

MORE FROM YOUR RUN.
KEEP TRACK. GET A PUSH. STAY CONNECTED.



SU11 NIKE+ iPad INSTRUCTIONS

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NIKE+ iPad DEVICE SCREENS:

1. Device Family Intro Screen
2. Nano Device Screen
3. iPod Touch Device Screen
4. iPhone Device Screen
5. SportWatch GPS Device Screen
6. SportBand Device Screen



iPAD DEVICE FAMILY SCREEN:

WHAT IS NIKE+?

Running's easier when you know how you're doing and have people to do it with.

Nike+ is the best at giving you both.

- See or hear your distance, pace, time and calories burned. Then see every run in detail when you upload to Nike+.
- Connect with millions of runners worldwide—including your friends—in ways that make running even more fun than it already is.

NIKE+ DEVICE VIDEO:

1. Click "LEARN MORE ABOUT NIKE+".





NIKE+ IPOD NANO:

- The Nike+ SportKit turns your iPod nano into a Nike+ device.
- Tracks your distance, pace, time and calories burned and sends audio feedback on how you are doing.
- Upload to the Nike+ site to see your runs, set goals, compete in challenges and keep up with your friends.
- Get heart rate information by adding a Polar Wearlink+ Transmitter to your 5G or 6G iPod nano.

NIKE+ DEVICE VIDEO:

1. Click "LEARN MORE ABOUT NIKE+".





NIKE+ IPOD TOUCH:

- A Nike+ Sensor turns your iPod touch into a Nike+ device.
- Tracks your distance, pace, time and calories burned and sends audio feedback on how you're doing.
- Upload to the Nike+ site to see your runs, set goals, compete in challenges and keep up with your friends.

NIKE+ DEVICE VIDEO:

1. Click "LEARN MORE ABOUT NIKE+".





NIKE+ iPhone:

- Download the Nike+ GPS App from iTunes to turn your iPhone into a Nike+ device.
- Tracks your distance, pace, time and calories burned with GPS, and sends you audio feedback on how you're doing.
- In-run cheers erupt each time a friend sends a note to your Facebook page.
- Automatically upload to the Nike+ site to see your runs—including route and elevation—set goals, and compete in challenges.

NIKE+ DEVICE VIDEO:

1. Click "LEARN MORE ABOUT NIKE+".





NIKE+ SPORTWATCH GPS:

- GPS combines with the Nike+ Sensor (included) to accurately track your distance, pace, time and calories burned, indoors or out.
- Reminds you to run, stores your Nike+ history, and remembers your PRs.
- Upload to the Nike+ site to see your runs—including route and elevation—set goals, and compete in challenges.
- Get heart rate information by adding a Polar Wearlink+ Transmitter.

NIKE+ SPORTWATCH GPS VIDEO:

1. Click "LEARN MORE ABOUT NIKE+".





NIKE+ SPORTBAND:

- Works with the Nike+ Sensor (included) to track distance, pace, time, and calories burned.
- Customized display allows you to see the information that's most important to you.
- Upload to the Nike+ site to see your runs, set goals, compete in challenges and keep up with your friends.
- Get heart rate information by adding a Polar Wearlink+ Transmitter.

NIKE+ DEVICE VIDEO:

1. Click "LEARN MORE ABOUT NIKE+".





CONTROL PANEL:

The Control Panel allows you to select and enable or disable video options as screensaver

Accessing Screensaver Control Panel:

1. Place finger on bottom left corner of the screen.
2. Swipe across to the right edge of the screen.
3. Click the Apps tab on the top of the screen.

Using the Screensaver Control Panel:

Green Box indicates item is selected.

1. Tap "Enable Screensaver" box to toggle screensaver on/off. Screensaver is enabled by default.
2. Tap a video title to select it as the screensaver to run. One video will always be selected, even if the screensaver is disabled.

Current Video Options:

1. Nike+ Video
2. SportWatch Video



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