

Information is Power

This heart rate monitor was developed in association with Jay Blahnik, an internationally recognized fitness instructor, author and industry expert.

One insight that Jay has gained from his years of working with heart rate monitors is that too often people try to "shoot for a number" they have seen on a heart rate chart or have calculated using a heart rate equation.

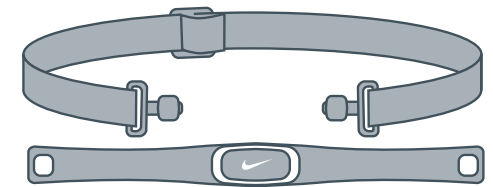
While these numbers might be just right for a few people, they are often inaccurate because they don't take into account how you or your body "feels".

Jay's input prompted NIKE to design the first monitor that actually helps you make a connection between how you feel and how hard your heart is beating. Instead of just "shooting for a number," you will be able to find the numbers that are just right for you.

Used properly, the **c6** watch can help you exercise more efficiently, avoid over-training and measure your progress and improvement.

triax **c6** features

- Personal zone finder
- Four adjustable target heart rate zones
- Real time calorie counter
- Graph view
- Data: time in zones, workout graph, exercise time.
- Time/Day/Date/Alarm



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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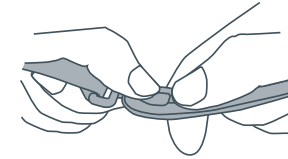
This document with updates is available online at www.niketiming.com

Quick Start

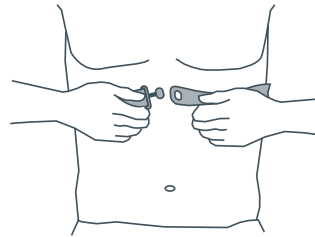
Follow steps 1 through 7 to position the Heart Rate Transmitter and go for a run.



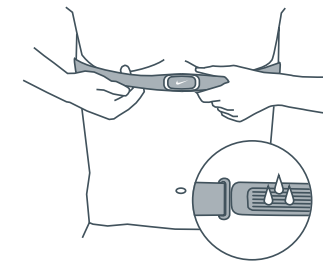
- 1 Push tab up through slot in HR Transmitter.



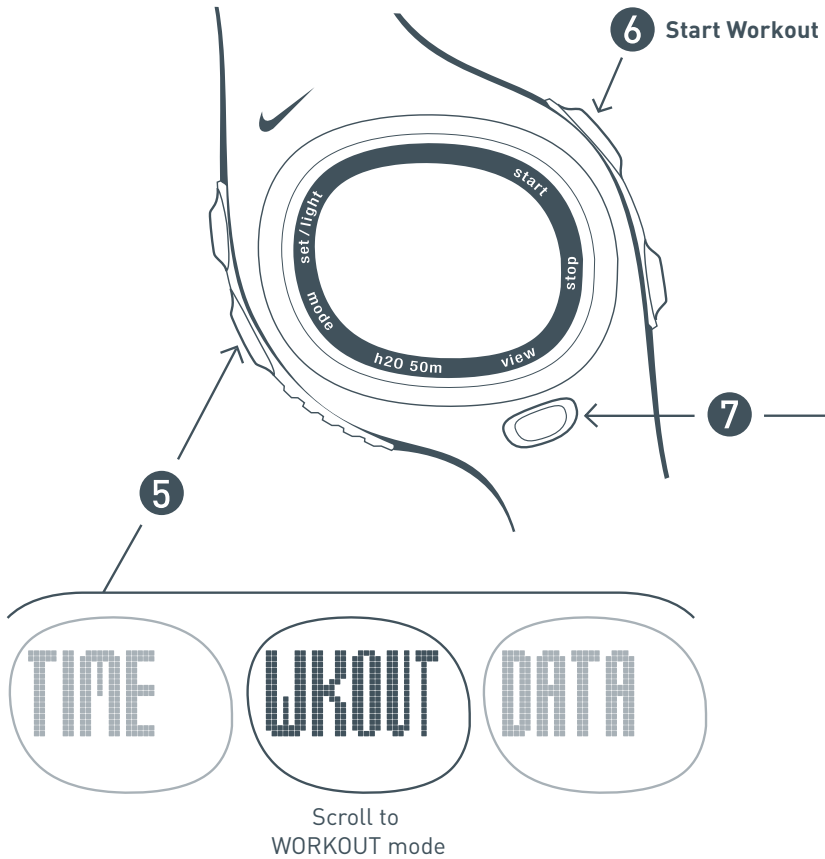
- 2 Press down tab until flush.



