



MANUAL DE USUARIO

CRONO PRO

THE PROFESSIONAL STOPWATCH IS HERE!

TRAIN SMARTER.
MEASURE BETTER.

IMPROVE FASTER.

Sistema de Cronómetros Profesionales
Individual · Combate · Grupal
Take your training to the next level with
CRONO PRO, the ultimate stopwatch
designed for coaches, athletes, and
sports professionals.



FREE DOWNLOAD ON
GOOGLE PLAY



PROFESSIONAL
SCIENTIFIC
PERFORMANCE REPORTS



HIGH-PRECISION
TRAINING STOPWATCH



PERFECT FOR BOXING,
MARTIAL ARTS, FITNESS,
HIIT, AND INTERVAL
TRAINING



ANALYZE PERFORMANCE
WITH DETAILED
TRAINING DATA



AUTOMATICALLY GENERATE
PROFESSIONAL REPORTS



IMPROVE PLANNING,
TRACKING, AND
DECISION-MAKING



SIMPLE, FAST,
AND EASY TO USE



VERSIÓN

v2.0 · Elite System

EDICIÓN

Manual Oficial de Usuario

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BOXING



MARTIAL ARTS



FITNESS



HIIT



INTERVAL TRAINING

EVERY SECOND COUNTS. EVERY DECISION MATTERS.
TRAIN SMART. PERFORM STRONG. WIN MORE.

Disponible en Google Play



Google Play



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Before we begin

This manual describes the operation of CRONO PRO as it appears in the application, including its three timing modules, the Support Center, and the features that distinguish the free version from the PRO/Premium version.

SECTION 01 · Welcome

Introduction

CRONO PRO — Professional Stopwatch System — is a high-precision sports application designed for coaches, athletes, and teams who need to measure, record, and analyze the time of each training session.

The application brings together in one place three specialized timing tools —Individual, Combat and Group— along with a Support and Community Center to report incidents, send suggestions and contact the development team.

Who is it aimed at?

- Coaches of boxing, martial arts and combat sports.
- **Physical** trainers who work with circuits, HIIT and intervals.
- Teams and clubs that need to time several athletes at the same time.
- **Individual** athletes seeking to measure and improve their performance.

Application structure

MODULE	MAIN FUNCTION
Main Menu	Entry point: access to the three modules, language, theme and support.
CHRONO PRO Individual	Stopwatch with lap counting, time and distance planning; saves sessions.
CRONO PRO Combat	Stopwatch by rounds/assaults with breaks and sound alerts.
Group CHRONO PRO	Simultaneous timing of up to 4 athletes with comparative reports.

Free Model / PRO

CRONO PRO can be used for free with limited features. PRO and Premium unlocks are activated via in-app purchase (Google Play) and are automatically synced each time the app is opened.

BUSINESS MODEL

The free version includes banner ads. Unlocking the PRO/Premium features of a module removes its usage limits.

Requirements and data

- **Android** device with Google Play Services (distribution via Google Play).
- Internet connection for announcements, purchases and sending reports/suggestions.
- **Saved** sessions and settings are stored on the device itself.

Main Menu

This is the screen that opens the application. From here you can access the three timing modules and the Support Center, and configure the language, visual theme, and full screen mode.

Top bar elements

- 1

Language selector

It displays the flag and code of the active language. Tapping it reveals the list of available languages: Spanish, English, Russian, German, Italian, Portuguese, and Chinese.
- 2

Change topic

Switch between dark and light themes throughout the application, including modules that are opened later.
- 3

Close application

Red button that ends the session and closes CRONO PRO.

Access cards to the modules

The menu features four main cards, each with a distinctive color:

CARD	COLOR / ACCESS
Individual Pro Stopwatch	Golden accent — opens the stopwatch with laps and time plan.
Pro Stopwatch Rounds Mode	Red accent — opens the Rounds and Breaks Combat mode.
Group Pro Stopwatch	Green accent — opens simultaneous timing of athletes.
Support and Community Center	Blue accent — opens the help and contact panel.

Support and Community Center

Slide-out panel accessed from the last menu card. It consolidates all communication between the user and the CRONO PRO team:

- Problem report : form with name, email, category, device, system and description of the problem.
- Send a suggestion: free text box to propose improvements.
- Links to social media and official community channels.

MAIL BACKUP

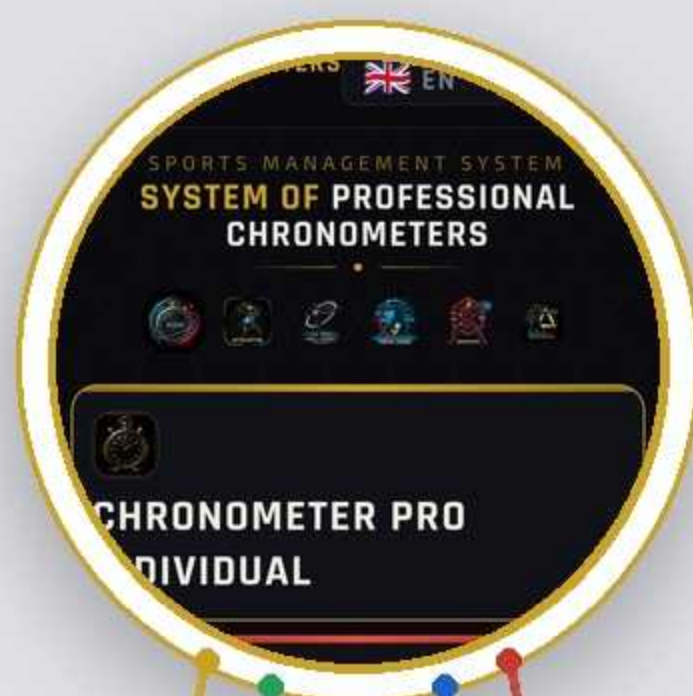
If in-app submission is unavailable, the form automatically opens the device's email client with the message already drafted, as a backup.

When opening a module

Each card opens its corresponding module in full screen. The language and theme selected in the menu are automatically applied within the module. To return to the menu, each module includes its own exit button, and the timer's progress is saved while the application remains open.

How the Main Menu is organized

HOME SCREEN



MAIN MENU

the starting point of CRONO PRO



CRONO PRO INDIVIDUAL

"Every lap counts: measure your progress to the millisecond."



CRONO PRO COMBAT

"Your digital corner: rounds and rest, no distractions."



