

Exhibit K: User Manual 1

FCC ID: QYUHRM2400

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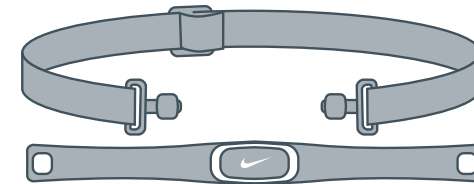
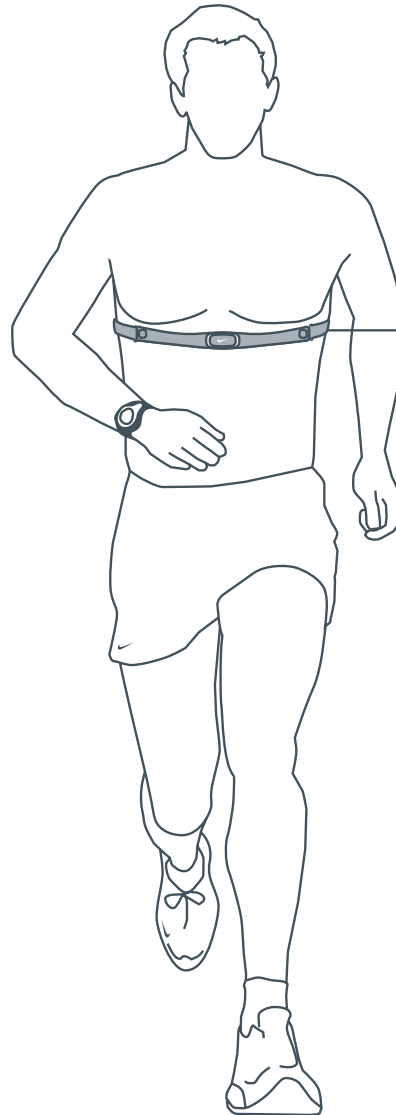
Information is Power

By measuring intensity (heart rate) and duration (time) you can avoid over training, help prevent injury, and maximize your chances of achieving your goals.



triax c10 features

- ECG accurate heart rate data
- Digital Transmission
- 100 lap memory
- Programmable HR training zone
- View button for quick access to key info
- 5 segment interval timer
- Data: timing information, time in zone, average heart rate for each lap/run, interval information.
- Time/Day/Date/Alarms



HR transmitter

The Heart-Rate transmitter reads heart-rate information when worn directly against the skin and within a few meters of the watch.

The HR transmitter is ergonomically designed to fit comfortably during all types of exercise.

ATTENTION: *Anyone beginning an exercise regimen for the first time (especially users of pacemakers or other implanted devices) should consult a physician or health professional before using the heart-rate transmitter.*

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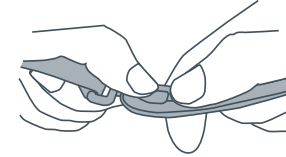
This document with updates is available online at www.nike.com/timing

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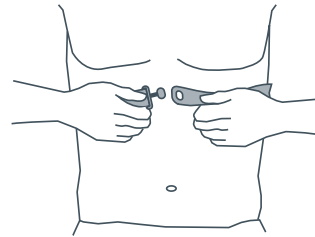
Quick Start Follow steps ① through ⑦ to position the heart-rate transmitter and go for a run.



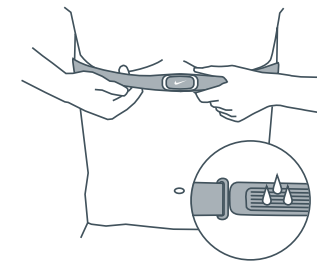
① Push tab up through slot in HR transmitter.



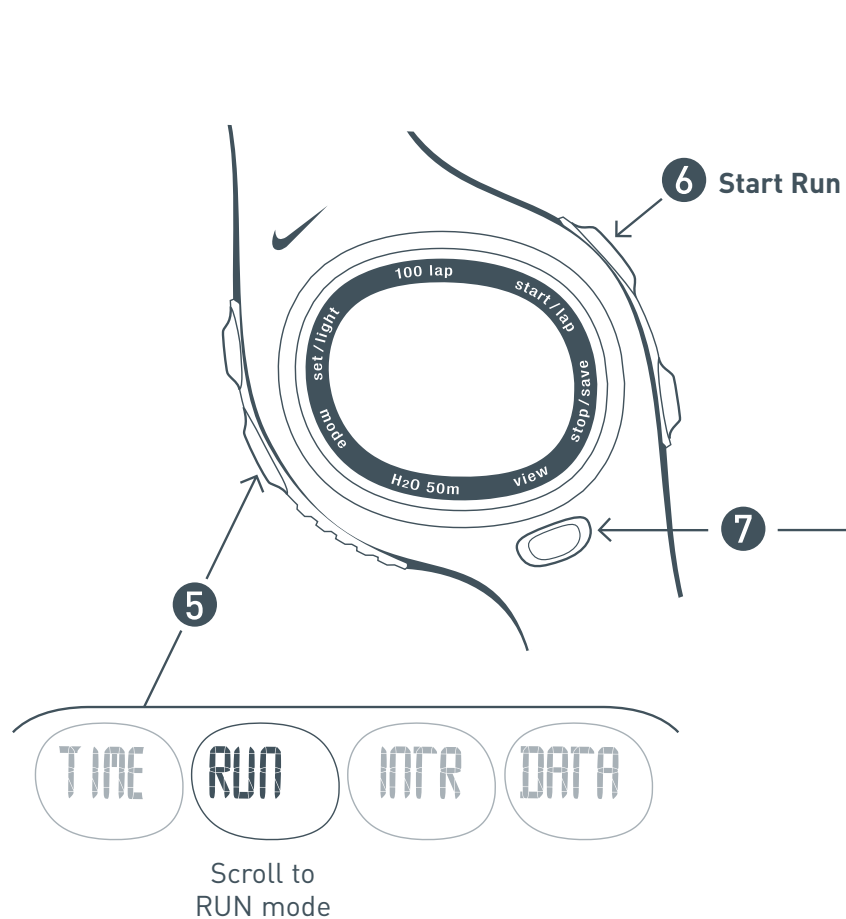
② Press down tab until flush.