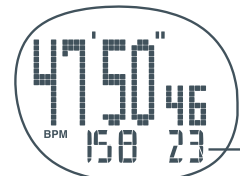
- 3 Attach other side of HR Transmitter around chest. Position on rib cage just below the breast plate. Should be worn directly against skin and snug enough to not slip down while running.



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



In WORKOUT mode, you can VIEW your information in 3 different ways. Pick the VIEW that displays the information most relevant to you.

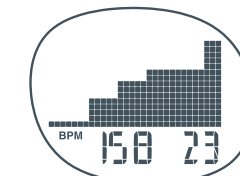


Chronograph View

Zone Number
Displays in which zone you are exercising.



Heart Rate / Calories View



Graph View

Each bar is your heart rate average for 2 minutes.



or



or



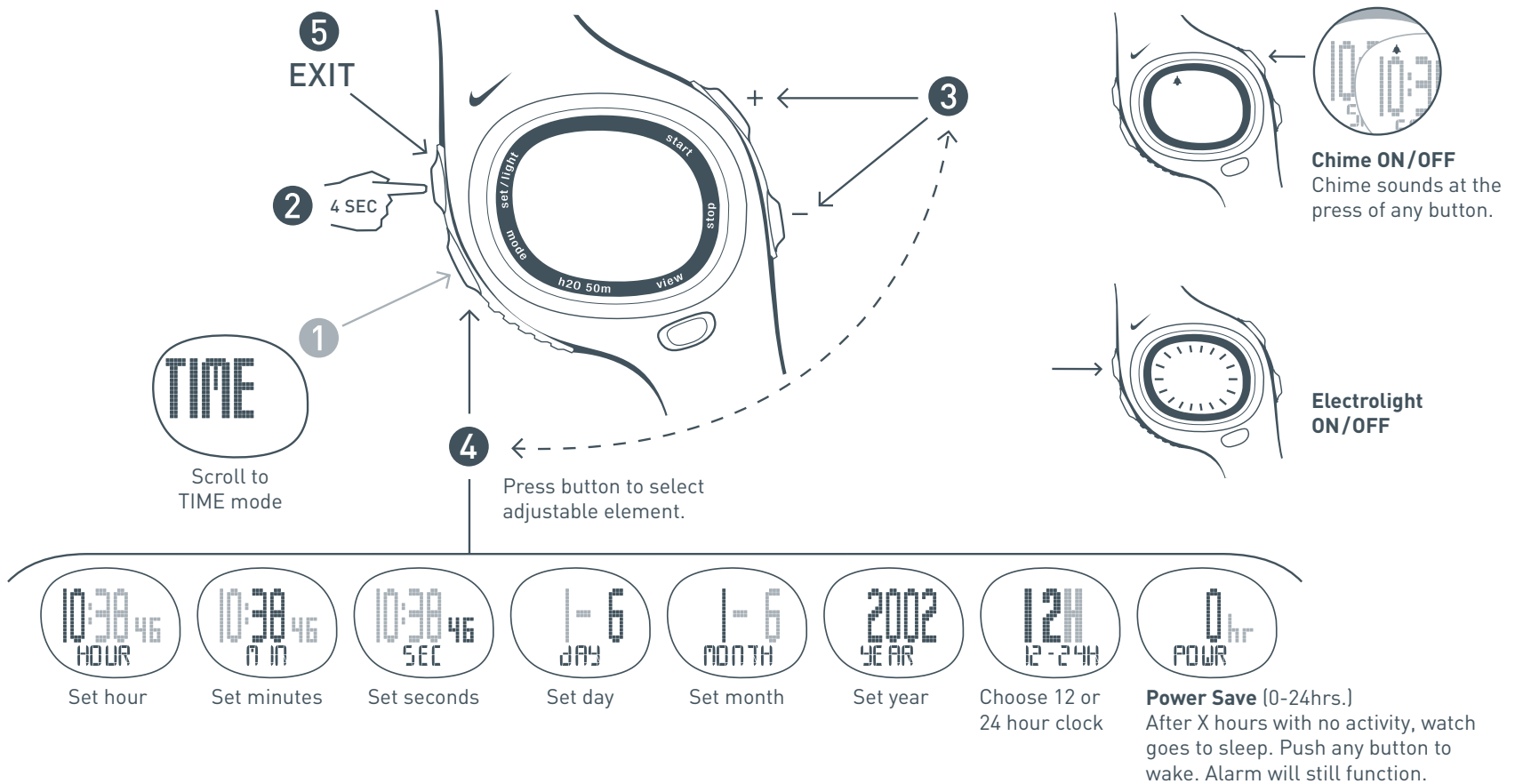
No Heart Rate Displayed

If you see three blinking lines in the display, the watch is not receiving transmission from the Heart Rate Transmitter.

