Contents

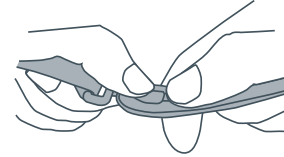This document with updates is available online at **www.niketiming.com**

Printed on Wood Free Paper

Quick Start
Follow steps ① through ❼ 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.
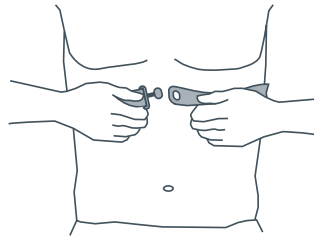
③ Attach other side of HR transmitter around chest. Position on rib cage just below the breast plate. The transmitter should be worn directly against skin and snug enough to stay in place during workout.

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

6 **Start Run**

7

5

TIME   RUN   INTR   DATA

Scroll to
RUN mode

RUN mode views

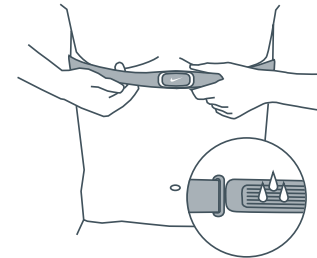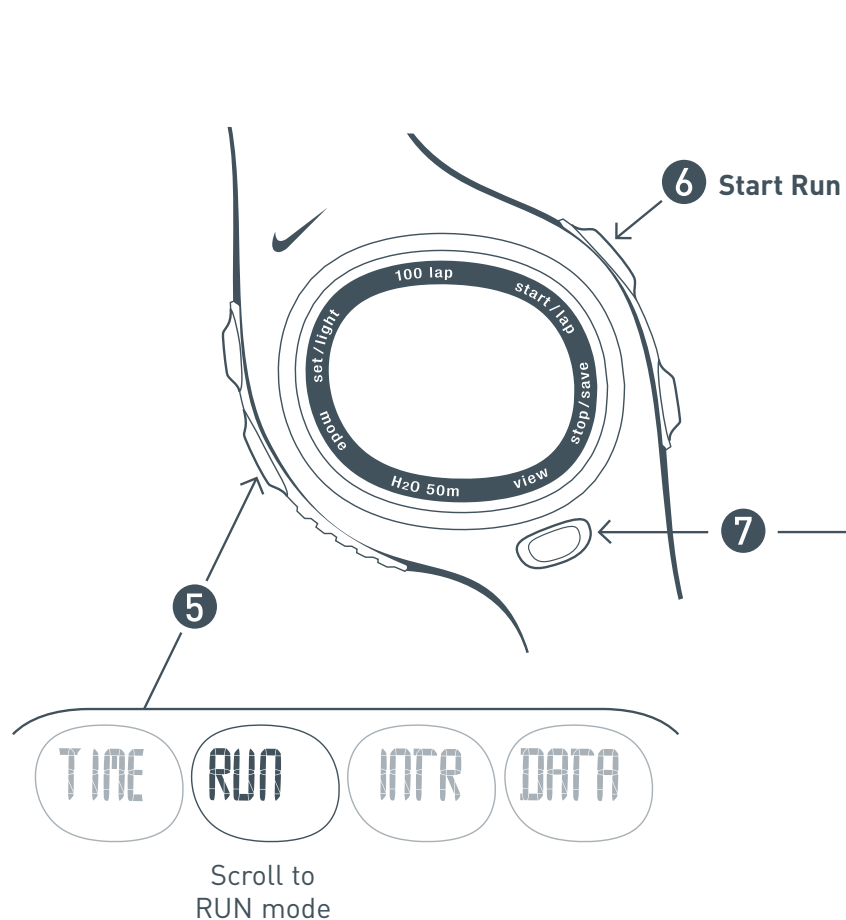**47'25"** 38
LAP 7'14"56

