

Your hrm[**triax inspire** watch is engineered to provide quick, one-touch access to critical training information.


Used properly, this heart rate monitor will help you train more effectively by delivering accurate and timely heart rate readings. If your goal is to improve fitness or just lose weight, you will find this to be a valuable tool.

This manual offers step-by-step operational instructions to help identify programmable features and functions of each mode. It is not the goal of this manual to provide all the information necessary to embark upon a training regimen. Good sources for that information include books, internet sites and professional trainers that are affiliated with most health clubs. The hrm[**triax inspire** is just one part of an intelligent exercise plan.



*Before beginning any exercise regimen, consult your physician or health professional. There are numerous factors to consider when determining pace limits and exercise intensity levels. Some of these factors include age, exercise frequency and overall physical fitness.*



*Look for the  symbol throughout this manual to identify especially useful and important information.*

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We've tried to make this watch as easy to use as possible, and have taken great care to make the button functions consistent and clear. Even if you don't read the entire manual, you can operate your watch if you generally understand how the buttons work.

### BUTTON FUNCTIONS/LEFT SIDE

Use the **ADJUST/RESET** button to adjust, set or reset the watch functions, like adjusting the time or resetting the chronograph. Unlike other buttons you must press and hold this button for a few seconds, to keep from accidentally resetting or adjusting your watch.

**MODE/NEXT** will shift the watch to the next mode. When making adjustments, **MODE/NEXT** will move you to the next adjustable element.



### BUTTON FUNCTIONS/RIGHT SIDE

The buttons on the right side of the watch offer more functions than the buttons on the left side.

**START/+** is the go, plus or move forward button.

TIME mode – press to activate the confirmation tone.

CHRON mode – press to start chronograph and view split time.

ALARM mode – press to turn alarm on and off.



*When making adjustments, press to advance blinking element.*

**STOP/-** is the stop, minus or go backward button.

It allows alternate selections in some modes.

CHRON mode – press to stop chronograph.




*When making adjustments, press to reverse blinking element.*

### ELECTROLITE BUTTON

Turns on the light.



*Press and hold **ELECTROLITE** button to activate and de-activate auto-electrolite function. When activated,  appears, allowing the light to come on at the press of any button.*

*To conserve battery life, the auto-electrolite feature will automatically turn off after 12 hours.*

## CHEST TRANSMITTER

The chest transmitter enables the watch to provide information about heart rate. The watch can also be used without the transmitter as a multi-function sport timepiece. The transmitter will function automatically as long as it is worn correctly and is within 3 feet of the watch.

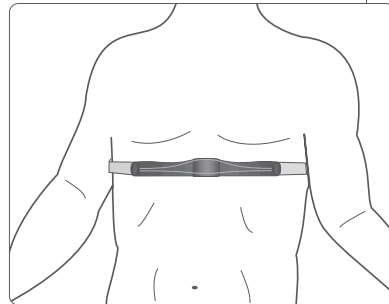
The grooved part of the transmitter houses sensors that time electrical pulses in your heart to determine heart rate. This information is then transmitted to your watch.



*hrm[triax inspire operates best if both sensors on the grooved part of the chest strap are wet. A few drops of water or saliva should be sufficient to cover the sensors.*

### POSITIONING CHEST TRANSMITTER

1. Attach adjustable strap to transmitter.
2. Wet grooved electrodes with saliva or water.
3. Adjust chest strap to fit comfortably and securely but tight enough so that it won't slip when you exercise.
4. Position chest transmitter below the breast so that it sits on your rib cage.



*Chest strap is most effective when worn directly against skin.*

### BATTERY CHANGE

If heart rate display becomes erratic or stops, it may be necessary to replace chest transmitter's battery.

1. Open battery lid on chest transmitter with a coin by turning counter-clockwise.
2. Insert a CR2032, 3V lithium battery with the writing facing you. Take care not to touch the 2 contacts.
3. Replace battery lid.



*Chest transmitter is water resistant. Wipe dry after use.*

## OPERATING INSTRUCTIONS

### MODES

Watch features are grouped into 4 different modes.

### CYCLE TO A MODE

Press **MODE/NEXT** repeatedly to reach desired mode.

#### TIME

Time and calendar information.

#### PULSE

View heart rate, set and view zone training info.

#### CHRONOGRAPH

View heart rate, elapsed time and split times.

#### ALARM

Features 20-second alert.

## MAKING ADJUSTMENTS TO MODE SETTINGS

There are various settings within each mode. All settings are adjusted in a similar fashion.

1. Press **MODE/NEXT** to select desired mode.
2. Press and hold **ADJUST/RESET** for 2 seconds. **HOLD to SET** is displayed. The adjustable element begins blinking.
3. Press **START/+** to increase/advance flashing element.
4. Press **STOP/-** to decrease/reverse flashing element.
5. Press **MODE/NEXT** to cycle to next element.
6. Repeat steps 3-5 until all adjustable elements are set.
7. Press **ADJUST/RESET** to save changes.



*When adjusting mode settings, the bottom line usually indicates what function is being adjusted.*

### ADJUSTABLE ELEMENTS IN EACH MODE

#### TIME MODE

Hours, minutes, seconds, day, month, year, 12/24

#### PULSE MODE

Zone on/off, high zone limit, low zone limit, zone alarm on/off

#### ALARM MODE

Hours, minutes

## TIME


In TIME mode, view time and calendar information. Set chime to sound at the press of any button and on the hour, every hour.