CRONO PRO GROUP

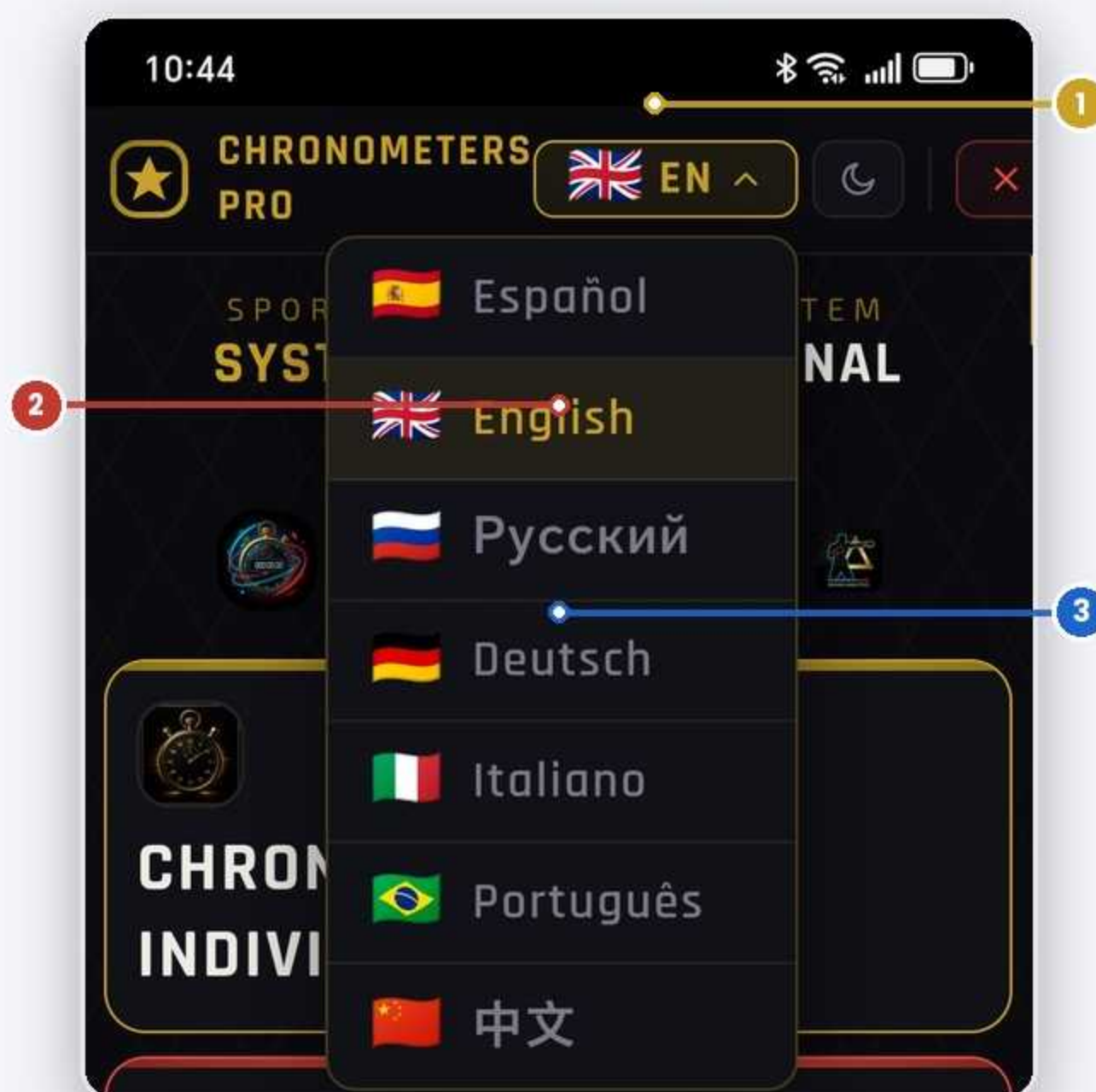
"Your whole team, one chronometer, all at once."



SUPPORT CENTER

"We're with you in every workout."

Main Menu — Language Selector



1 Language selector

Always-visible button in the menu: shows the flag and code of the active language (ES, EN, RU...).

2 Active language

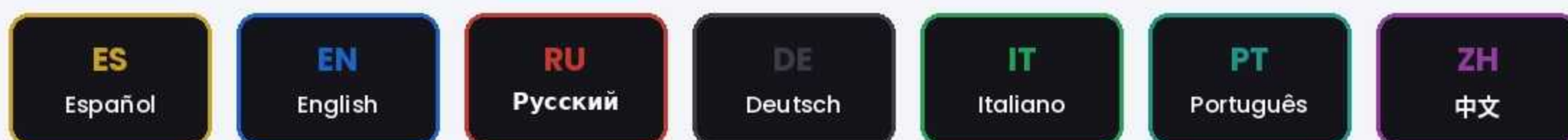
The language currently in use is highlighted inside the drop-down list.

3 7 languages available

Spanish, English, Russian, German, Italian, Portuguese and Chinese, applied to the whole app instantly.

Why does speaking the athlete's language matter?

CRONO PRO is used in gyms, rings and tracks all over the world. A coach understanding their data in their own language, mid-session, is no small detail: it cuts down on mistakes, speeds up reading the times, and makes the tool feel professional in any country where it's used.



SECTION 03 · Individual Stopwatch

CHRONO PRO Individual

The precision stopwatch for single-person training: measures total time, records laps (splits), and compares each attempt against a defined time and distance plan.

Main functions

- Stopwatch with hundredths of a second accuracy.
- Recording of laps or partials during the same session.
- Time plan (minimum and maximum) to assess whether each partial is within the objective.
- Distance in meters, to relate time to performance per segment.
- Memory of saved sessions, with date, time, total time and lap details.
- Generating reports to share or save as a file.

How to register a session

1 Start

Press the start button to start the timer.

2 Mark laps

Each time a segment is completed, it records a lap; the system saves the partial time and the accumulated time.

3 Arrest

The session ends when the exercise is finished.

4 Keep

Save the session in memory for later reference or export.

Time and distance plan

When the time plan is activated, each recorded lap is compared against the configured minimum-maximum range and its status is marked (within, below, or above the target). The

distance in meters is optional and allows you to record the segment covered to calculate your pace.

Free Limit and Individual PRO

PLAN	SAVED SESSIONS
Gratuitous	Up to 10 sessions; when saving a new one, the oldest one is automatically discarded.
Individual PRO	Unlimited history of saved sessions.

SYSTEM NOTICE

When you exceed the free limit, the app warns: "Limit of 10 sessions. Activate PRO for unlimited history." The data is not lost; only the oldest record is deleted when a new one is added.

CRONO PRO · USER MANUAL

Individual – Main Screen



- | | |
|--|---|
| 1 Main chronometer
Total elapsed time, accurate to the hundredth of a second. | 2 Lastlap
Shows the time of the lap you just recorded. |
| 3 Laps · Last · Best
Live session summary: how many laps you've done and your best time. | 4 Start / Pause
Starts the timer, or pauses it without losing what's been recorded. |
| 5 Reset
Resets to zero. Asks for confirmation if there are unsaved laps. | 6 Lap / Save
Records a lap, or saves the whole session to your history. |

Individual – Lap Plan, Countdown & History



- 7 Enable Lap Plan**
Turns on the target time for each lap.

- 8 Min / Max (mm:ss)**
Sets the target time range for each lap.

- 9 Meters per lap**
Reference distance used to calculate your pace.

- 10 Countdown**
An independent timer in minutes, with its own Start button.

