

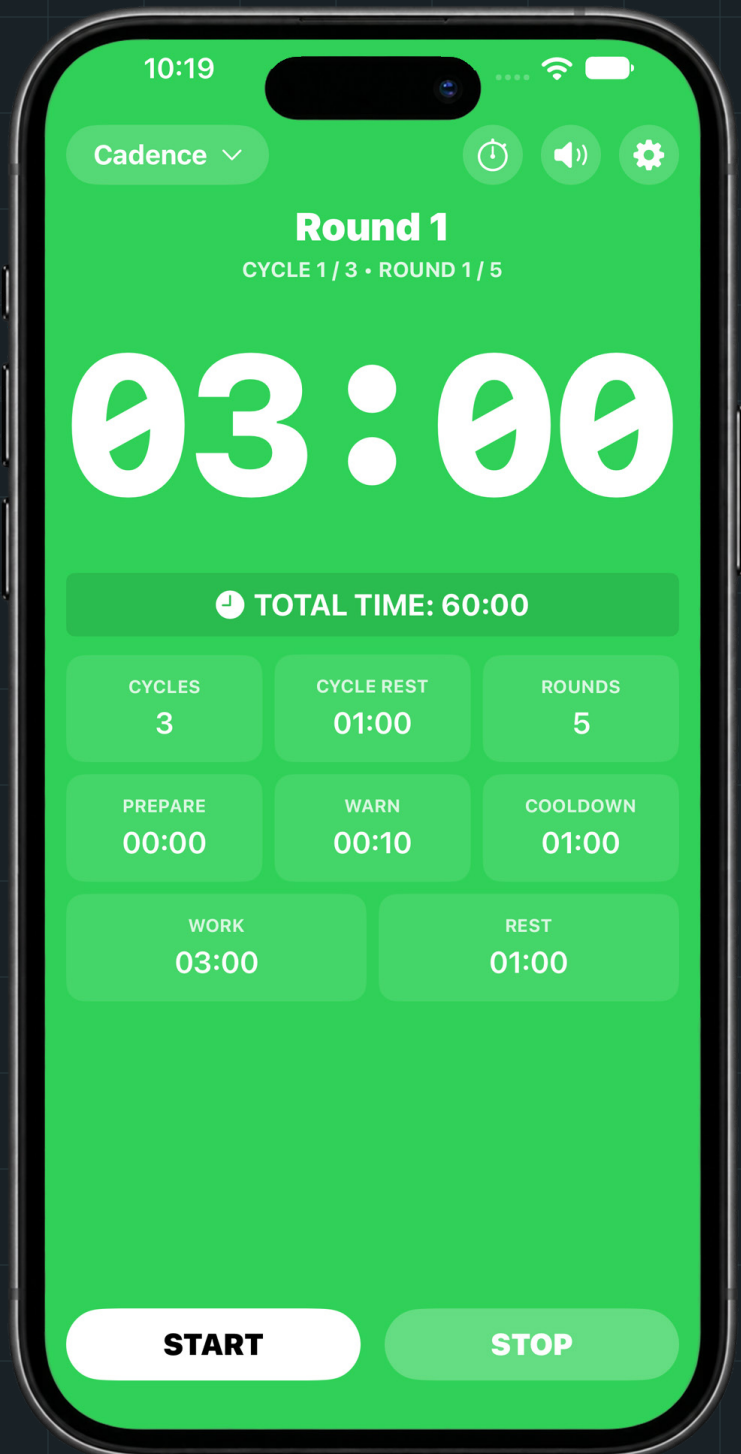


THE SIMPLE USER GUIDE.

Everything you need to set up,
customize, and enjoy your timer.

Your Pace.
Your Rhythm.
A timer for every task.

