

Nike+ SportBand User's Guide



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Welcome to Nike+ SportBand

The Nike+ SportBand records your distance, pace, time and calories burned while you run or walk, and saves up to a week's worth of workouts for your review. After your workout, connect the removable Nike+ SportBand Link to your computer and automatically be taken to nikeplus.com, where you can track your runs, view your progress, set goals, challenge others, and much more.

What You Need to Get Started

TO USE YOUR NIKE+ SPORTBAND, YOU MUST HAVE:

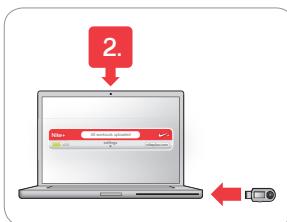
- The Nike+ Connect software. To download, go to www.nikeplus.com/downloads
- A Macintosh with built-in USB. **Mac OSX v10.4.8** or later or
- A PC with built-in USB or a USB card installed. **Windows XP Home or Professional (SP2)** or later, or **Windows Vista or Windows 7**.
- Internet access. Broadband is recommended; fees may apply. Usage is subject to the terms of a software license.

Quickstart Guide

SET UP YOUR SPORTBAND - BEFORE YOU RUN



1. nikeplus.com/downloads Download and install Nike+ Connect software before connecting the SportBand.



2. Remove the Link from the SportBand and connect it to a USB port on your computer. The Nike+ Connect software will automatically launch.



3. If you're already a member of Nike+, click the Login button. To become a member of Nike+, click the Register button.



4. After logging into nikeplus.com, use the Nike+ Connect software to **enter your weight and your preferred distance unit**. Remove the Link once it's fully charged, and the application will automatically close.



5. Now you're ready to run!

Quickstart Guide

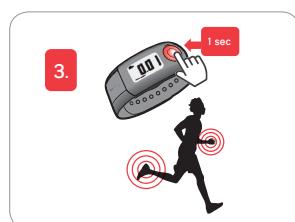
GO FOR A RUN



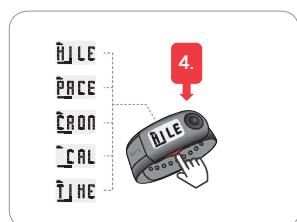
1. Replace the Link into the SportBand and insert the sensor into the sole of your Nike+ ready shoe.



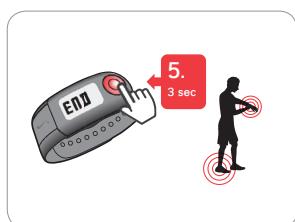
2. To activate the sensor, **press and hold the Record button for 3 seconds.** Start walking until you see PUSH TO RUN, the shoe icon and a blinking “0.00.”



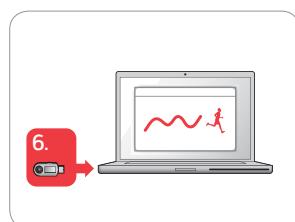
3. Once you see the blinking line, start recording your run by **pushing the Record button once.** Press it again if you need to pause your run.



4. Use the **Toggle button** to see your distance, pace, elapsed time, calories burned and time of day while you run.



5. **End your run** by pressing and holding the **Record button for 3 seconds** until the END message appears.



6. Upload your runs to **nikeplus.com** by connecting the Link to a USB port on your computer. Nikeplus.com will automatically open to show you your run.

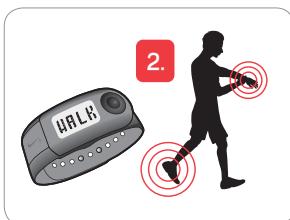
Visit nikeplus.com/downloads for video tutorials, complete product manuals, and other SportBand support.

Quickstart Guide

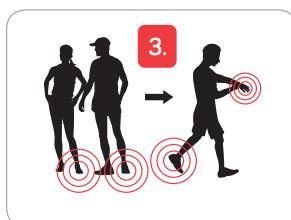
LINKING TO A NEW OR CURRENT SENSOR*



1. Press and hold the Toggle button (on the side) for 5 seconds.



2. Walk around to activate the sensor. If only one active sensor is present, a flashing LINK message will appear. The linking is complete once the OK message has appeared.



3. The SportBand can only link to one new shoe sensor at a time. If it detects multiple linked or unlinked sensors, the display will show WALK AWAY. Move away from all sensors to successfully link.

*You can link to 7 other sensors.

CALIBRATE FOR ACCURACY

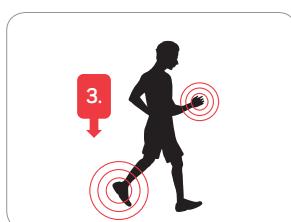
The SportBand measures distance to over a 90 percent degree of accuracy, right out of the box. You can get even better accuracy by calibrating to your natural running and walking strides.



1. Complete a run that is a known distance. (0.5 miles or longer)



2. Plug the Link back into your computer, click the More button in the status area, and adjust the calibration tab as needed.



3. To calibrate your walk stride, repeat steps 1 and 2.

Visit nikeplus.com/downloads for video tutorials, complete product manuals, and other SportBand support.

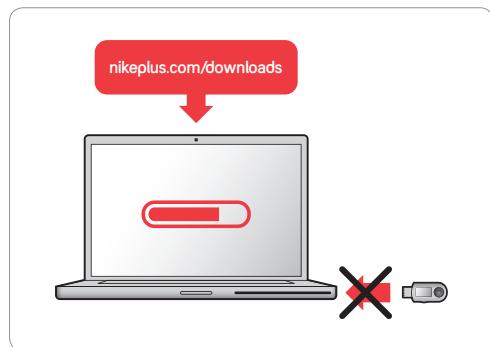
Before You Run

DOWNLOADING AND INSTALLING THE SOFTWARE

Before you start, you must download and install Nike+ Connect on your computer.