History and PRO unlock



- 11 Clear All**
Deletes the entire history saved on the device, all at once.

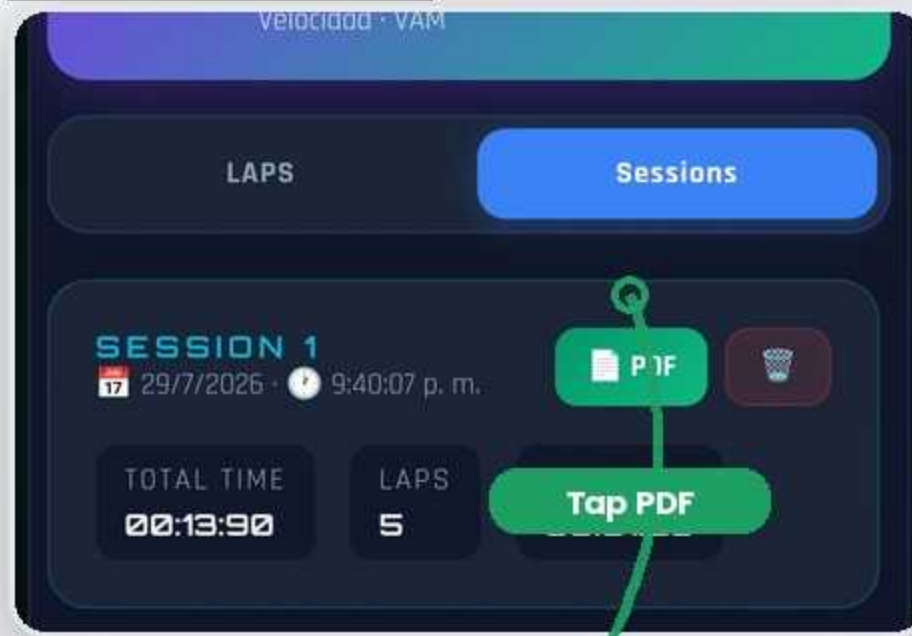
- 12 Unlock PRO**
Unlimited history, Speed and VAM: features unlocked with the PRO purchase.

- 13 Laps / Sessions**
Two tabs: a list of laps, or full saved sessions.

- 14 Best and worst time**
Each lap shows its difference and a tag if it was your best or worst time.

Individual — From History to PDF Report

1 HISTORY · SESSIONS



2 REPORT GENERATED



Data that speaks for the athlete

Every saved session becomes, with a single tap, a professional report: best time, worst time, average, and the lap-by-lap performance curve. No more writing times down by hand: the data is ready to share with the athlete, compare across sessions, and plan the next workout based on evidence, not memory.

SECTION 04 · Rounds and breaks

CRONO PRO Combat

Round timer, designed for boxing, martial arts and interval training (HIIT): automatically alternates work rounds and rest periods with audible alert.

Main functions

- Setting the total number of training rounds.
- **Independent** duration for each round and for each break.
- Indicator of the current round and the next round that follows.
- **Audible** alerts (bell / warning) at the start and end of each round.
- Sound controls , pause/resume and training restart.
- Generation of reports on the training performed.

Stopwatch display

During training, the following are displayed at all times: the time remaining in the current round, the round number out of the total set (for example, 3/5), the rest time, and the next round.

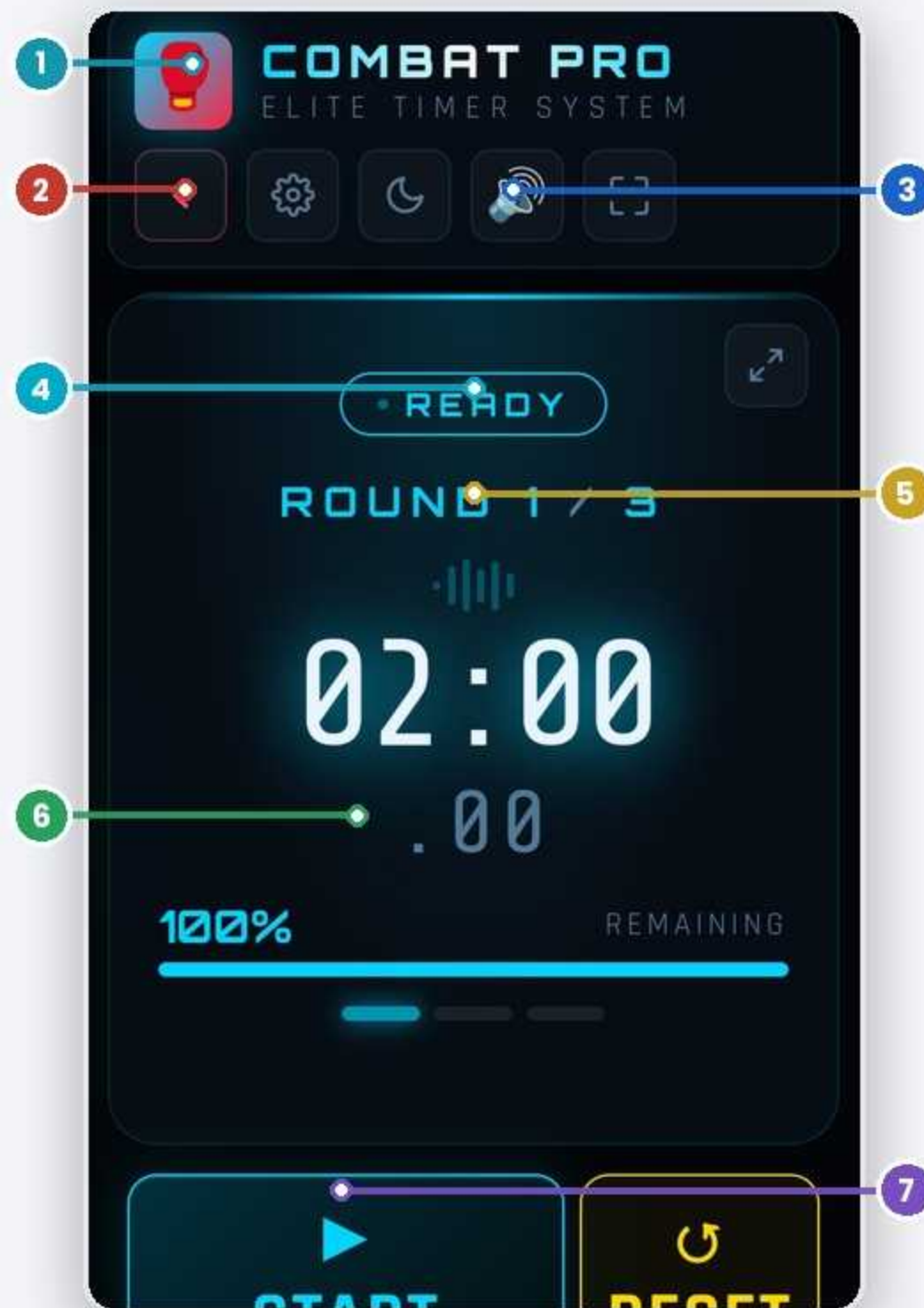
How to set up a training

- 1 Choose number of rounds**
Select how many rounds the session will have (for example, 3, 4, or 5).
- 2 Define duration**
Adjust the time for each round and the rest time between them.
- 3 Start**
Press start; the timer will sound when switching between rounds and breaks automatically.
- 4 Pause or stop**
You can pause at any time or stop and restart the workout from scratch.