Chronograph View

185 BPM
47'25"38

Heart-Rate View

My View
See page 10 for setup

00'00" 00
bPM - - -

or

- - - BPM
LAP 00'00'00

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*
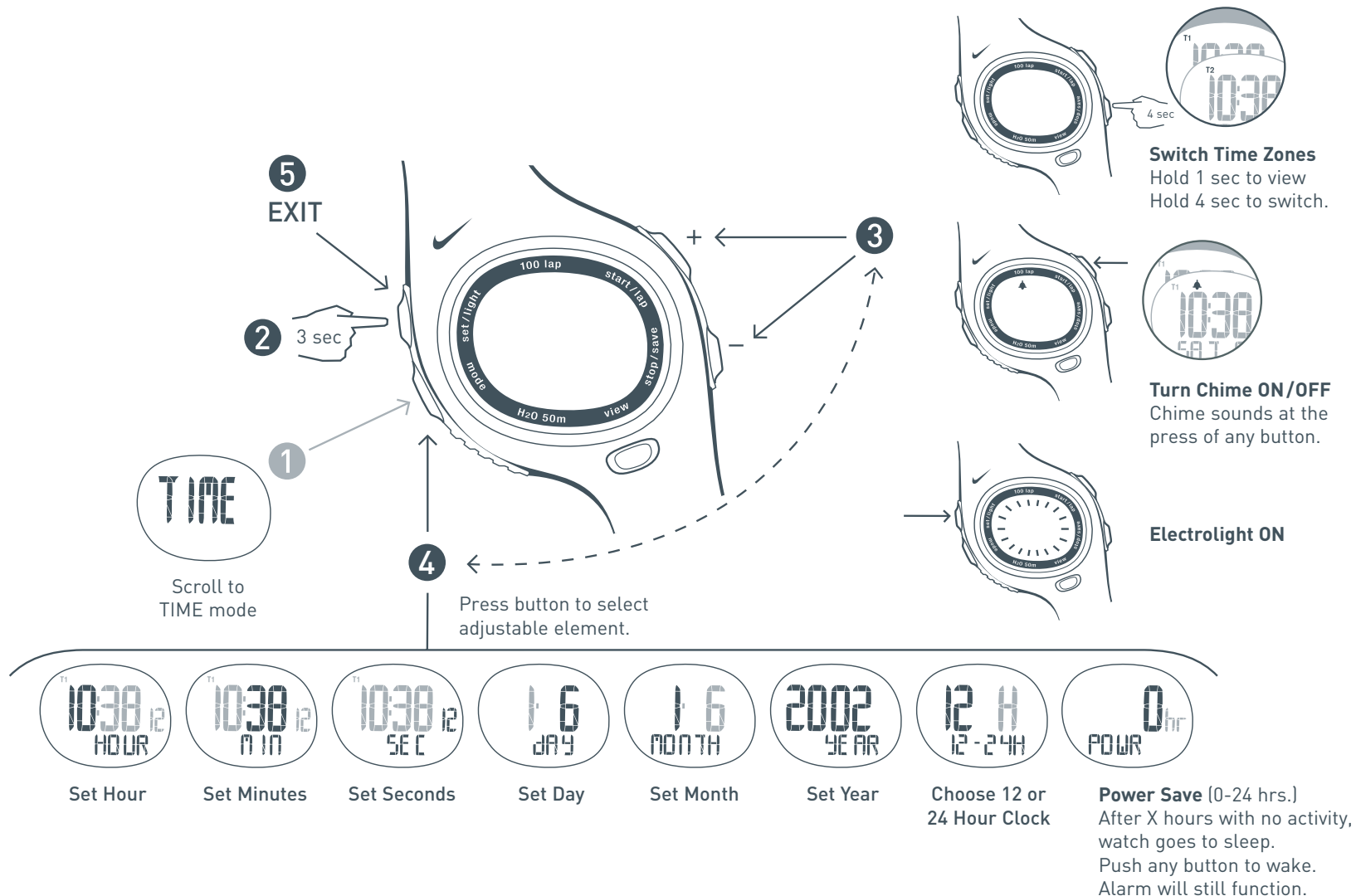again or see page 15
Troubleshooting.

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 14, *Linking the HR
Transmitter to the Watch.*

HRM
LINK

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.

Switch Time Zones
Hold 1 sec to view
Hold 4 sec to switch.

4 sec

⑤ EXIT

③

+

–

② 3 sec

Turn Chime ON/OFF
Chime sounds at the press of any button.

①

Electrolight ON

TIME

Scroll to
TIME mode

④

Press button to select adjustable element.

Set Hour	Set Minutes	Set Seconds	Set Day	Set Month	Set Year	Choose 12 or 24 Hour Clock	Power Save (0-24 hrs.)
HOUR	MIN	SEC	dAY	MONTH	2002 YEAR	12 H 12-24H	0 hr POWR

Power Save (0-24 hrs.)
After X hours with no activity, watch goes to sleep.
Push any button to wake.
Alarm will still function.

TIME Set Alarm

Within TIME mode you can set two alarms. Follow steps ❶ through ❻ to set the alarms.

❻ EXIT
(Alarm On)

❸ 3sec

❹

❶

TIME

Scroll to
TIME mode

Turn Alarm ON/OFF
The alarm icon •)) will
show in the display of
any mode when the
alarm is turned ON.

Press button to select
adjustable element.

