



**Nike + iPod**  
User Guide

Apple Inc.

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[www.nikeplus.com](http://www.nikeplus.com)

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# Welcome to Nike + iPod

## Your Personal Workout Assistant

Nike + iPod is a workout partner and coach all in one. Select the type of workout you want—open-ended, distance, time, or calorie-burning—choose music to keep you motivated, and then keep track of your progress every step of the way with spoken and onscreen feedback. Upload your workout data to [nikeplus.com](http://nikeplus.com), where you can set goals and monitor your improvement from workout to workout. Join the world's largest online running community, participating in challenges with runners from across the globe.

Nike + iPod is supported by iPhone (3GS or later), all iPod nano models<sup>1</sup>, and iPod touch (2nd generation or later).



iPod nano  
(all models)



iPod touch  
(2nd generation or later)



iPhone 3GS  
or later

<sup>1</sup> For iPod nano (6th generation), the Nike + iPod Sensor is optional and only required for workouts using the Polar Wearlink® + Heart Rate Transmitter for Nike+.

## Quick Start

Follow these instructions to get started using Nike + iPod right away.

### Step 1: Enable Nike + iPod on your device.

- *iPod nano (5th generation or earlier)*: Attach the Nike + iPod receiver to iPod nano. Nike + iPod appears in the main menu.



- *iPod nano (6th generation)*: Attach the Nike + iPod receiver to iPod nano. Tap Fitness.

**Note:** iPod nano (6th generation) can optionally track your workouts without using the Nike + iPod receiver and sensor. For more information, see the *iPod nano User Guide* that came with the device.

- *iPhone and iPod touch*: Choose Settings > Nike + iPod and set it to On. A Nike + iPod icon appears on the Home screen.

**Note:** iPhone 3GS or later and iPod touch have an internal receiver; no external receiver is required.

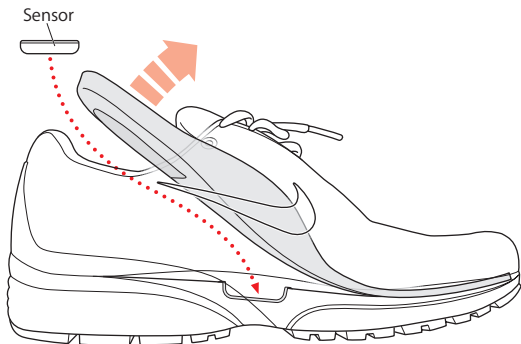
### Step 2: Make sure you have the latest iPod and iTunes software.

- 1 Download and install the latest iTunes software to your computer from [www.apple.com/itunes](http://www.apple.com/itunes).

- 2 Connect the device to your computer, then select it in the iTunes sidebar and click Summary.
- 3 If iTunes indicates that your device needs an update, click Update and follow the onscreen instructions.

**Step 3: Insert the Nike + iPod Sensor in your Nike+ ready shoe.**

- Lift the insole of the left shoe, remove the foam insert from the pocket underneath, and replace it with the sensor, flat side up.



You can leave the sensor in your shoe when you aren't working out, but if you plan to wear your shoes for a long time without working out, replace the sensor with the foam insert to save battery life.

The battery in the sensor is not replaceable or rechargeable, and has a life of over 1000 hours of active use. Battery life varies, depending on use and other factors.

## Step 4: Choose a type of workout.

To choose	Do this
An open-ended workout	<i>iPod nano (5th generation or earlier):</i> Choose Nike + iPod > Nike + iPod > Basic. <i>iPod nano (6th generation):</i> Choose Fitness > Run > Basic. <i>iPhone and iPod touch:</i> Choose Nike + iPod > Basic.
A workout with a time goal	<i>iPod nano (5th generation or earlier):</i> Choose Nike + iPod > Nike + iPod > Time. <i>iPod nano (6th generation):</i> Choose Fitness > Run > Time. <i>iPhone and iPod touch:</i> Choose Nike + iPod > Time.
A workout with a distance goal	<i>iPod nano (5th generation or earlier):</i> Choose Nike + iPod > Nike + iPod > Distance. <i>iPod nano (6th generation):</i> Choose Fitness > Run > Distance. <i>iPhone and iPod touch:</i> Choose Nike + iPod > Distance.
A workout with a calorie-burning goal	<i>iPod nano (5th generation or earlier):</i> Choose Nike + iPod > Settings > Weight and enter your weight. Then press the Menu button and choose Nike + iPod > Nike + iPod > Calorie. <i>iPod nano (6th generation):</i> Choose Settings > Fitness > Weight and enter your weight. Choose Fitness > Run > Calorie. <i>iPhone and iPod touch:</i> Choose Settings > Nike + iPod > Weight and enter your weight. Then press the Home button and choose Nike + iPod > Calorie. <b>Note:</b> You need to enter your weight only the first time you start a calorie-burning workout.

