

AMBIENT

1

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The Ambient alpine watch is a high-sensitivity multi-function thermal gauge.

With N.C.A.S.E. (Nike Cartridge Attachment System) engineering, we have removed the watch pins for improved durability and versatility.

The Ambient watch was designed to work just the way you think it should. This manual combines step by step operational instructions to help identify the features and functions of each mode.

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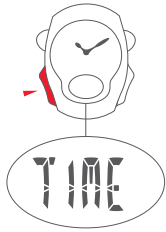
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MODES

Cycle to a mode

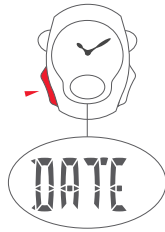
Press the MODE button repeatedly until the desired mode (TIME, DATE, TEMPERATURE, TEMP ALARM, CNTR, TIMR, or ALRM) appears.

a TIME



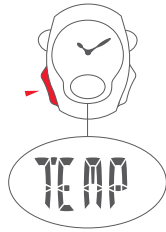
Independent analog and digital displays for monitoring dual time zones.

b DATE



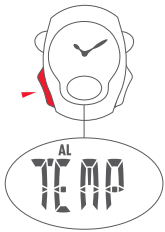
Month/Date information.

c TEMPERATURE



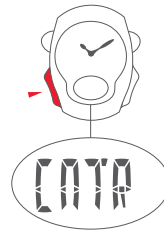
Temperature information with custom, adjustable offset.

d TEMP ALARM



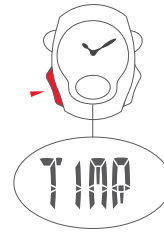
Audible alert when thermometer falls or rises across a selected temperature.

e COUNTER



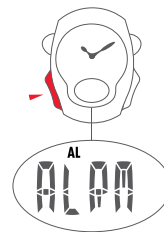
Counter adjustable in increments of 1, up to 999.

f TIMER



Countdown Timer. Down from 59 minutes, 59 seconds, adjustable in 1 second increments.

g ALARM



A programmable sonic alert.

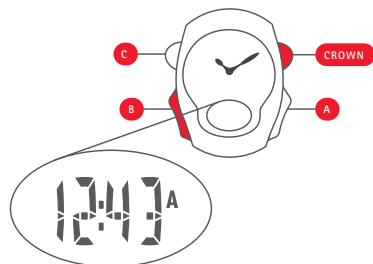
a TIME

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Analog Time

Adjust analog time

Pull the watch stem (crown) and rotate in either direction to adjust hours and minutes. Push watch stem back in to activate analog display.



Digital Time

In TIME mode you can adjust time of day information.

Set time of day

In TIME mode, press and hold BUTTON A for 2-3 seconds. The hour designator blinks.

Note that the adjustable element is always blinking. If no buttons are pressed for 2-3 minutes the watch will exit ADJUST mode and return to TIME mode. To quickly exit ADJUST mode, press BUTTON A repeatedly to cycle through all adjustable elements; the display will then stop blinking.



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1 Press BUTTON B to advance one hour. Hold for quick advance.

2 Press BUTTON A to advance to next programmable element. The minutes begin blinking.

3 Press BUTTON B to advance one minute. Hold for quick advance.


4 Press BUTTON A to advance to next programmable element. The 12H or 24H display begins blinking.

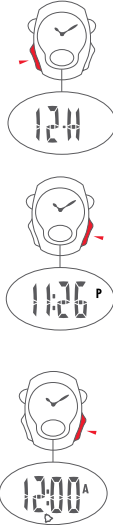


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5 Press **BUTTON B** to select display type: 12 hour or 24 hour digital display.

6 Press **BUTTON A** to save changes.
Time is set and no elements are blinking.

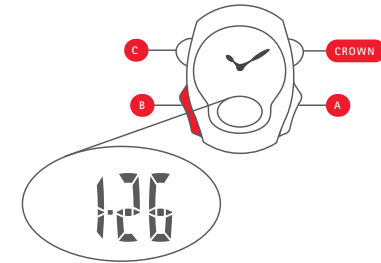
Activate and deactivate the chime
In **TIME** mode, press **BUTTON A**.
The  symbol indicates that a chime will sound at the press of any button.



b DATE

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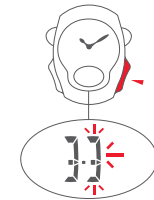
DATE mode provides calendar information including month and day.