1200on
HOUR

Set Hour

1200on
MIN

Set Minutes

❺

❷

1200---
ALARM1

Alarm 1 View

1200on
ALARM2

Alarm 2 View

1038₁₂
SAT 6

Time View
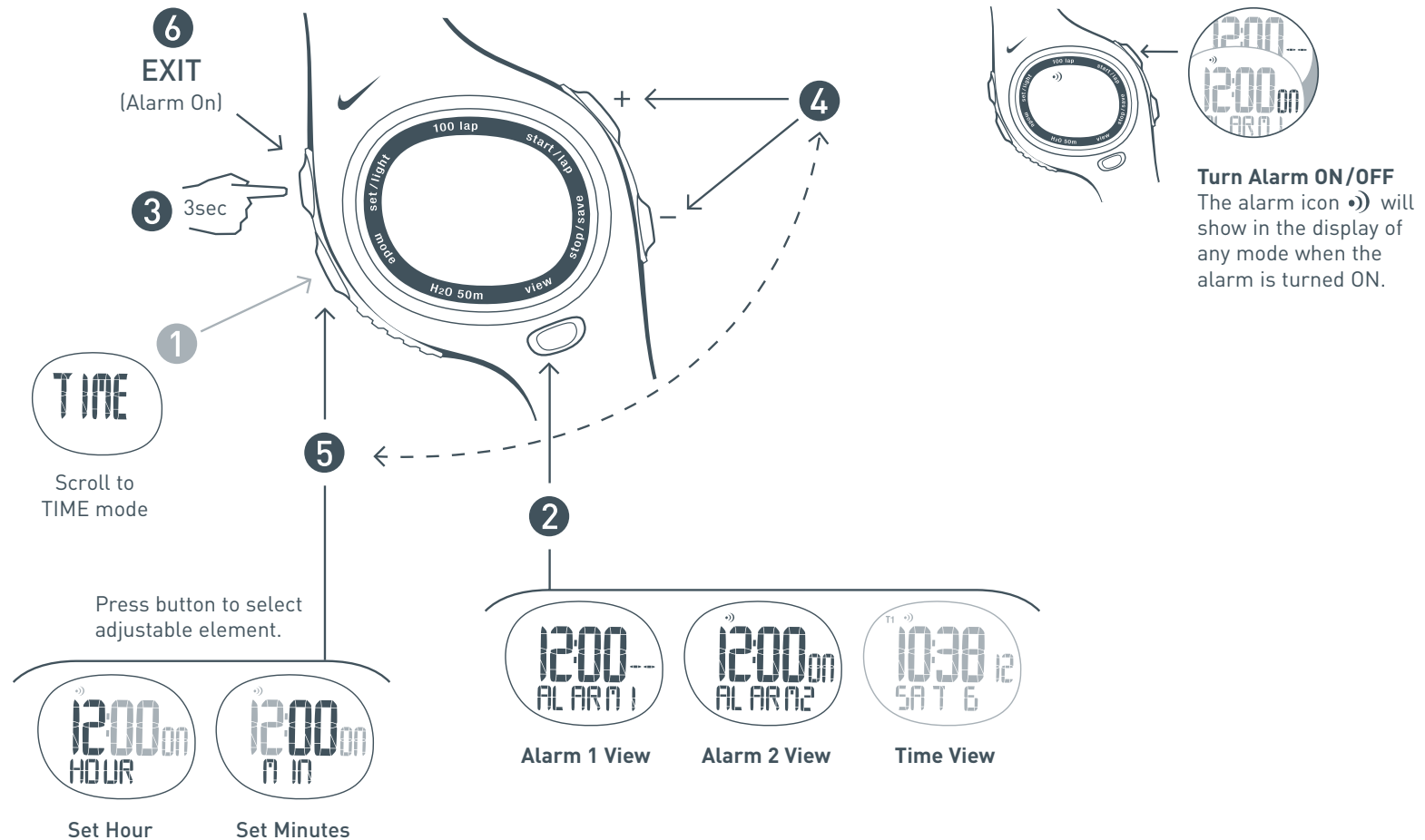
RUN Using the Chronograph

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 12 for DATA mode. Follow steps **1** through **6** to use your chronograph.

RUN

Scroll to
RUN mode

1

2

Press button to switch views at any time during your run.

0000"
00'00'00
CHRONOGRAPH
View

135 BPM
00'00'00
Heart-Rate
View

My View
See page 10
for setup
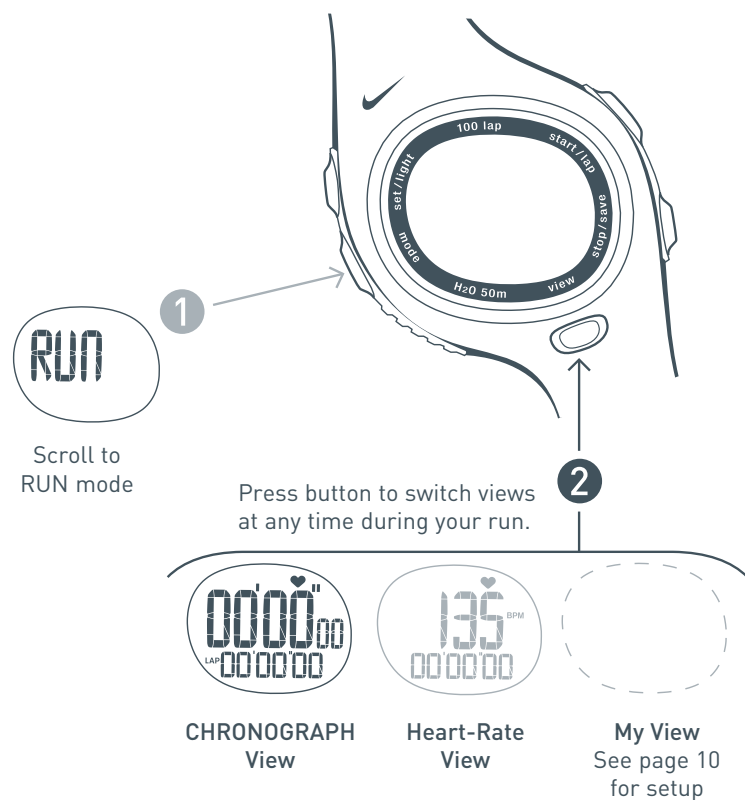
Mark Laps
Lap time is the time required to go once around a track or complete a segment of a run.