### Step 5: Choose music for your workout.

To play	Do this
A Nike+ Workout mix	Choose the mix (see page 22).
The currently playing song	Choose Now Playing.
A Genius mix	Choose Genius Mixes (iPod nano 6th generation).
Songs from a playlist	Choose Playlists and then choose a playlist.
A podcast	Choose Podcasts (iPod nano 6th generation).
An audiobook	Choose Audiobooks (iPod nano 6th generation).
Songs in random order	Choose Shuffle Songs.
A radio station	Choose Radio. (iPod nano 6th generation).
No music	Choose None.

### Step 6: Start your workout.

You next walk or run a few steps to activate your sensor. When your device detects and links to the sensor, you're ready to start the workout.

- *iPod nano (5th generation or earlier)*: Press the Center button and begin walking or running.
- *iPod nano (6th generation)*: Tap Start Workout and begin walking or running.
- *iPhone and iPod touch*: Tap Play and begin walking or running.

### Step 7: Monitor your progress.

Nike + iPod automatically displays your workout status on the screen, similar to the following illustration. (Depending on your device type, the screen may appear slightly different.)





iPod nano  
(6th generation)



iPhone3GS or later,  
and iPod touch

Nike + iPod gives you spoken feedback on your progress during your workout (see “Getting Spoken Feedback” on page 15). You can also get feedback whenever you want it.

**To get spoken feedback manually:**

- *iPod nano (5th generation or earlier):* Press the Center button at any time during your workout.
- *iPod nano (6th generation):* Press the Sleep/Wake button at any time during your workout.
- *iPhone and iPod touch:* Press the Home button at any time during your workout.

**Note:** iPhone and iPod touch must be locked to get spoken feedback manually (see “Getting Spoken Feedback” on page 15).

### **Step 8: End your workout.**

You can end your workout at any time. If you continue working out after you reach your time, distance, or calorie goal, your progress continues to be monitored.

#### **To end your workout:**

- *iPod nano (5th generation or earlier):* Press the Play/Pause button (▶||) to pause your workout. Then press the Menu button and choose End Workout.
- *iPod nano (6th generation):* Tap the screen to display the Pause button, then tap Pause. Tap End Workout. If the screen is off, press the Sleep/Wake button.

**Note:** To quickly pause or resume your workout on an iPod nano (6th generation), double-click the Sleep/Wake button.

- *iPhone and iPod touch:* Tap End Workout. If iPhone or iPod touch is locked, press the Home button and tap Pause. Then drag the slider and tap End Workout.

### **Step 9: Track your progress at [nikeplus.com](http://nikeplus.com).**

At [nikeplus.com](http://nikeplus.com) you can track your progress over time, view a record of all of your past workouts, set and monitor goals, and compare your results with others. You can even compete with other Nike + iPod users in online workout challenges.

If you have an iPhone or iPod touch, you can send your workout data wirelessly to the Nike website. If you have an iPod nano, you can send your workout data from your computer to [nikeplus.com](http://nikeplus.com).

It's recommended that you first create a [nikeplus.com](http://nikeplus.com) account before you upload your workout data. Follow the instructions on the [nikeplus.com](http://nikeplus.com) website to sign up for a free account.

**To send your workout data wirelessly to nikeplus.com from your iPhone or iPod touch:**

- 1 Make sure your device is connected to the Internet, and then choose Nike + iPod. When you have a workout that hasn't been synced with your nikeplus.com account, a small red dot appears on the History button.
- 2 Tap the History button to view your workouts.
- 3 Tap the "Send to Nike+" button to send your workout data to nikeplus.com. You can do it later if you don't want to do it now.
- 4 Enter your email address and nikeplus.com account password and then tap "Login to Nike+."

After you log in, your workouts are sent to your nikeplus.com account.

If you don't have a nikeplus.com account, tap "Join Nike+" and follow the instructions for creating an account.

The nikeplus.com website opens with a graph exhibiting your most recent workout.

- 5 Follow the onscreen instructions for accessing your workouts.

**To send your iPod nano workout data from your computer to nikeplus.com:**

- 1 Make sure your computer is connected to the Internet, and then connect iPod nano to your computer.
- 2 Click Send in the dialog that asks if you want to send your workout data to nikeplus.com. You can do it later if you don't want to do it now.
- 3 Click Visit in the dialog that asks if you want to go to nikeplus.com.

The nikeplus.com website opens with a graph showing your most recent workout.

- 4 Click Save Your Runs, then click Sign Me Up and follow the onscreen instructions.

## Using Nike + iPod

Follow these instructions to get the most out of Nike + iPod.