VERSION 1.0 | iPhone

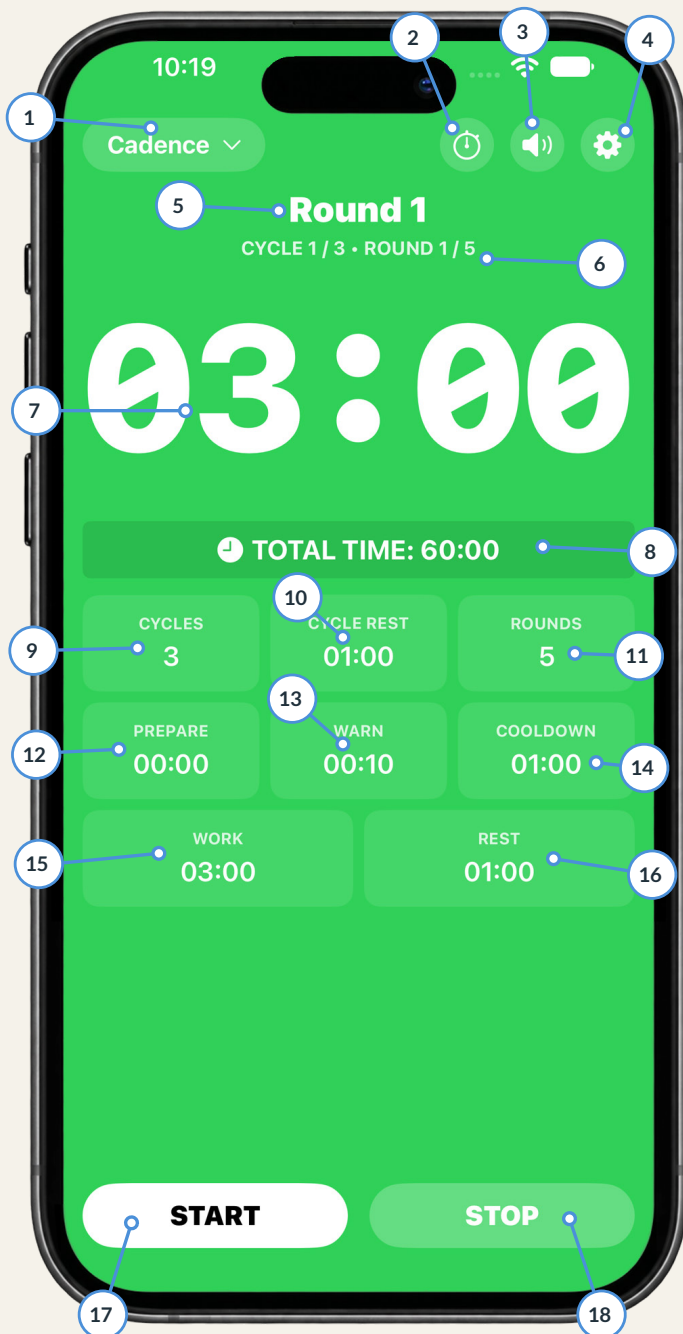




01 / MAIN TIMER CONTROLS

Know your controls

A quick tour of the controls on your main timer screen.



*Tapping any Timer Setting will bring up a Picker Wheel. This is where you can adjust that setting's duration or value.

TOP CONTROLS

- 01 Preset Selector**
Tap to load a saved routine.
- 02 Stopwatch**
Switch to Stopwatch mode.
- 03 Mute**
Turn timer sounds on or off.
- 04 Settings**
Open app settings.

DISPLAY

- 05 Round Name**
Shows the current round phase or custom name.
- 06 Cycle / Round Status**
Shows your current cycle and round.
- 07 Main Countdown**
Time remaining in the current phase.
- 08 Session time**
TOTAL TIME before starting; TIME REMAINING when running or paused.

TIMER SETTINGS

- 09 Cycles**
Times the round sequence repeats.
- 10 Cycle Rest**
Break between cycles.
- 11 Rounds**
Work intervals in each cycle.
- 12 Prepare**
Optional countdown before the first Work interval.
- 13 Warn**
Warning near the end of Work.
- 14 Cooldown**
Optional period after the final Work interval.
- 15 Work**
Duration of each active interval.
- 16 Rest**
Break between Work intervals.

PLAYBACK

- 17 Start / Pause**
Start, pause, or resume the timer.
- 18 Stop**
Stop and reset the timer.



02 / GET STARTED

Quick start

You can use the timer right away. Presets and customization are optional.