③ Attach other side of HR transmitter around chest. Position on rib cage just below the breast plate. The transmitter should be worn directly against skin and snug enough to stay in place during workout.



④ Generously **wet both grooved areas** on the back of the HR transmitter to ensure a strong connection between your pulse and the transmitter.



RUN mode views



Chronograph View



Heart-Rate View

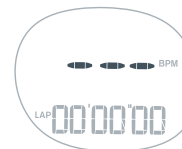


My View

See page 12 for setup



or



No Heart Rate Displayed

If you see three blinking lines in the display, the watch is not receiving transmission from the HR transmitter.

Run through the *Quick Start* again or see page 17 *Troubleshooting*.

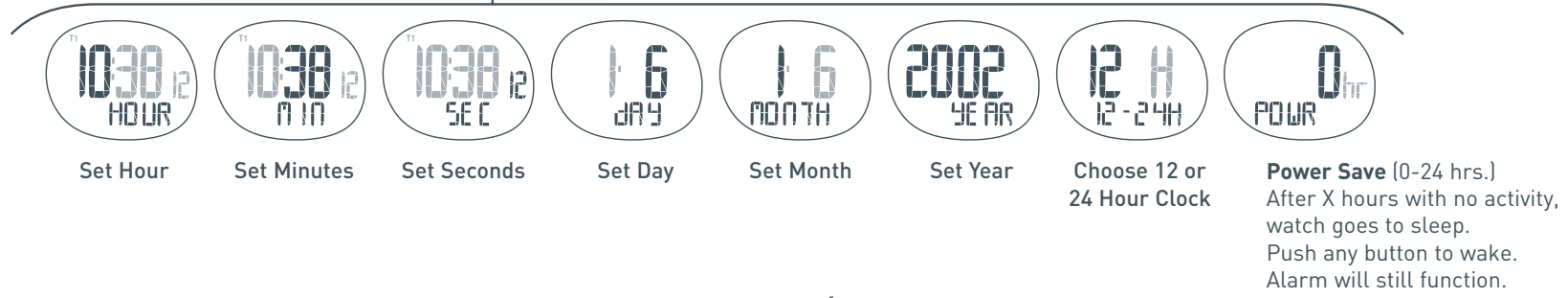
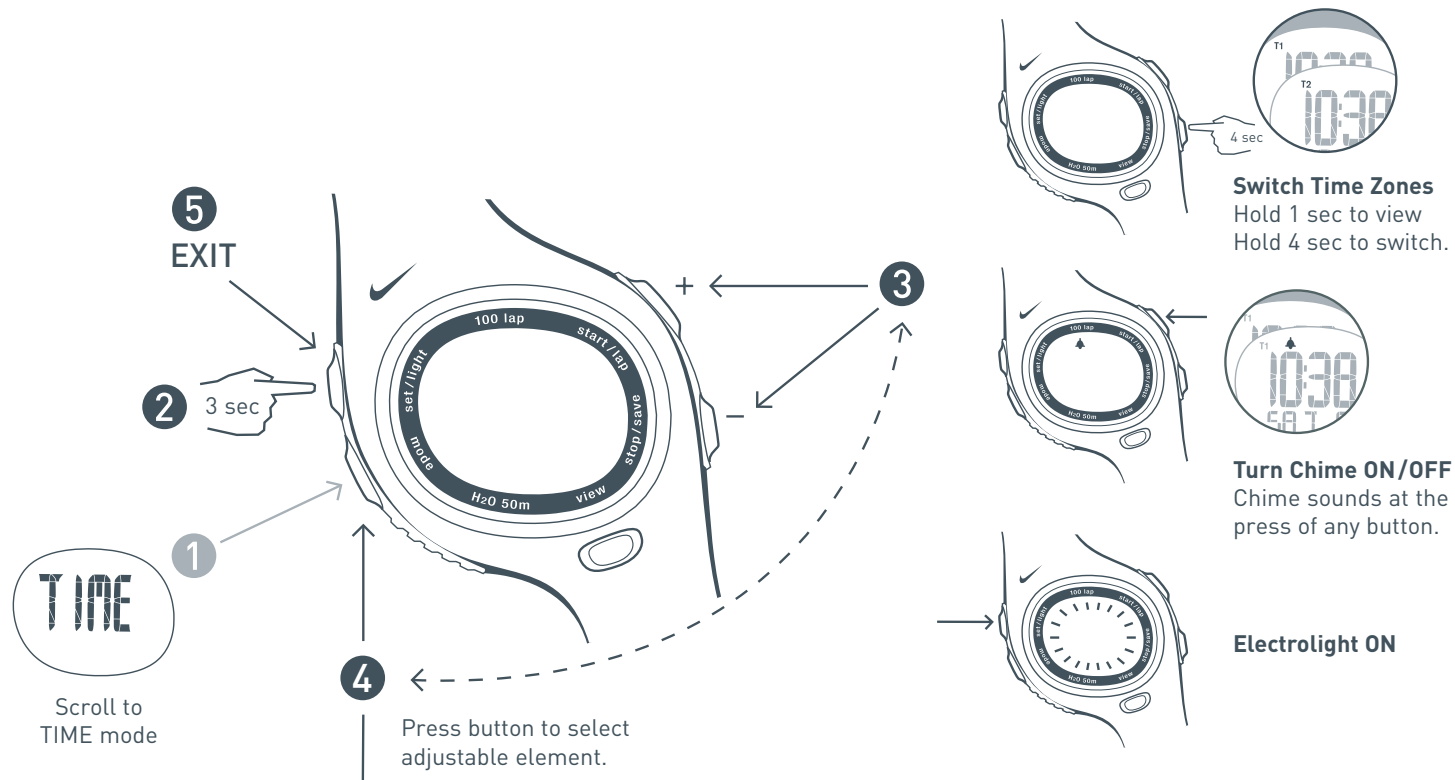
HRM linking

If you see the HRM LINK display within either RUN or INTR mode, the watch is not recognizing the digital ID of the HR transmitter. See page 16, *Linking the HR Transmitter to the Watch*.