### Calibrating Nike + iPod

The default calibration for Nike + iPod is accurate for many users. You can improve the accuracy by calibrating Nike + iPod to your natural running and walking style. On iPod nano, you can perform a calibration workout over a known distance, or use your latest workout and enter the distance travelled. On iPhone or iPod touch, you can calibrate using your latest completed workout for which you know the distance traveled.

**To calibrate Nike + iPod for running and walking using iPod nano (5th generation or earlier):**

1 Choose Nike + iPod > Settings > Sensor > Calibrate.

2 Choose Run or Walk and enter a distance.

For best results, use a distance of at least one mile. The shortest calibration distance you can enter is one quarter of a mile.

3 Press the Center button.

4 Run or walk the set distance at a steady, natural pace.

5 Press the Menu button and choose Done Calibrating.

A message lets you know if the calibration was successful. If you want to calibrate for both running and walking, repeat steps 1–5.

**Note:** Even after calibrating, the accuracy of the distance measurements may vary depending on gait, running surface, incline, and temperature.

You can also calibrate iPod nano using the workout you just finished. This is useful if you've traveled a known distance that doesn't match the summary distance displayed on your device.

**To calibrate iPod nano (5th generation or earlier) using your latest completed workout:**

- Choose End Workout, press and hold the Center button, then choose Calibrate. Set the correct distance you walked or ran, then press the Center button.

The device senses whether the workout was a walk or run, and correctly uses the new calibration instead of the existing one.

**To calibrate Nike + iPod for running and walking using iPod nano (6th generation):**

- 1 Choose Settings > Fitness > Nike + iPod Sport Kit > Sensor > Calibrate.
- 2 Choose Walk Calibration or Run Calibration, then select a distance and tap Done.

For best results, use a distance of at least one mile. The shortest calibration distance you can enter is one quarter of a mile.

- 3 Choose music to accompany your calibration workout.
- 4 Run or walk the set distance at a steady, natural pace.
- 5 Press the Sleep/Wake button if the screen is off, tap the screen to display the Pause button, then tap Stop.

A message lets you know if the calibration was successful. If you want to calibrate for both running and walking, repeat steps 1–5.

**Note:** Even after calibrating, the accuracy of the distance measurements may vary depending on gait, running surface, incline, and temperature.

Using iPhone or iPod touch, you can calibrate Nike + iPod using the workout you just finished. You can only calibrate workouts that are a distance of a quarter mile or more.

### **To calibrate iPhone or iPod touch using your latest completed workout:**

- Tap End Workout, then tap Calibrate. Set the correct distance you ran or walked and tap Done.

The device updates with the new calibration to override the previous one for a walking or running pace.

### **To reset Nike + iPod calibration to the default setting:**

- *iPod nano (5th generation or earlier)*: Choose Nike + iPod > Settings > Sensor > Calibrate > Reset Walk (or Reset Run).
- *iPod nano (6th generation)*: Choose Settings > Fitness > Nike + iPod Sport Kit > Sensor > Calibrate > Reset Walk (or Reset Run) > Reset.
- *iPhone and iPod touch*: Choose Settings > Nike + iPod, then tap Reset Calibration.

## **Setting the Unit of Distance**

You can set Nike + iPod to measure your workouts in either miles or kilometers.

### **To set the unit of distance:**

- *iPod nano (5th generation or earlier)*: Choose Nike + iPod > Settings, and set Distances to Miles or Kilometers.
- *iPod nano (6th generation)*: Choose Settings > Fitness > Distances, then choose Miles or Kilometers.
- *iPhone and iPod touch*: Choose Settings > Nike + iPod > Distances, then choose Miles or Kilometers.

## Entering Your Weight

### To enter your weight:

- *iPod nano (5th generation or earlier)*: Choose Nike + iPod > Settings > Weight, then enter your weight.
  - *iPod nano (6th generation)*: Choose Settings > Fitness > Weight, then enter your weight.
  - *iPhone and iPod touch*: Choose Settings > Nike + iPod > Weight, then enter your weight.
- For better accuracy in calculating calories burned, update your weight if it changes.

## Locking Your Device During a Workout

You can lock iPhone or iPod touch so that its controls can't be accidentally activated during a workout.

### To lock iPhone or iPod touch:

- Press the Sleep/Wake button.

To unlock, press the Sleep/Wake button or the Home button and drag the slider.

## Getting Spoken Feedback

As you work out, Nike + iPod periodically gives spoken feedback on your status. You can choose a female or male voice, or turn off feedback.

### To set the voice type or turn spoken feedback off:

- *iPod nano (5th generation or earlier)*: Choose Nike + iPod > Settings, then set Spoken Feedback to Male, Female, or Off.
- *iPod nano (6th generation)*: Choose Settings > Fitness > Spoken Feedback, then choose Male, Female, or Off.
- *iPhone and iPod touch*: Choose Settings > Nike + iPod > Spoken Feedback, then choose Male, Female, or Off.