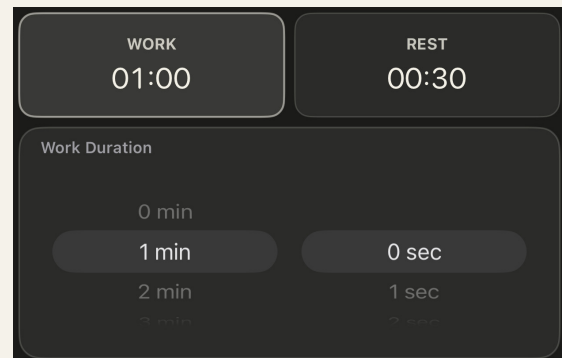


01 Set your times

Tap a timer option, then use the picker wheel to adjust its value.

02 Picker Wheels

A picker wheel will open for each setting option you tap. Close a wheel by tapping that setting again or tapping to open a different setting.



03 Choose rounds and cycles

Rounds repeat the Work/Rest pattern. Cycles repeat the group of rounds.

04 Press START

Once you press START, the button changes to PAUSE. Tap PAUSE to hold the timer or STOP to end it.

05 Follow along

Enjoy the focus and structure of your new timer.



03 / SET YOUR TIMER

Timer settings and flow

Tap any setting on the main timer to change it before starting.

● PREPARE

Optional countdown phase before the first Work interval. This only occurs in the first cycle and does not repeat.

● WARN

An advance warning near the end of a Work interval. Warn is included within the Work duration and does not add extra time. A sound cue plays if enabled.

● ROUNDS

Number of Work intervals in each cycle .
Ex: Setting Rounds to 10 means each cycle contains 10 Work intervals (incl. Warn & Rest, if a value is set).

● CYCLE REST

A break between cycles, except after the final cycle. Cycle Rest is separate from the regular Rest intervals between Work rounds and does not replace them.

● WORK

The primary active interval in your timer. While no setting is mandatory (*including this one*), all other settings orbit around Work.

● REST

A break phase between Work rounds. Set to 00:00 in order to move directly to the next round without taking a break.

● CYCLES

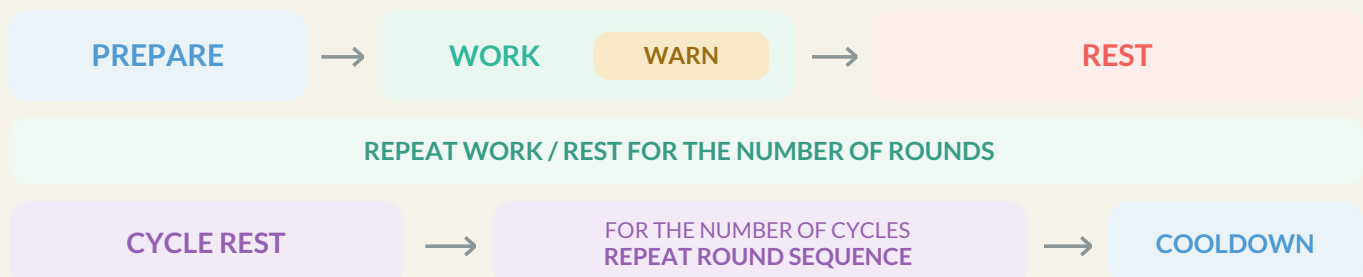
Number of times the full round sequence occurs.
Ex: Setting Rounds to 5 and Cycles to 3 means completing 5 Work rounds (incl. Warn/Rest, if set), 3 times.

● COOLDOWN

Optional period after the last Work interval in the final cycle. If a value is set, this will be the very last phase before your timer stops.

HOW A SESSION FLOWS

Phases advance automatically



Certain skins use color coding to identify the timer phases: PREPARE (blue), WORK (green), WARN (yellow), REST (red), CYCLE REST (purple), and COOLDOWN (blue).

**Exact colors and shades will vary depending on the selected skin.*



04 / FOLLOW YOUR PROGRESS

While your timer is running

See where you are in the current interval and overall session.

**01 ROUND/PHASE NAME**

Displays active phase or custom round name.

02 ROUNDS & CYCLES

Shows updating Cycle / Round counter.

03 TIMER DIGITS

Shows a countdown of the timer's current active phase.

04 TIME REMAINING

The total time left in your session, including upcoming rounds and breaks.

05 PROGRESS BARS

Phase shows the current interval. Overall tracks the entire session.

06 UP NEXT

With Custom Round Names enabled, UP NEXT previews the next named round during Prepare, Rest, or Cycle Rest. It also appears during Work when Rest is set to 00:00.