Important: Do not connect the Nike+ SportBand Link to the USB port of your computer until you download and install the software. (fig.10)

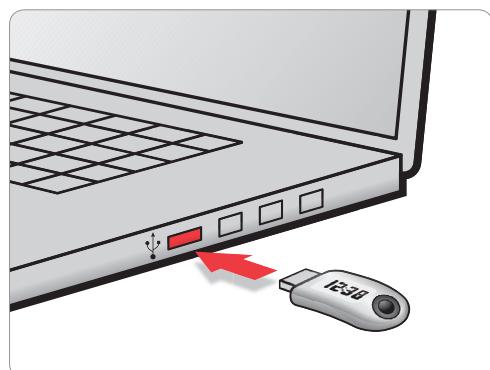
fig.10



1. Go to www.nikeplus.com/downloads
2. Download and install the Nike+ Connect Installer (fig.10).
3. Peel off the security sticker and connect the Link to a USB port on your computer. The software will automatically launch (fig.11).

The battery will start charging as soon as you connect the Link to your computer. For best results, charge it for about 2 hours or until the battery icon shows that it's fully charged. *Note: Only one SportBand Link can be managed at a time.*

fig.11



Using the Nike+ Connect Software

Each time you connect the Link to a USB port on your computer, the Nike+ Connect software will automatically launch, uploading your runs to [nikeplus.com](#), and freeing up the memory in your SportBand. The application automatically saves your info, allows you to customize settings, then closes when you remove the Link from your computer. (fig.12)

fig. 12



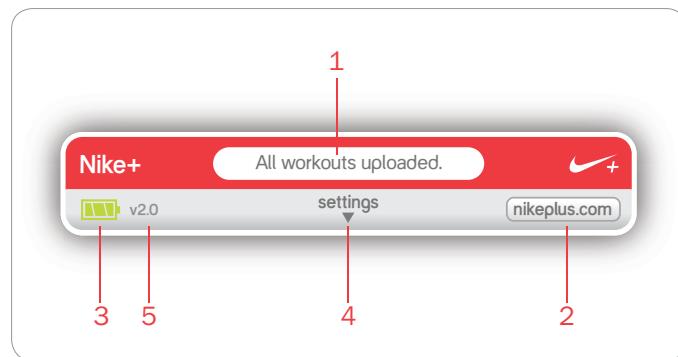
Nike+ Connect Screens

The first time Nike+ Connect is launched, a series of welcome screens will appear, and you'll be asked to Register or Login to [nikeplus.com](#). Then you can customize your SportBand by clicking through the Settings.

Here's what the Nike+ Connect main window contains (fig.13):

1. The **status** area tells you what's happening. For example, "All workouts uploaded."
2. Clicking the "**nikeplus.com**" **button** takes you to [nikeplus.com](#).
3. The **battery icon** shows you the current status of the battery.
4. The "**settings**" **button** opens the setting drawer, where you can customize your settings.
5. Clicking **version number** shows you which version of software and firmware you're using.

fig.13



The Settings Button

The “settings” button opens a settings drawer. You can click through tabs on the left-hand side and customize the settings for your SportBand.

GETTING HELP

Clicking on “Help” takes you to the Support section of nikeplus.com, where you can download a manual, read frequently asked questions, view tutorials and share feedback.

RESETTING THE SPORTBAND LINK TO FACTORY SETTINGS

If you want to reset all the settings back to the original factory defaults, click “Factory Reset”. This will clear your user settings, time, calibration information and “weekly” distance numbers from your SportBand Link. (However, the information you’ve already uploaded to nikeplus.com will remain intact.)

The Profile Tab

YOUR USERNAME

Your username will automatically appear as “pending” until you login or register at nikeplus.com. If you’re already a member of nikeplus.com, your Username will automatically appear.

ENTERING YOUR WEIGHT TO TRACK CALORIES BURNED

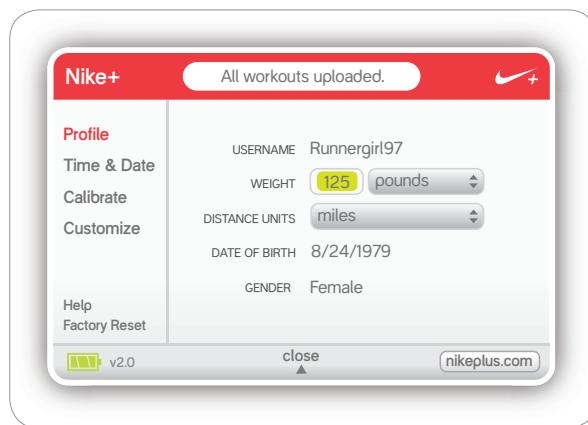
To track your calories burned while you run, enter your current weight. Type in your weight, (*fig.14*), then use the drop-down menu to choose pounds or kilograms.

Note: If you don’t enter your weight in the Profile tab, your Nike+ SportBand will display “—” in place of the numbers of calories burned, while recording your run.

SETTING THE UNITS OF DISTANCE

Adjust the units of distance to miles or kilometers.

fig.14



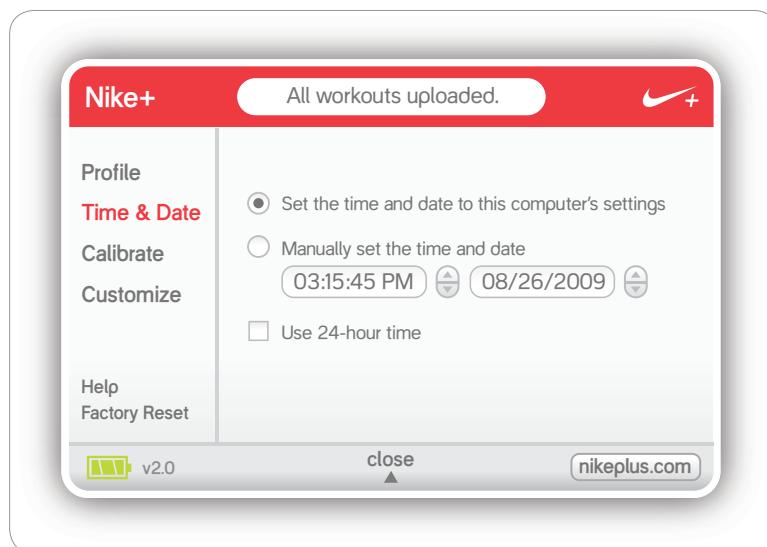
The Time and Date Tab

SETTING THE TIME

Your SportBand Link will automatically be set to the current time and date on your computer. To adjust the time manually, click on the Time & Date tab (*fig.15*), then click on “Manually set the time and date.” Use the up and down buttons to adjust the time and date.