When spoken feedback is turned off, you can still get spoken feedback manually.

**To get spoken feedback manually:**

- *iPod nano (5th generation or earlier):* Press the Center button at any time during your workout.
- *iPod nano (6th generation):* Press the Sleep/Wake button at any time during your workout.
- *iPhone and iPod touch:* Press the Home button while the device is locked.

On iPod nano, spoken feedback is available in some languages besides English. If you set iPod nano to one of these languages and connect it to your computer (which must be connected to the Internet), iTunes prompts you to download feedback in that language.

- iPod nano (5th generation or earlier) can have only one non-English version of spoken feedback at a time.
- iPhone, iPod touch, and iPod nano (6th generation) automatically support all spoken feedback languages.

## Using a PowerSong

Choose a song that motivates you and make it your PowerSong. You can switch quickly to your PowerSong at any time during your workout.

**To choose a PowerSong:**

- *iPod nano (5th generation or earlier):* Choose Nike + iPod > Settings > PowerSong, then choose a song.  
iPod nano (5th generation) can also use a playlist as a PowerSong.
- *iPod nano (6th generation):* Choose Settings > Fitness > PowerSong, then choose a song.
- *iPhone and iPod touch:* Choose Settings > Nike + iPod > PowerSong, then choose a song.



### To play your PowerSong:

- *iPod nano (5th generation or earlier)*: Hold down the Center button during a workout. After a short pause, your PowerSong plays.
- *iPod nano (6th generation)*: Press the Sleep/Wake button to wake the screen, then tap the screen to display the PowerSong button and tap PowerSong. When the screen is on, you can also place and hold two fingers on the screen to start the PowerSong.
- *iPhone and iPod touch*: Tap PowerSong on the workout screen. If iPhone or iPod touch is locked, press the Home button, drag the slider to unlock, then tap PowerSong.

### Pausing a Workout

You can pause your workout, temporarily stopping music and data collection, and resume the workout later without losing any data.

#### To pause or resume a workout:

- *iPod nano (5th generation or earlier)*: Press the Play/Pause button (▶||).
- *iPod nano (6th generation)*: Tap the screen to display the Pause button. Tap Pause. Tap Resume to resume your workout. If the iPod nano (6th generation) screen is off, press the Sleep/Wake button to wake it.
- *iPhone and iPod touch*: Tap Pause. If iPhone or iPod touch is locked, first press the Home button once. Tap Play to resume your workout.

## Receiving Calls During a Workout

You can use iPhone to answer calls during your workout. When you receive a call, your workout is automatically paused when you answer.

### To answer a call:

- Tap Answer, or press the mic button if you're wearing the stereo headset. If iPhone is locked, drag the slider to unlock it.

### To silence a call:

- Press the Sleep/Wake button or either volume button. You can still answer the call after silencing it, until it goes to voicemail.

### To decline a call:

- Tap Decline, or hold down the mic button on the headset for about two seconds and then release it. Two low beeps confirm that the call was declined.

You can also press the Sleep/Wake button twice quickly to decline a call. This silences the ringer but the music doesn't resume until the call has gone to voicemail; the workout continues in the background.

### To resume your workout after a call:

- Tap Play.

## Changing Music During a Workout

You can change your music during a workout without losing your workout data. Your workout is paused while the music changes.

### To change music during a workout:

- 1 *iPod nano (5th generation or earlier)*: Press the Menu button and choose Change Music. Your workout pauses.

*iPod nano (6th generation):* Tap the screen to display the Pause button. Tap Pause, then tap Change Music. If the iPod nano (6th generation) screen is off, press the Sleep/Wake button to wake it.

*iPhone and iPod touch:* Tap Pause, then tap Change Music. If the device is locked, first press the Home button and drag the slider to unlock it.

- iPod nano (5th generation or earlier):* Choose new music. Your workout resumes automatically.

*iPhone, iPod touch, and iPod nano (6th generation):* Choose new music.

## **Sending Workouts to Nikeplus.com Automatically**

You can set iTunes to automatically send your workout data to [nikeplus.com](http://nikeplus.com) over the Internet whenever you connect your iPod nano to your computer.

**To send workouts to [nikeplus.com](http://nikeplus.com) automatically:**

- 1 Make sure your computer is connected to the Internet, and then connect iPod nano to your computer.
- 2 Open iTunes on your computer, click the Nike + iPod tab, then select “Automatically send workout data to [nikeplus.com](http://nikeplus.com).”
- 3 Click “Visit [nikeplus.com](http://nikeplus.com)” below the checkbox or, if you’ve already set your workout to be sent automatically, click Visit in the dialog that appears.

The [nikeplus.com](http://nikeplus.com) website opens with a graph showing your most recent workout.

- 4 Click Save Your Runs and log in, or register if you haven’t already done so.