07 WARN NOTIFICATION

If a WARN duration is set, an icon will appear at the top of the screen. An optional sound cue plays if enabled.

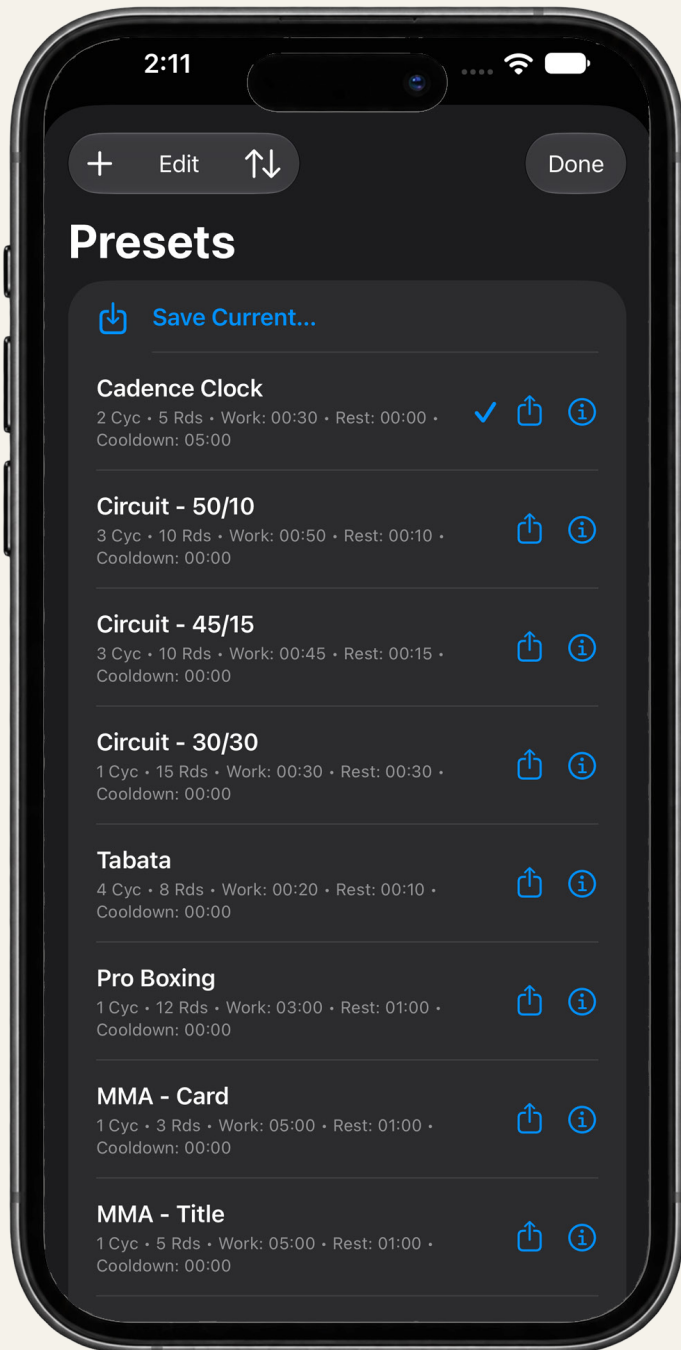




05 / PRESETS 1/4

Presets save you time

Load a custom routine or create a new favorite.

**01 LOAD A PRESET**

Tap the preset button, then tap any saved routine in the list to load it.

02 SAVE CURRENT

After adjusting the main timer, choose Save Current and give it a new name to save it.

03 CREATE A PRESET

Tap + to build a preset with its own timer settings and preferences.

04 EDIT A PRESET

Tap the information icon beside a preset to change its details.

05 SHARE A PRESET

Tap the share icon beside a preset to pull up the Apple share menu and send a saved preset to a friend, colleague, client, group, training partner, etc. **see pg. 8*

Organize your presets

Use the Edit button to reorder or delete presets.

Use ↑↓ to sort by Name or Date.