LAP 1
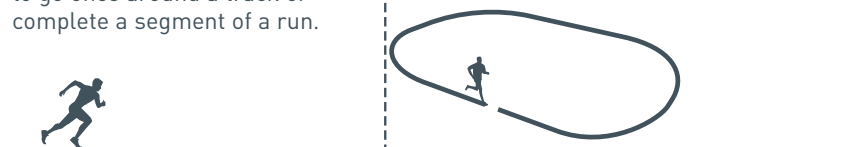
and

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

TOTAL 1

3

Start Run
A blinking stopwatch ⏱ will appear.

4

Mark Lap/Total
You will have 7 seconds to read your lap and total time.
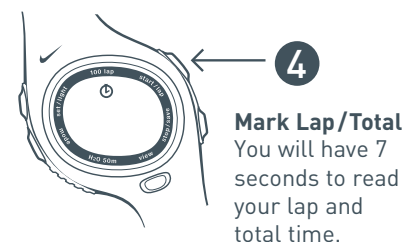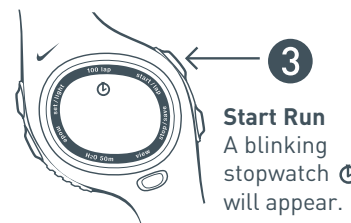
Heart rate is also captured for each lap/total period and can be viewed in DATA mode if the run is saved.

6 ... Save or Clear Run Information

LAP 2

LAP 3

LAP 4

TOTAL 2

TOTAL 3

TOTAL 4

4 **Mark Lap/Total**

4 **Mark Lap/Total**

5 **Stop Run** Stopwatch ⏱ will disappear.

Hold SAVE
SAVE run 1

3 sec

Save Run
Run information is saved to DATA mode.
See Page 12 for DATA mode.

3 sec

Hold TO CLR
CLR

Clear Run
Run information is erased.
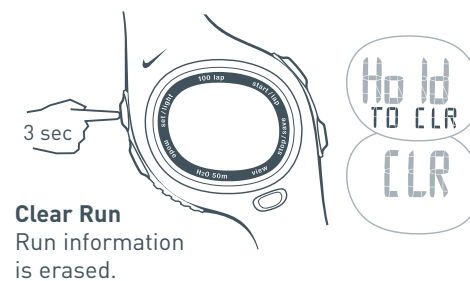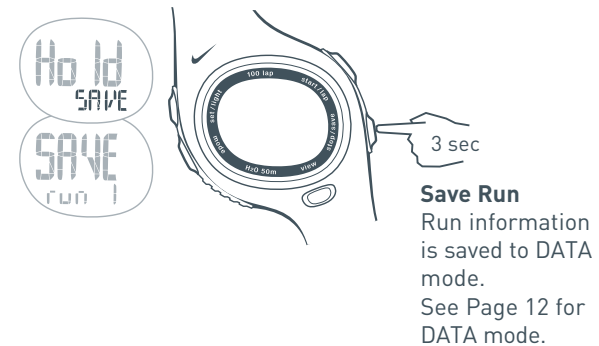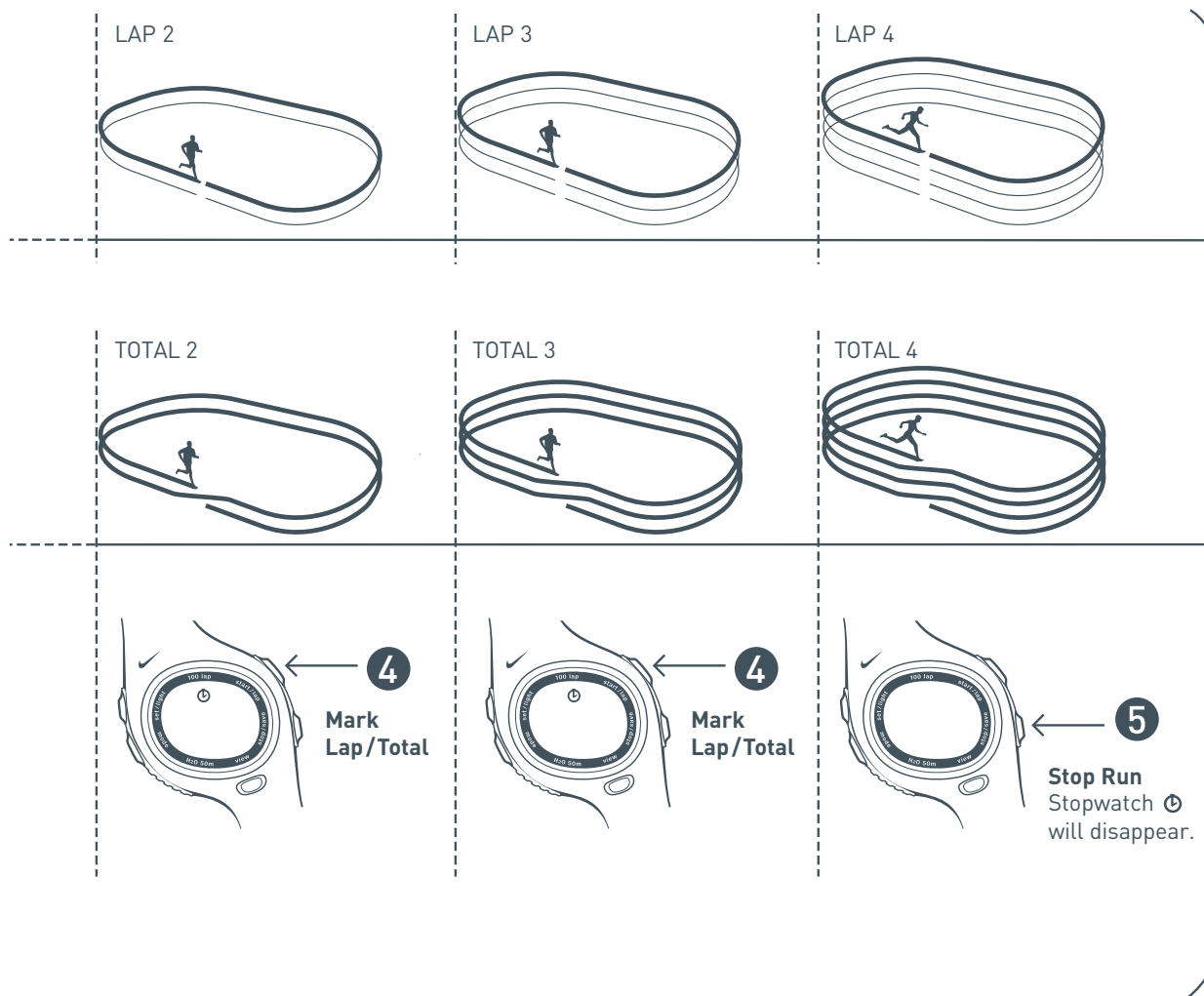
RUN Setting Heart Rate Zone

