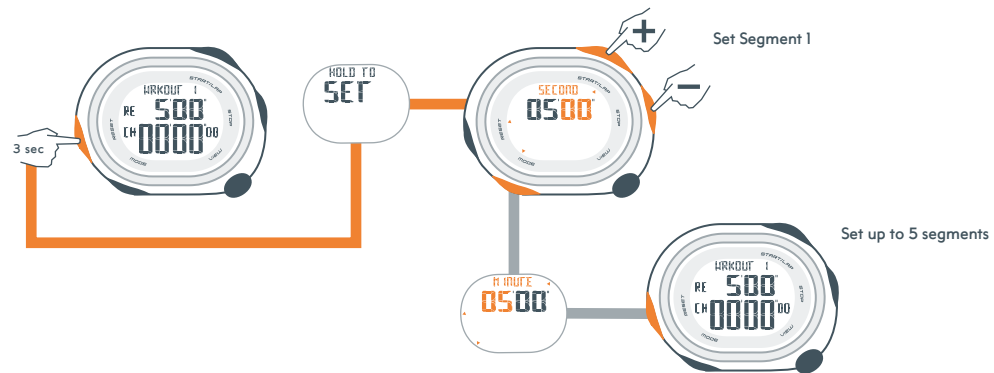
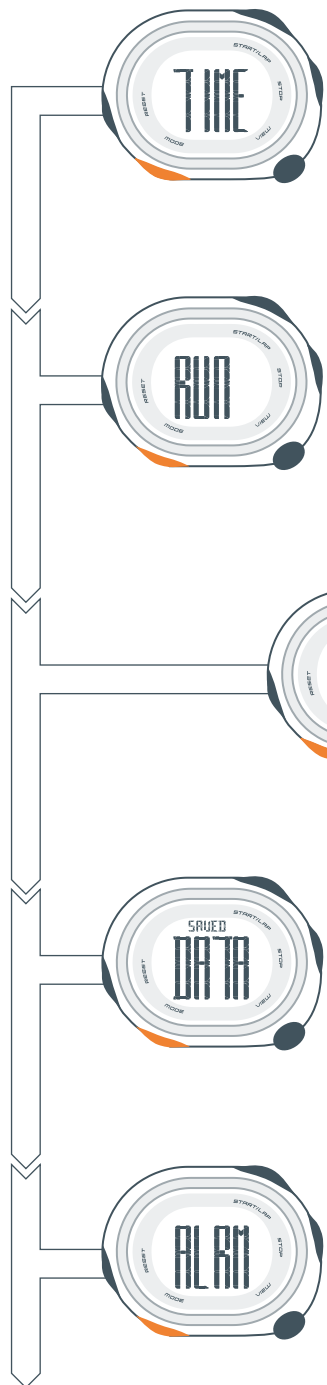
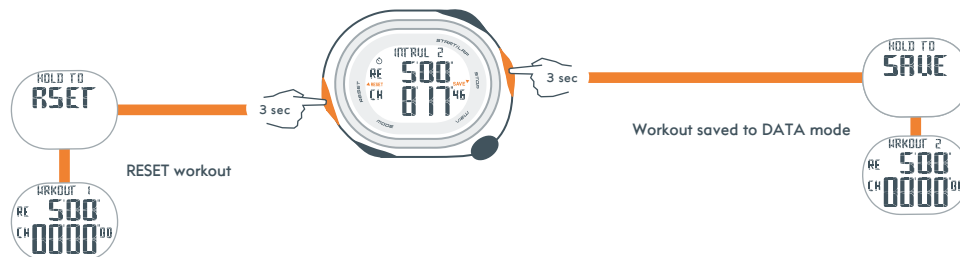


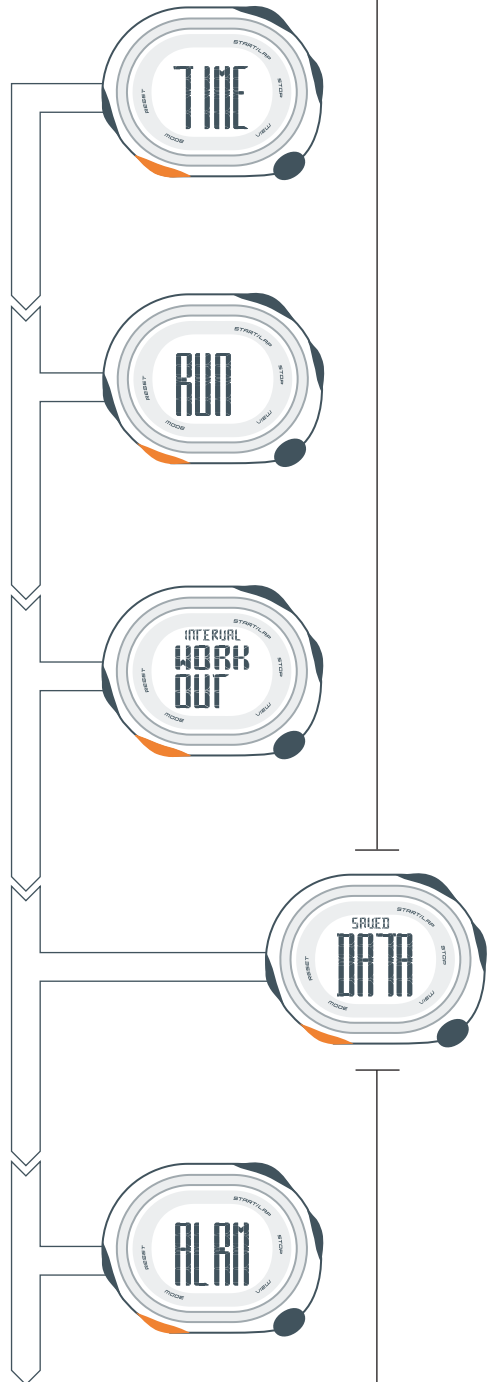


STOP Run



The Recovery Timer (RE) counts the time in-between your timed runs or workout intervals (CH).