SOUND CONTROL

The sound can be turned on or off from the stopwatch panel itself without interrupting the ongoing training.

Combat — Main Screen



- | | |
|--|---|
| <p>1 CombatPro
Module header: name and round-based timer system.</p> | <p>2 Back
Returns to the Main Menu without losing the fight's settings.</p> |
| <p>3 Quick access
Settings, theme, sound and full screen, always within reach.</p> | <p>4 Round status
Shows whether you're Ready, in Preparation, or mid-round.</p> |
| <p>5 Current / total round
Shows which round you're on out of the total set (e.g. 1/3).</p> | <p>6 Timer and progress
Time left in the round, with hundredths and a remaining % bar.</p> |
| <p>7 Start / Pause · Reset
Controls the fight: starts, pauses, or resets the current round.</p> | |

Combat – Settings



1 Rounds

Total number of rounds in the fight (+ / -).

2 Round duration

How long each round lasts, in minutes and seconds.

3 Rest between rounds

Break time between one round and the next.

4 Pre-start

Countdown before the first round begins.

5 Sound warnings

Periodic warning during the round and before it ends.

6 Preset profiles

Amateur, Pro, MMA, Muay Thai, Sparring or HIIT: one tap adjusts everything. They can also be edited and saved to your own settings.

Fight statistics

Fight summary

Rounds completed, total time, active time and rest time.

Customizable sounds

Choose the start, end, and warn-before sound for each round, with a preview (🔊).

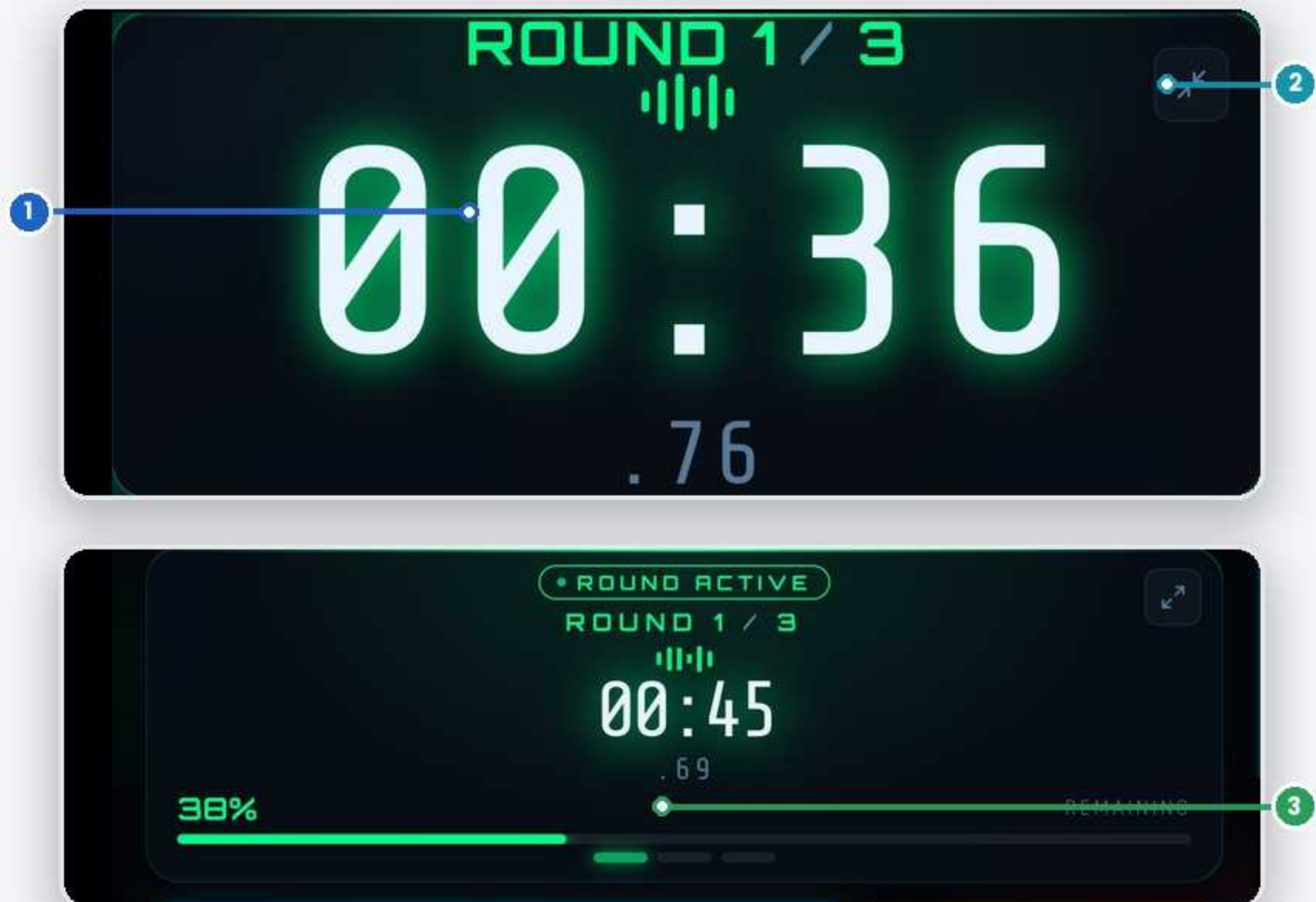


8 Overall volume

Controls how loud all the fight's alerts sound.

