

Nike Ipod Manual

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Nike Ipod Manual

Step 1: Enable Nike + iPod on your device. iPod nano: Attach the Nike + iPod receiver to iPod nano. Nike + iPod appears in the main menu. iPhone 3GS and iPod touch: Choose Settings > Nike + iPod and set it to On. Page 7 Step 3: Insert the Nike + iPod Sensor in your Nike+ ready shoe. Lift the insole of the left shoe, remove the foam insert from ...

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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.

NIKE + IPOD USER MANUAL Pdf Download.

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. To calibrate Nike + iPod for running and walking: 1 iPod nano: Choose Nike + iPod > Settings > Sensor > Calibrate. iPhone 3GS and iPod touch: Choose Nike + iPod > Calibration.

Nike + iPod User Guide

5 Quick Start Follow these instructions to get started using Nike + iPod right away. Step 1: Enable Nike + iPod on your device. m iPod nano (5th generation or earlier): Attach the Nike + iPod receiver to iPod nano. Nike + iPod appears in the main menu.

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m 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. m iPhone and iPod touch: Choose Settings > Nike + iPod and ...

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APPLE IPod Nike Manual - ManualMachine.com

1 Choose Nike+iPod > Settings > Sensor > Calibrate and press the Center button. 2 Choose Run and choose a distance. 3 Press the Center button and run the set distance at a steady, natural pace.

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Apple Nike + iPod Sensor, iPod Sensor Nike User Manual

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Buy Nike + iPod Sport Kit now Hear how you run. With Nike+ running shoes and a Nike + iPod Sport Kit or Sensor, your iPod nano, iPod touch, or iPhone 3GS or later will motivate you mile after mile.

Run or workout with Nike + iPod - Apple (IN)

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Begin a session. To do this, press the center button. If this is your first time using Nike+iPod, enter your weight using the click wheel and begin a session. At the end of a session, press the center button to stop.

3 Ways to Use the Nike+iPod Pedometer Setting on Your iPod ...

+ iPod touch: Combines access to the Internet and email, productivity and educational applications, and audio, video, and photos. iPod touch includes VoiceOver for hearing navigation information aloud and can also be used with the Nike + iPod Sport Kit (see "Nike + iPod Sport Kit" later in this guide). iPod touch models from Fall 2009 with

Getting Started with iPod touch - Apple

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.

Nike Fitness Electronics iPod Watchremote User Guide ...

N. ike + iPod Sport Kit (or Nike plus iPod Sport Kit) is an electronic gear that transforms your iPod nano into a personal workout coach or companion which provides real-time, spoken feedback that alerts you to workout milestones.. Nike plus iPod Sport Kit has a wireless sensor for Nike+ shoes and wireless receiver for iPod nano, so for the full functionality and features of Nike + iPod, you ...

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