See the [nikeplus.com](http://nikeplus.com) website for Nike’s privacy policy and terms and conditions.

## Reviewing Workouts on Your Device

iPod nano, iPhone, or iPod touch saves the date, time, duration, distance, pace, and calories burned for up to your last one thousand workouts.

### To review recent workouts on your device:

- *iPod nano (5th generation or earlier)*: Choose Nike + iPod > History.
- *iPod nano (6th generation)*: Choose Fitness > History at the bottom of the screen.
- *iPhone and iPod touch*: Choose Nike + iPod, then tap History at the bottom of the screen.

iPod nano (5th generation or earlier) provides daily totals of all your workouts: Nike + iPod workouts, pedometer steps, and cardio workouts using Nike + iPod compatible gym equipment.

### To view workouts on iPod nano (5th generation or earlier):

- 1 Choose Daily Totals from the History menu.
- 2 Choose a date and activity.
- 3 Rotate iPod nano (5th generation) to landscape orientation to see a graph of that activity.

### To delete a single workout session:

- *iPod nano (5th generation or earlier)*: Choose Nike + iPod > History. Choose a workout session, press and hold the Center button, then choose Delete.  
You cannot delete individual workouts on iPod nano (6th generation).
- *iPhone and iPod touch*: Choose Nike + iPod and tap History. Tap Edit, choose a workout session, then tap Delete.

On iPhone, iPod touch, and iPod nano (6th generation), you can delete all workout sessions from History by tapping Clear at the top of the History screen.

## Creating Custom Workout Shortcuts

Custom workout shortcuts let you easily choose and repeat a workout. iPod nano (4th generation or later) automatically saves your completed workouts as shortcuts. iPhone and iPod touch also let you create custom workout shortcuts.

### To create a custom workout shortcut on iPhone or iPod touch:

- 1 Choose Nike + iPod, then tap My Workouts at the bottom of the screen.
- 2 Tap Plus (+), then choose the type of workout and the workout goal.
- 3 Choose music, enter a name for the workout, then tap Save.

**Note:** You can create custom workout shortcuts only on iPhone and iPod touch (2nd generation or later).

### To delete a custom workout shortcut on iPhone or iPod touch:

- Choose Nike + iPod, then tap My Workouts. Tap Edit, choose a shortcut, then tap Delete.

### To choose a custom workout shortcut:

- *iPod nano (4th and 5th generation):* Choose Nike + iPod, then choose a shortcut. Shortcuts are named according to the type of workout and music. They can't be deleted.
- *iPod nano (6th generation):* Choose Fitness > Run> , then tap My Workouts. Choose a shortcut. Shortcuts are named according to the type of workout and music. They can't be deleted.
- *iPhone and iPod touch:* Choose Nike + iPod, then tap My Workouts. Shortcuts are listed by the name you specified when you created the workout.

Your most recent custom workout shortcut appears at the top of the list.

## Purchasing Nike+ Workouts

You can purchase and download Nike+ Workouts that feature continuous music mixed with professional coaching. When you purchase a Nike+ Workout, you get a single workout track with music and voiceover, and you also get all the individual songs in the mix. Choose mixes for your level and style of workout.

### To purchase a Nike+ Workout:

- 1 Open iTunes and click iTunes Store on the left side of the window, then type “Nike Sport Music” in the iTunes search field.
- 2 Click the Buy button next to the Nike+ Workout of your choice.
- 3 Follow the onscreen instructions to complete the purchase. The download begins automatically.
- 4 Connect the device to your computer and load the workout onto the device.

**Note:** The iTunes Store is available only to people age 13 or older, in the U.S. and many other countries; for a list of countries, go to [www.apple.com/itunes/download](http://www.apple.com/itunes/download). Terms apply. You must have Internet access (fees may apply) to use the iTunes Store.

## Linking a Nike + iPod Compatible Remote or Heart Rate Monitor

Nike + iPod compatible devices are sold separately from the Nike + iPod Sport Kit and the Nike + iPod Sensor.

You can use a compatible remote to control Nike + iPod wirelessly while you work out.

iPod nano (5th generation or later) also supports Nike + iPod compatible heart rate monitors.

**Note:** You must have the iPod + Nike receiver attached to your iPod nano (6th generation) to use a heart rate monitor or remote.

Before using one of these devices for the first time, you must link it to your iPod nano receiver, iPhone, or iPod touch.

**To link to a Nike + iPod compatible remote (sold separately):**

- *iPod nano (5th generation or earlier)*: Connect your Nike + iPod receiver to iPod nano, choose Nike + iPod > Settings > Remote > Link, then follow the onscreen instructions.
- *iPod nano (6th generation)*: Choose Settings > Fitness > Nike + iPod Sport Kit > Remote. Turn on the Remote option and tap Link.
- *iPhone and iPod touch*: Choose Settings > Nike + iPod > Remote, then follow the onscreen instructions.

