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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.

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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 the pocket underneath, and replace it with the sensor, flat side up.

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Tap Fitness to see the Nike + iPod icon. miPhone 3GS, iPhone 4, and iPod touch: Choose Settings > Nike + iPod and set it to On. A Nike + iPod icon appears on the Home screen. Note: iPhone 3GS,...

Nike + iPod User Guide

Nike Nike + iPod User Manual (28 pages)
Brand: Nike | Category: Fitness Electronics | Size: 0.51 MB Table of contents. 3. Table of Contents. 5. Welcome to Nike + IPod. 5. Your Personal Workout Assistant. 6. Quick Start. 11. Using Nike + IPod. 11. Calibrating Nike + IPod ...

Nike Nike + iPod Manuals

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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Nike + iPod User Guide - synthmanuals.com

For more information, see the iPod nano User Guide that came with the device. m iPhone and iPod touch: Choose Settings > Nike + iPod and set it to On. A Nike + iPod icon appears on the Home screen. ... Nike + iPod automatically displays your workout status on the screen, similar to the following illustration. (Depending on your device type, the ...

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Page 1 MAnuAL | English 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. At any time during a workout, press a button for your Powersong -...

NIKE + IPOD WATCHREMOTE ONLINE

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Fitness Equipment Nike Nike + iPod User Manual. Nike fitness equipment user guide (28 pages) Summary of Contents for Nike Nike+ SportBand. Page 1 Nike+ SportBand User's Guide... Page 2: Table Of Contents Linking to More Than One Sensor Losing Connection to a Sensor About the Memory Charging the Battery Understanding Battery States Uploading ...

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

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iPod touch User Guide - Official Apple Support

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Nike. Just Do It. Nike.com

The Kit has two components -- a sensor and a receiver, both of which are about an inch (2.5 centimeters) long. The

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sensor fits into a small space under the insole of a Nike+ shoe. The receiver plugs into an iPod Nano.. The Nano is not included, but it is required for the system to work.

How the Nike + iPod Works | HowStuffWorks

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 Guide

If you don't see the Nike + iPod app in your home screen, you will have to enable it Go to the home screen; Tap Settings. Scroll down and tap Nike + iPod. At the top of the screen you will see an on/off switch next to "Nike + iPod". If this is set to off, tap it to turn it

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on.

3 Ways to Use Nike Plus With an iPod Touch - wikiHow

For more information, see the iPod nano User Guide that came with the device. m iPhone and iPod touch: Choose Settings > Nike + iPod and set it to On. A Nike + iPod icon appears on the Home screen.

Nike + iPod

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iPod touch gives you a beautiful canvas for your messages, photos, videos, and more. Everything is sharp, vivid, and lifelike. All on a device that's 6.1 mm thin and 3.1 ounces, so you can take it anywhere.

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