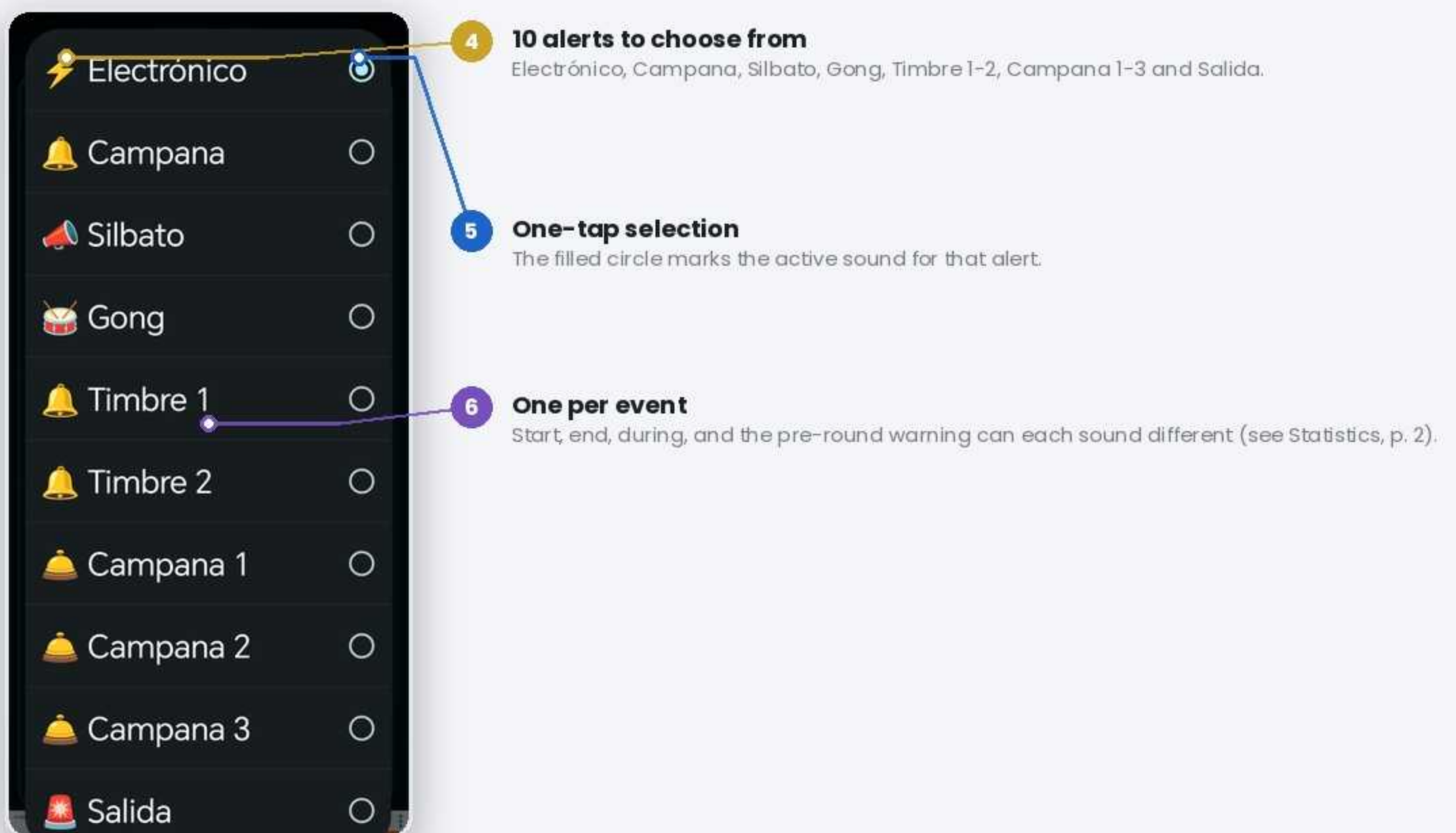
Combat — Full Screen and Sounds

Full Screen



- 1 Big numbers**
Round and time fill the whole screen, visible from a distance.
- 2 Exit**
The inward-arrows icon returns to the normal view.
- 3 Live round progress**
The green badge and shrinking bar show the round advancing in real time.

Sound Selector



SECTION 05 · Up to 4 athletes

Group CHRONO PRO

It allows you to time several athletes at the same time, each with their own work time, recovery time and partial laps, ideal for training teams or small groups.

Main functions

- Up to 4 active athletes on the same screen.
- **Independent work** stopwatch and recovery stopwatch per athlete.
- Recording of partials and total time worked by each athlete.
- Recovery plan with configurable time limit.
- Distance in meters to relate time and performance.
- Comparative performance chart (best, worst and average per athlete).
- **Exportable group** report with details for each athlete.

How to use group mode

- 1 Choose number of athletes**
Select how many athletes will participate in the session (1 to 4).
- 2 Name and configure**
Assign a name to each athlete and, if you wish, activate the recovery plan and distance.
- 3 Time**
Start and stop work and recovery time for each athlete independently.
- 4 Review and export**
Check the performance chart and generate the group report at the end.

Free and Premium Limit

PLAN	ACTIVE ATHLETES
Gratuitous	Up to 2 athletes simultaneously.

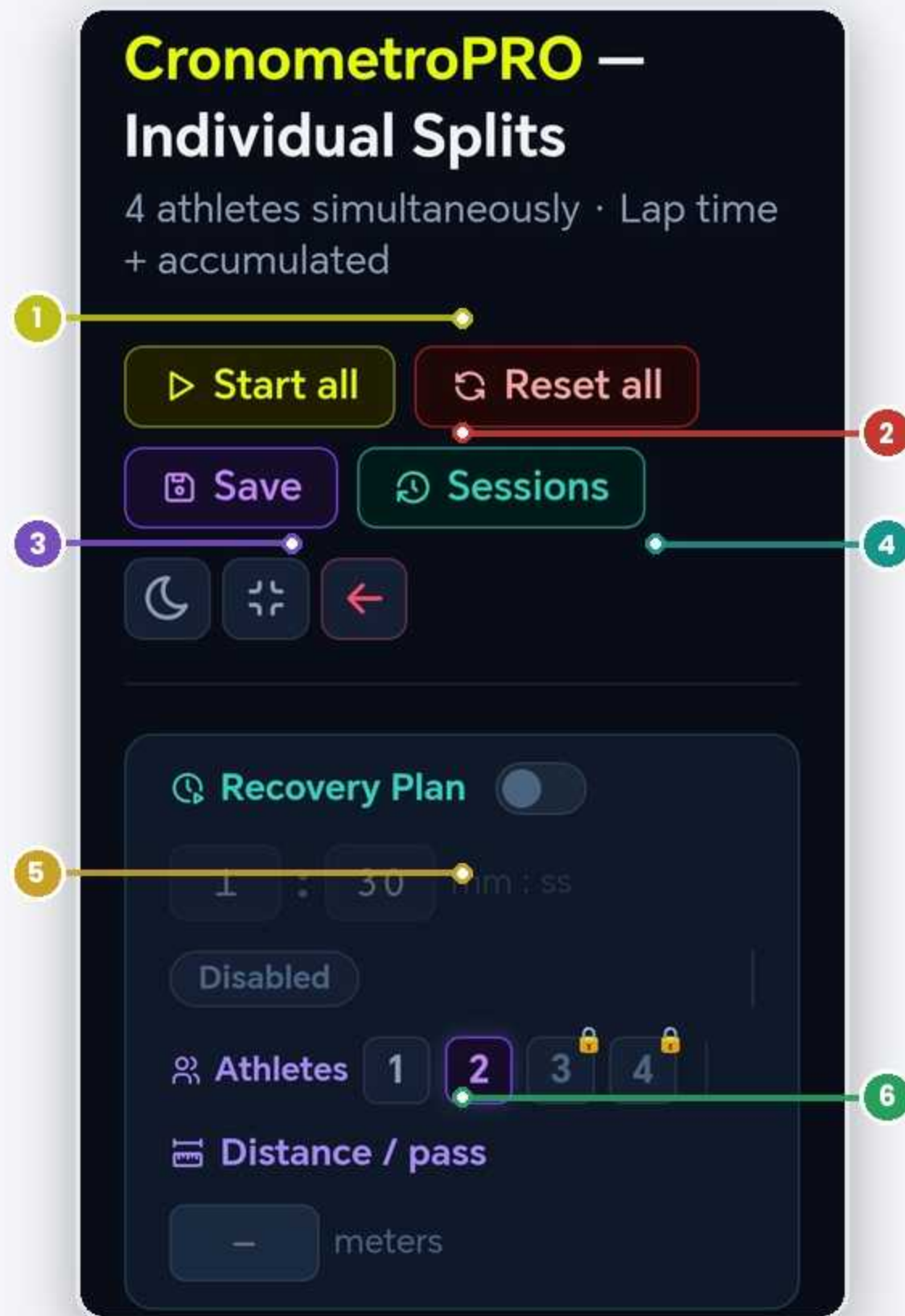
Premium

Unlocks 3 and 4 athletes simultaneously.