**To link to a Nike + iPod compatible heart rate monitor (sold separately):**

- *iPod nano (5th generation)*: Connect your Nike + iPod receiver to iPod nano, choose Nike + iPod > Settings > Heart Rate Monitor > Link, then follow the onscreen instructions.
- *iPod nano (6th generation)*: Choose Settings > Fitness > Nike + iPod Sport Kit > Heart Rate Monitor > Link, then follow the onscreen instructions.

**To unlink a device:**

- *iPod nano (5th generation or earlier)*: Choose Nike + iPod > Settings > Remote (or Heart Rate Monitor) > Unlink, then follow the onscreen instructions.
- *iPod nano (6th generation)*: Choose Settings > Fitness > Nike + iPod Sport Kit > Remote (or Heart Rate Monitor), then tap Unlink.
- *iPhone and iPod touch*: Choose Settings > Nike + iPod > Remote, then tap Unlink.

You can turn the functions of a Nike + iPod compatible remote on or off without unlinking the device.

### To turn remote functionality on or off:

- *iPod nano (5th generation or earlier)*: Choose Nike + iPod > Settings > Remote, then set Remote to On or Off.
- *iPod nano (6th generation)*: Choose Settings > Fitness > Nike + iPod Sport Kit > Remote, then set Remote to On or Off.
- *iPhone and iPod touch*: Choose Settings > Nike + iPod > Remote, then link or unlink the remote.

### Working Out with iPod nano (6th Generation) and a Heart Rate Monitor

If you have iPod nano (6th generation) and a compatible Nike + iPod heart rate monitor (purchased separately), iPod nano can record and display your heart rate as you work out. You can also specify a range or “zone” of the maximum and minimum heart rates that you want to maintain during a workout and track how well you maintain your heart rate within that zone as you exercise. As you work out, iPod nano displays your current heart rate and an upward- or downward-pointing arrow appears when you need to increase or decrease your activity. You can use a heart rate monitor while doing any of the standard workouts.

You can also monitor your heart rate as you participate in activities besides running or walking. For example, you can use iPod nano and a heart rate monitor as you participate in sports activities such as basketball, aerobics, circuit training, golf, hiking, soccer, and more.

When your workout is done, you can transfer your heart rate information to your [nikeplus.com](http://nikeplus.com) account, where you can review it.

As you set up a workout, you can set a zone of maximum and minimum heart rates that you want to maintain when you select a workout. You must first turn on the zone workout feature.



### **To turn zone workouts on or off:**

- Tap Settings > Fitness > Nike + iPod Sport Kit, then tap the On/Off button in Zone Workout.

When you turn on zone workouts and select a workout, options appear for setting a heart rate zone. As you work out, heart rate information is recorded and displayed during any of the workout types.

iPod nano (6th generation) also provides a heart rate workout. To perform a heart rate workout, you specify the heart rate zone you want to maintain, choose the activity type that you'll be doing, and then enjoy a good workout. All your heart rate information is recorded automatically. When you do a heart rate workout, you don't need a sensor in your shoe to record motion.

### **To start a heart rate workout:**

- 1 Tap Fitness > Run > Heart Rate.
- 2 Set the heart rate zone you want.
- 3 Choose an activity and tap Done.
- 4 Choose the workout music you want.
- 5 Tap Start Workout and begin your workout.
- 6 When done, press the Sleep/Wake button to wake the screen, tap the screen to display the Pause button, tap Pause. Tap End Workout to finish your heart rate workout.

Once you complete a heart rate workout, you can transfer the information to your [nikeplus.com](http://nikeplus.com) account just as you do with your other workouts.

## Linking to Another Sensor

Once your device links to a specific sensor, it's set to link with that sensor only. If you use a different sensor, you must set the device to link to the other sensor. You may want to do this, for example, if there's more than one person in your family with a sensor and Nike+ ready shoes.

### To link to another sensor:

- 1 *iPod nano*: Connect the receiver to iPod.
- 2 Put on the shoes with the new sensor, and make sure there's no other Nike + iPod Sensor nearby.

Walk around to activate the sensor so that your receiver can detect it.

- 3 Link the sensor to your device:
  - *iPod nano (5th generation or earlier)*: Choose Nike + iPod > Settings > Sensor > Link, then follow the onscreen instructions. A message indicates iPod is now linked to the new sensor.
  - *iPod nano (6th generation)*: Choose Settings > Fitness > Nike + iPod Sport Kit > Sensor, tap Link, then tap the screen while walking or running to relink the device to the different sensor.
  - *iPhone and iPod touch*: Choose Settings > Nike + iPod > Sensor, tap Link New, then follow the onscreen instructions.

**Note:** If you link to a previously linked sensor, Nike + iPod detects your calibration settings. You don't need to recalibrate.

