

Nike+ iPod® WatchRemote

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



A



B



C



D

iPod nano sold separately. Nike + iPod Sport Kit, Nike+ ready shoes sold separately. iPod is a registered trademark of Apple, Inc.

Linking

Linking the Nike+ iPod® WatchRemote to your iPod nano.

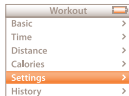
1. Connect the Nike+ iPod receiver to the iPod nano.
2. Select the following through the menu Nike+iPod > Settings
3. Push the play/pause button.
4. Select Remote > Link and follow the on-screen instructions.



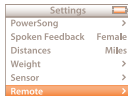
1.



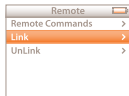
2.



3.



4.



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

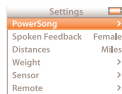
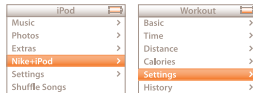
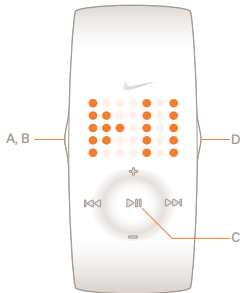
PowerSong plays your favorite song when you need a boost.

C Pause / Resume Workout

C End Workout

HOLD FOR 3 SECONDS AFTER WORKOUT PAUSED

D Display Time



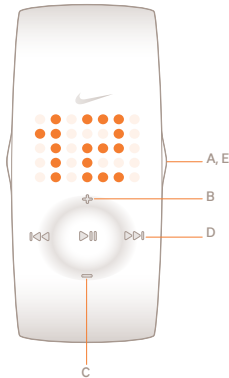
To preset a PowerSong for use during workout, select the following through the iPod nano menu:

Nike+iPod > Settings >
PowerSong > Select one...

Time Adjust Mode

- 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

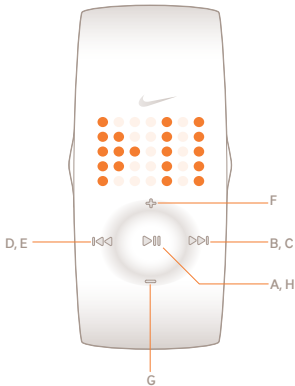
E Rewind
HOLD FOR 3 SECONDS

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/manuals/watchremote

