

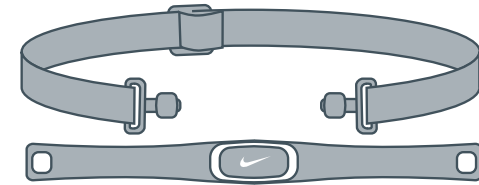
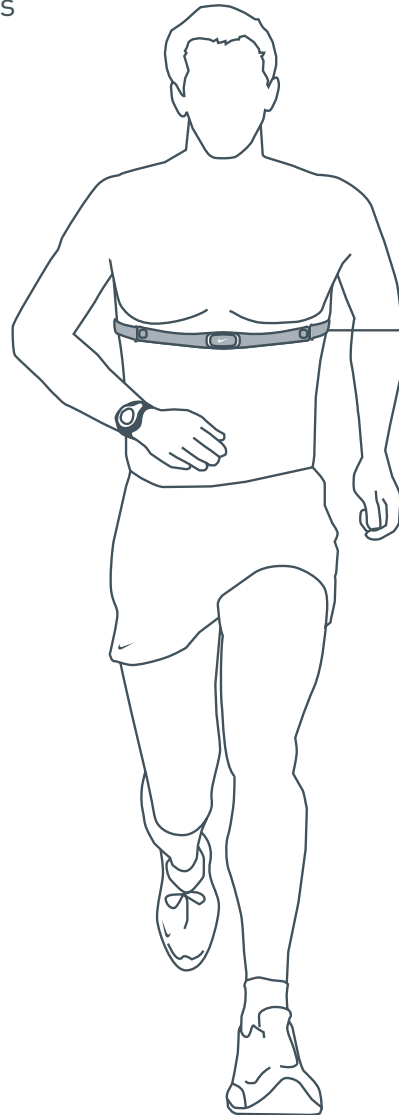
Information is Power

By measuring intensity (heart rate) and duration (time) you can avoid over training, help prevent injury, and maximize your chances of achieving your goals.



triax c3 features

- Continuous heart rate
- Exercise timer
- Time of day



Heart Rate Transmitter

Your Heart Rate Transmitter reads the electrical impulses of your heart and transmits data to your watch. It is one of the most accurate ways to measure heart rate. The Transmitter will function automatically if it is worn correctly within a meter of the watch. The Transmitter is ergonomically designed to fit comfortably during all types of exercise.

ATTENTION: Anyone beginning an exercise regimen for the first time (especially users of pacemakers or other implanted devices) should consult their physician or health professional before using the heart rate monitor.

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This document with updates is available online at www.nike.com/manuals

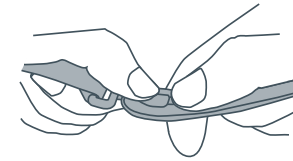
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Positioning the Heart Rate Transmitter

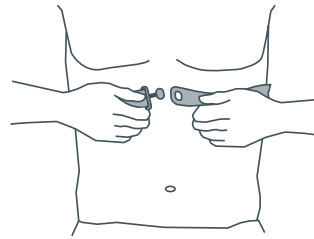
Follow steps 1 through 4 to position the HR Transmitter.



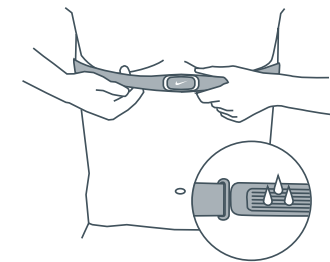
1 Push tab up through slot in HR Transmitter.