If you connect an iPod receiver to a different iPod and use it with the same sensor, you don't need to relink or recalibrate. The receiver stores your settings, your workout history, and your workout shortcuts. You don't need to relink or recalibrate.

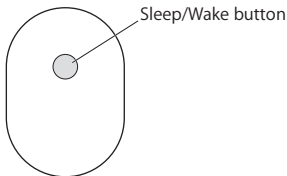
## Putting the Nike + iPod Sensor to Sleep

The sensor is awake and on by default. If you want to store the sensor for a long period of time or stop it from transmitting, you can put it to sleep.

**Important:** To comply with applicable government regulations, put the sensor to sleep before taking it on an aircraft.

### To put the sensor to sleep:

- Use a pen or a paper clip to hold down the Sleep/Wake button for three seconds.



### To wake the sensor:

- Use a pen or a paper clip to press the Sleep/Wake button.

## Important Safety Information

**WARNING:** Failure to follow these safety instructions could result in injury or damage.

**Exercising** Before starting any exercise program, you should have a complete physical examination by your physician. Do a warmup or stretching exercise before beginning any workout. Be careful and attentive while exercising. Slow down, if necessary, before adjusting your device while running. Stop exercising immediately if you feel pain, or feel faint, dizzy, exhausted, or short of breath. By exercising, you assume the risks inherent in physical exercise, including any injury that may result from such activity.

Do not use the receiver, iPhone, or iPod in or near water or wet locations.

**Choking hazard** The receiver and sensor are potential choking hazards. Keep them away from children under three years of age.

**Avoid hearing damage** Permanent hearing loss may occur if earphones are used at high volume. Set the volume to a safe level. You can adapt over time to a higher volume of sound that may sound normal but can be damaging to your hearing. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected. Hearing experts suggest that to protect your hearing:

- Limit the amount of time you use the earphones at high volume.
- Avoid turning up the volume to block out noisy surroundings.
- Turn down the volume if you can't hear people speaking near you.

**Disassembling the sensor** Do not attempt to open the sensor, disassemble it, or remove the battery. No user-serviceable parts are inside.

## Learning More, Service, and Support

For	Do this
Answers to frequently asked questions about Nike + iPod	Go to <a href="http://www.apple.com/support/nikeplus">www.apple.com/support/nikeplus</a> .
Service and support for the Nike + iPod Sensor and Receiver	Go to <a href="http://www.apple.com/support/nikeplus">www.apple.com/support/nikeplus</a> .
Service and support for Nike+ ready shoes or the <a href="http://nikeplus.com">nikeplus.com</a> website	Go to <a href="http://www.nikeplus.com">www.nikeplus.com</a> .
Information about using iTunes	Open iTunes and choose Help > iTunes Help.
Information about using iPod nano or iPod touch	Go to <a href="http://www.apple.com/support/ipod">www.apple.com/support/ipod</a> .
Information about using iPhone	Go to <a href="http://www.apple.com/support/iphone">www.apple.com/support/iphone</a> .

## Regulatory Compliance Information

### FCC Compliance Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. See instructions if interference to radio or television reception is suspected.

### Radio and Television Interference

This computer equipment generates, uses, and can radiate radio-frequency energy. If it is not installed and used properly—that is, in strict accordance with Apple's instructions—it may cause interference with radio and television reception.

This equipment has been tested and found to comply with the limits for a Class B digital device in accordance with the specifications in Part 15 of FCC rules. These specifications are designed to provide reasonable protection against such interference in a residential installation. However, there is no guarantee that interference will not occur in a particular installation.

You can determine whether your computer system is causing interference by turning it off. If the interference stops, it was probably caused by the computer or one of the peripheral devices.

If your computer system does cause interference to radio or television reception, try to correct the interference by using one or more of the following measures:

- Turn the television or radio antenna until the interference stops.
- Move the computer to one side or the other of the television or radio.
- Move the computer farther away from the television or radio.
- Plug the computer into an outlet that is on a different circuit from the television or radio. (That is, make certain the computer and the television or radio are on circuits controlled by different circuit breakers or fuses.)

If necessary, consult an Apple Authorized Service Provider or Apple. See the service and support information that came with your Apple product. Or, consult an experienced radio/television technician for additional suggestions.

**Important:** Changes or modifications to this product not authorized by Apple Inc. could void the EMC compliance and negate your authority to operate the product.

This product was tested for EMC compliance under conditions that included the use of Apple peripheral devices and Apple shielded cables and connectors between system components.

It is important that you use Apple peripheral devices and shielded cables and connectors between system components to reduce the possibility of causing interference to radios, television sets, and other electronic devices. You can obtain Apple peripheral devices and the proper shielded cables and connectors through an Apple Authorized Reseller. For non-Apple peripheral devices, contact the manufacturer or reseller for assistance.