Run through the *Quick Start* again or see page 14 *Troubleshooting*

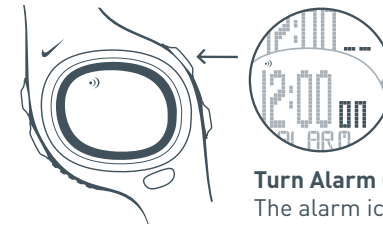
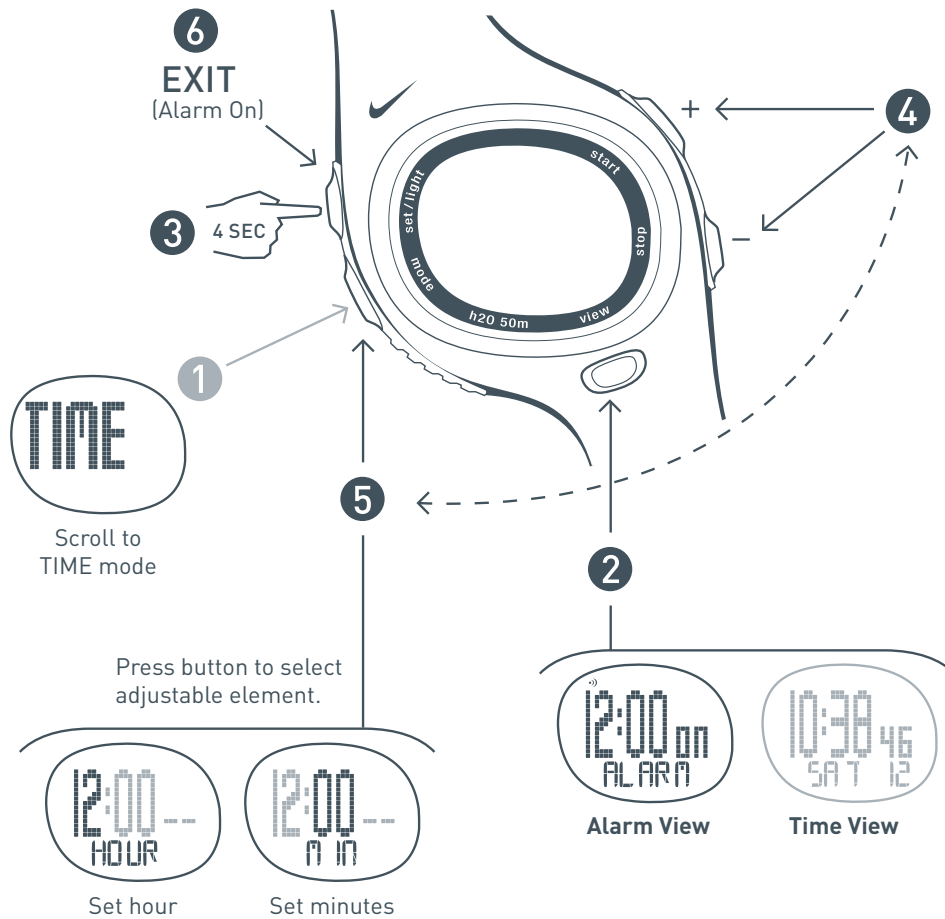
TIME Set Time

In TIME mode you can set the time, date and power save option. TIME mode is the only mode in which you can turn the button chime ON and OFF. Follow steps 1 through 5 to set the time and date.



TIME Set Alarm

Within TIME mode you can set an alarm. Follow steps 1 through 6 to set the alarm.



Turn Alarm ON/OFF
The alarm icon (🔔) will show in the display of any mode when the alarm is turned ON.

WKOUT

Completing the Heart Rate Zone Finder

A heart rate monitor is a great way to measure your exercise intensity in order to get results from your workout. It is very important to learn which numbers are right for you.