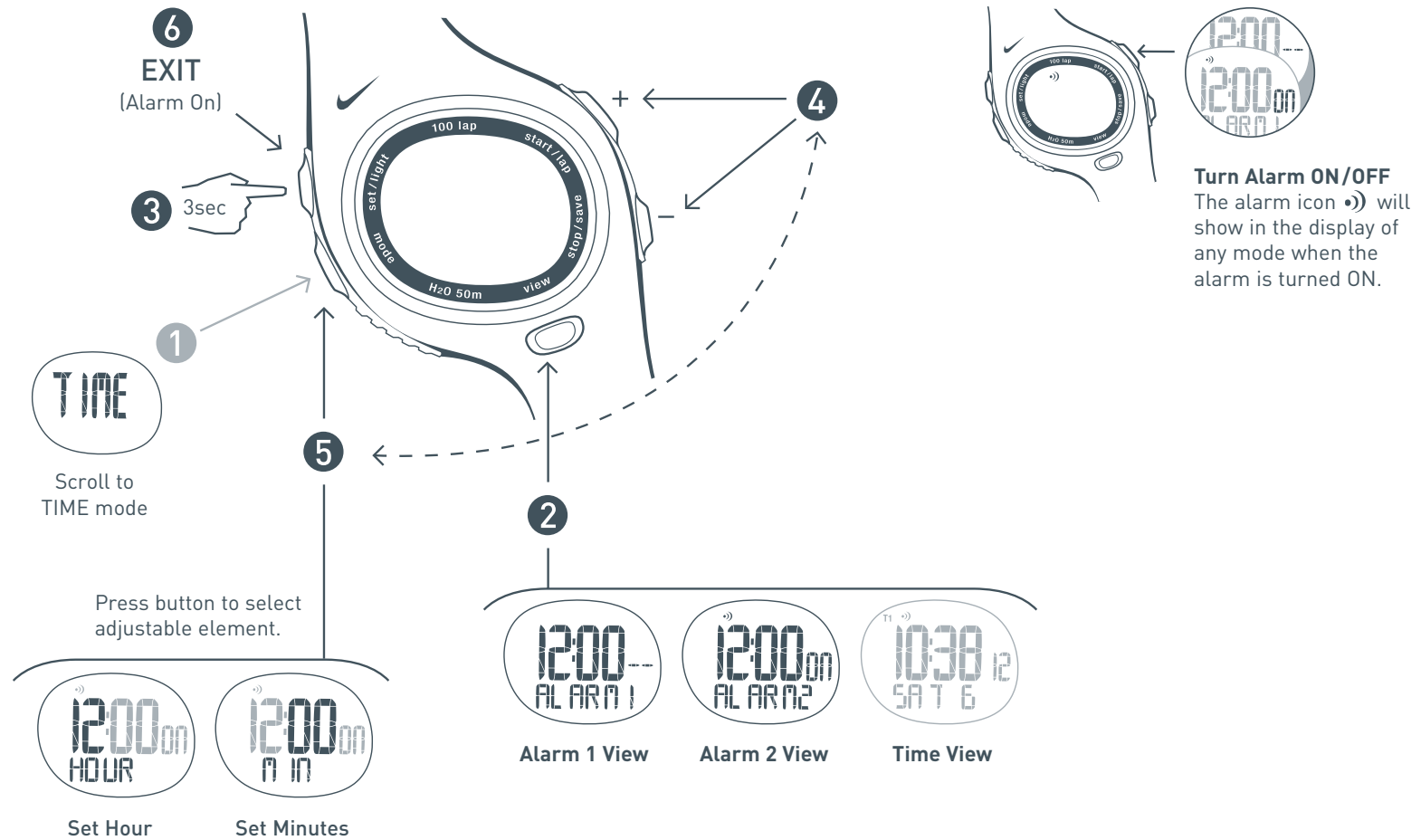
TIME Set Time

In TIME mode you can set the time, date and power save option. TIME mode is the only mode in which you can turn the button chime ON and OFF. Follow steps 1 through 5 to set the time and date.



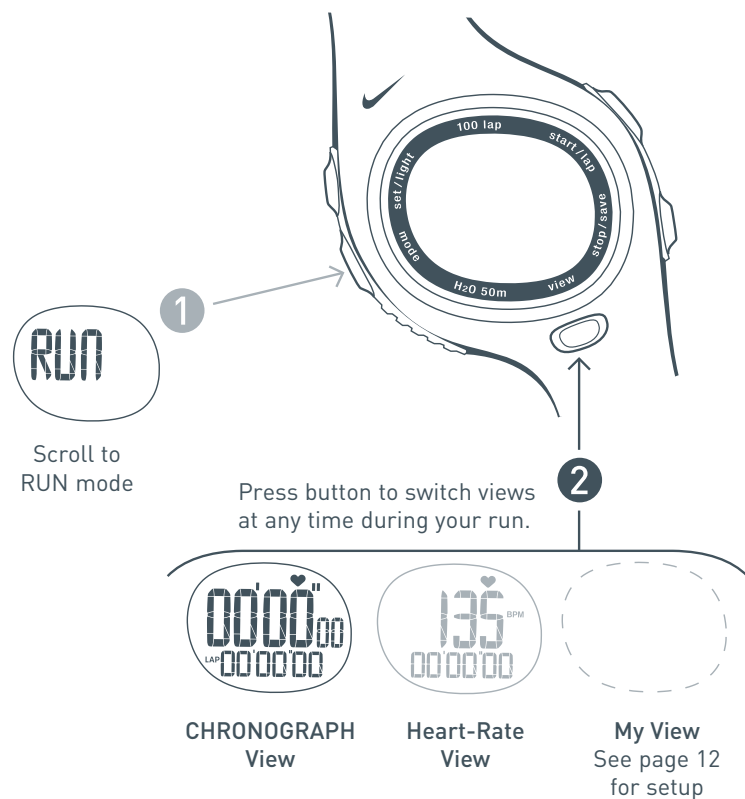
TIME Set Alarm

Within TIME mode you can set two alarms. Follow steps ① through ⑥ to set the alarms.