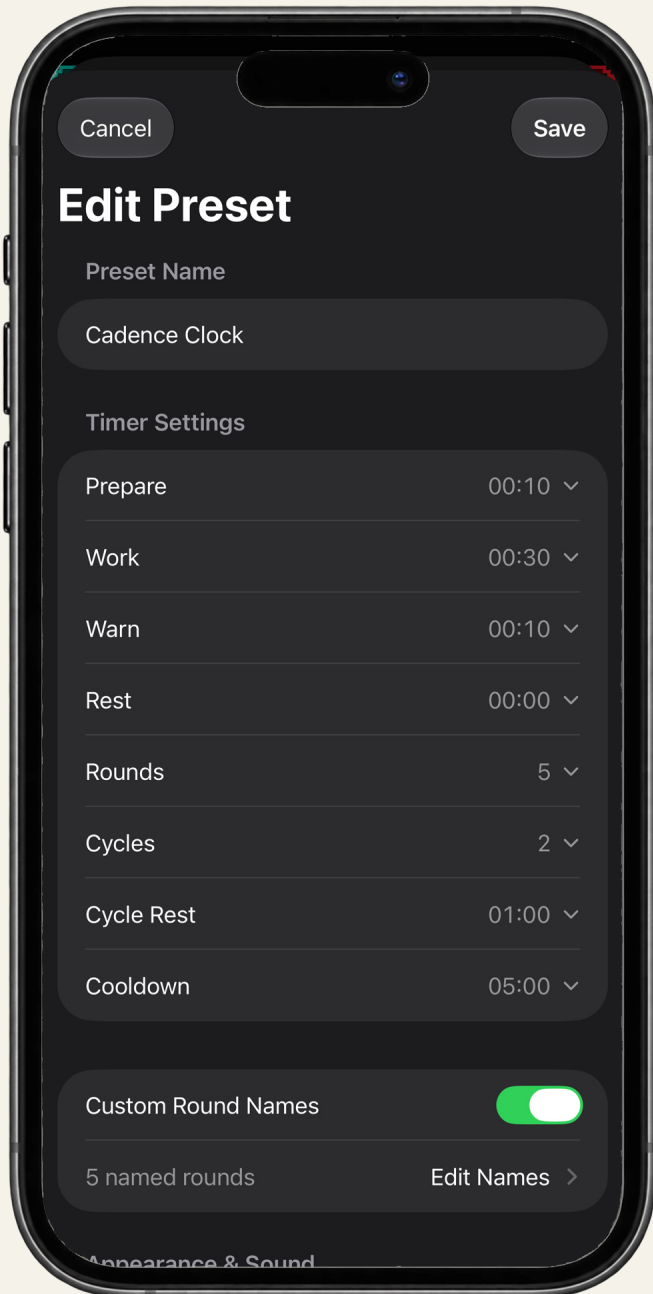
You can also swipe to the left to delete a preset.



06 / PRESETS 2/4

Make each preset your own

Design and save your perfect timer.



01

PRESET NAME

Enter a name for your preset.
Each preset must have a unique name.

02

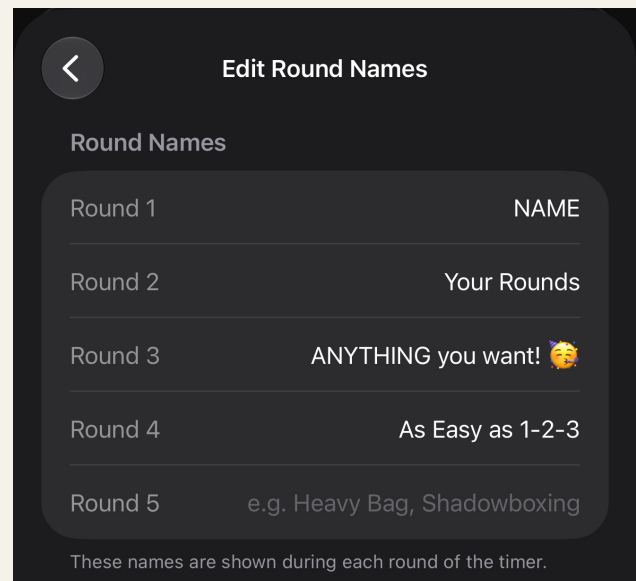
TIMER SETTINGS

Tap a compact row to open its picker. Tap it again to close, or tap another row.

03

CUSTOM ROUND NAMES

Turn on the switch, then tap Edit Names to label each round.