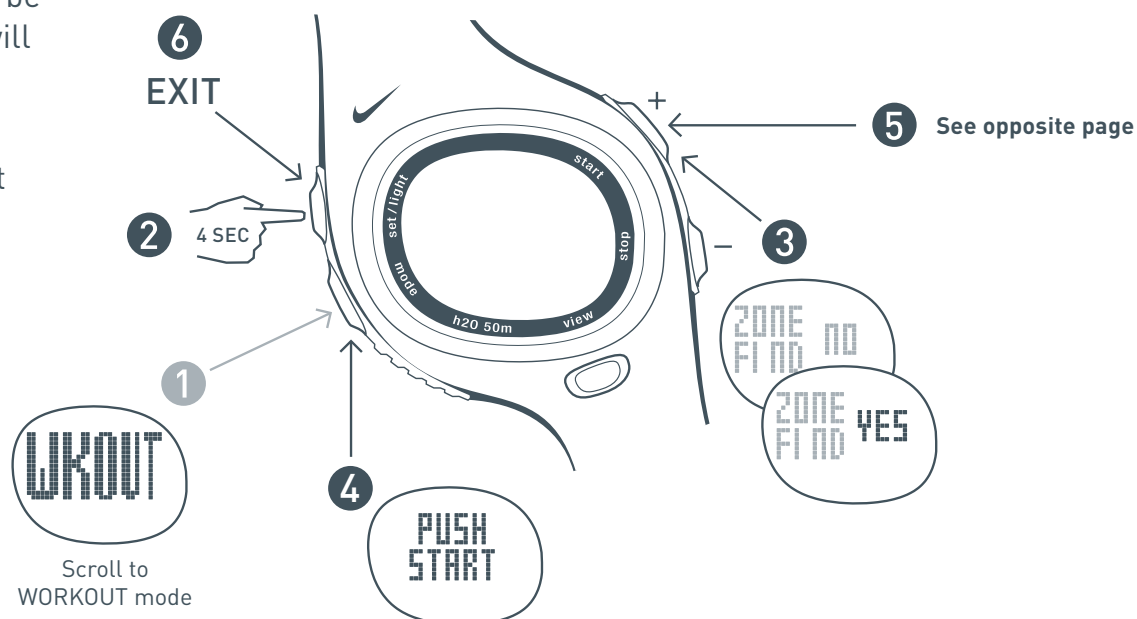
The **c6** watch is the first monitor with a Heart Rate Zone Finder. It helps you establish which numbers are easy (Z1), medium (Z2), hard (Z3) and very hard (Z4) for you. It is a simple exercise test that takes just 15 minutes, but will enable you to maximize the benefits of this watch, and learn more about your fitness.

Simply workout at the effort level displayed on the watch for the specified period of time. The **c6** then calculates your personal zones based upon the effort levels you achieved during the test. Rather than determining your zones or numbers through an arbitrary heart rate chart or equation, the Zone Finder creates custom zones just for you.

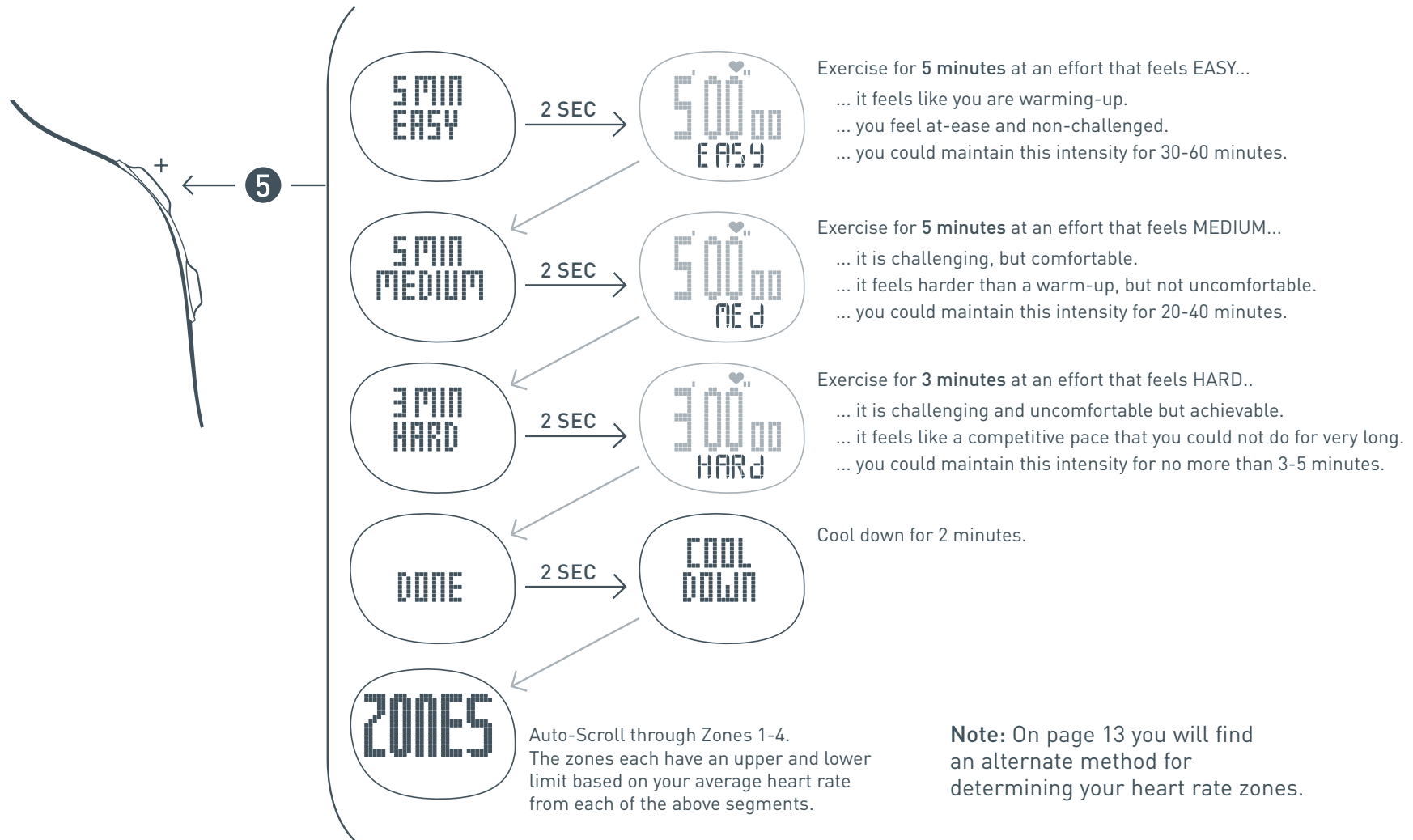
As your fitness improves, you will find that heart rates (or heart rate zones) that used to be challenging will begin to feel easier, or you will be able to maintain each zone for a longer period of time than before.