Click the box “Use 24-hour time” for 24-hour time mode.

fig.15



The Calibration Tab

CALIBRATING YOUR NIKE+ SPORTBAND

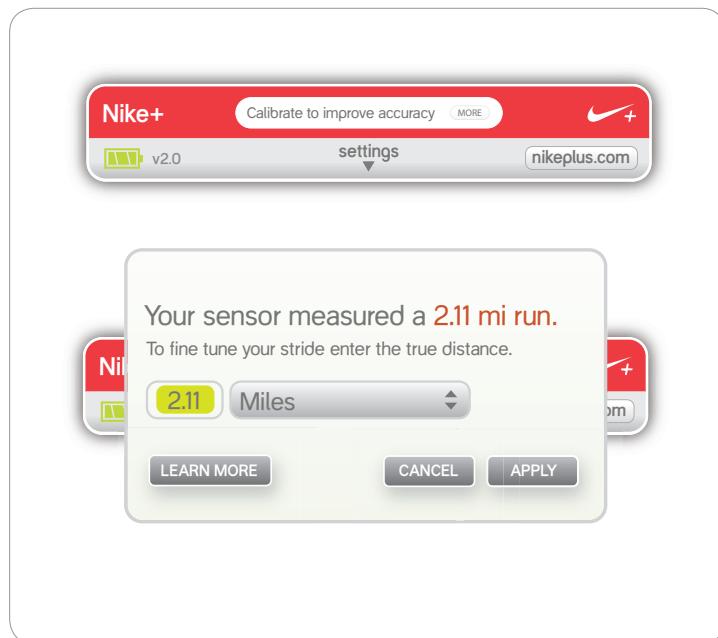
The Nike+ SportBand measures distance to over 90 percent accuracy, right out of the box. You can improve accuracy by calibrating the sensor to your natural running and walking strides. For best accuracy, calibrate for both.

Establish a calibration run or walk. Run or walk a known distance at a steady, natural pace. A running track is a good place for calibration runs and walks, because measured distances are already marked for you.

You'll need to run or walk at least 0.5 miles, or 800 meters. Don't combine running and walking, or calibration won't be possible.

After completing your run, remove the SportBand Link and connect it to a USB port on your computer. When you've completed an eligible calibration run, the message "Calibrate to improve accuracy" will automatically appear in the status area of the main screen. Click "MORE", then fine tune your stride by entering the true distance you ran. (fig.16)

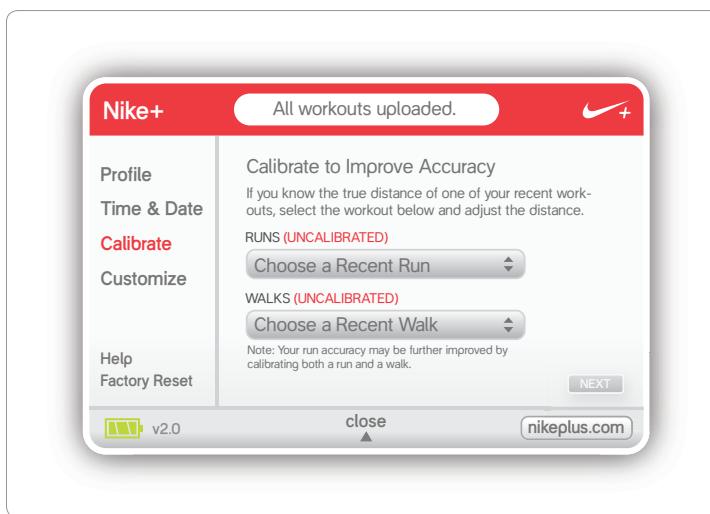
fig.16



The Calibration Tab Continued

If you want to edit advanced calibration settings, you do so under the Calibration tab. An example of an advanced setting would be calibrating for more than one sensor. After you've run or walked a known distance for calibration, go to the Calibration tab and select a new sensor. The default names are Sensor 1, Sensor 2 and Sensor 3, but you can choose "Rename your sensor" if you'd like to name it something else. Choose a valid run or walk, enter the true distance, then click Apply. (fig.17)

fig.17



The Customize Tab

Customize the info (fig.18) displayed on your SportBand. Check the box for each metric you want, then press the Toggle button (7) to see how it will look as you workout.

1. **Distance** shows you how far you've run (MILE or KM).
2. **Pace** shows you your current pace (PACE).
3. **Chronograph** records how long you've been running (CRON).
4. **Heart rate** shows you your current heart rate (BPM).
Note: this feature only appears if you have a heart rate device associated with your Nike+ account.
5. **Calories** shows you the number of calories you've burned (CAL).
6. **Time** shows you the current time of day (TIME).

fig.18



Using Your Nike+ SportBand

THE RECORD AND TOGGLE BUTTONS

The Nike+ SportBand works as a recording device while you run. For the best viewing angle, wear the Nike+ SportBand inside your wrist. Use the Record button (on the top) and the Toggle button (on the side) to control all of its functions. (*fig.20*)

Use the Record button, located on top, to connect to the shoe sensor, start recording, to pause recording, resume recording and to stop recording your run.

Use the Toggle button, on the side, to cycle through your distance, pace, elapsed time, calories burned and time of day while you run. After your run, use it to show the current time, and to review your last run, your current week's miles (or kilometers) and your total miles (or kilometers).

Note: If you have a heart rate monitor, BPM, for beats per minute will appear after your elapsed time.

fig.20



During Your Run

RECORDING A RUN

After your Link is charged, and you've customized the settings, disconnect the Link from the USB port on your computer, and place it back in the SportBand.