SYSTEM NOTICE

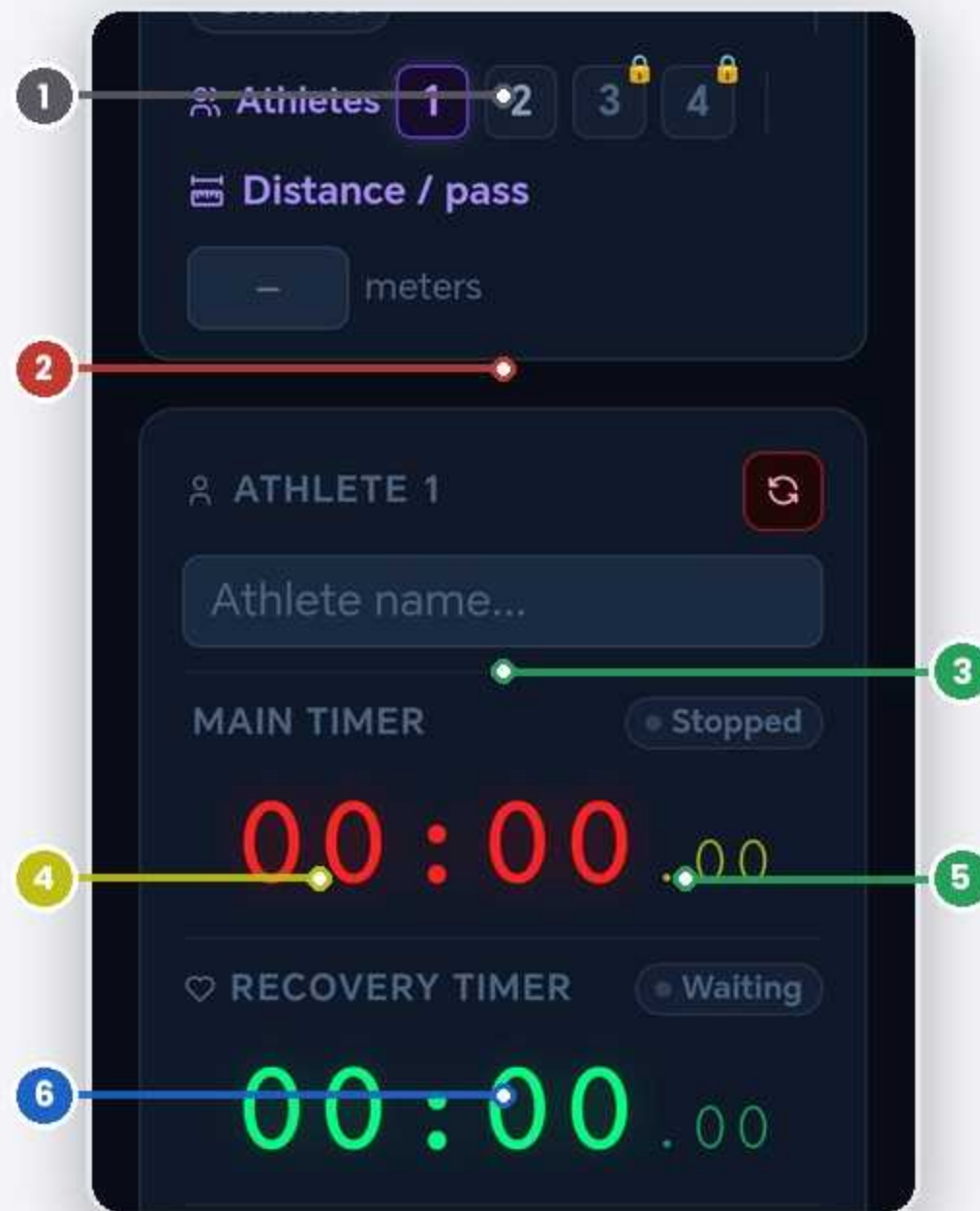
When trying to activate a third or fourth athlete without Premium, the application displays the Premium feature notification and offers the option to unlock it from within the app itself.

Group — Main Panel



- | | |
|---|---|
| <p>1 Start all
Starts every active athlete's timer at the same time.</p> | <p>2 Reset all
Resets the times for every athlete in the session to zero.</p> |
| <p>3 Save
Saves the whole group session so you can check it later.</p> | <p>4 Sessions
Opens the history of saved group sessions.</p> |
| <p>5 Recovery Plan
Sets a target rest time between efforts, the same for everyone.</p> | <p>6 Athletes and distance
Choose how many athletes take part (1 to 4) and the distance per pass, in meters.</p> |

Group — Athlete Card



1 Athlete name

Identifies each card; you can enter the athlete's real name.

3 Recovery timer

Counts that athlete's rest time in parallel with the main timer.

5 Recovery

Switches to the rest timer without losing the work time.

2 Main timer

That athlete's work timer, independent from the rest.

4 Start

Starts this specific athlete's main timer.

6 Splits

This athlete's recorded laps, up to 20 per session.

Premium Feature: 3rd and 4th athlete

Premium Feature

This message appears when trying to activate athlete 3 or 4 without unlocking them.