### SET TIME OF DAY/CALENDAR

See **MAKING ADJUSTMENTS TO MODE SETTINGS**

### TURN CHIME ON/OFF

Press **START/+**

The  toggles on and off each time button is pressed.




*For easy access/quick return to TIME mode, press and hold **MODE/NEXT** for 3 seconds in any mode.*

### PULSE MODE

hrm[**triax inspire** displays heart rate in beats per minute, and allows you to create an exercise zone with high and low limits. If heart rate is higher than upper limit, **HI** will blink in the display. If heart rate is lower than low limit, **LO** will blink.

Press **MODE/NEXT** until **PULS** appears. Screen will be blank if there is no signal from the chest transmitter. Mode returns to **TIME** if there is no signal for 2-3 minutes.

If there is a signal, screen will display  and heart rate.

#### TO ACTIVATE ZONES, OUT-OF-ZONE ALARM AND SET UPPER/LOWER HEART RATE LIMITS

In **PULS** mode, press and hold **ADJUST/RESET**. **HOLD to SET** appears. Follow **MAKING ADJUSTMENTS TO MODE SETTINGS** directions to set zone limits and to activate/deactivate an audible out-of-zone alarm.



### ABOUT ZONE TRAINING

Zone training involves setting an upper and lower pace limit, and controlling the intensity of workouts to keep your heart rate within those limits. It helps you to pace yourself more accurately, avoid over-exertion and have a more targeted and productive workout.



*Zone training is only part of a structured fitness regimen. It is important to train in an appropriate fitness-level zone. Consult a doctor or health professional to determine the best training zone for you.*

Training pace depends on your physical fitness and goals. Use these guidelines:

#### HIGH INTENSITY

Use only if you are in excellent physical condition. Exercise at this level:

- Increase peak performance
- Accustom your body to competition-level performance
- Increase lactic-acid tolerance

#### MEDIUM INTENSITY

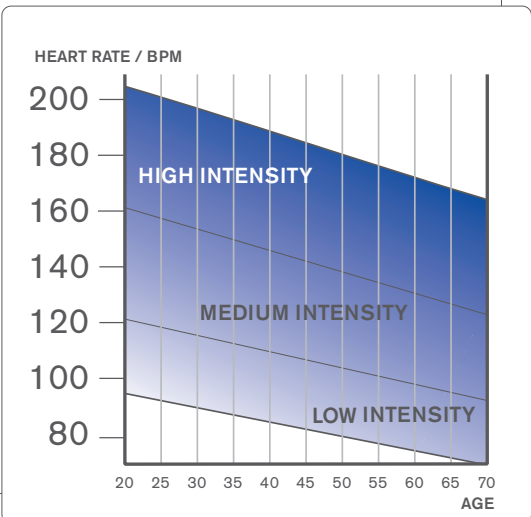
Exercise at this level:

- Increase cardiovascular health
- Improve endurance
- Lose weight

#### LOW INTENSITY

Exercise at this level:

- After an injury
- When beginning an exercise program
- During recovery sessions
- Improve overall health



## CHRONOGRAPH

View heart rate, elapsed time and split times.



### START MEASURING TIME/VIEW HEART RATE

In CHRO mode, press **START/+**

### STOP TIME MEASUREMENT

Press **STOP/-** Counting stops.  
Split time appears for 5 seconds.

### RE-START TIME MEASUREMENT

Press **START/+**

### VIEW SPLIT TIME

Press **START/+** Split time appears for 10 seconds while counting continues in the background.

### RESET CHRONOGRAPH

Chrono must be stopped to reset. If running press **STOP/-**  
Press and hold **ADJUST/RESET** for 2 seconds.  
**HOLD to CLR** is displayed and chrono resets.

## ALARM

Set an alarm that will sound for 20 seconds, or until any button is pressed.

### SET AN ALARM

See **MAKING ADJUSTMENTS TO MODE SETTINGS**.

### TURN ALARM ON/OFF

In ALARM mode, press **START/+** to toggle between on and off.



## TROUBLESHOOTING

### WHAT IF THERE IS NO HEART RATE READING OR IT IS EXTREMELY ERRATIC?

- Sensors may not be wet enough. If wearing chest transmitter over clothing, try getting clothing wet.
- Sources of electromagnetic fields, like appliances, computers and power lines can cause interference. Other heart rate monitors can also cause interference.
- Chest transmitter may not be properly positioned. Make sure sensors (grooved part) are flat against skin.
- Chest transmitter battery may be weak. Battery should last for about 16 months if used 1 hour per day.

## SPECIFICATIONS

### Mode Limits

Chronograph 23:59'59"

### Water Resistance

50 meters

### Materials

Crystal	Mineral Glass
Case	Plastic Resin
Caseback	Stainless Steel
Strap	Polyurethane
Buckle	Stainless Steel

### Battery Type

Watch	CR2032
Chest Transmitter	CR2032

## ONE YEAR LIMITED WARRANTY

Your Nike hrm [\[triax inspire\]](#) watch is warranted to be free of defects in materials or workmanship, under normal use, for a 1-year period from the date of original retail purchase. This limited warranty excludes battery, crystal, strap or damage resulting from improper care or handling, accidents, modification, unauthorized repairs or normal wear.

Return defective watch and store receipt to 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 purchase price. In no event shall Nike be liable for direct, indirect, incidental or consequential damages arising out of 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.