1. Make sure the sensor is in your shoe. If not, lift the sockliner of the left shoe, remove the foam insert from the pocket underneath, and replace it with the sensor, flat side up. (fig.21)
2. Establish the connection between the SportBand and your shoe sensor. Press and hold the Record button on the top of the SportBand for a full 3 seconds. (fig.22) A blinking shoe icon will appear in the upper left hand corner of the display, while it connects to your shoe sensor. The display will show the word WALK. Walk around to make sure that your shoe sensor is sending a signal. When a connection is ready, the shoe icon will stop blinking and you'll see PUSH TO RUN.
Note: Be sure to walk around, and allow the shoe sensor to send a signal to your SportBand. If you don't walk, the display will blink WALK for 30 seconds, and then automatically go to the current time of day.
3. To start recording your run, simply press the Record button (fig. 23). A bar will animate across the bottom of the display, indicating that the SportBand is recording. (fig.24) Note: Press, but don't hold and press, the Record button to start recording. If you press and hold the button, your run will automatically end, and your info won't get recorded, or be available for upload to nikeplus.com.
4. Start running!

fig.21



fig.22

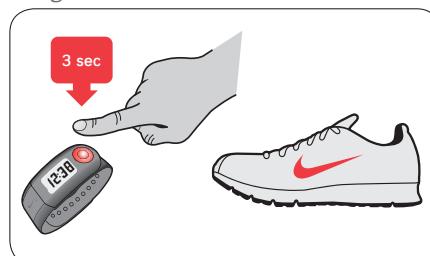


fig.23

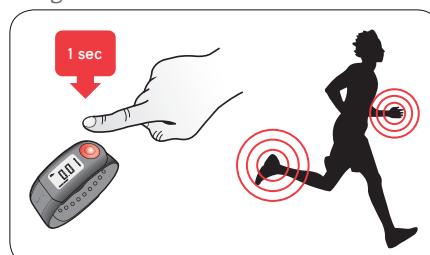
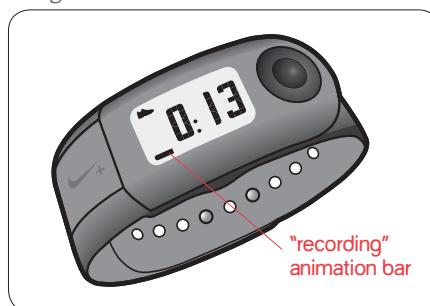


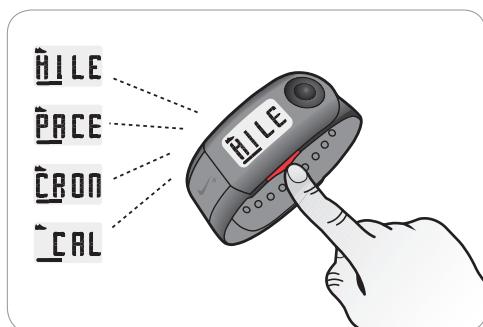
fig.24



CHECKING YOUR METRICS

During your run, press the side Toggle button to cycle through your distance, pace, elapsed time, calories burned and the time of day. (fig.25)

fig.25



Note: If you have not entered your weight in the User tab on Nike+ Connect, your Nike+ SportBand will display “—” in place of the numbers of calories burned, while recording your run.

PAUSING AND RESUMING A RUN

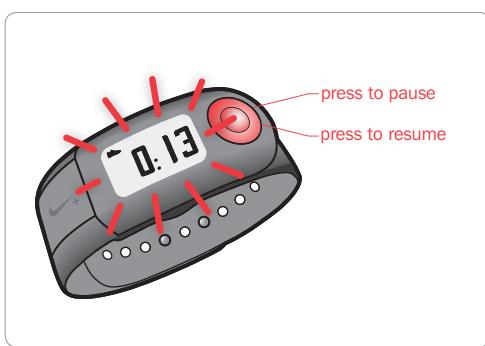
During a run, press the Record button on the top to pause your run. (fig.26)

When you pause a recording, the bar at the bottom of the screen will stop animating, and the numbers will blink (fig.26). You can still cycle through run metrics using the side Toggle button.

To resume your run, press the Record button again. The numbers will stop blinking and the bar will animate along the bottom of the display.

Note: If you have a heart rate monitor, BPM, for beats per minute will appear after your elapsed time.

fig.26



Ending a Run

Press and hold the Record button (on the top) for 3 seconds to stop recording, and end your run. (fig.27) Your SportBand will display the word END. (fig.28)

Then, it will show you a review of the metrics you just recorded. (fig.29)

The review will display the metrics twice, then it will exit to TIME, showing you the current time of day. (fig.30)

fig.27

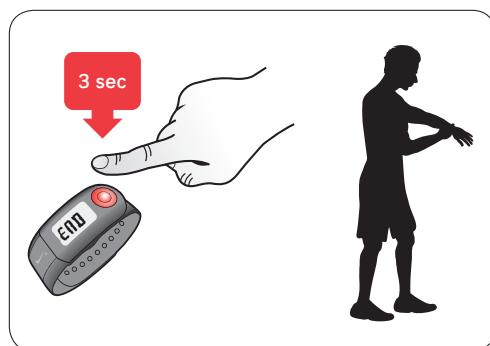


fig.28

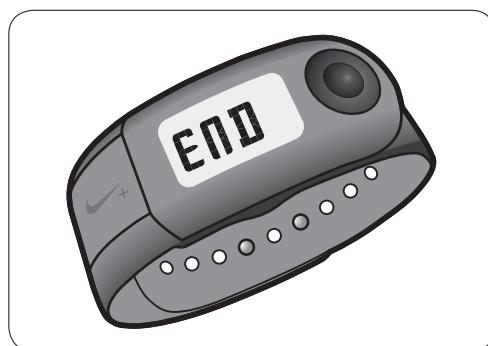


fig.29



fig.30



After Your Run

REVIEWING YOUR RUNS

Press the side Toggle button to review your last run. Press the Toggle button again to see your weekly miles or kilometers. Push the Toggle button one more time to see the total miles recorded on your SportBand. One more push of the Toggle button will take you back to the time of day. (fig.31)