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 ❶ through ❺ to set a target heart-rate zone.

❺ EXIT

❷ 4 sec

❸

❶

RUN

Scroll to RUN mode

❹

Press button to select adjustable element.

HR ZONE
HR on ZONE

Turn Heart-Rate Zone ON

160 HIGH

Set HIGH HR Limit

110 LOW

Set LOW HR Limit

ALM ZONE
ALM on ZONE

Turn Audible Zone Alarm ON/OFF

173 BPM
▲ LAP 1'54"36
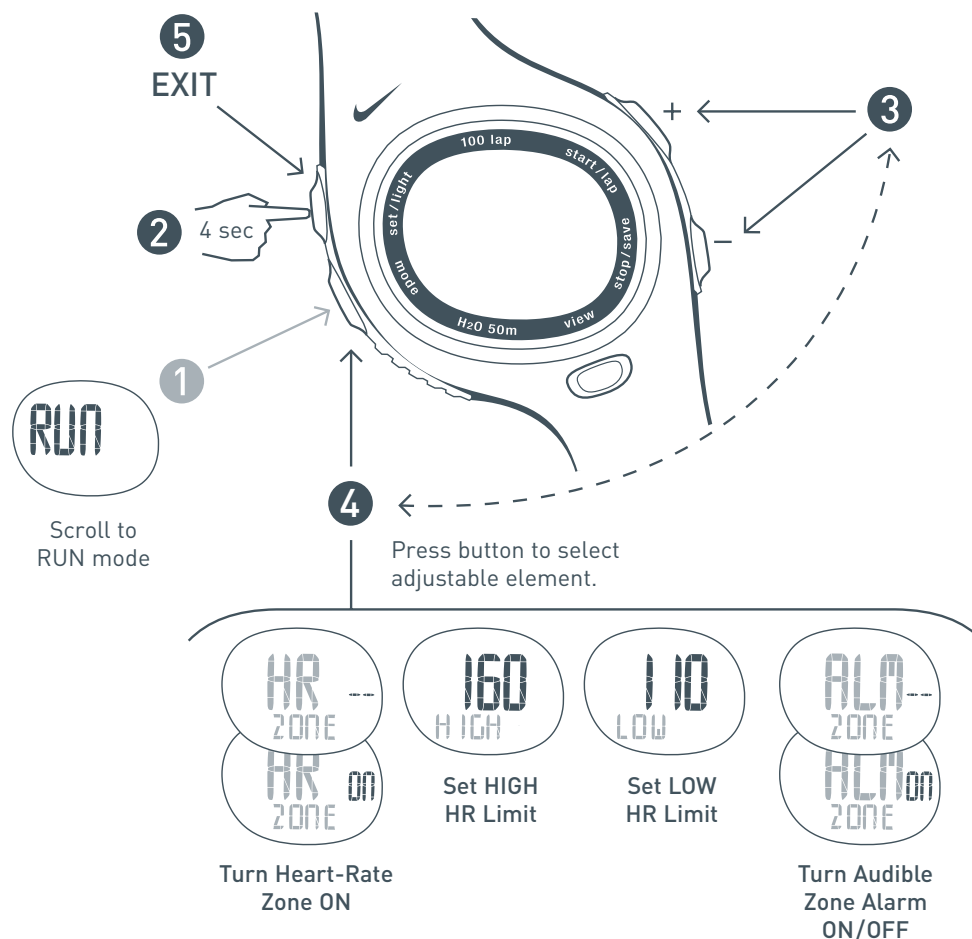
Above your heart-rate zone.

or

106 BPM
▼ LAP 1'54"36

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 alrm 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 ❶ through ❺ to switch your views.