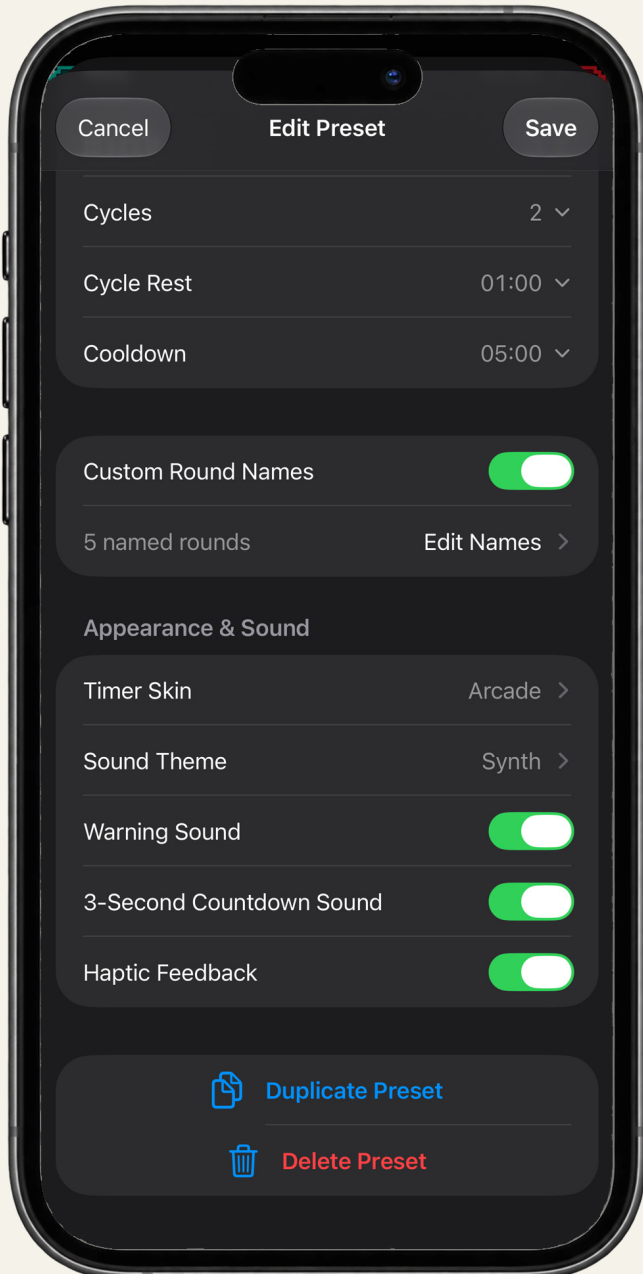




07 / PRESETS 3/4

Save the look & sound

Presets can also store your preferred skin, sound theme, and settings.

**01 TIMER SKIN**

Choose specific skins for each preset. This will open a visual gallery.

02 SOUND THEME

Select any sound theme for your preset. Preview sounds here as well.

03 APPEARANCE & SOUND

Each preset can save sound and haptic settings. Toggle on/off and save.

04 DUPLICATE

You can duplicate your presets to alter and save them as new presets. Duplicates will have COPY (+) at the end of the name by default.