RUN Using the Chronograph

In Chronograph View, you can mark lap times and total times during your run. Both lap times and total times are captured simultaneously when you press the lap button. Average heart rate is also captured for each lap/total period. After you stop the chronograph, you can save your run information and review it in DATA mode. See page 14 for DATA mode. Follow steps 1 through 6 to use your chronograph.



Mark Laps

Lap time is the time required to go once around a track or complete a segment of a run.



LAP 1



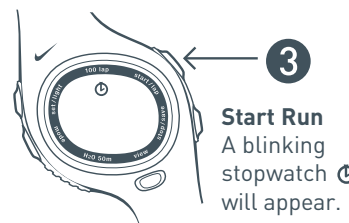
and

Mark Totals

Total time is the time from the beginning of the run up to the point you mark.

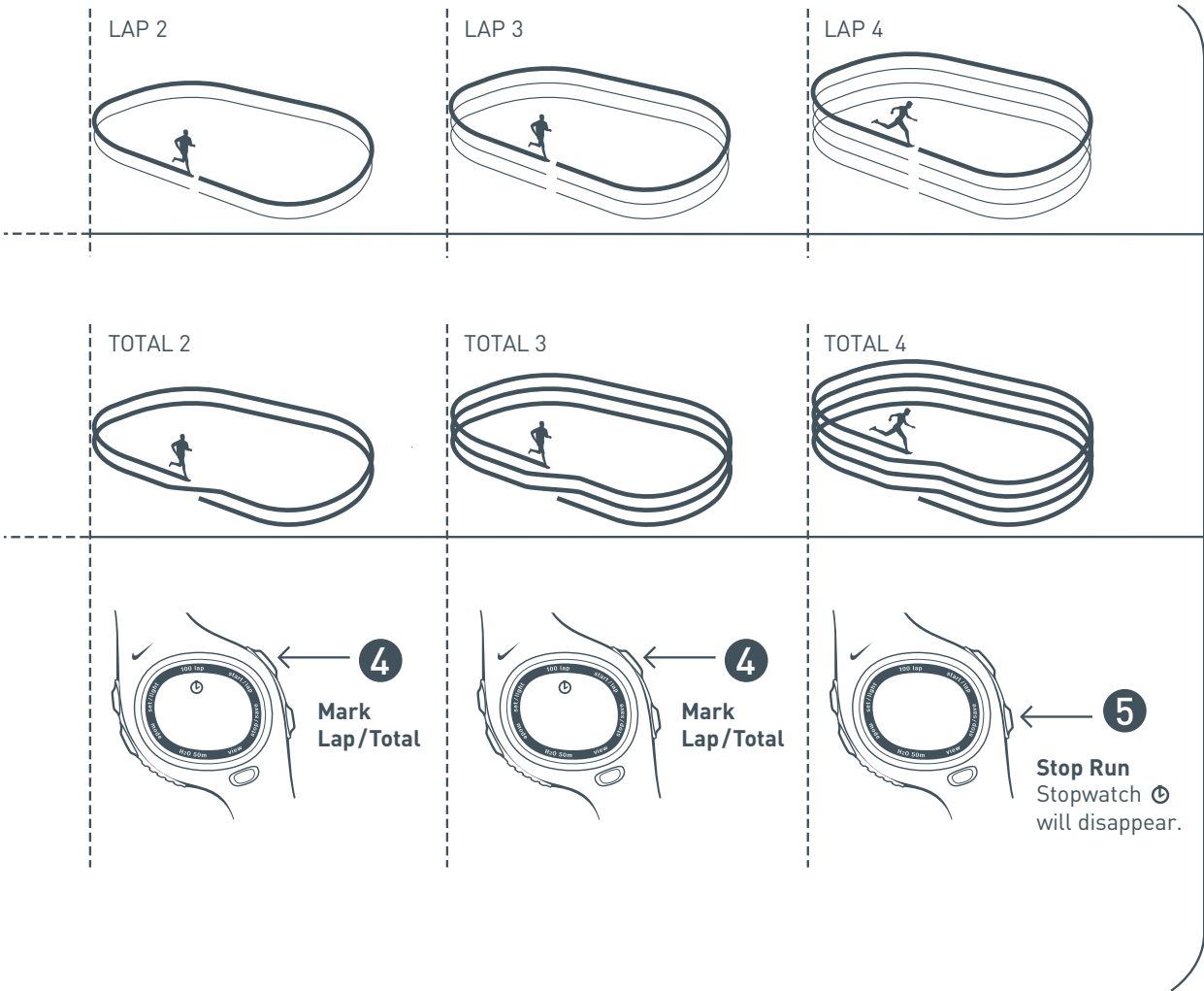


TOTAL 1



Heart rate is also captured for each lap/total period and can be viewed in DATA mode if the run is saved.

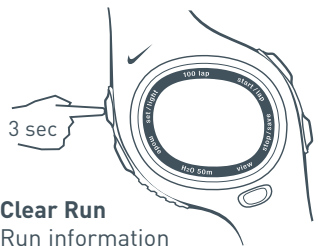
6 ... Save or Clear Run Information



Hold
SAVE
run 1



Save Run
Run information is saved to DATA mode. See Page 14 for DATA mode.