⑤
EXIT

② 3 sec

100 lap

start / lap

set / light

stop / save

mode

view

H₂O 50m

①

RUN

Scroll to
RUN mode

③ TOTL LAP

Scroll to
TOTAL/LAP

+ ← **④**

TOTL LAP

LAP TOTL

−

Examples

35'47"₁₆
LAP 7'24"31

TOTAL time
in primary display

or

7'24"₃₁
LAP
35'47"16

Lap time
in primary display
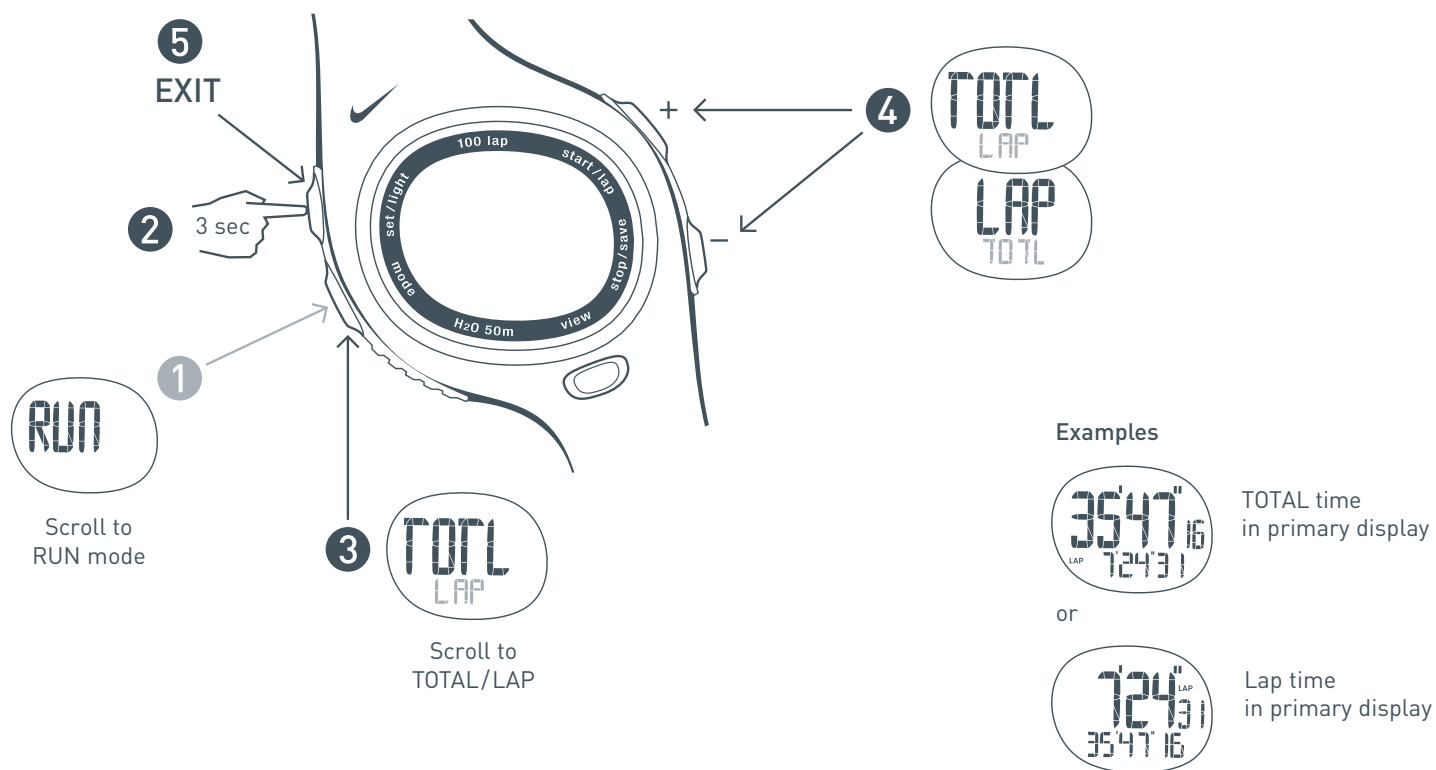
RUN Setting "My View" Display

"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 ❶ through ❺ to create your view.

5
EXIT

2 3 sec

4

1

RUN

Scroll to
RUN mode

3

Press button to scroll to MY VIEW
and select display choice.

