

1 Getting Started



Congratulations. With your Nike+ Sportwatch GPS, you can join a growing community of millions of runners on nikeplus.com. Track your progress, set goals, join challenges, and find the best routes. Get a push from friends, stay connected, and get motivated to keep running.

To begin a workout:

1. Press and hold the Select button for 3 seconds. The satellite icon will blink until a signal is found. When you see "Ready," press the Select button and start your run.
2. Use the Scroll buttons to toggle through your run stats in real time.
3. Press and hold the Select button for 3 seconds to end your run, and review your workout.
4. Make sure the latest Nike+ Connect software is installed on your computer. Plug the watch into a USB port on your computer to upload your run to nikeplus.com.

Note: Your watch must be on the back of the box for Nike GPS tracking.



Nike Sport Watch Manual

PT Brinkman

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