We recommend you take the Zone Finder test approximately every 30 days to check your progress and improvement. Your watch will even send you a reminder every 30 days so you don't forget.

Follow steps ① through ⑥ to complete the Heart Rate Zone Finder.



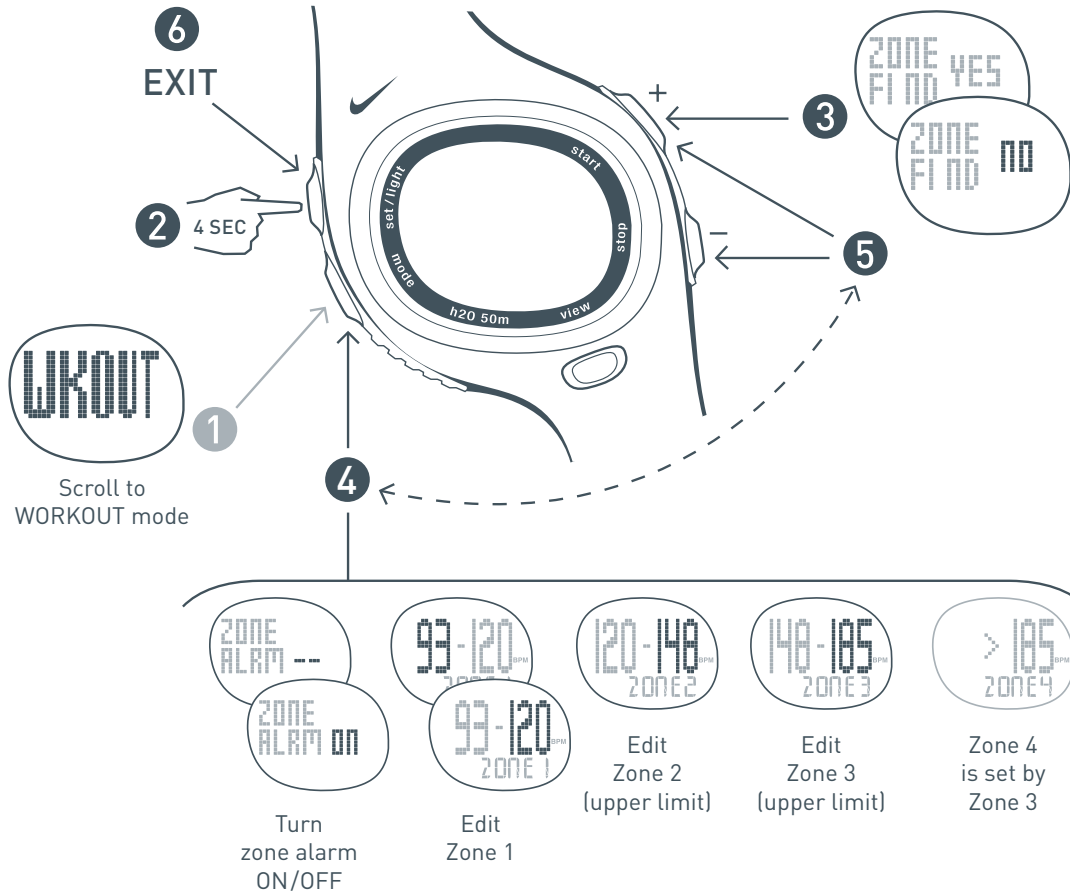
Choose your favorite indoor or outdoor cardio activity, like the exercise bike, stair climber or running. You will do 3 exercise "sets" at varying intensities. Try to acquire the effort level requested by the watch. Try not to manipulate your heart rate, but rather simply try to maintain the effort level requested on the watch. The watch will take you through the following protocol:



WKOUT

Editing Heart Rate Zones

Once your personal zones are set with the Zone Finder, you can review and manually edit them in WORKOUT mode if you feel the zones need to be adjusted up or down. Follow steps 1 through 6 to edit your heart rate zones and turn the zone alarm ON/OFF.