05 DELETE

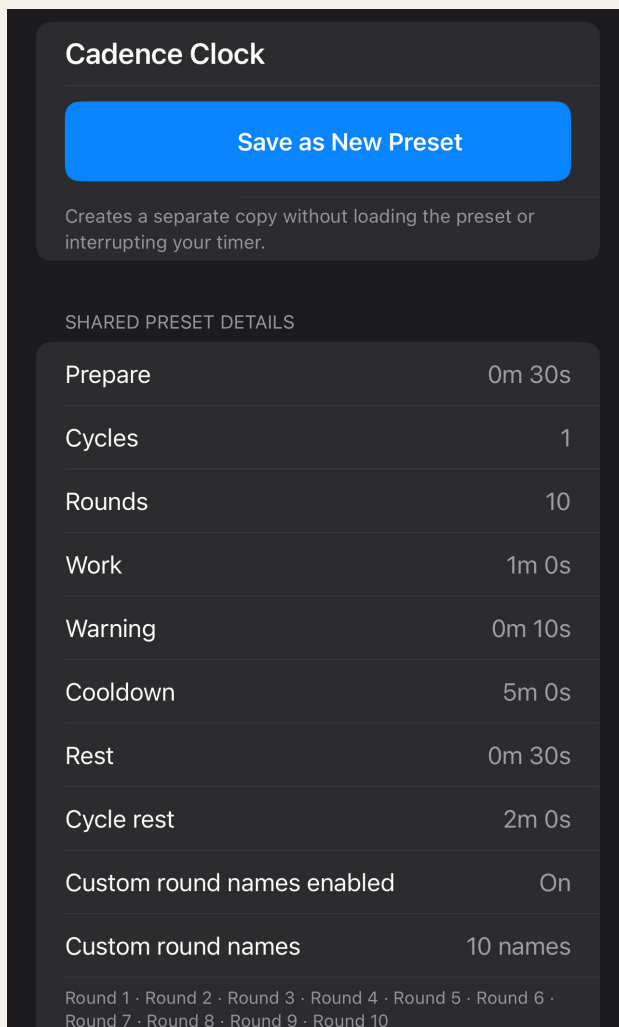
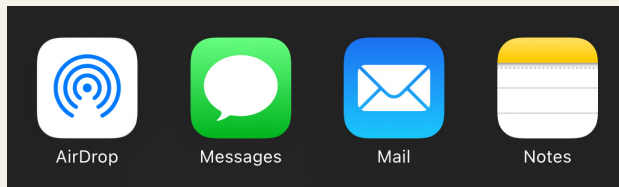
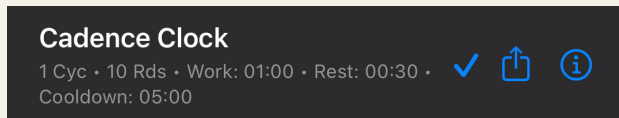
You can delete your presets here too. A confirmation prompt will appear so you don't delete by accident.



08 / PRESETS 4/4

Share your presets

Send a favorite routine. Save one a friend sends you.



01

CHOOSE

Tap the Share Icon next to any preset to bring up the Apple share menu.

02

SHARE

Choose Messages, Mail, AirDrop, or another way to send the link.

03

OPEN & REVIEW

Tap the received link to open Cadence Clock. Review the shared settings, skin, sounds, and any custom round names.

04

SAVE

Tap Save as New Preset to keep the shared preset. This creates a separate copy without overwriting any existing presets. Your currently loaded preset and running timer remain unaffected.

LINKS EXPIRE AFTER FIVE DAYS

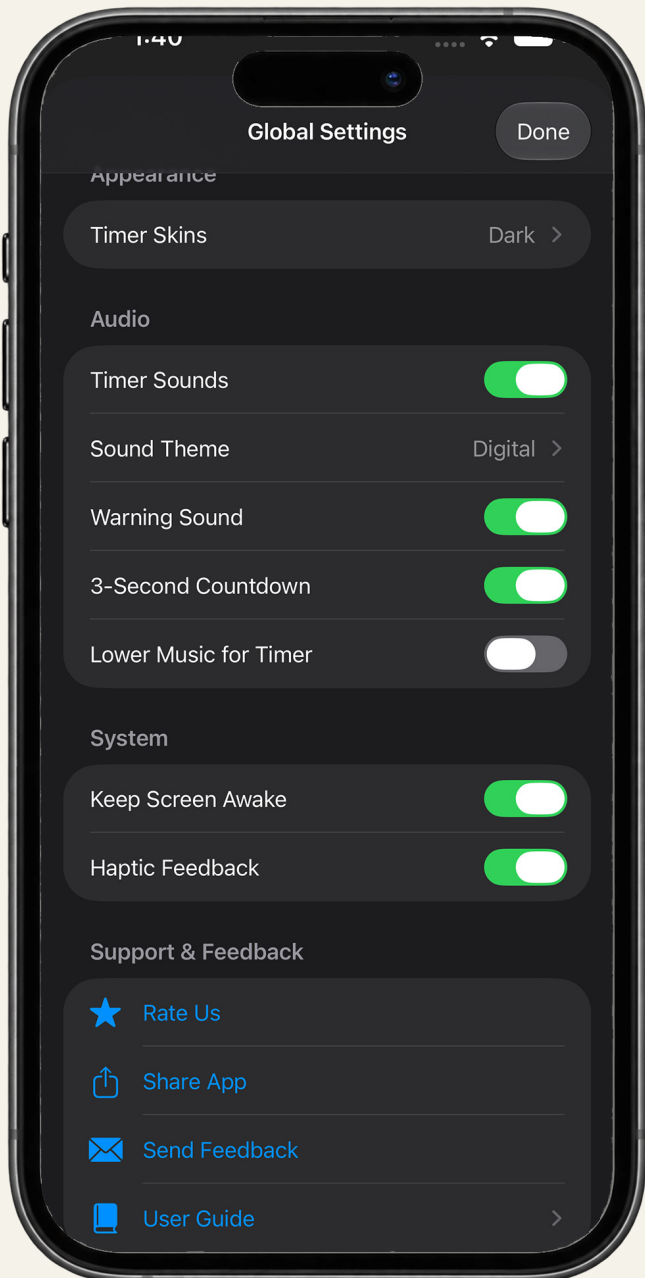
Shared links expire five days after they're created. Once saved, the preset remains in your Presets list. If a link expires, ask the sender to share it again.



