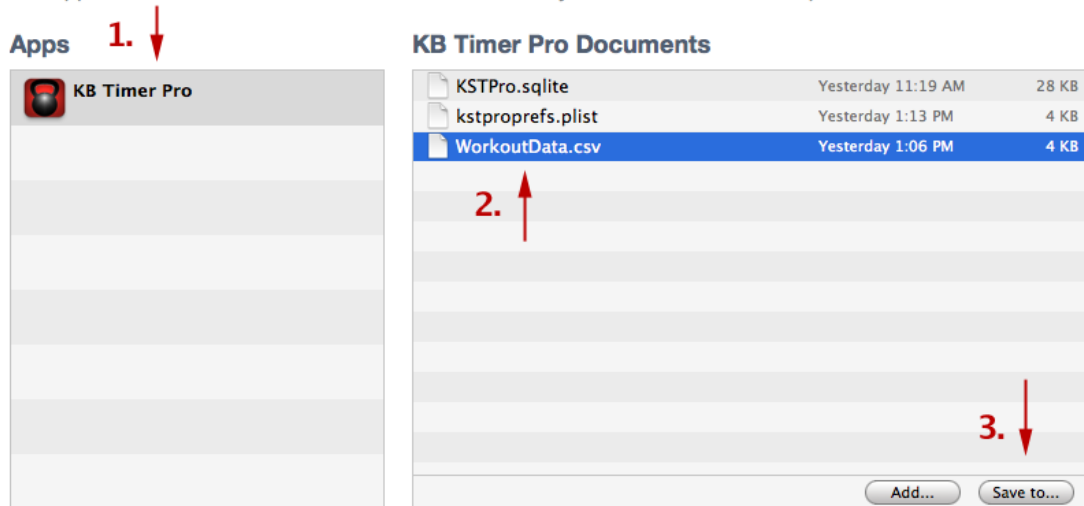


Scroll to the bottom of the 'Apps' tab.

1. Select 'KB Timer Pro' and your workout data. Warning: Do not select or edit the KSTPro.sqlite or kstproprefs.plist files - this can lead to unexpected app behaviour or data loss.
2. Select your workout data file.
3. Click the 'Save to...' button to save the workout file to your computer.

File Sharing

The apps listed below can transfer documents between your iPhone and this computer.



Settings

The following settings can be configured for Kettlebell Timer Pro:

Timer Settings

- **Warning Beeps (0 – 5):** If greater than zero, this number of warning beeps will sound at the end of each rest period.
- **Work Warning Beeps (On/Off):** Warning beeps will also occur at the end of each work period.
- **Rep Progress Bar (On/Off):** Show a progress bar in the background during workouts.
- **Pause for Calls/SMS (On/Off):** Stop workout if a call or SMS occurs during a workout.
- **Preview Next Activity (On/Off):** Show the next activity name in rest periods during multi-step workouts.

History Settings

- **Graph Style (Line/Graph):** Change the display type for the workout history graph
- **Logout From Sharing Sites (Button):** Logout from all sharing sites (Facebook, Twitter etc) that you are currently logged-into.

Other Settings

- **Preset Manager:** See section 'Preset Manager'.
- **Interface Editor:** Configure the appearance of labels and background colour of the workout timer.
- **Sound Chooser:** Customise the various timer sounds.
- **Where To Buy:** Retailers which offer kettlebells, most with discounts for KT Pro users. If you would like to suggest a retailer, please contact us at support@themachband.com.au.
- **Suggest Feature:** Send a Kettlebell Timer Pro feature suggestion via email.

Frequently Asked Questions

What is the difference between standard and multi-step sets?

Standard sets use the same settings for each set. These are configured once using the Timer tab or Preset Manager and apply to all sets in a preset.

A multi-step preset lets you configure individual steps in a preset. For example, if you wanted to do three sets of presses followed by five sets of push-ups, and finally eight sets of swings with 30 seconds rest between each set and one minute between activities, you would configure a multi-step preset as follows:

1. Add multi-step preset using the Preset Manager
2. Add a step of three sets of presses, 30 seconds rest.
3. Add a 'rest step' of one minutes rest, no work.
4. Add a step of five sets of push-ups, 30 seconds rest.
5. Add a 'rest step' of one minutes rest, no work.
6. Add a step of eight sets of swings, 30 seconds rest.

Use the 'Test Preset' button to test your preset – workout data is not retained in test mode.

I would love it if you could implement feature xyz

Please feel free to send in any feature requests you have for Kettlebell Timer Pro. We try to include as many suggestions as possible in each release, and all feedback from users is greatly appreciated.