Set Date

1. In **DATE** mode, press and hold **BUTTON A** for 3 seconds.
The day designator blinks.

*Note that the adjustable element is always blinking. If no buttons are pressed for 2-3 minutes the watch will exit **ADJUST** and return to **DATE** mode. To quickly exit **ADJUST** mode, press **BUTTON A** repeatedly to cycle through all adjustable elements; the display will then stop blinking.*



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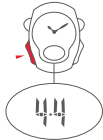
2 Press **BUTTON B** to advance one day.
Hold for quick advance.



3 Press **BUTTON A** to advance to next programmable element.
The month begins blinking.



4 Press **BUTTON B** to advance month.
Hold for quick advance.



5 Press **BUTTON A** to advance to the next programmable element.
The year begins blinking.



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6 Press **BUTTON B** to advance one year.
Hold for quick advance up to the year 2049.



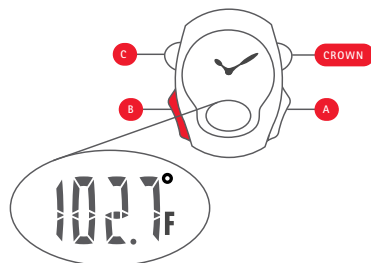
7 Press **BUTTON A** to save changes.
Date is set and no elements are blinking.



C TEMPERATURE

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In TEMPERATURE mode you can read the current temperature and program a compensating temperature offset.

**Change display between Celsius and Fahrenheit**

1 In TEMPERATURE mode, press and hold BUTTON A for 2 seconds.

The alternate temperature measurement appears (C°/F°).

2 Hold BUTTON A for fewer than 2 seconds for brief glimpse of alternate temperature measurement (C°/F°).

**Program Offset**

An offset is used to compensate for factors which affect the watch's ability to accurately determine the temperature. Examples of these factors are body temperature, wind-chill, etc. By calibrating your watch's temperature sensor you can tune it to your environment. For example, if your watch displays a temperature of 23C°, but another thermometer reads 21C°, you can set your watch to match the other thermometer.

Warning: Use this feature only when necessary. In order to erase a temperature offset so the watch shows the temperature as calibrated by the manufacturer, you must reset the entire watch. All time, date, alarm and timer settings will be erased.

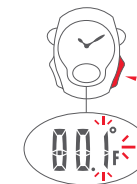
1 Determine the actual temperature.

2 In TEMPERATURE mode, press and hold BUTTON A for 5 seconds.

After 2 seconds there is a tone related to changing the display between C° and F°. Continue holding about 3 more seconds until the next tone. The 1/10th degree indicator blinks.

Note that the adjustable element is always blinking. To quickly exit ADJUST mode, press BUTTON A repeatedly to cycle through all adjustable elements; the display will then stop blinking.

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3 Press **BUTTON B** to advance the blinking digit to the desired temperature.



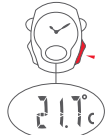
4 Press **BUTTON A**
The degree indicator blinks.



5 Press **BUTTON B** to advance the blinking digit to the desired temperature.



6 Press **BUTTON A** to save changes.
Temperature is set and no elements are blinking.



Reset the thermometer so there is no offset

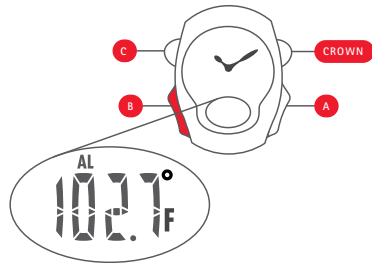
In **TEMPERATURE** mode, press and hold **BUTTONS A and B** for **4-5 seconds**.
The offset will be erased.



d TEMPERATURE ALARM

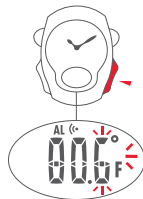
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In TEMPERATURE ALARM mode, you can set an alarm to sound when the temperature crosses a certain point.



Set the temperature alarm

- 1 Decide at what temperature you want to be alerted.
- 2 In TEMPERATURE ALARM mode, press and hold BUTTON A for 2-3 seconds. The 1/10th degree indicator blinks.

