

TRAINING TIMER

Press start and the counter resets. This enables the astable IC1a/b and starts to clock the counter once every 6-8 seconds set by VR1 - ideally 7.5 seconds. Each pulse advances the counter and thus switches on an LED. After 8 pulses the 9th output activates the buzzer and flashing LED for 7.5 seconds. The next pulse locks the counter as the 10th output disables the astable. The time equals $8 \times 7.5s = 1\text{minute}$.