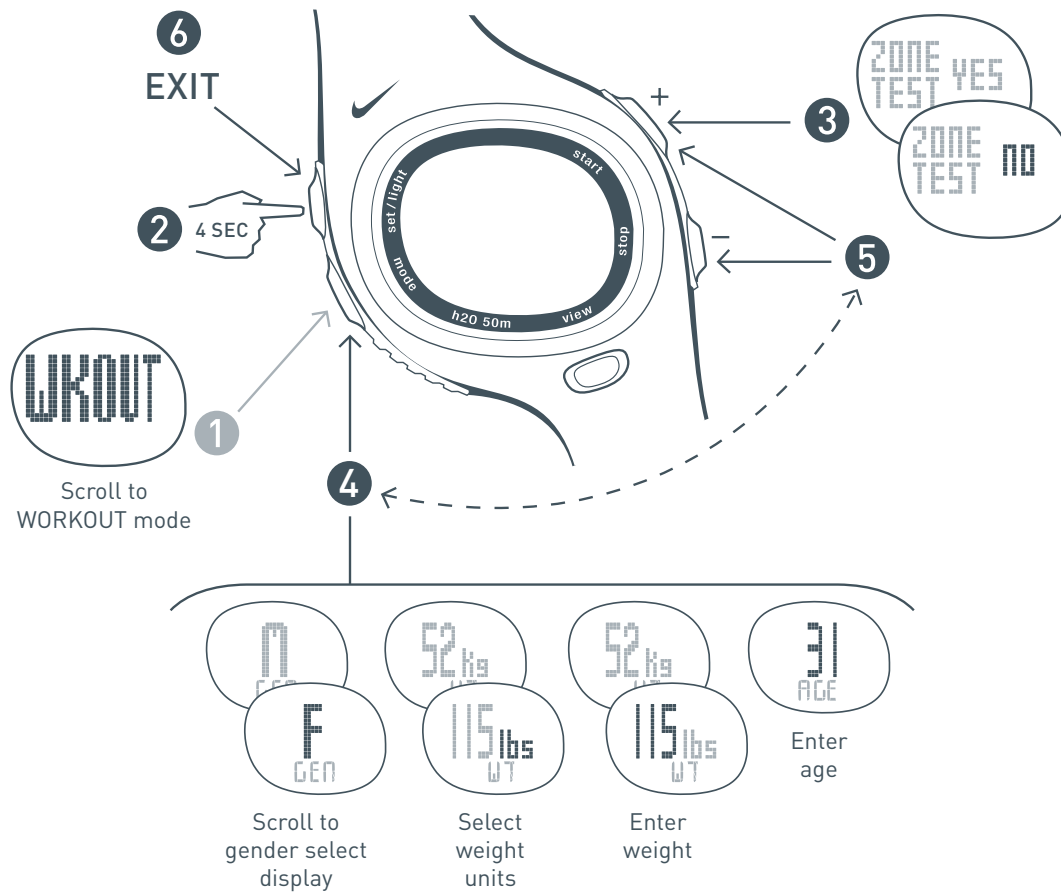


Zone Alarm ON Indicator
If zone alarm is ON the watch will beep as your heart rate moves between zones.