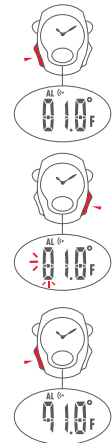


Note that the adjustable element is always blinking. If no buttons are pressed for 2-3 minutes the watch will exit ADJUST and return to TEMPERATURE ALARM mode. To quickly exit ADJUST mode, press BUTTON A repeatedly to cycle through all adjustable elements; the display will then stop blinking.

- 3 Press BUTTON B to advance 1/10th degree. Hold for quick advance.

- 4 Press BUTTON A to advance to next programmable element. The degree indicator begins blinking.

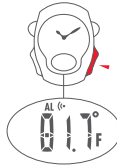
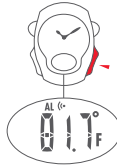
- 5 Press BUTTON B to advance one degree. Hold for quick advance.



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6 Press BUTTON A to save changes.

7 The temperature alarm is set when no elements are blinking.



Turn the temperature alarm ON/OFF

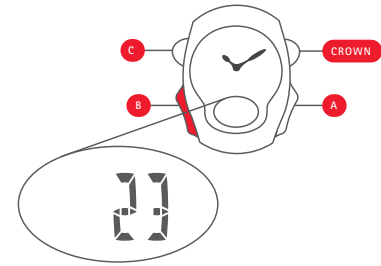
In TEMPERATURE ALARM mode, press BUTTON A.

When the alarm is activated the  symbol will appear in the display.

Note: The temperature alarm turns itself off automatically when the temperature rises or falls across the selected temperature and the alarm has sounded for ten seconds. The temperature alarm will also turn off after 12 hours, to conserve battery power.

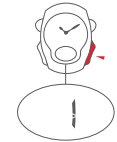
e COUNTER

In COUNTER mode you can count in positive increments from 1 up to 999.



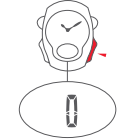
Increase count by one

In COUNTER mode, press BUTTON A.



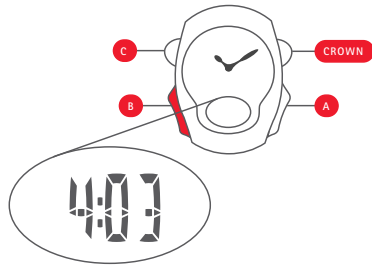
Reset to zero

In COUNTER mode, press and hold BUTTON A. Counter returns to zero.



f **TIMER**

TIMER mode provides an adjustable countdown timer. It is programmable in one second increments up to 59'59". An audible tone will signal the end of each countdown. Tone sounds once if timer is set for less than a minute, 5 times if timer is set for more than one minute.



Set the timer

1 In **TIMER** mode, press and hold **BUTTON A** for two seconds. The minute designator blinks.

*Note that the adjustable element is always blinking. If no buttons are pressed for 2-3 minutes the watch will exit **ADJUST** and return to **TIMER** mode. To quickly exit **ADJUST** mode, press **BUTTON A** twice to cycle through all adjustable elements; the display will then stop blinking.*



2 Press **BUTTON B** to advance one minute. Hold for quick advance.

3 Press **BUTTON A** to advance to next programmable element. The seconds begin blinking.

4 Press **BUTTON B** to advance seconds. Hold for quick advance. Press **BUTTON A** to save changes.

Start the timer
Press **BUTTON A**. Countdown begins.



Pause the timer
Press BUTTON A during countdown.



Restart the timer
Press BUTTON A.
Countdown continues.

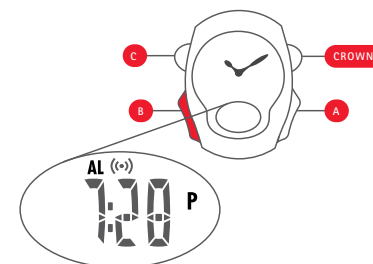


Reset timer
Press and hold BUTTON A.
The timer resets and enters adjust mode. Follow direction for setting the timer or press BUTTON A twice to exit adjust mode.

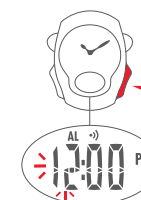


g ALARM

In ALARM mode you can set an alarm to sound for 20 seconds.



Set the Alarm
1 In ALARM mode, press and hold BUTTON A for two seconds.
The hour designator blinks.