8 One-time purchase

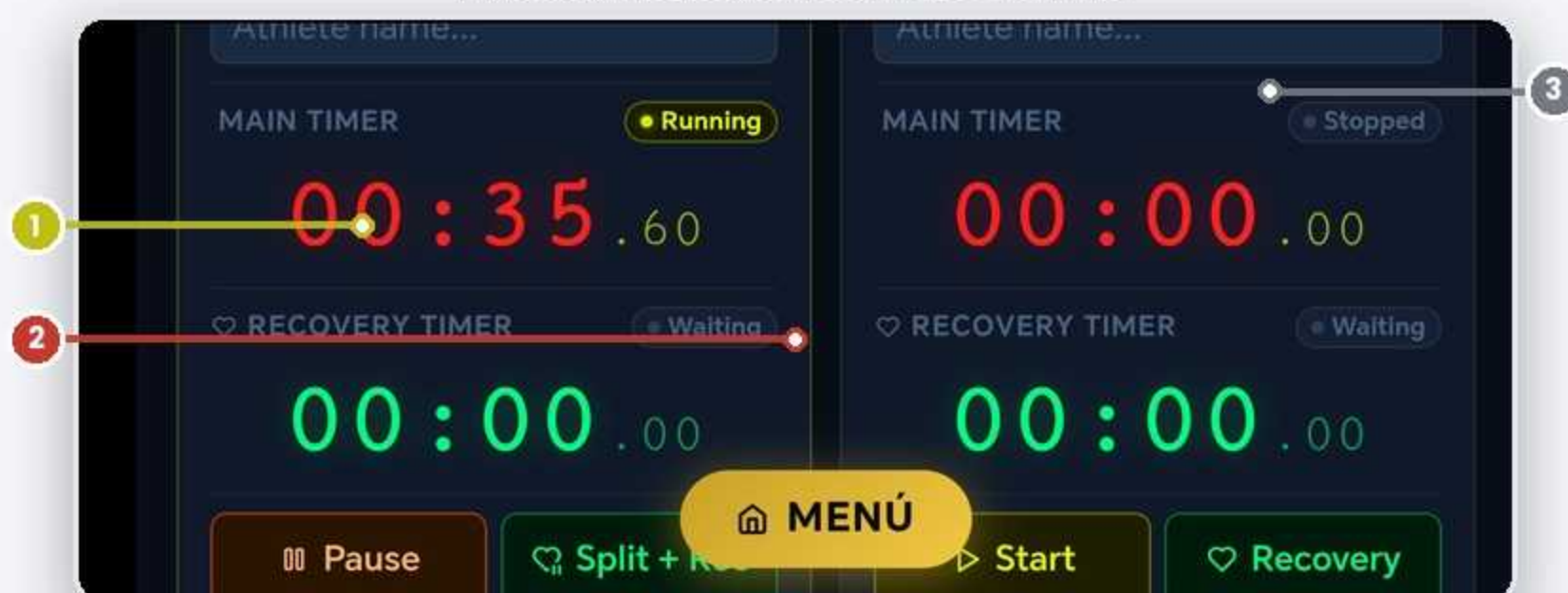
A single payment unlocks athletes 3 and 4 permanently on this device.

9 Restore purchase

If you already bought it before, this link reactivates it without paying again.

Group — In Action

Two athletes, one shared timer



1 Running

Each athlete runs their own timer live, at the same time.

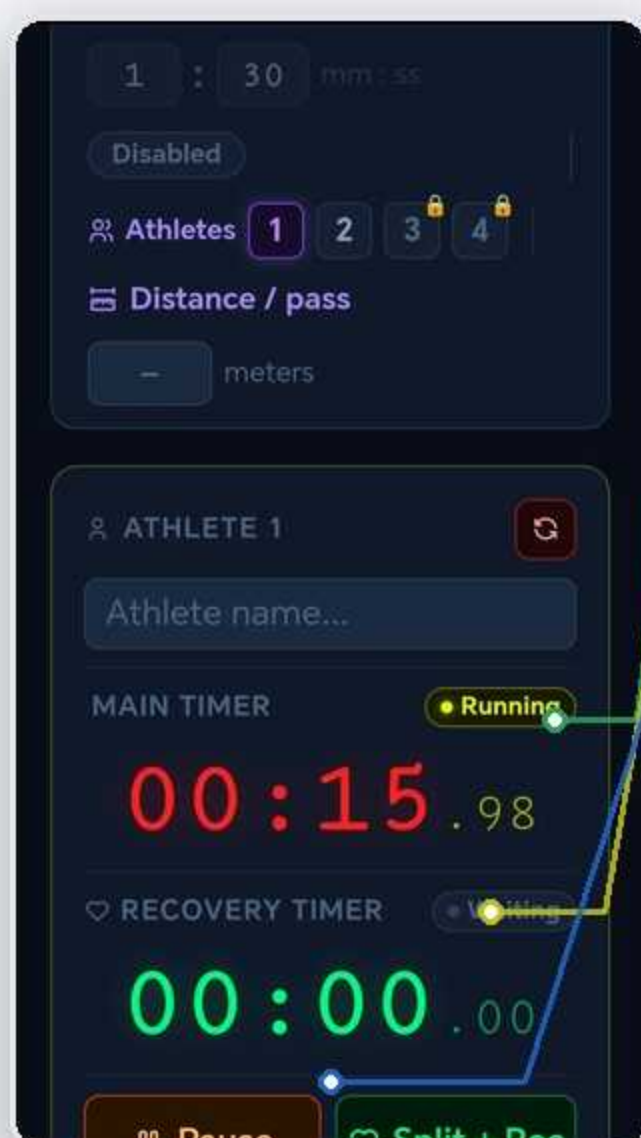
2 Independent timers

One athlete's timer doesn't affect the other's.

3 Individual reset

Each card has its own reset button.

Running timer & Split + Rec



4 Timer running

MAIN TIMER shows Running while the clock is live for that athlete.

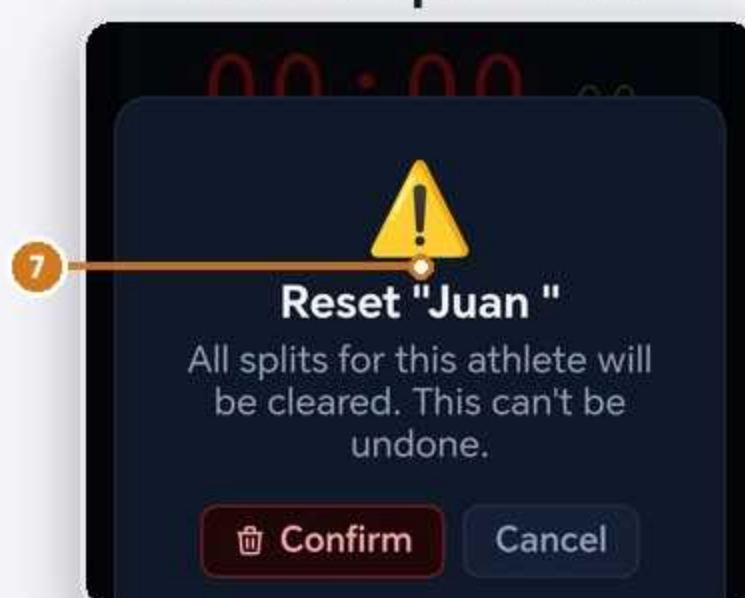
5 Split + Rec

One tap logs the current split and moves straight into recovery.

6 Splits

Keeps up to 20 splits per athlete, each with its own accumulated time.