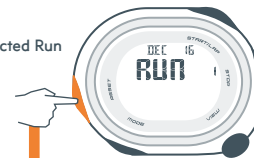


Select RUN



DATA mode records Total Time, All Lap Times, Best Lap and Average Lap

CLEAR Selected Run



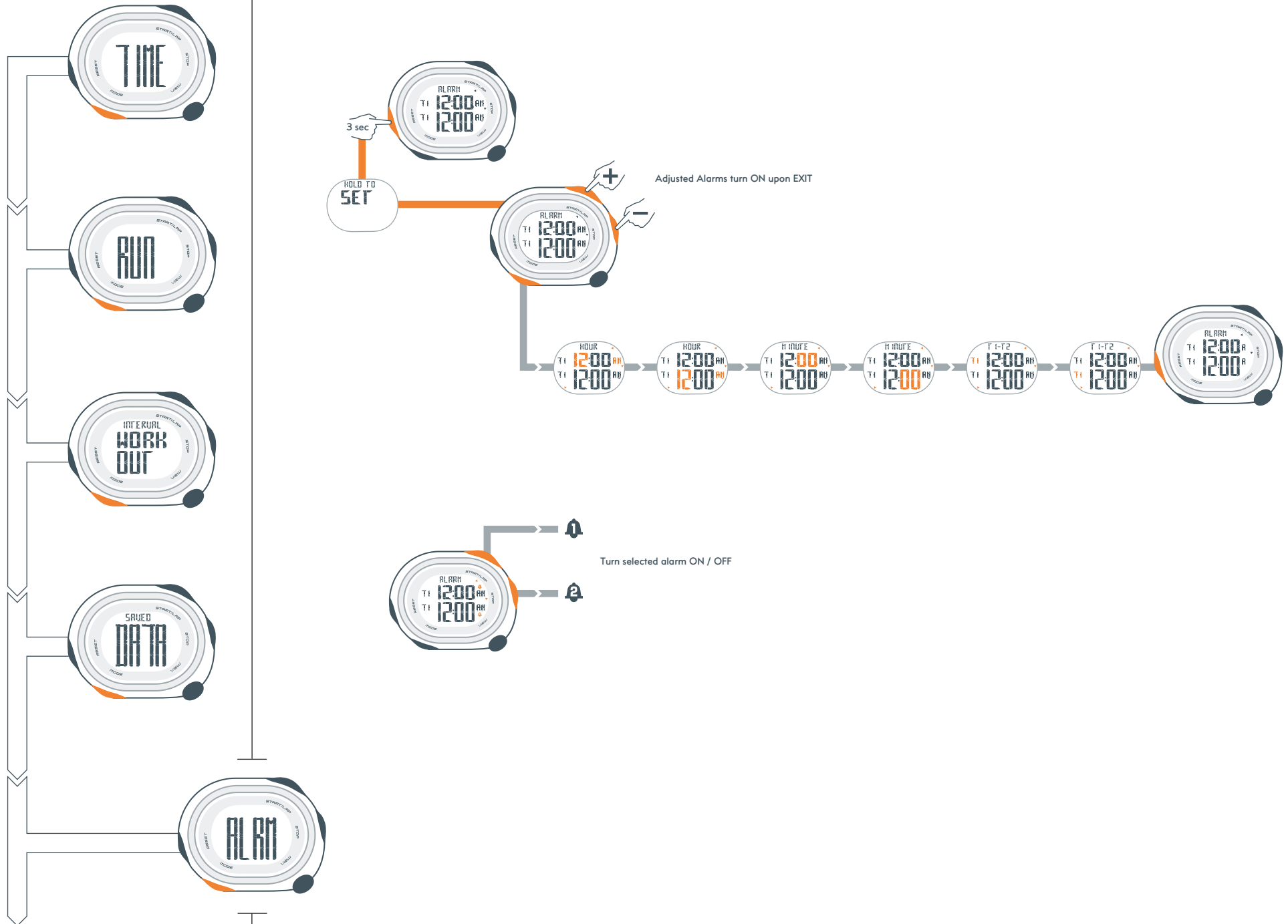
3 •••

CLEAR ALL Runs



4 •••





English

BATTERY LIFE

The battery in your Nike watch is estimated to last 5 years, depending on frequency and use of certain features.

BATTERY REPLACEMENT

Battery replacement must be performed by an authorized Nike service center to retain a valid warranty. In addition to battery replacement, the service center will test movement, gaskets, water resilience and hardware, to further ensure the long-term care of your watch.

WARNING! Keep watch batteries away from children. If swallowed, contact a doctor immediately.

WARNING! Batteries contain chemical substances. They should be disposed of properly according to local regulations.

ATTENTION Hot steam may cause damage to the watch. do not wear in steaming shower, spa or hot tub.

ATTENTION Water damage may occur if the buttons are pressed underwater.

ATTENTION Watch cases and metal bracelets should be rinsed thoroughly in fresh water after being exposed to salt water.

MATERIAL SPECIFICATIONS

Crystal	Mineral glass
Strap	Polyurethane
Case	Polycarbonate
Caseback	Stainless Steel
Buttons	Polycarbonate
Buckle	Stainless Steel

CR1620 3V Li