*Responsible party (contact for FCC matters only):*

Apple Inc. Corporate Compliance  
1 Infinite Loop, MS 26-A  
Cupertino, CA 95014

### Wireless Information

FCC Wireless Compliance for the Nike + iPod Sensor. The antenna used with this transmitter must not be colocated or operated in conjunction with any other antenna or transmitter subject to the conditions of the FCC Grant.

### Canadian Compliance Statement

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme aux normes CNR exemptes de licence d'Industrie Canada. Le fonctionnement est soumis aux deux conditions suivantes : (1) cet appareil ne doit pas provoquer d'interférences et (2) cet appareil doit accepter toute interférence, y compris celles susceptibles de provoquer un fonctionnement non souhaité de l'appareil.

## Industry Canada Statement

Complies with the Canadian ICES-003 Class B, RSS 200 specifications. Cet appareil numérique de la classe B est conforme à la norme NMB-003 RSS 210 du Canada.

## European Wireless EU Declaration of Conformity

This wireless device complies with the specifications EN 300 328, EN 301-489, EN 50371, and EN 60950 following the provisions of the R&TTE Directive.

## European Community

Complies with European Directives 72/23/EEC, 89/336/EEC, and 99/5/EEC.



## Exposure to Radio Frequency Energy

The radiated output power of the included devices is far below the FCC radio frequency exposure limits.

## Disposal and Recycling Information



The Nike + iPod Sensor contains a battery. Dispose of your Nike + iPod Sensor according to local environmental laws and guidelines. When discarding shoes, remove the Nike + iPod Sensor and dispose of it properly.

For information about Apple's recycling program, go to [www.apple.com/recycling](http://www.apple.com/recycling).

## 中国

有毒或有 害物质	零部件		
	电路板	附件	电池
铅 (Pb)	X	O	X
汞 (Hg)	O	O	O
镉 (Cd)	O	O	O
六价铬 (Cr, VI)	O	O	O
多溴联苯 (PBB)	O	O	O
多溴二苯醚 (PBDE)	O	O	O

O: 表示该有毒有害物质在该部件所有均质材料中的含量均在 SJ/T 11363-2006 规定的限量要求以下。

X: 表示该有毒有害物质至少在该部件的某一均质材料中的含量超出 SJ/T 11363-2006 规定的限量要求。

根据中国电子行业标准 SJ/T11364-2006 和相关的中国政府法规, 本产品及其某些内部或外部组件上可能带有环保使用期限标识。取决于组件和组件制造商, 产品及其组件上的使用期限标识可能有所不同。组件上的使用期限标识优先于产品上任何与之相冲突的或不同的环保使用期限标识。



2011

## Türkiye

EEE yönetmeliğine (Elektrikli ve Elektronik Eşyalarda Bazı Zararlı Maddelerin Kullanımının Sınırlanmasına Dair Yönetmelik) uygundur.

#### Brasil: Informações sobre descarte e reciclagem



O símbolo acima indica que este produto e/ou sua bateria não devem ser descartadas no lixo doméstico. Quando decidir descartar este produto e/ou sua bateria, faça-o de acordo com as leis e diretrizes ambientais locais. Para informações sobre o programa de reciclagem da Apple, pontos de coleta e telefone de informações, visite [www.apple.com/br/environment](http://www.apple.com/br/environment).

#### European Union: Disposal Information



The symbol above means that according to local laws and regulations your product should be disposed of separately from household waste. When this product reaches its end of life, take it to a collection point designated by local authorities. Some collection points accept products for free. The separate collection and recycling of your product at the time of disposal will help conserve natural resources and ensure that it is recycled in a manner that protects human health and the environment.

**Deutschland:** Dieses Gerät enthält Batterien. Bitte nicht in den Hausmüll werfen. Entsorgen Sie dieses Gerät am Ende seines Lebenszyklus entsprechend der maßgeblichen gesetzlichen Regelungen.

**Nederlands:** Gebruikte batterijen kunnen worden ingeleverd bij de chemokar of in een speciale batterijcontainer voor klein chemisch afval (kca) worden gedeponeerd.

#### Taiwan Battery Statement



廢電池請回收

警告

本電池如果更換不正確會有爆炸的危險  
請依製造商說明書處理用過之電池  
請勿戳刺或焚燒。此電池不含汞。

#### Chinese Battery Statement

警告：不要刺破或焚燒。該電池不含水銀。

#### Apple and the Environment

At Apple, we recognize our responsibility to minimize the environmental impact of our operations and products.

For more information, go to: [www.apple.com/environment](http://www.apple.com/environment)

[www.apple.com/ipod/nike](http://www.apple.com/ipod/nike)  
[www.apple.com/support/nikeplus](http://www.apple.com/support/nikeplus)

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