WKOUT

Setting Calorie Information

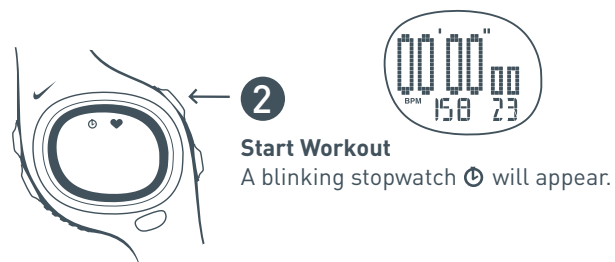
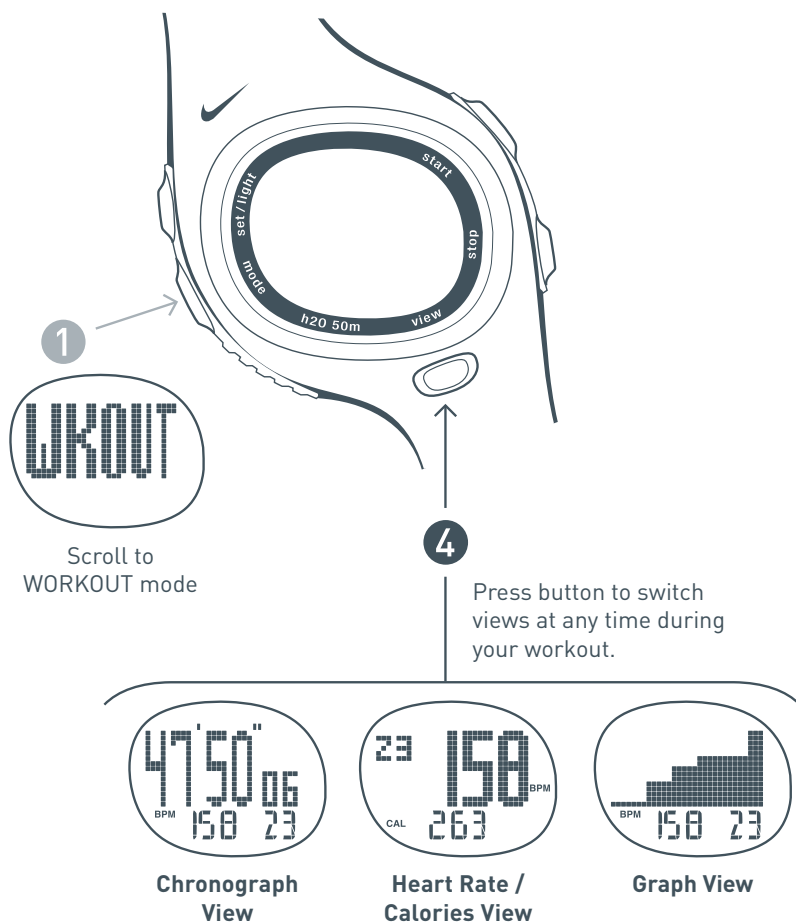
The c6 watch will automatically determine the amount of calories you have burned during a workout. Follow steps 1 through 6 to enter the information used to calculate calories burned.



WKOUT

Using the Chronograph

Now that you have set your zones and entered the necessary information to measure calories, you are ready to begin a workout. In WORKOUT mode you can view current heart rate and total calories burned at any time during the workout. Follow steps ① through ⑤ to use the chronograph.



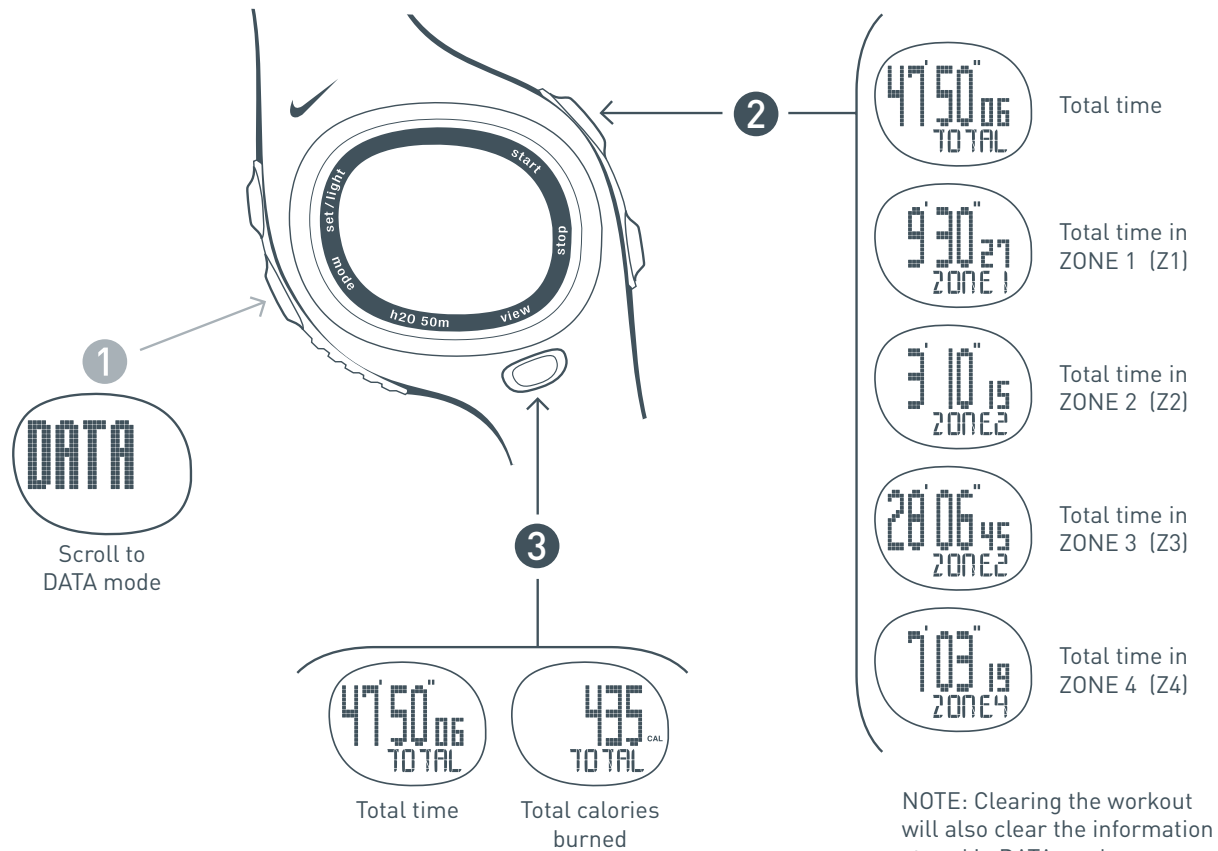
NOTE: Calories and Graph start when the workout is started, stop when the workout is stopped and reset when the workout is cleared.