Safe reset per athlete

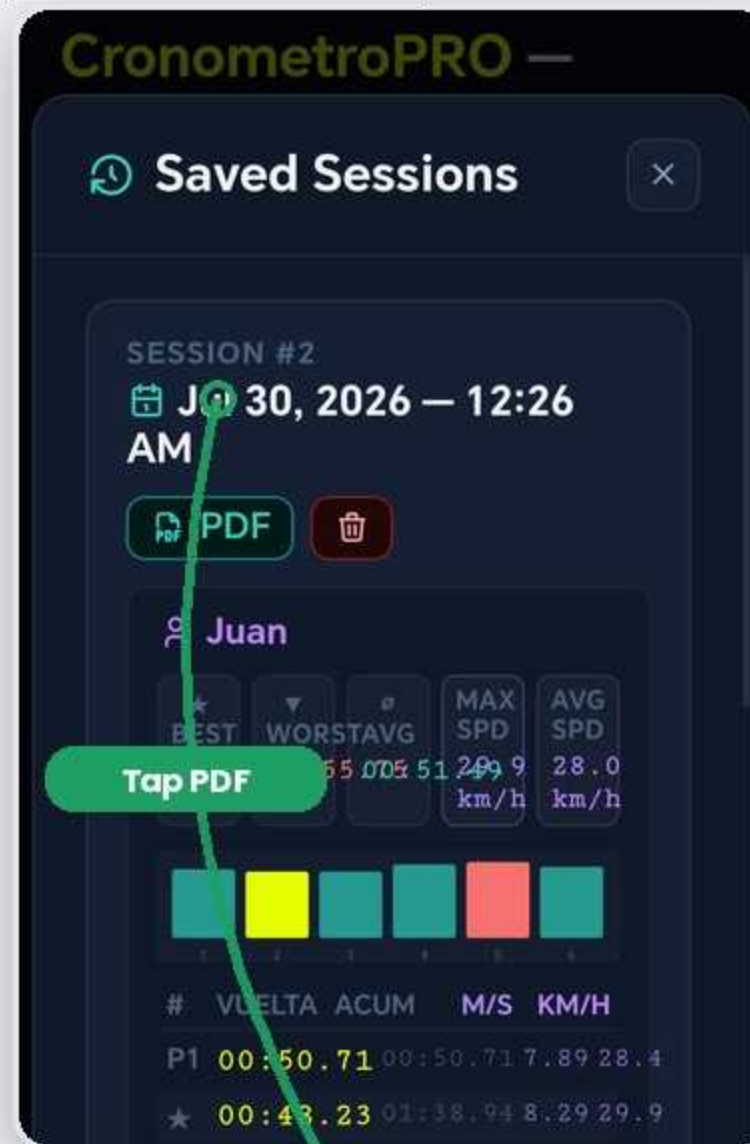


7 Confirmation before clearing

When you reset an athlete, CRONO PRO names who you're about to affect and warns that their splits will be lost — helping you avoid erasing data by mistake mid-session.

Group — From History to PDF Report

1 SAVED SESSIONS



2 REPORT GENERATED

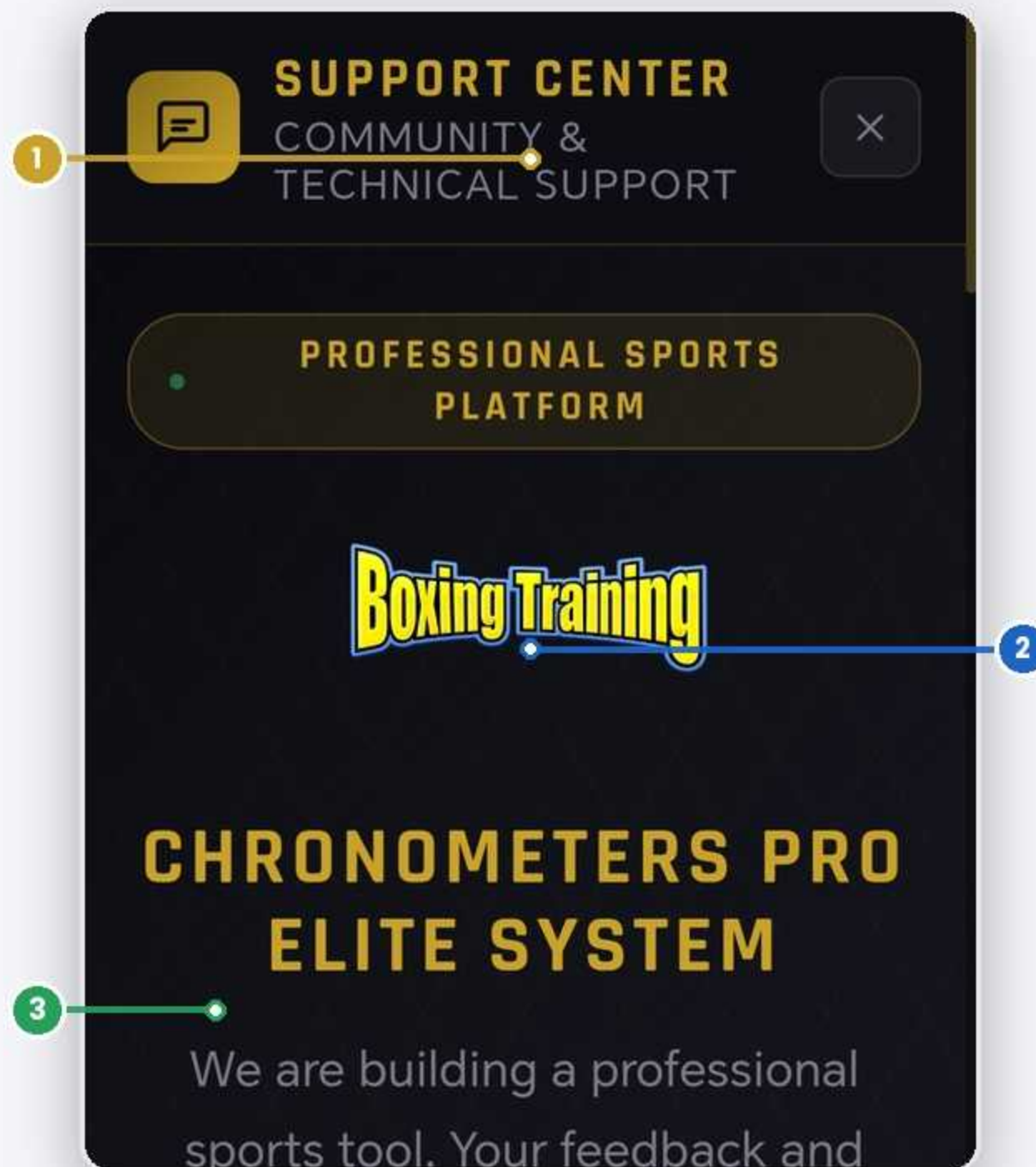


Data that compares, not just measures

The group report doesn't stop at time: for each athlete it calculates best, worst and average, plus speed (m/s) and pace (km/h) lap by lap, each with its own chart. One single document shows, at a glance, who performed better and at what point in the session — the difference between training blind and training with data.

Support Center

Community and technical support



1 Support panel

Opens from the last card in the Main Menu: it brings together all communication with the CRONO PRO team.

2 Platform message

Chronometers Pro Elite System is still under active development: community feedback helps improve it.

3 Direct contact

Quick-access button to message the team or leave your feedback.