

FAQ'S

WHAT DOES EACH MODE DO?

Mode 1 | Stroke Mode - Dictates how many strokes per lap. Single beep between 0.20-99.99 seconds.

How to use it: Set at .65 to start. Do a stroke cycle every time you hear it beep.

Mode 2 | Lap Pacing

How to use it: Set at 18 seconds. At the end of your 25 yard lap you should hear a beep. Swim faster or slower to stay on pace per 25.

Mode 3 | Set in Terms of Strokes Per Minute.

How to use it: Set to 80 strokes a minute to start. If it is too slow, increase the strokes per minute.

CAN I CHANGE THE BATTERY?

Yes, you can change the battery in the new Tempo Trainer Pro. It requires a CR1620 3V battery as a replacement.

Simply take a small coin and unscrew the back, remove the old battery and place the new battery inside.

CAN THE TEMPO TRAINER PRO BE USED FOR OTHER SPORTS?

Most definitely! The Tempo Trainer Pro comes with a clip on the back that can be used for sports such as running, biking, golf, or even hiking.

WHAT IS THE PURPOSE OF SYNC MODE?

Many athletes typically sync Mode 1 or 2 to a pace clock or watch to help get live pacing feedback during a workout.

For example, if the Tempo Trainer Pro is set to 00:14 in Mode 2 (14 seconds), you can press and release button [A] at any point. Doing so will cause the device to give a triple beep, and the 14-second interval will be reset and started again from the time you pressed button [A].