DATA

Review Workout Data

In DATA mode you can review total workout time, total calories burned, and the amount of time spent in each heart rate zone. Follow steps ❶ through ❸ to view data recorded during the workout.



Heart Rate Intensity Chart

We encourage you to use the Zone Finder (page 7) to determine your heart rate zones because it will provide you with a very accurate correlation between your heart rates and actual effort. However, if you do not wish to use the Zone Finder, you may also use the following chart to input your heart rate zones. Please note this chart will not be accurate for everyone.

Find your Max Heart Rate	Determine your Target Heart Rate Zones (Intensities)			
$210 - (.7 \times \text{age})$	<p>Light Intensity (60-70% of Max HR) Exercise in this range at the start of a workout or to recover from a tough workout or race. You should be able to easily maintain a conversation while exercising at this intensity.</p>	<p>Moderate Intensity (70-80% of Max HR) Exercise in this range to develop endurance and prepare your muscles to make the transition from aerobic to anaerobic. You should be able to maintain this for a while. You should not be completely breathless and this should not hurt.</p>	<p>Heavy Intensity (80-90% of Max HR) Exercise in this range to increase muscle strength and improve your anaerobic threshold. This is uncomfortable. You should be breathing very heavily. You should only be able to sustain this for a brief time.</p>	<p>Maximum Intensity (90-100% of Max HR) Exercise in this range to increase mental toughness, Max V02 and tolerance to lactic acid. This is very uncomfortable. You can barely sustain it. You should be completely breathless. Do not exercise at this intensity except on the advice of a trained medical professional.</p>

Max Heart Rate

205 bpm	123 - 143 bpm	144 - 163 bpm	164 - 184 bpm	184 - 205 bpm
200	120 - 139	140 - 159	160 - 179	180 - 200
195	117 - 136	137 - 155	156 - 175	176 - 195
190	114 - 132	133 - 151	152 - 170	171 - 190
185	111 - 129	130 - 147	148 - 166	167 - 185
180	108 - 125	126 - 143	144 - 161	162 - 180
175	105 - 122	123 - 139	140 - 157	158 - 175
170	102 - 118	119 - 135	136 - 152	153 - 170
165	99 - 115	116 - 131	132 - 148	149 - 165
160	96 - 111	112 - 127	128 - 143	144 - 160
155	93 - 108	109 - 123	124 - 139	125 - 155
150	90 - 104	105 - 119	120 - 134	121 - 150

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

REDO ZONE FINDER displayed after completing zone finder:

Your intensity increased too quickly or was erratic during sections of the test or interference may have caused inaccurate readings during the test.

Concentrate on maintaining a steady output during each intensity level as you retry the test.

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 all four buttons at the same time. This will erase the data in the memory and allow you to reset the watch to the factory settings.

Watch beeps continuously:

If you have the zone alarm on and your heart rate does not fall within any of your zones, the watch will beep to let you know you are out of your zones. Press mode button to exit WRKOUT mode or turn off zone alarm. *See page 9 for instructions on how to turn off the zone alarm.*

Specifications

IP code: IPX8

Applied Part: Type CF

Storage: Standard Conditions (within operating temperature)

Watch

Water Resistant up to 50 Meters:

Designed for underwater performance to a depth of 165 feet (50 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

Calories: 9999

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: $\pm 1\%$ or $\pm 1\%$ bpm, whichever larger (steady state)

Material Specifications:

Case: Polycarbonate

Strap: Urethane

Band: Elastic