- From the current time display, press the side Toggle button once to review your last run. The word LAST will appear, followed by your most recent run info: distance, pace, elapsed time, and calories burned. You can cycle through your run metrics twice. (fig.32)
- To review the distance you've run in the past week (Sunday at 12:01am to Sunday at 12:00am), press the Toggle button (on the side) again. The word WEEK appears, followed by your distance (in miles or kilometers). (fig.33)
- To review the total number of miles recorded, press the Toggle button one more time. The letters TOTL will appear, followed by your total miles or kilometers recorded with the SportBand. (fig.34)

fig.31



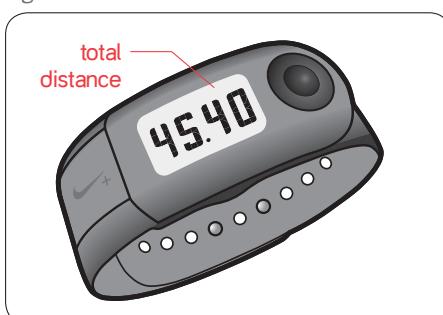
fig.32



fig.33



fig.34



Linking to More Than One Sensor

Your SportBand comes already linked to a sensor, but you can link it with up to 7 more sensors. This is a great option to have if you workout in more than one pair of shoes.

Press and hold the Toggle button (on the side) for 5 seconds (*fig.35*) and walk around to activate the sensor (*fig.36*). If only one active sensor is present, a blinking LINK message will appear. The linking is complete once the OK message has appeared.

The SportBand can only link to one new shoe sensor at a time. If it detects too many sensors, the display will show WALK AWAY (*fig.37*).

Move away from your other sensors. When it detects the intended sensor only, the LINK message will appear, followed by OK.

Important: You can link up to a total of eight sensors. If you link to a 9th sensor, the link to the 1st sensor will be deleted.

fig.35

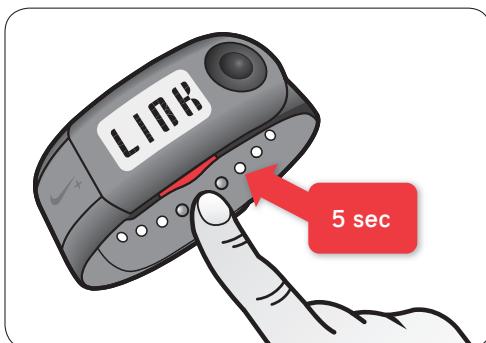


fig.36

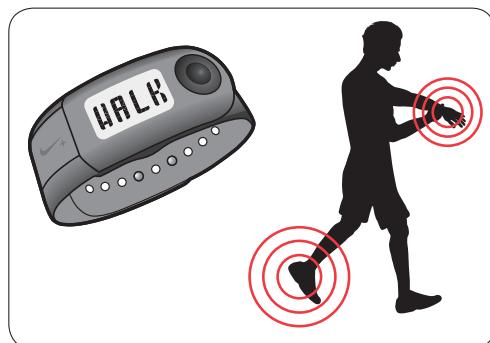
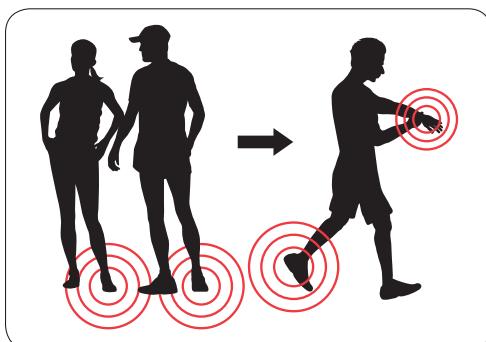
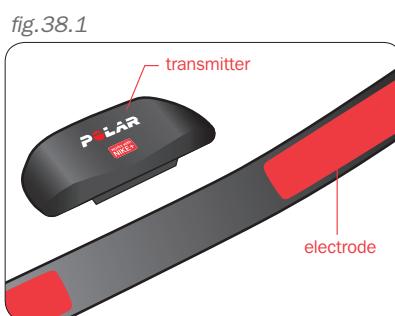


fig.37



Adding heart rate data to your run

The Polar Wearlink+ Transmitter is a heart rate chest strap that detects your heart rate (BPM) and wirelessly sends it to your Nike+ SportBand. The electrode areas on the underside of the strap detect your heart rate, and the transmitter sends it to your Nike+ SportBand. (fig. 38.1)



WEARING THE POLAR WEARLINK+ TRANSMITTER

1. Moisten the electrode areas (on the inside) by placing them under running water. (fig. 38.2)
2. Attach the transmitter to the strap, adjusting the length as needed to fit snugly and comfortably around your chest. (fig. 38.3)
3. Place the strap around your chest, adjusting the length just under the chest muscles, and attach the hook to the other end of the strap. (fig. 38.4)
4. Make sure the electrode areas are pressed firmly against your skin, with the logos on the transmitter in a central, upright position. (fig. 38.5)

fig. 38.2



fig. 38.3

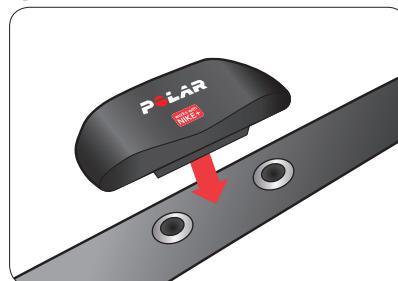


fig. 38.4

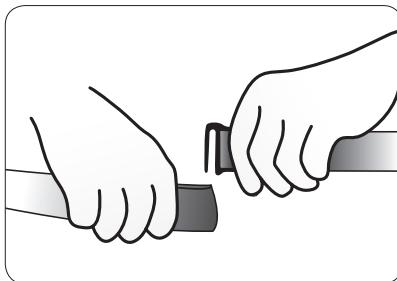
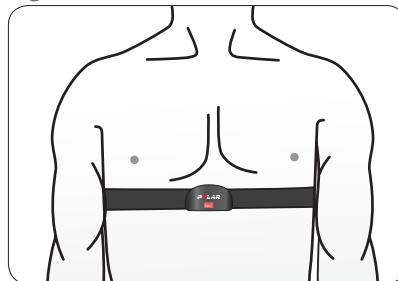


