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.

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.

triax c3 features

• Continuous heart rate
• Exercise timer
• Time of day

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.niketiming.com](http://www.niketiming.com)

Printed on Wood Free Paper
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.
Set Time

Follow steps 1 through 5 to set the time.

1. Scroll to TIME mode
2. 2 SEC
3. +
4. EXIT
5. Set hour

Choose 12 or 24 hour clock

Set minutes

Set Time
Using the Chronograph

Follow steps 1 through 4 to use the chronograph.

1. Scroll to CHRONOGRAPH mode

2. Start
   A blinking stopwatch 0 will appear.

3. Stop
   The blinking stopwatch 0 will disappear.

4. Clear
   00:00
Viewing Heart Rate

PULS mode displays your current heart rate.

Scroll to PULSE mode

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)

**Water**

**Water Resistant up to 30 Meters:**
Designed for underwater performance to a depth of 99 feet (30 m).

**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.
Two-Year Limited Warranty

Your NIKE watch is warranted to be free of defects in materials or workmanship, under normal use, for a period of two years from the date of delivery. 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, you have the option to have the defective parts or watch repaired or replaced with the same product (if available) or a similar product of equal price. However, NIKE reserves the right to refuse either repair or replacement (but not both) if the cost of doing so would be disproportionate to the defect.

This limited warranty is in place of all other express warranties, and excludes refund of the purchase price. Any implied warranties, including merchantability and fitness for a particular purpose, are limited to the duration of this limited warranty. 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.

For U.S. Purchasers: Some states do not allow limitations on how long an implied warranty lasts, or exclusions of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

The foregoing is without prejudice to other legal rights that may arise under applicable national legislation.

For non-warranty service like battery or strap replacement, contact one of the listed service centers.

CE Compliance

This product complies with the Medical Device Directive (Directive 93/42/EEC).

Service Centers

USA: 800-359-2508
Parsec Enterprises, Inc.
7501 N. Harker Dr.
Peoria, IL 61650

Denmark: +45 45932233
France: +33 1 42 72 03 33
UK: +44 1628 770988
Germany: +49 2154 943 471
Netherlands: +31 104009899
Belgium: +00 32 2 468 32 05
Italy: +39 2 7200980
Norway: +47 67 51 20 87
Sweden: +47 67 51 20 87
Austria: +43 1331937
Finland: +358 9 4780 500
Switzerland: +41 32 321 7272
Spain: +34 93 419 5888
Greece: +30 32 12293

For non-warranty service like battery or strap replacement, contact one of the listed service centers.

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