Turn MY VIEW ON/OFF

MY --- → MY on
VIEW   VIEW

PRIMARY display choices

TOTL   LAP   HR   TIME

SECONDARY display choices

TOTL   LAP   HR   TIME   - - -

NO display

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

10
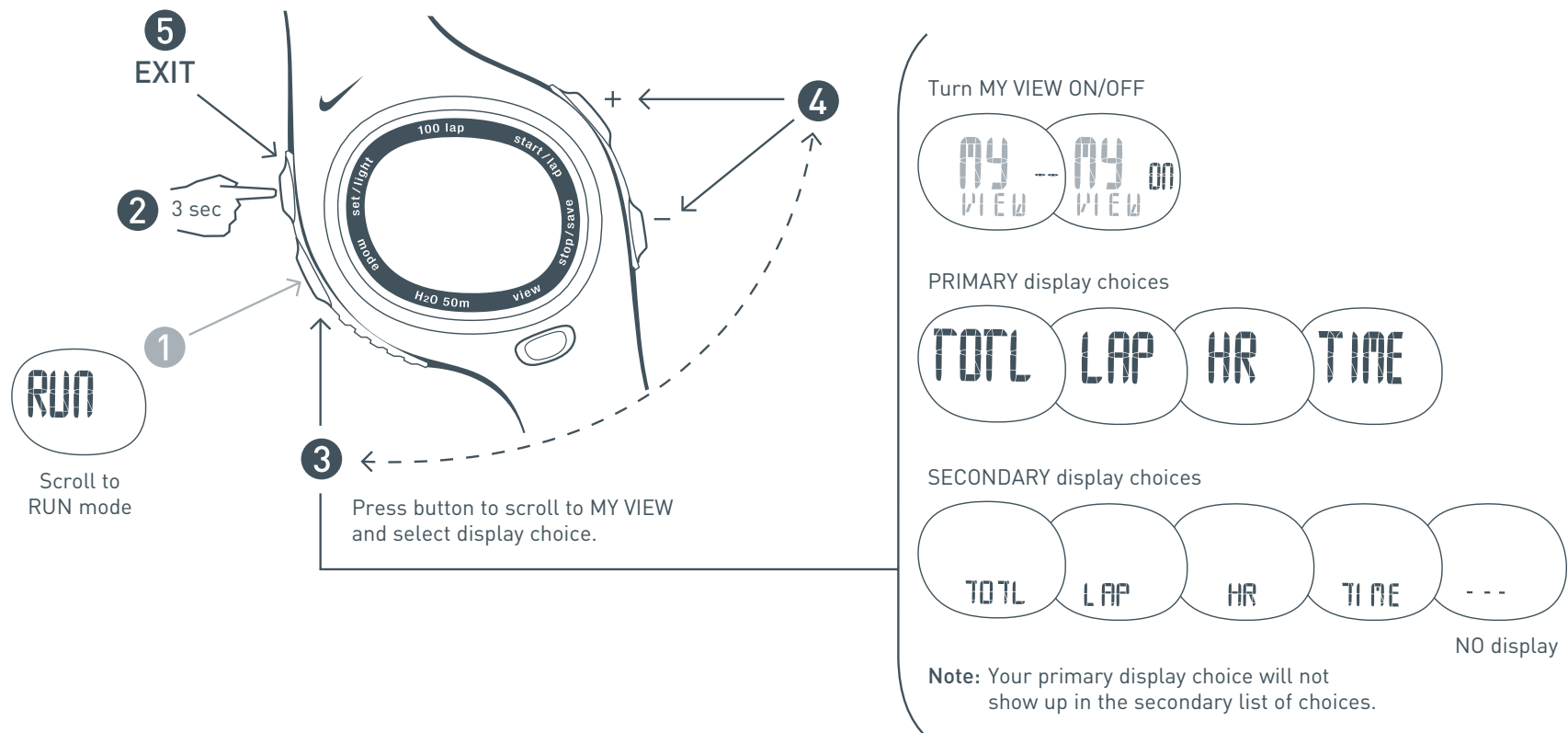
INTR Setting Training Intervals

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 ❶ through ❺ to set your training intervals.

❺ EXIT

❷ 3 sec

❶

INTR
Scroll to INTR mode

❸ Press button to select adjustable element.

❹ + / –

TIME SEG-1 — Segment 1 as timed interval

0000'00 SEG-1 — Segment 1 Set seconds

0020'00 SEG-1 — Segment 1 Set Minutes

0020'00 SEG-1 — Segment 1 Set Hours

0020'00 SEG-2 — Switch to Segment 2...3...4...5

or

⊤ HR SEG-1 — Segment 1 as threshold recovery heart rate

185 SEG-1 / **110 SEG-1** — **Setting Threshold** This number acts as a recovery heart rate. The segment will not work if your recent heart rate is less than the set value.

0000'00 SEG-2 — Switch to Segment 2...3...4...5

Note: Press the VIEW button to switch views during an active training interval session.

Cycle Segments
Press button to select beginning segment. Timer must be reset. See *Reset Timer*.

