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› Nike+ Stand Alone Sensor Kit User Manual

Nike S0411-100

Nike+ Stand Alone Sensor Kit User Manual

Brand: Nike

Model: S0411-100

INTRODUCTION

The Nike+ Stand Alone Sensor Kit is designed to track your running metrics, including pace, distance, time, and calories burned, when paired with compatible Nike+ devices. This manual provides essential information for setting up, operating, and maintaining your sensor.



Image: Retail packaging for the Nike+ Stand Alone Sensor Kit, showing the Nike and Apple logos, and "NIKE + iPod Sensor" text.

SETUP

1. Sensor Placement

The Nike+ sensor is designed to fit into a dedicated pocket located under the sockliner of your left Nike+ Ready shoe.

1. Remove the sockliner from your left Nike+ Ready shoe.
2. Locate the designated pocket beneath the sockliner.
3. Carefully insert the Nike+ sensor into this pocket. Ensure it sits flush and is not obstructed.
4. Replace the sockliner.

2. Device Compatibility and Activation

The Nike+ sensor is compatible with various devices. Ensure your device meets the software requirements.

- Compatible with: Nike+ SportWatch GPS (sensor included and optional), Nike+ SportBand (sensor included), iPod nano and Nike+ Receiver, iPod touch 2G, iPhone 3GS, iPhone 4, iPhone 4S, iPhone 5, iPhone 5S.
- Not compatible with: iPhone 6 and newer, devices using iOS 9.0 and higher.
- Software Requirements: Mac OS X v10.3.9 or later, Windows Vista, or Windows XP (SP2) Home or Professional. Internet access is required to connect to Nikeplus.com.

3. Linking the Sensor to Your Device

To activate and link your Nike+ Running Sensor with your compatible device:

1. On your mobile device's home screen, tap the gear-shaped **Settings** icon.
2. Scroll down and select **Nike + iPod**.
3. Toggle **Nike + iPod** to "ON".
4. Once activated, the Nike + iPod icon will appear on your iPhone or iPod touch home screen display.
5. Customize your Nike + iPod settings by returning to your device's **Settings** icon and choosing **Nike + iPod**.
6. Link your Nike+ Running Sensor to your device. Once linked, you are ready to begin your workout.

OPERATING

Once the sensor is properly installed in your shoe and linked to your device, it will automatically begin tracking your activity when you start moving.

- **Real-time Feedback:** The sensor measures your pace, distance, time elapsed, and calories burned. This information is transmitted wirelessly to your device for real-time feedback during your training session.
- **Data Upload:** After your run, you can upload your workout data to Nikeplus.com. This platform allows you to monitor your progress, join challenges, map your runs, and connect with other users.

MAINTENANCE

The Nike+ sensor is designed for durability and requires minimal maintenance.

- **Cleaning:** If necessary, gently wipe the sensor with a dry or slightly damp cloth. Avoid using harsh chemicals.
- **Battery:** The sensor does not require charging. It has a long-lasting, non-replaceable battery.

- **Storage:** Store the sensor in a cool, dry place when not in use.

TROUBLESHOOTING

If you encounter issues with your Nike+ Running Sensor, consider the following troubleshooting steps:

- **Sensor Not Linking:** Ensure your Nike+ Running Sensor is in a "ready" state. Flip the sensor over and press the white button on the back a series of quick times. A pen or pencil tip may be used if needed.
Note: Quickly pressing the button wakes the sensor; pressing and holding it will put the sensor to sleep.
- **Compatibility Issues:** Verify that your device and its operating system version are compatible with the Nike+ iPod system. As noted, iPhone 6 and newer models, and devices running iOS 9.0 and higher, are not supported.
- **Inaccurate Readings:** While the sensor provides accurate data, external factors or improper placement can affect readings. Ensure the sensor is securely placed in the shoe's designated pocket.

SPECIFICATIONS

Feature	Detail
Dimensions (L x W x H)	1.37 x 0.95 x 0.30 inches
Weight	0.23 ounce (approx. 6.5 grams)
Broadcast Frequency	2.4GHz
Model Name	iPod nano (referring to the system it integrates with)
Part Number	S0411-100
Color	White/Orange
Sport Type	Running
Country of Origin	United States

SUPPORT AND FURTHER INFORMATION

For additional support, frequently asked questions, or to manage your workout data, please visit the official Nike+ website.

Website: www.nikeplus.com

Legal Disclaimer: Please note that this product is the sensor only and does not include an iPod adapter.