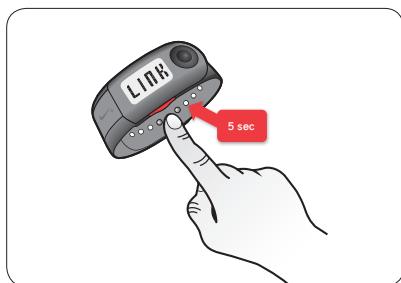
fig. 38.5



LINKING THE TRANSMITTER TO YOUR NIKE+ SPORTBAND

Before using your heart rate transmitter for the first time, you'll need to link it to your Nike+ SportBand:

fig. 38.6



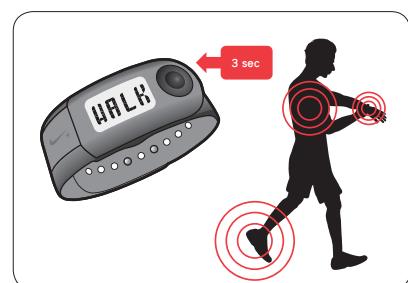
1. Wear the Polar Wearlink+ Transmitter as instructed above. Make sure there aren't any shoe sensors or other heart rate transmitters nearby.
2. Press and hold the (side) Toggle button on the Nike+ SportBand for 5 seconds. You'll see a blinking "Link" message. When the heart rate transmitter is linked, the display will read "OK," and the heart icon will appear. (fig. 38.6)

RUNNING WITH THE TRANSMITTER AND YOUR NIKE+ SPORTBAND

Use both your shoe sensor and heart rate transmitter to get the most out of your run (pace, distance, time, calories burned, and beats per minute):

1. Wear the Polar Wearlink+ Transmitter as instructed above.
2. Press and hold the (top) Record button on your SportBand. Both the shoe and heart icons will blink until they're connected with your shoe sensor and the heart rate transmitter. The device will ask you to WALK in order to activate your shoe sensor and your heart rate transmitter. When the shoe sensor is detected, the shoe icon will stop blinking, and when the heart rate transmitter is detected, the heart icon will stop blinking. You'll then be ready to run. Press the Record button one more time to start recording. While you're running, toggle through your

fig.38.7



metrics to see your distance, pace, elapsed time, heart rate (in beats per minute), calories burned, and time of day. (fig. 38.7)

3. End your run by pressing and holding the Record button for 3 seconds. END will appear on the display followed by a review of your last run.

RUNNING WITH EITHER THE HEART RATE TRANSMITTER OR THE SHOE SENSOR

You can run with the heart rate transmitter only to get beats per minute, calories burned, and elapsed time. Alternatively, you can run with the shoe sensor only to get pace, distance, elapsed time and calories burned.

Wear either the heart rate transmitter around your chest, or place the shoe sensor in your shoe.

Press and hold the Record button for three seconds to activate the sensor, and start your run. Both the heart and shoe icons will start blinking. Once connected to the heart rate transmitter or the shoe sensor, the appropriate icon will stop blinking. To bypass connecting to the other sensor, press the Record button again, and you'll see PUSH TO RUN.

Press the Record button again to start recording and start your run.

Note: Once you've used the heart rate transmitter with your Nike+ SportBand, the SportBand will continue to search for the transmitter each time you start a run. To bypass this, press the Record button once, and you'll see PUSH TO RUN. Press the Record button again to start recording your run.

Note: Detach the connector from the strap and rinse the strap under running water after every use.

Losing Connection to a Sensor

If you stop running for over 30 minutes without pausing (by pressing the Record button on top), the connection between your sensor and your SportBand will get lost. You'll know it's lost, because the shoe icon on your SportBand will start to blink (*fig.38*).

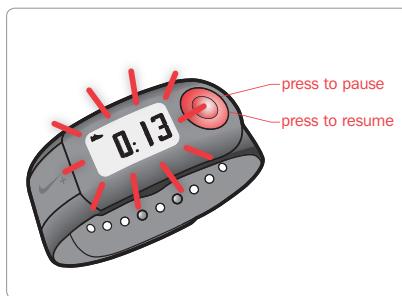
To resume recording, press the Record button (on the top) again, and start running. (*fig.39*)

If the connection is lost for over 30 minutes, recording will automatically stop.

fig.38



fig.39



About the Memory

The SportBand stores up to 30 hours of run info.

If your SportBand displays the message MEM LOW, you have about 1 hour of recording time left. It will keep recording your run, but once the memory is full, it will automatically stop.

If the memory reaches its full capacity while you're recording a run, the message MEM FULL will blink on the SportBand display twice, and it will stop recording. The display will then exit to the current time of day.

If you press and hold the Record button (on top) to start a run, and the memory has reached its full capacity, the MEM FULL message will blink twice before exiting to the time of day. You cannot record a run when the memory is full.

To free-up the memory, connect your SportBand Link to the USB port of a computer installed with Nike+ Connect. All of your recorded runs will be uploaded to nikeplus.com, and the memory will be freed to record more runs.

Charging the Battery

It takes approximately 2 hours for the battery to fully charge. You can charge the Link by connecting it to your computer's USB port. The battery will last for approximately 14 hours of run time before it needs to be recharged.

While charging, the Link's display will show the message CHRG. When the battery is full, the message will change to "FULL BATT." Check the battery level any time using Nike+ Connect. Simply look at the icon in the lower-left corner of the main window.

Another way to check the battery is to look at the icon on the SportBand Link's display. The battery icon will change from empty to full, to indicate the amount of charge left on the battery.

Understanding Battery States

ABOUT A LOW BATTERY

If your SportBand displays the message MEM LOW, you have about 1 hour of recording time left. It will keep recording your run, but once the memory is full, it will automatically stop (*fig.40*).

If the battery is low, and you press and hold the Record button (on the top) for 3 seconds to start a run, the words BATT LOW will blink twice. While you'll still be able to start recording your run, you'll only have approximately 1 hour of recording time left.