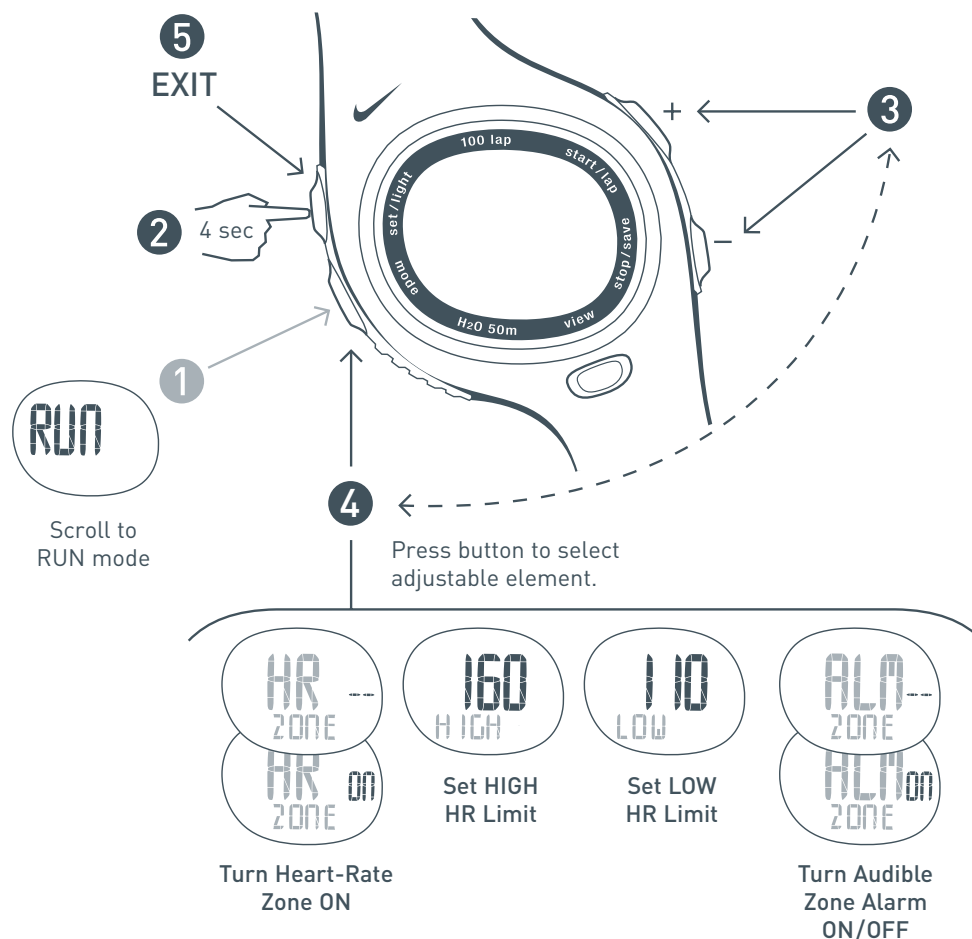


Hold
TO CLR
CLR

Clear Run
Run information is erased.

RUN Setting Heart Rate Zone

Your heart rate is measured in beats per minute (bpm). Setting a heart-rate zone allows you to work within an upper and lower heart-rate limit. Follow steps ① through ⑤ to set a target heart-rate zone.



Above your heart-rate zone.

or



Below your heart-rate zone.

Out-of Zone Indicators

If your heart rate is out of your zone, the LO (▼) or HI (▲) arrow indicators will flash in the display.

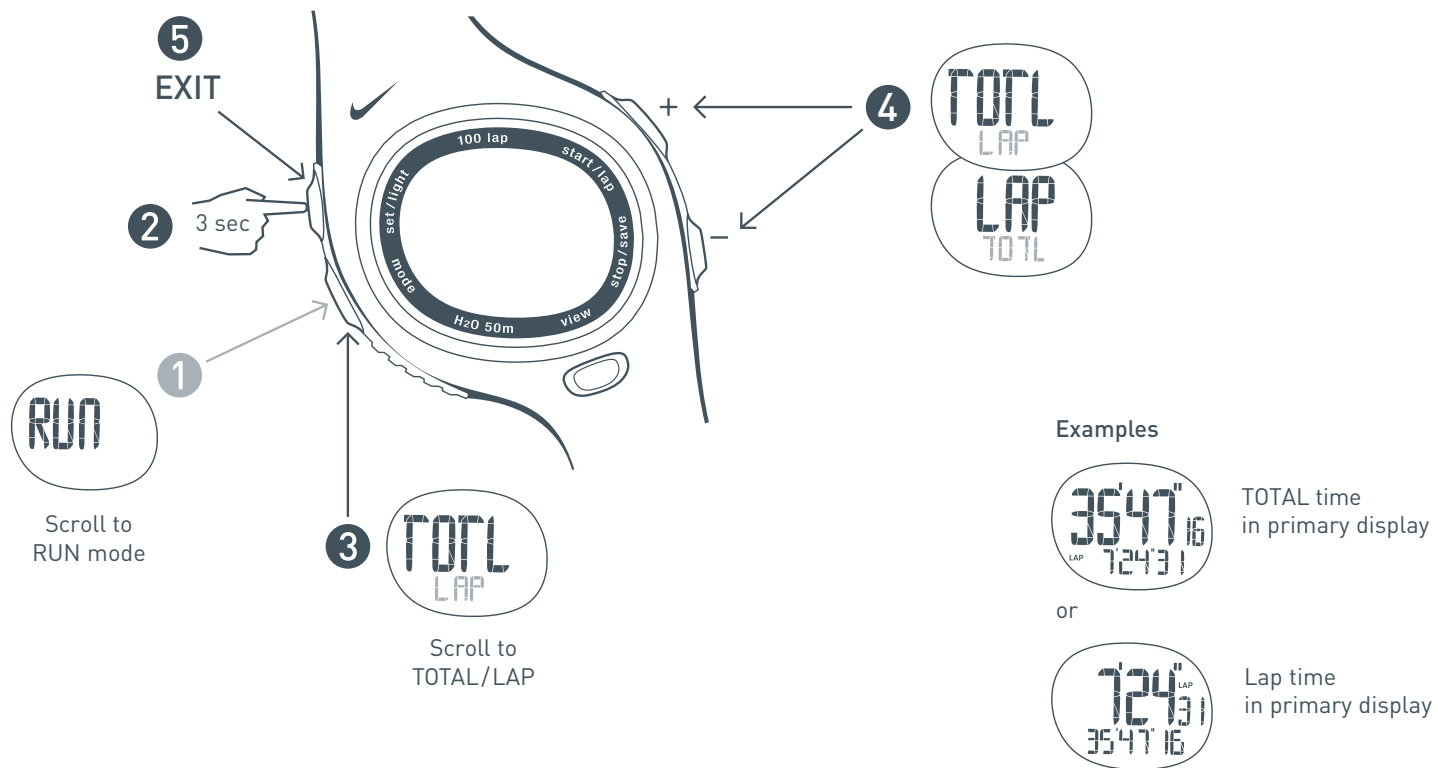


Zone Alarm ON Indicator

If the zone alarm is ON, the watch will beep as your heart rate moves out of your zone.

