

NIKE HAMMER • ANVIL SUPER • ANVIL REGULAR



In TIME mode you can set time and calendar information within two time zones.



In CHRONOGRAPH mode you can record total time during a run or workout.



In TIMER mode you can set two repeat count-down segments (HARD and EASY) for customized interval training.

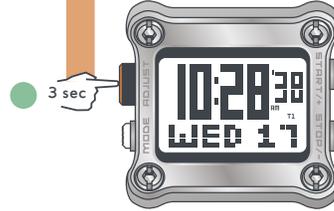


In ALARM mode you can set two daily alarms. The alarms will sound intermittantly for 30 seconds.

TIME



In TIME mode you can set time and calendar information within two time zones.



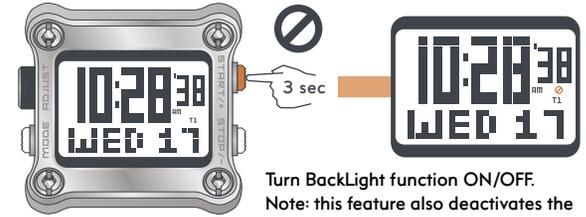
+/- to change value



Continue to Next Setting



Backlight ON



Turn BackLight function ON/OFF. Note: this feature also deactivates the chime function, even if the icon is displayed.



Turn Button Chime ON / OFF



Switch Time Zones



Power Save: Display shuts off after selected time period to conserve battery life. Press any button to turn watch ON.



Select 12 or 24 Hour Clock



Select Day or Month in lower display





In CHRONOGRAPH mode you can record total time during a run or workout.



START Run



The chronograph will record 1/100ths of a second for the first hour



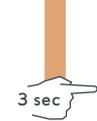
After 1 hour, the resolution switches to 1 second for up to 100 hours



STOP Run



CLEAR Run



In TIMER mode you can set two repeat count-down segments (HARD and EASY) for customized interval training.



If either segment is set to 00:00'00, the other will repeat for up to 199 loops.

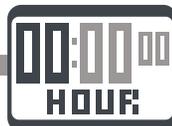


3 sec

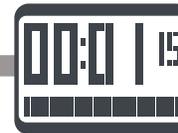
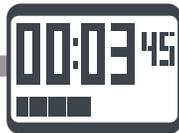


Both Segments can be set from 00:00'00 to 23:59'59 hours

If both segments are set, the HARD segment will countdown to zero and then beep for two seconds. The EASY segment will start automatically at the end of the HARD segment.



# TIMER

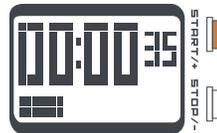


Graphic Bar in lower display will countdown relative to segment time

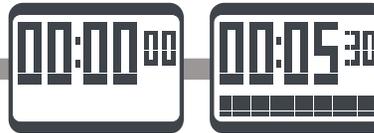
The watch will beep 5 times at the end of each segment and automatically start the next segment

STOP (Pause) workout

START interval workout.  
Segment begins to countdown.



RESTART workout



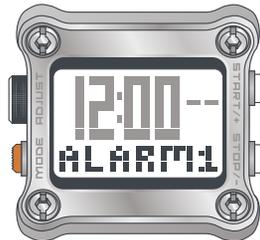
The watch will continue to loop the two segments up to 199 times if not stopped.



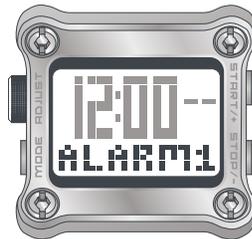
3 sec



RESET Run



In ALARM mode you can set two daily alarms. The alarms will sound intermittantly for 30 seconds.



Select to adjust  
ALARM 1 or ALARM 2



Adjusted alarms turn ON automatically



Turn selected alarm ON / OFF

**BATTERY TYPE:** CR2032 3V Lithium

**BATTERY LIFE:**

The battery in your Nike watch is estimated to last 2 years, depending on frequency and use of certain features.

**BATTERY REPLACEMENT:**

Battery replacement must be performed by an authorized Nike service center to retain a valid warranty.

In addition to battery replacement, the service center will test movement, gaskets, water resilience and hardware, to further ensure the long-term care of your watch.

**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

**WATER RESISTANCE:** 100 meters

Built to withstand shallow diving in pools and snorkeling.

**ATTENTION:** Water damage may occur

if the buttons are pressed underwater

**OPERATING TEMPERATURE:**

-5 to 50° Celsius

**Material Specifications**

**CRYSTAL:** Mineral Glass

**STRAP:** Polyurethane

**CASE:** Polycarbonate

**CASEBACK:** Stainless Steel

**BEZEL:** Stainless Steel

**BUTTONS:** Stainless Steel

**BUCKLE:** Stainless Steel

This document with updates is available online at

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