ABOUT A CRITICAL BATTERY

If you aren't recording a run, and the battery reaches a critical stage, the battery icon will show an outline only on the SportBand's display. (*fig.41*) If you press the Toggle button (on the side), the word BATT will blink three times, before returning to the time of day. At this stage, the battery has approximately one hour of recording time left.

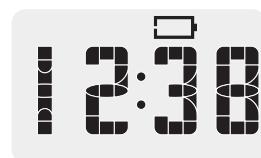
If the battery has reached a critical stage, and you press and hold the Record button (on the top) for three seconds to start recording a run, the word BATT will blink three times before exiting to the time of day. The battery icon will show its outline only on the SportBand display. You won't be able to start recording a run until you recharge it.

If you're in the middle of a run when the battery charge reaches a critical stage, the battery icon will show its outline only on the SportBand display. This indicates that there is approximately one hour of recording time left. After that time has passed, the recording will automatically end, and the display will exit to the time of day. **Note:** A blank screen indicates that the battery has completely run out, and needs to be recharged.

fig.40



fig.41



Resetting the Nike+ SportBand

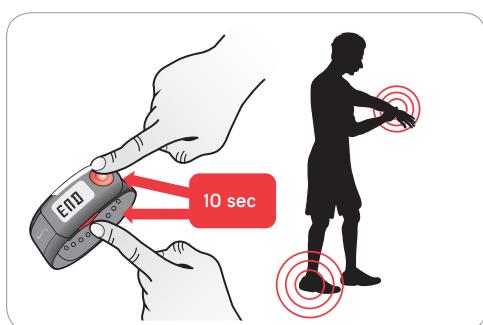
If the SportBand is not responding, you can try restarting it.

Press and hold the Record and the Toggle buttons at the same time for 10 seconds, in any mode. The display will show NIKE, go blank, then come back on within a few seconds. The SportBand will then be reset. (fig.42).

Note: If you reset the SportBand while you're running, the recording will automatically stop. The metrics recorded up until the time of the freeze should be safe.

Note: You cannot reset the SportBand Link if it's connected to a USB port on your computer.

fig.42



Uploading Your Runs to nikeplus.com

After recording one run, or more, you can send your workout info to nikeplus.com, where you can track your progress, set goals, challenge others and much more. The SportBand records up to 30 hours of run info (15 if you're recording your heart rate).

1. After recording your runs, remove the SportBand Link and connect it to a USB port on a computer installed with Nike+ Connect software.
2. Nike+ Connect will automatically launch and upload your run info to nikeplus.com
3. Your web browser will open automatically, and take you to nikeplus.com. Meanwhile, the message "All workouts uploaded" will appear in the main window. (fig.43)
4. At nikeplus.com, you can track your progress, challenge your friends, share your progress through Facebook and Twitter, and more. (fig.44) Note: If no Internet connection is detected, the main window will show you the message "No internet connection." Click on the Try Again button to reconnect.
5. If an Internet connection is not available, or nikeplus.com does not respond, Nike+ Connect will queue your runs to your SportBand for upload at a later time, and will clear your SportBand's memory so you can record more runs. You won't see these runs on nikeplus.com until you've successfully established an Internet connection.

fig.43

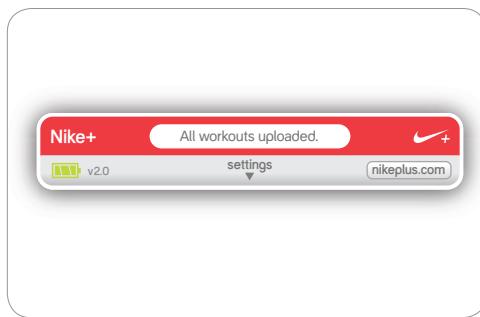
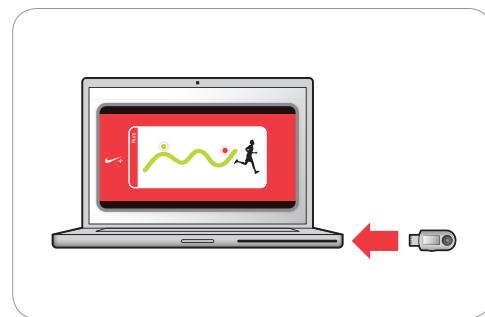


fig.44



Making Updates

It's easy to keep your Nike+ SportBand and Nike+ Connect software up-to-date. When you connect to a USB port, and any available updates and messages will automatically appear.

UPDATING NIKE+ CONNECT

When Nike+ Connect software updates are available, a message in will say "A newer version of Nike+ Connect is available. Would you like to download and install it now?" Clicking the Update button will update the software.

UPDATING THE NIKE+ SPORTBAND LINK

When updates to the Nike+ SportBand Link are available, a message will say, "New software is available for your Nike+ SportBand. Would you like to download and install it now?" To update, click the OK button.

Using the Sensor

ABOUT THE SENSOR'S BATTERY LIFE

The sensor contains a non-replaceable battery with a life of more than 1000 active hours. The sensor has a sophisticated built-in power management system, which means that the sensor only consumes power when active (that is, when it senses motion).

You can leave the sensor in your shoe when you aren't working out, but if you plan to wear your shoes for a long time without working out, we recommend replacing the sensor with the foam insert to save battery life.

Note: You can buy a replacement sensor through nikestore.com or apple.com.

PUTTING THE SENSOR TO SLEEP

The sensor is awake and on by default. If you want to store the sensor for a long period of time or make it stop transmitting, you can put it to sleep or take it out of your shoe.

To put the sensor to sleep:

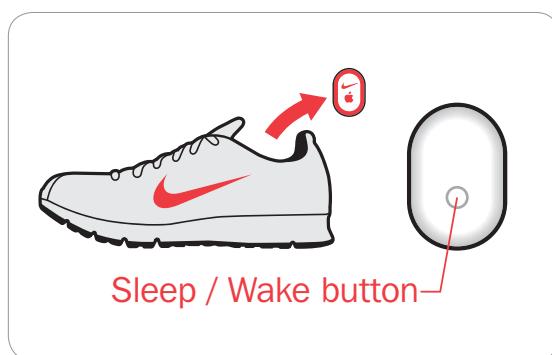
Use a pen or a paper clip to press and hold the Sleep/Wake button for three seconds. (fig.45)

Important: Put the sensor to sleep before taking it on an aircraft, to comply with applicable government regulations.