2 Press down tab until flush.



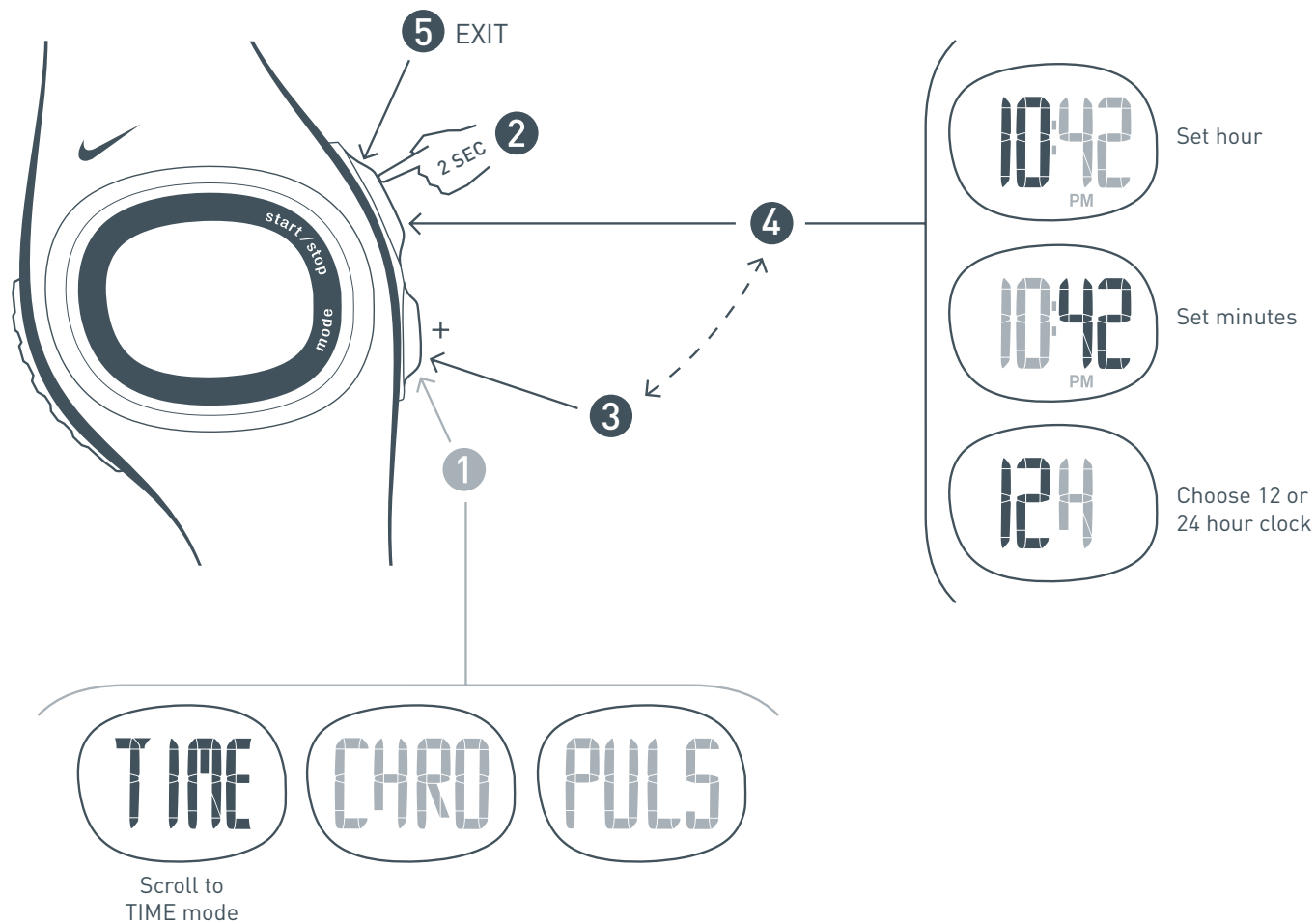
3 Attach other side of HR Transmitter around chest. Position on rib cage just below the breast plate. Should be worn directly against skin and snug enough to not slip down while running.



4 Generously **wet both grooved areas** on the back of HR Transmitter to ensure a good pick up between your pulse and the Transmitter.