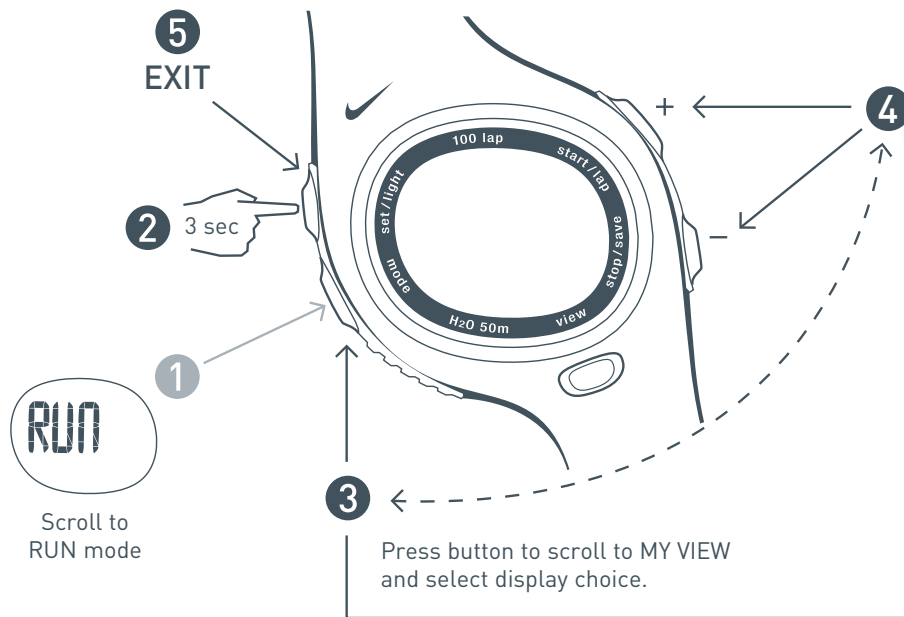
RUN Customizing Primary Display

You can choose to view TOTAL time or LAP time in the primary display of your chronograph. Follow steps 1 through 5 to switch your views.



RUN Setting “My View” Display

“My View” allows you to create your own view in RUN mode with the information you use the most during your workout. When activated My View will appear as the first view in RUN mode. This feature allows you to choose which information appears in the Primary (larger) and the Secondary (smaller) displays. Follow steps ① through ⑤ to create your view.



Turn MY VIEW ON/OFF



PRIMARY display choices



SECONDARY display choices

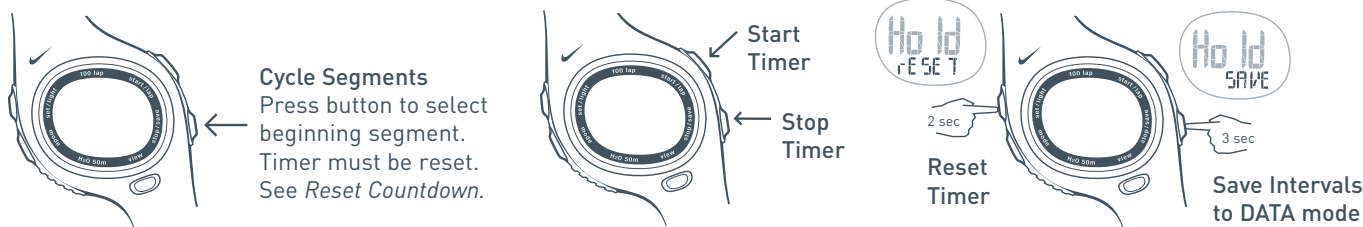
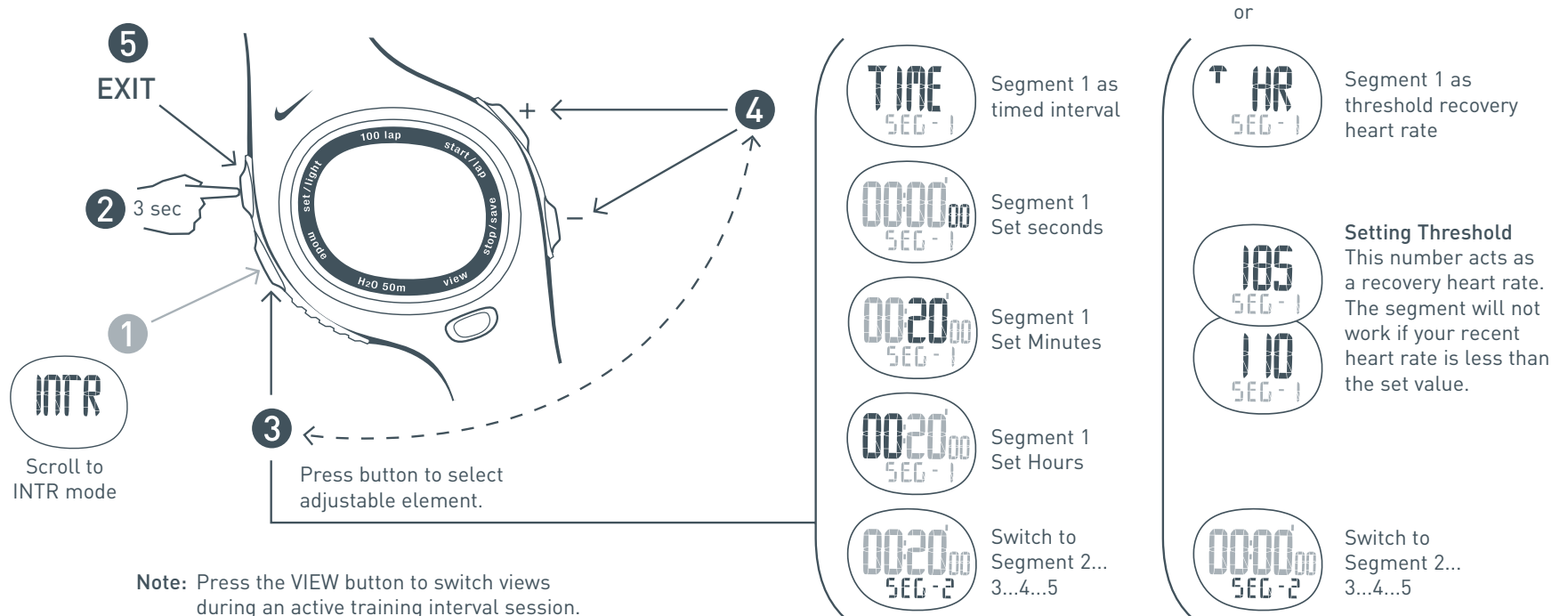


NO display

Note: Your primary display choice will not show up in the secondary list of choices.