Start Timer

Stop Timer

Hold rESET — Reset Timer — 2 sec

Hold SAVE — Save Intervals to DATA mode — 3 sec

Note: You do not have to set all the segments. For example, if you only want to use 2 of the segments, set segments 3, 4 and 5 as zero timed intervals (00:00'00"). A zero timed segment will not be active when the timer is started.

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 7 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 ❶ through ❹ 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
3354"16 TOTAL	744"06 AVG	303'25 HR:IN	714"43 BEST	714"43 LAP 1	739"20 LAP 2	

❸

❷ Select a Run or Interval Workout

❶ Scroll to DATA mode

❹ Press button to view stats in each category.

Average HR — 167 BPM AVG

Average Lap — 744"06 AVG

Above Zone — 212"85 HR:Ab

Below Zone — 111"06 HR:bE

In Zone — 303'25 HR:IN

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

Total Time — 714"43 LAP 1

Average HR — 159 LAP 1

Lap 1 Time — 714"43 LAP 1

Total Time (Lap 1 + Lap 2) — 1453"63 LAP 2

Average HR — 163 BPM LAP 2

Lap 2 Time — 739"20 LAP 2

Clear This Run — 3 sec — Hold TO CLR — CLR run 2

Clear ALL Runs — 5 sec — Hold CLr ALL — CLR ALL — DATA EMPTY

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

$$210 - (0.7 \times age)$$

Determine your Target Heart Rate Zones (Intensities)

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.

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.

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.

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.

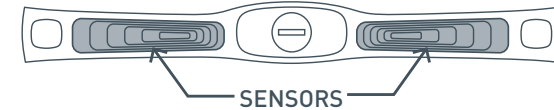| Max Heart Rate				
205 bpm	123 - 143 bpm	144 - 163 bpm	164 - 184 bpm	184 - 205 bpm
200	120 - 139	140 - 159	160 - 179	180 - 200
195	117 - 136	137 - 155	156 - 175	176 - 195
190	114 - 132	133 - 151	152 - 170	171 - 190
185	111 - 129	130 - 147	148 - 166	167 - 185
180	108 - 125	126 - 143	144 - 161	162 - 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 HR 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 ❶ through ❹ 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
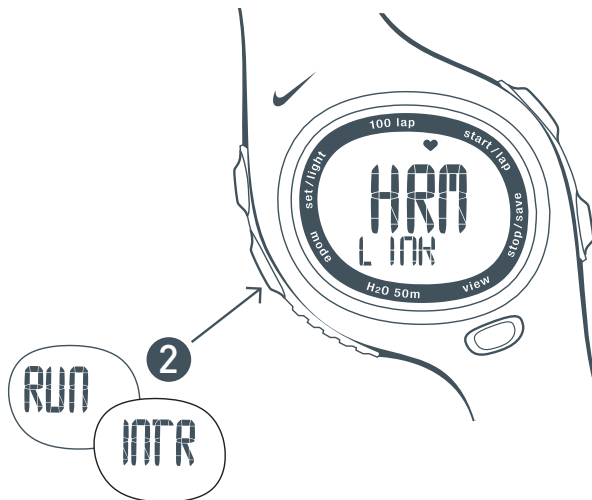
Scroll to RUN or INTR mode

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.

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 8 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.
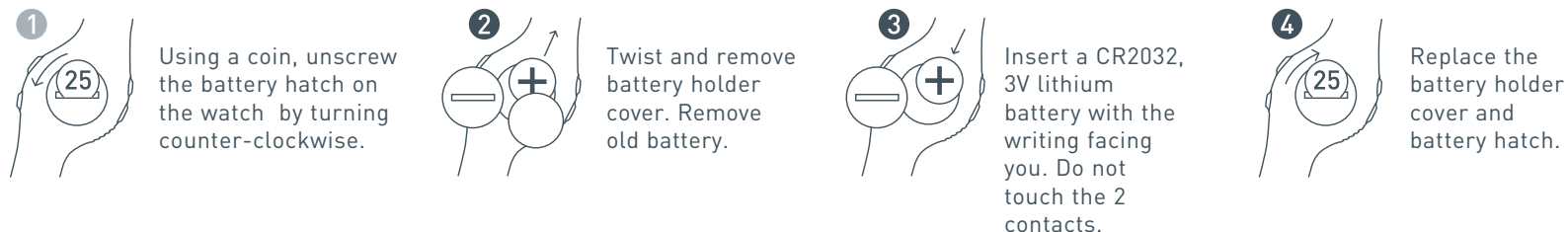
Watch

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 Electrolite 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.*

1 Using a coin, unscrew the battery hatch on the watch by turning counter-clockwise.

2 Twist and remove battery holder cover. Remove old battery.

3 Insert a CR2032, 3V lithium battery with the writing facing you. Do not touch the 2 contacts.

4 Replace the battery holder cover and battery hatch.

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.

1 Using a coin, unscrew the battery hatch by turning it counter-clockwise.

2 Insert a CR2032 3V lithium battery with the writing facing you. Do not touch the 2 contacts.

3 Replace the battery lid.

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.*