TIME Set Time

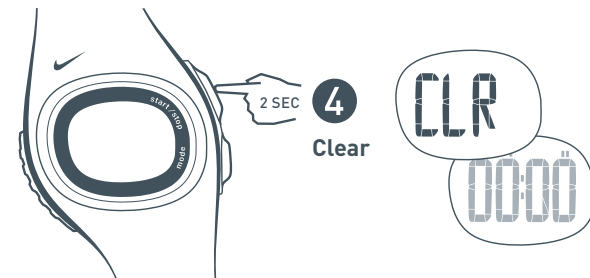
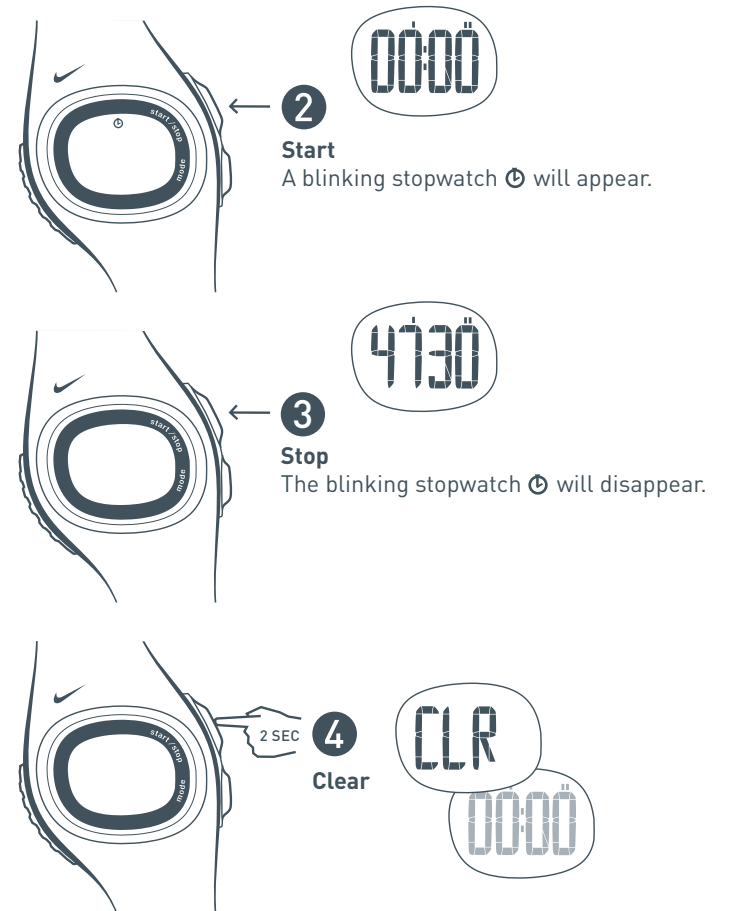
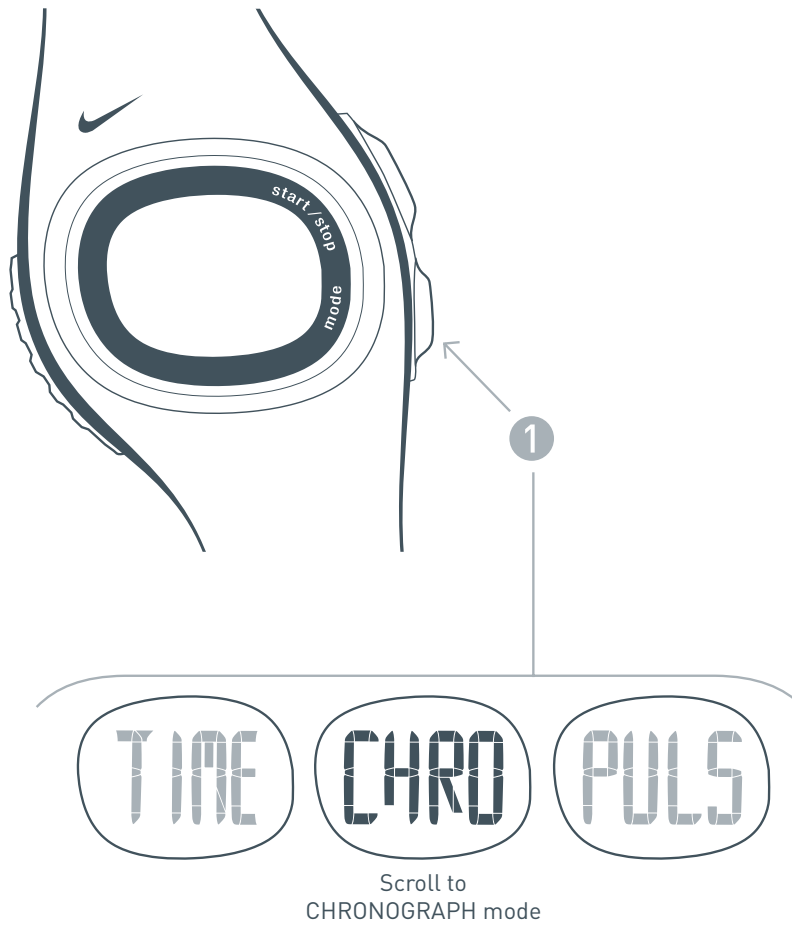
Follow steps 1 through 5 to set the time.