INTR Setting Training Intervals

INTERVAL mode features a 5 segment countdown timer. You can use this as an interval training tool by setting the individual segments as a timed interval or a threshold recovery heart rate. As each segment is complete, as either a set time or specified heart rate; the next segment begins. All segments will continue to repeat until the timer is stopped. Follow steps 1 through 5 to set your training intervals.



DATA Review Saved Runs

In DATA mode you can review detailed information about your saved runs. The memory can store multiple runs with up to 100 laps each. See page 9 for saving runs to DATA mode. Total time and segment data completed in INTERVAL mode will also be available for review in DATA mode. Follow steps 1 through 4 to view data saved for each run.

Total Time	Averages (not available on intervals)	HR Zone (not available on intervals)	Best Lap (not available on intervals)	Lap 1 or Segment 1	Lap 2 or Segment 2	Up to 100 laps or 5 segments
33:54 ¹⁶ TOTAL	7:44 ⁰⁶ AVG	3:03 ¹²⁵ HR: IN	7:14 ⁴³ BEST	7:14 ⁴³ LAP 1	7:39 ²⁰ LAP 2	

Average HR	Above Zone	Below Zone	In Zone	Total Time	Total Time (Lap 1 + Lap 2)
167 AVG	2:12 ⁰⁵ HR: AB	1:11 ⁰⁶ HR: BE	3:03 ¹²⁵ HR: IN	7:14 ⁴³ LAP 1	14:53 ⁶³ LAP 2
Average Lap				Average HR	Average HR
7:44 ⁰⁶ AVG				1:59 LAP 1	1:63 LAP 2
				Lap 1 Time	Lap 2 Time
				7:14 ⁴³ LAP 1	7:39 ²⁰ LAP 2

HR Zones will not appear if they are turned OFF during recording.

3 sec

Clear This Run

5 sec

Clear ALL Runs

Heart Rate Intensity Chart

This is another way to gauge your approximate heart rate zones based on sex, age and weight. Starting with your Max Heart Rate, use the chart to help calculate your zones depending on the intensity of your workout. Note this formula may not work for everyone.

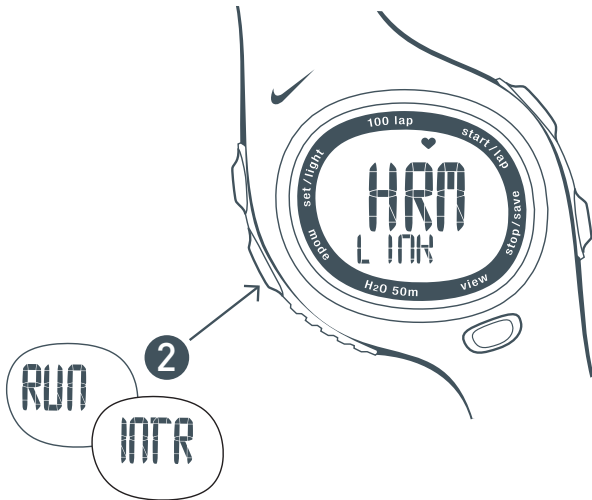
Find your Max Heart Rate	Determine your Target Heart Rate Zones (Intensities)			
$210 - (0.7 \times \text{age})$	<p>Light Intensity (60-70% of Max HR) Exercise in this range at the start of a workout or to recover from a tough workout or race. You should be able to easily maintain a conversation while exercising at this intensity.</p>	<p>Moderate Intensity (70-80% of Max HR) Exercise in this range to develop endurance and prepare your muscles to make the transition from aerobic to anaerobic. You should be able to maintain this for a while. You should not be completely breathless and this should not hurt.</p>	<p>Heavy Intensity (80-90% of Max HR) Exercise in this range to increase muscle strength and improve your anaerobic threshold. This is uncomfortable. You should be breathing very heavily. You should only be able to sustain this for a brief time.</p>	<p>Maximum Intensity (90-100% of Max HR) Exercise in this range to increase mental toughness, Max V02 and tolerance to lactic acid. This is very uncomfortable. You can barely sustain it. You should be completely breathless. Do not exercise at this intensity except on the advice of a trained medical professional.</p>

Max Heart Rate				
205 bpm	123 - 143 bpm	144 - 163 bpm	164 - 184 bpm	184 - 205 bpm
200	120 - 139	140 - 159	160 - 179	180 - 200
195	117 - 136	137 - 155	156 - 175	176 - 195
190	114 - 132	133 - 151	152 - 170	171 - 190
185	111 - 129	130 - 147	148 - 166	167 - 185
180	108 - 125	126 - 143	144 - 161	162 - 180
175	105 - 122	123 - 139	140 - 157	158 - 175
170	102 - 118	119 - 135	136 - 152	153 - 170
165	99 - 115	116 - 131	132 - 148	149 - 165
160	96 - 111	112 - 127	128 - 143	144 - 160
155	93 - 108	109 - 123	124 - 139	125 - 155
150	90 - 104	105 - 119	120 - 134	121 - 150

Linking the HRM Transmitter to the Watch

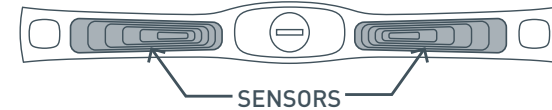
The HR transmitter has a unique digital ID to avoid crosstalk with other transmitters. Before your transmitter can communicate properly, the watch must be linked to the HR transmitter to establish and share this ID. The original transmitter which came with the watch was linked at the factory. Once linked, the digital ID of your HR transmitter is stored by the watch until you change the watch battery or reset the watch. Follow steps 1 through 4 to re-link the original or any replacement transmitters to the watch.