09 / SETTINGS

Make it look and sound right

Customize your timer's appearance and preferences.



01 TIMER SKINS

Timer Skins opens a visual gallery. Select a skin to apply it to your current timer.

02 SOUND THEME

Choose a sound theme. Tap its preview button to listen to the Work phase sound before selecting.

03 AUDIO OPTIONS

Toggle Timer Sounds, Warning Sound and the 3-Second Countdown on or off.

04 LOWER MUSIC FOR TIMER

When enabled, outside audio is reduced during timer sounds.

05 KEEP SCREEN AWAKE

Disable screen sleep while Cadence Clock is open.

06 HAPTIC FEEDBACK

Turn vibrations on or off in Settings.

07 SUPPORT & FEEDBACK

Rate Cadence Clock in the App Store. Share Cadence Clock with a friend or colleague. Having an issue? Email us directly. Want to learn more about Cadence Clock? Find our Quick and Full Guides here.



10 / STOPWATCH

Stopwatch

A separate mode for timing freely and recording laps.



01 SWITCH MODES

Tap the stopwatch button at the top of the timer.

02 START OR PAUSE

Start the stopwatch, then pause whenever needed.

03 RECORD A LAP

Tap Lap while the stopwatch is running. Each lap measures the time since the previous lap or Start.

04 RESET

Reset clears the time and recorded laps.

What the lap list shows

The most recent lap appears first. Each entry is an individual lap time, not a running total.



11 / MORE FEATURES

Portrait & Landscape

View and control your timer from either orientation.

Timer setup in landscape

Access timer settings alongside the countdown before you begin.

Then view the timer with extra large digits.

There are no Progress Bars or UP NEXT features while in Landscape orientation.



Stopwatch in landscape

The stopwatch offers large digits, lap controls, and a side-by-side lap list.

All stopwatch functions are exactly as they are in Portrait orientation.

! Progress Bars and UP NEXT are available in portrait mode only.



● APPLE WATCH

A companion Apple Watch can display timer status and control PLAY/PAUSE and STOP.

Features vary by model.



● LOCK SCREEN

When Live Activities are supported and enabled, see your remaining time and Play/Pause control.



● ACCESSIBILITY

Supports accessibility features such as VoiceOver, Siri, and Reduced Motion.



Answers at a glance

Frequently asked questions.

Does changing my timer settings affect my saved presets?

No. Changes made on the main timer screen affect only your current timer setup. Your saved presets remain unchanged.

To save your current settings as a new preset, select Save Current from the Presets menu. To change an existing preset, open its editing screen and save your changes.

Loading a saved preset will replace your current timer settings with that preset's saved values.

Can rounds have different durations?

Not in this version. All rounds use the same Work and Rest durations configured in your timer settings. These durations remain consistent throughout each cycle.

Why do I not see UP NEXT?

UP NEXT only appears while the timer is actively running in portrait orientation with Custom Round Names enabled, in the phase before the next named round.

Will Pause restart the session?

No. Pause freezes the timer. Start resumes from where you paused. Stop returns to the beginning.

Why did the colors or sounds change?

Loading a saved preset can apply its saved skin, sound theme, and cue preferences.

Can I reuse the same preset name?

Preset names must be unique.

Will editing move my preset?

No. Editing keeps its position. New and duplicated presets are added to the top of the list, unless resorted.

Need help?

Open Settings > Send Feedback to contact the Cadence Clock team.