CHRO

Using the Chronograph

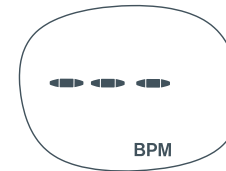
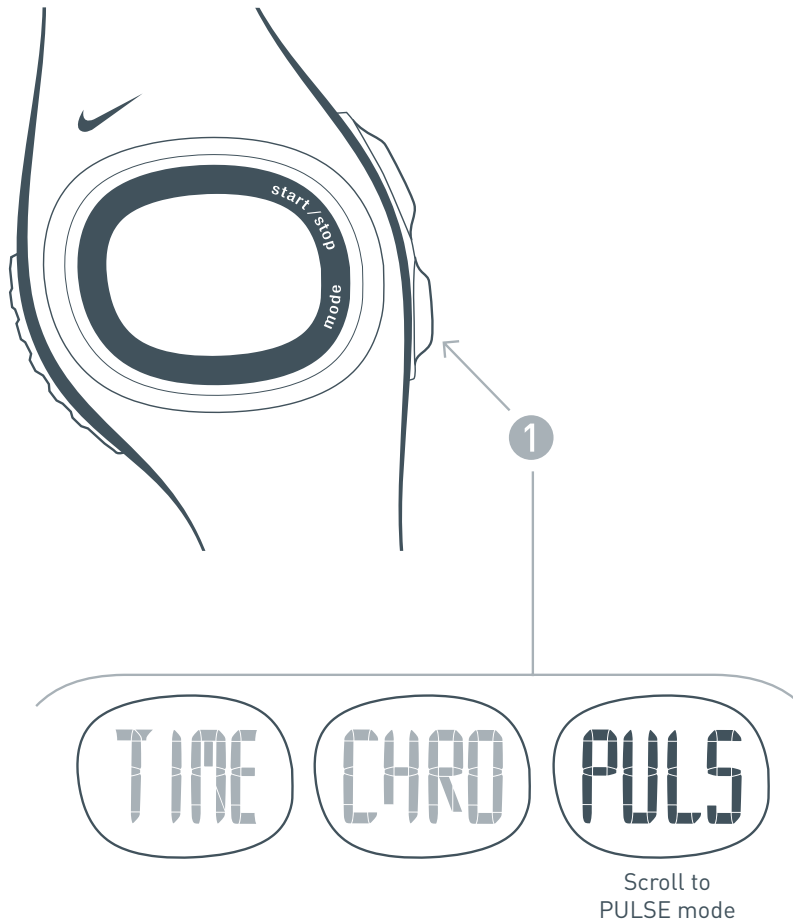
Follow steps 1 through 4 to use the chronograph.



PULS

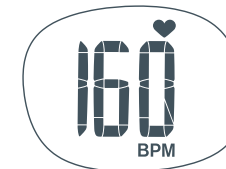
Viewing Heart Rate

PULSE mode displays your current heart rate.



No Heart Rate Displayed

If you see three blinking lines in the display, the watch is not receiving transmission from the Heart Rate Transmitter. See page 4 *Positioning the Heart Rate Transmitter* or page 8 *Troubleshooting*.



Heart Rate Displayed

The blinking heart ♥ will appear.

Troubleshooting

No heart rate displayed on watch:

The grooved sensors may not be wet enough. Wet and try again. It is recommended that you wear the Heart Rate Transmitter directly against your skin. If you are wearing the HR Transmitter over clothing, try getting the clothing wet also.

The HR Transmitter may not be positioned correctly. Make sure the grooved sensors are flat against the skin.

Heart rate reading on watch is erratic or stops:

You may need to replace the battery in the HR Transmitter .

Sources of electromagnetic fields like appliances, computers and power lines can cause interference. Change your location.

This product complies with EN60601-1-2

Watch display is frozen:

The display of your watch may "freeze" due to static electricity or recent battery replacement. If this occurs, press and hold both buttons at the same time. This will erase the data in the memory and allow you to reset the watch to the factory settings.



Press and hold both buttons at the same time to reset the watch to the factory settings.

Specifications

IP code: IPX8

Applied Part: Type CF

Storage: Standard Conditions (within operating temperature)

Watch

Water Resistant up to 30 Meters:

Designed for underwater performance to a depth of 99 feet (30 m).

ATTENTION: Water damage will occur if watch buttons are pressed while underwater!

Operating Temperature: -5 to 50° Celsius

Material Specifications:

Crystal: Mineral Glass

Case: Polycarbonate

Buckle: Stainless Steel

Bezel: Stainless Steel

Caseback: Stainless Steel

Strap: Polyurethane

Mode Limits:

Chronograph: 23:59'59"

Heart Rate: 30 - 240 bpm



Heart Rate Transmitter

Water Resistant up to 30 Meters:

Wipe dry after use. Do not store among conductive material.

Operating Temperature: -5 to 50° Celsius

Accuracy: ±1% or ±1% bpm, whichever larger (steady state)

Material Specifications:

Case: Polycarbonate

Strap: Urethane

Band: Elastic

Battery

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.

Watch

Battery Type: CR2032 3V Lithium

Battery Life:

The battery is estimated to last 1.5 years depending on frequency and use of certain features.



Battery Replacement:

Do not open watch back. Battery replacement must be performed by a certified Nike service center to retain a valid warranty. In addition to battery replacement, the service center will test movement, gaskets, water resistance and hardware, to further ensure the long-term care of your watch.

Heart Rate Transmitter

Battery Type: CR2032 3V Lithium

Battery Life:

The battery is estimated to last 1 year if HR Transmitter is used one hour per day.



- 1 Open the battery lid on the HR Transmitter with a coin by turning counter-clockwise.



- 2 Insert a CR2032, 3V lithium battery with the writing facing you. Do not touch the 2 contacts.



- 3 Replace the battery lid.