- 1 Press and hold all four side buttons simultaneously until the watch beeps and all segments of the watch LCD flash in the display



Scroll to RUN or INTR mode

- 3 Firmly grasp the HR transmitter with both hands, one on each end, making sure to touch the sensors on the back side of the transmitter. There is no ON/OFF switch for the transmitter. It sends a digital signal during the first 10 seconds of connection with the sensors.



NOTE: If you are unable to enter HRM LINK OK screen before the 10 seconds expires, wait two minutes for the HR transmitter to automatically turn off and try again.

- 4 After a few seconds the watch should display HRM LINK OK. The watch has located the digital ID of the HR transmitter and will store the ID until you either change the watch battery or reset the watch.



Troubleshooting

No heart rate displayed on watch:

The grooved sensors may not be wet enough. Wet and try again. It is recommended that you wear the Heart Rate Transmitter directly against your skin. If you are wearing the HR Transmitter over clothing, try getting the clothing wet also.

The HR Transmitter may not be positioned correctly. Make sure the grooved sensors are flat against the skin.

Heart rate reading on watch is erratic or stops:

You may need to replace the battery in the HR Transmitter.

Sources of electromagnetic fields like appliances, computers and power lines can cause interference. Change your location.

This product complies with EN60601-1-2

Watch display is frozen:

The display of your watch may "freeze" due to static electricity or recent battery replacement. If this occurs, press and hold all four buttons at the same time. This will erase the data in the memory and allow you to reset the watch to the factory settings.



Press and hold all four buttons at the same time to reset the watch to the factory settings.

Watch beeps continuously:

If you have the zone alarm on and your heart rate does not fall within any of your zones, the watch will beep to indicate you are out of your zones. See page 10 for instructions on how to turn off the zone alarm.

Specifications

Watch

Water Resistant up to 50 Meters:

Designed for underwater performance to a depth of 165 feet (50 m).

ATTENTION: Water damage will occur if watch buttons are pressed while underwater!

Operating Temperature: -5 to 50° Celsius

Material Specifications:

Crystal: Mineral Glass

Case: Polycarbonate

Buckle: Stainless Steel

Bezel: Stainless Steel

Caseback: Stainless Steel

Strap: Polyurethane

Mode Limits:

Chronograph: 23:59'59"

Heart Rate: 30 - 240 bpm

Timer: 23:59'59"

HR Transmitter

Water Resistant up to 30 Meters:

Wipe dry after use. Do not store among conductive material.

Operating Temperature: -5 to 50° Celsius

Accuracy: ±1% or ±1% bpm, whichever larger (steady state)

Material Specifications:

Case: Polycarbonate

Strap: Urethane

Band: Elastic



Battery

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.

Watch

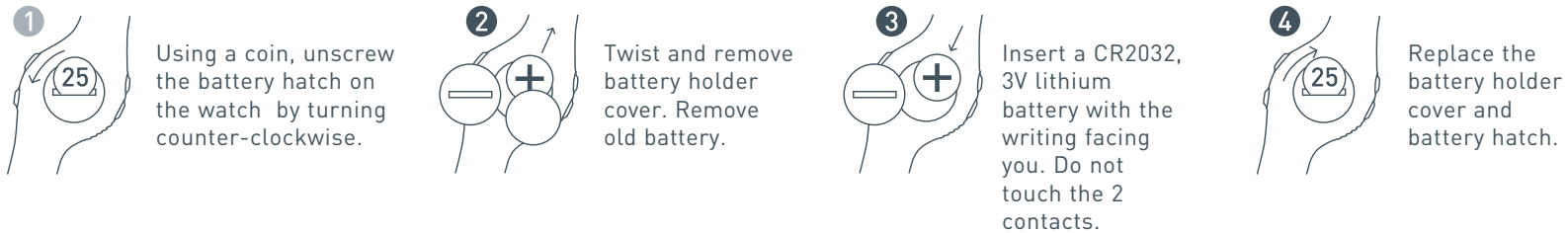
Battery Type: CR2032 3V Lithium

Battery Life:

The battery is estimated to last 1.5 years depending on frequency and use of certain features. Activating the Electrolyte feature will contribute to battery drain. Utilizing the Power Save function will help conserve battery life.

Battery Replacement:

Follow steps below to replace your watch battery. *For best results, you can have Nike's authorized service center change the watch battery.*



HR Transmitter

Battery Type: CR2032 3V Lithium

Battery Life:

The battery is estimated to last 1 year if HR Transmitter is used one hour per day.



Two-Year Limited Warranty

Your NIKE watch is warranted to be free of defects in materials or workmanship, under normal use, for a period of two years from the date of delivery. This limited warranty excludes the battery, crystal, strap, or damage resulting from improper care or handling, accidents, modification, unauthorized repairs or normal wear.

Return the defective watch and the store receipt to the place of purchase. If there is a covered defect, you have the option to have the defective parts or watch repaired or replaced with the same product (if available) or a similar product of equal price. However, NIKE reserves the right to refuse either repair or replacement (but not both) if the cost of doing so would be disproportionate to the defect.

This limited warranty is in place of all other express warranties, and excludes refund of the purchase price. Any implied warranties, including merchantability and fitness for a particular purpose, are limited to the duration of this limited warranty. In no event shall NIKE be liable for direct, indirect, incidental or consequential damages arising out of the use of the watch, and any recovery is limited to the purchase price. No other person or company is authorized to change this limited warranty, and your dealer is solely responsible for any other warranties.

For U.S. Purchasers: Some states do not allow limitations on how long an implied warranty lasts, or exclusions of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

The foregoing is without prejudice to other legal rights that may arise under applicable national legislation.

For non-warranty service like battery or strap replacement, contact one of the listed service centers.

FCC and RSS-210 Compliance

This device complies with part 15 of the FCC and RSS-210 of the IC rules.

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference that may cause undesired operation of the device.

Tested to comply with FCC standards.

For home or office use.

FCC WARNING: *Changes or modifications not expressly approved by Nike could void your authority to operate this device under FCC regulations.*

CE Compliance

This product complies with the Medical Device Directive (Directive 93/42/EEC).



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