```
;* TIMER1 TOGGLE LEDS ON PORTB in NORMAL MODE
;* MUST use CLOCK 8MHz (fs=200Hz, Ts=DW=5msec)
;* 5/12/16
; BLOCK DIAGRAM
; start:
   set timer in normal mode AND stop timer
;
   set timer to 0xFFFF-40000 (63BF)
;
;
   clear TOV1
   start timer
;
   waitloop:
;
;
       is TOV1 set ?
       if no goto waitloop
;
       if yes change LEDs (i.e. execute main program that does things)
    jmp start
;
.include "m32def.inc"
reset:
          ldi R16,0b1111111
                                   ;set PB0-7 as outputs (STK500 LEDs)
          out DDRB,R16
          ldi R17,0b0000000
                                    ; WGM for normal mode (i.e. counter counting up to FFFF) set to zero
                                    WGM10bit0 and WGM11bit1
          out TCCR1A, R17
forever:
          ldi R18,0b0000000
                                    ; WGM for normal mode (i.e. counter counting up to FFFF) set to zero
                                    WGM12bit3 and WGM13bit4
                                    ; Also, set CS12bit2, CS11bit1 and CS10bit0 to 000 to stop counting
          out TCCR1B, R18
                                    before loading TCNT1
          ldi R20, high(0xffff-40000); 5ms intervals i.e. 40000cycles at 1/8usec per cycle
          ldi R21, low(0xffff-40000)
                                    ;load timer high byte FIRST since it is stored internally in a
          out TCNT1H, R20
                                    temporary location until the low byte is written
```

the datasheet says pg 113

; now that high byte is loaded, load timer low byte

; clear timer 1 overflow flag TOV1bit2 by writing a logic 1 to it as

out TCNT1L, R21

out TIFR, R19

ldi R19, 0b00000100

ldi R22, 0b0000001; WGM for normal mode (i.e. counter counting up to FFFF) set to zero
WGM12bit3 and WGM13bit4out TCCR1B, R22; Also, set CS12bit2, CS11bit1 and CS10bit0 to 001 starts counting

waittimer:

in R23, TIFR	
sbrs R23, TOV1	;skip next instruction if TOV1 flag is set i.e. after the timer overflows past FFFF
rjmp waittimer	;loop while TOV1 flag is not set
ldi R24, 0b11111111	;timer1 has reached ffff and TOV1 is set, so do something (LED toggle)

eor R25, R24 out PORTB, R25

jmp forever