

Nike + iPod WatchRemote

ONLINE MANUAL | English

Nike + iPod WatchRemote is a watch and a remote for the Nike + iPod experience. Hear instant voice feedback of your time, distance, calories and pace when you add the Nike + iPod Sport Kit and Nike+ ready shoes. At any time during a workout, press a button for your PowerSong – the song you love to hear when you need a boost.

A Nike + iPod WatchRemote (Included)

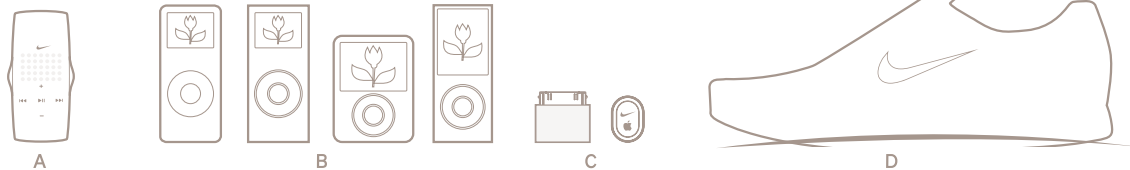
B iPod nano

C Nike + iPod Sport Kit

Nike + iPod receiver

Nike + iPod sensor

D Nike+ ready shoes



LINKING

Linking the Nike + iPod WatchRemote to your iPod nano.

1. Connect the Nike + iPod receiver to the iPod nano.
2. Select the following through the iPod menu Nike + iPod > Settings
3. Push the play/pause button on WatchRemote.
4. Select Remote > Link on the iPod Menu and follow the on-screen instructions.



WORKOUT FUNCTIONS

A Start Workout

A Voice Feedback

Once the run is started, press to hear instant voice feedback of your time, distance, calories and pace.

B Play PowerSong
HOLD FOR 3 SECONDS

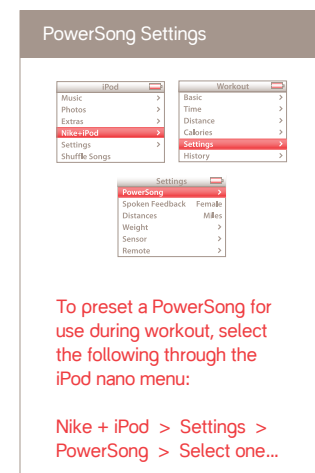
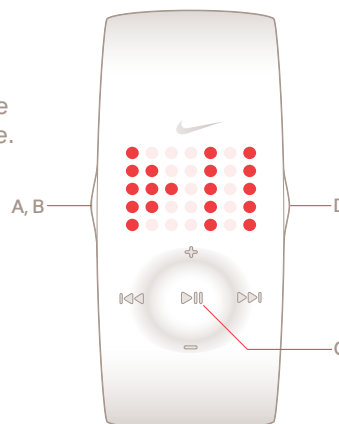
PowerSong plays your favorite song when you need a boost.

C Pause / Resume Workout

C End Workout

HOLD FOR 3 SECONDS AFTER WORKOUT PAUSED

D Display Time



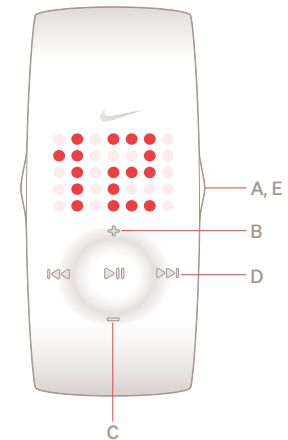
Nike + iPod WatchRemote

ONLINE MANUAL | English

SET THE TIME

- A Display Time
- A Enter Adjust Mode (*HOLD FOR 3 SECONDS*)
- B Increase Number*/ Adjust Up*
- C Decrease Number*/ Adjust Down*
- D Continue to Next Setting
- E Exit Adjust mode

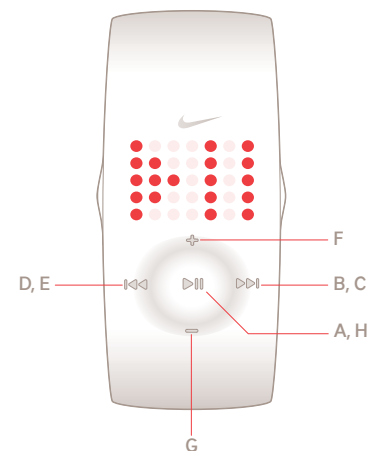
*Hold down to scroll quickly



IPOD NANO REMOTE CONTROL FUNCTIONS

- A Play/Pause
- B Next Track
- C Fast Forward
HOLD FOR 3 SECONDS
- D Previous Track
- E Rewind
HOLD FOR 3 SECONDS
- F Volume Up*
- G Volume Down*
- H Put iPod nano to Sleep
HOLD FOR 3 SECONDS

*Hold down to change volume quickly



SPECIFICATIONS

BATTERY TYPE: CR1632 Lithium

BATTERY LIFE: The battery in your Nike watch is estimated to last 1 year, depending on frequency and use of certain features.

WARNING! Keep watch batteries away from children. If swallowed, contact a doctor immediately.

WARNING! Batteries contain chemical substances. They should be disposed of properly according to local regulations

WATER RESISTANCE: 5ATM

Suitable for immersion of 1 meter for up to 30 minutes.

ATTENTION: Water damage may occur if the buttons are pressed underwater.

ATTENTION: Hot steam may cause damage to the watch. Do not wear in steaming shower, spa or hot tub.

ATTENTION: Watch cases and metal bracelets should be rinsed thoroughly in fresh water after being exposed to salt water.

OPERATING TEMPERATURE
-5 to 50° Celsius

MATERIAL SPECIFICATIONS

Battery Door: Stainless Steel

Buckle: Stainless Steel

Case: Polycarbonate

Strap: Polyurethane

WARNING: NOT A MEDICAL DEVICE.

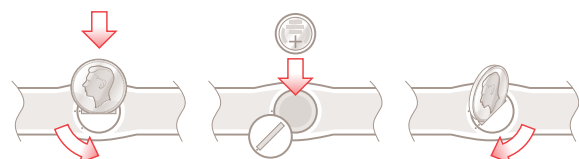
Should not be used to diagnose, treat or prevent any disease or medical condition.

SUPPORT

www.nikeplus.com/support/contact

Nike consumer affairs: 1-888-350-6453

This document with updates is available online at www.nikeplus.com/downloads



Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>