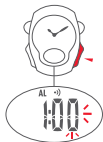


Note that the adjustable element is always blinking. If no buttons are pressed for 2-3 minutes the watch will exit ADJUST and return to ALARM mode. To quickly exit ADJUST mode, press BUTTON A repeatedly to cycle through all adjustable elements; the display will then stop blinking.

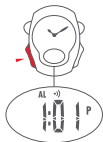
2 Press **BUTTON B** to advance one hour.
Hold for quick advance.



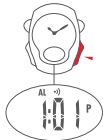
3 Press **BUTTON A** to advance to next programmable element.
The minutes begin blinking.



4 Press **BUTTON B** to advance one minute.
Hold for quick advance.

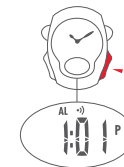


5 Press **BUTTON A** to save changes.
Alarm is set and no elements are blinking.



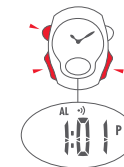
To turn alarm ON/OFF

1 In **ALARM** mode, press **BUTTON A**.
When the alarm is activated a  will appear in the display.



Deactivate a sounding alarm

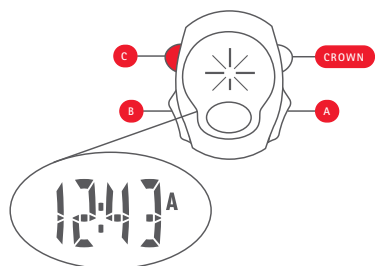
To deactivate a sounding alarm press any button.



h NIKE ELECTROLITE

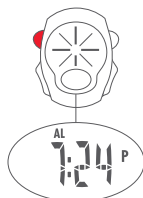
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You can illuminate the entire watch display by pressing the Electrolite button.



Activate the Electrolite display feature
Press **BUTTON C** to illuminate both the analog and digital displays for 3 seconds.

Note: Irregular movements of the second sweep hand indicate the battery needs to be replaced. These irregular movements do not effect accuracy.



SPECIFICATIONS

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MODE LIMITS

TIMER	59'59"
COUNTER	999
TEMPERATURE	-20C to +55C

TEMPERATURE ACCURACY

Accuracy is $\pm 1^{\circ}\text{C}$ (1.8°F) between -5°C (23°F) and $+25^{\circ}\text{C}$ (77°F), $\pm 2^{\circ}\text{C}$ (3.6°F) outside this range. Remember that temperature is affected by body heat. To minimize this effect, wear the watch on the outside of clothing or away from the body. Direct sunlight will also affect temperature display.

TEMPERATURE SAMPLING RATES

TEMP mode
Sampling occurs every 5 seconds during the 1st minute, then every 2 minutes for 1 hour. Then every 5 minutes for 3 hours. After approximately 4 hours the watch will enter TIME mode to conserve battery power.
All other modes - When TEMPERATURE ALARM is activated sampling interval is 10 minutes. When TEMPERATURE ALARM is not activated, sampling interval is 1 hour.

H2O Resistance
50 Meters

MATERIALS

CASING	Polycarbonate
STRAP	FRESH: Stretchable acrylic/Polyester
	FROZEN: Polyurethane
	Stainless Steel

BATTERY

Battery Life 1.5 years
Battery Type CR-2016
Note that at extremely low temperature it is normal for the Liquid Crystal Display to slow noticeably. This is not a sign of a low battery.

WARRANTY

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One Year Limited Warranty (USA)

Your NIKE watch is warranted to be free of defects in materials or workmanship, under normal use, for a period of one year from the date of original retail purchase. This limited warranty excludes the battery, crystal, strap, or damage resulting from improper care or handling, accidents, modification, unauthorized repairs, or normal wear.

Return the defective watch and the store receipt to the place of purchase. If there is a covered defect, the defective parts or watch will be repaired or replaced, at Nike's option, with the same product (if available) or a similar product of equal price.

This limited warranty is in lieu of all other express or implied warranties, and excludes refund of the purchase price. In no event shall NIKE be liable for direct, indirect, incidental, or consequential damages arising out of the use of the watch, and any recovery is limited to the purchase price. No other person or company is authorized to change this limited warranty, and your dealer is solely responsible for any other warranties.

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Please fill out this registration card and retain as proof of warranty.

OWNER'S NAME

DATE OF PURCHASE

RETAILER (IF KNOWN)

NAME/STYLE OF WATCH

SERIAL NUMBER (LOCATED ON BACK OF WATCH)

SIGNATURE