To wake the sensor:

Use a pen or a paper clip to press the Sleep/Wake button.

fig.45



About Specifications

NIKE+ SPORTBAND SPECIFICATIONS

The Nike+ SportBand has a custom rechargeable battery made of lithium polymer. It's an internal, non-user-replaceable battery. If the product hasn't been used for a while, the battery may need to be charged. The battery is 80% charged in about 1.5 hours and fully charged in 2 hours.

Water resistance: 5ATM You can wear it in the rain, but wearing it while swimming is not recommended.

ATTENTION: Water damage may occur if the buttons are pressed underwater.

ATTENTION: Hot steam may cause damage to the product. Do not wear in steaming shower, spa or hot tub.

ATTENTION: Product should be rinsed thoroughly in fresh water after being exposed to salt water.

The operating temperature is 0 to 50° Celsius.

The buckle is made of stainless steel. The case is polycarbonate, and the strap is polyurethane.

WARNING: NOT A MEDICAL DEVICE.

Should not be used to diagnose, treat or prevent any disease or medical condition.

Before starting any exercise program, you should have a complete physical examination by your physician. Do a warm-up or stretching exercise before beginning any workout. Be careful and attentive while exercising. Stop exercising immediately if you feel pain, or feel faint, dizzy, exhausted or short of breath. By exercising, you assume the risks inherent in physical exercise, including any injury that may result from such activity.

Warning: the sensor is a potential choking hazards. Keep it away from children under three years of age.

Important: Do not attempt to open the sensor, disassemble it, or remove the battery. No user-serviceable parts are inside.

Learning More, Service and Support

For service and support, discussions, tutorials, and software downloads, go to our website: **www.nikeplus.com/downloads**

Nike+ SportBand Warranty

ONE-YEAR LIMITED WARRANTY

Your NIKE product is warranted to be free of defects in materials of workmanship, under normal use, for a period of one year from the date of purchase. This limited warranty excludes damage resulting from improper care or handling, accidents, modification, unauthorized repairs, normal wear or other causes which are not defects in materials and workmanship. If your product is defective, return it and the store receipt to the place of purchase. If there is a covered defect, we will replace the product (if available) or issue a full refund. We reserve the right to refuse either replacement or refund (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 and implied warranties of any kind, which are hereby excluded. In no event shall NIKE be liable for direct, indirect, incidental or consequential damages arising out of the use of the product, 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.

Some states do not allow limitation on how long an implied warranty lasts, or exclusion 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.

The NIKE warranty extends only to products purchased from an authorized NIKE retailer.

Compliance Information

Informace o shod

Overensstemmelsesoplysninger

Informationen zur Konformität

Vastavusinformatsioon

Información en cumplimiento de la normativa

μμ

Informations de conformité

Informazioni di conformità

Inform cja par saska ot bu

Prieži ros informacija

Informatie over naleving van de voorschriften

Informazzjoni dwar konformità

A szabályok betartásával kapcsolatos tudnivalók

Zgodno z przepisami

Informações de conformidade

Informacije o skladnosti

Informácie o splnení zákonných požiadaviek

Vaatinustenmukaisuus

Information om lämplig hantering

Upplýsingar um samræmi

Informasjon

順著插入

循規插页

コンプライアンス インサート

규정 준수 삽지

Nota de conformidad

Notas de cumplimiento anexas

NIKE



SWOOSH

Nike, Inc

United States:

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1) this device may not cause harmful interference, and (2) this device must accept any interference received including interference that may cause undesired operation.

FCC WARNING: any changes or modifications not expressly approved by Nike, Inc. could void the user's authority to operate this equipment under FCC regulations

•Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



EU (European Union): Declaration of Conformity with Regard to the EU Directive 1999/5/EC

esky [Czech]: Nike tímto prohlašuje, že tento Nike+ SportBand je ve shod se základními požadavky a dalšími p íslušnými ustanoveními sm rnice 1999/5/EU.

Dansk [Danish]: Undertegnede Nike erklærer herved, at følgende udstyr Nike+ SportBand overholder de væsentlige krav og øvrige relevante krav i direktiv 1999/5/EF.

Deutsch [German]: Hiermit erklärt Nike, dass sich das Gerät Nike+ SportBand in Übereinstimmung mit den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 1999/5/EG befindet.

Eesti [Estonian]: Käesolevaga kinnitab Nike seadme Nike+ SportBand vastavust direktiivi 1999/5/EÜ põhinõuetele ja nimetatud direktiivist tulenevatele teistele asjakohastele sätetele.

English: Hereby, Nike, declares that this Nike+ SportBand is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

Español [Spanish]: Por medio de la presente Nike declara que el Nike+ SportBand cumple con los requisitos esenciales y cualesquiera otras disposiciones aplicables o exigibles de la Directiva 1999/5/CE.

[Greek]: Nike | Q Nike+
SportBand Ω Ω
1999/ .

Français [French]: Par la présente Nike déclare que l'appareil Nike+ SportBand est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE.

Italiano [Italian]: Con la presente Nike dichiara che questo Nike+ SportBand è conforme ai requisiti essenziali ed alle altre disposizioni pertinenti stabiliti dalla direttiva 1999/5/CE.

Latviski [Latvian]: Ar šo Nike deklar , ka Nike+ SportBand atbilst Direkt vas 1999/5/EK b tiskaj m pras b m un citiem ar to saist tajiem noteikumiem.

Compliance Information

Lietuvu [Lithuanian]: Šiuo Nike deklaruoja, kad šis Nike+ SportBand atitinka esminius reikalavimus ir kitas 1999/5/EB Direktyvos nuostatas.

Nederlands [Dutch]: Hierbij verklaart Nike dat het toestel Nike+ SportBand in overeenstemming is met de essentiële eisen en de andere relevante bepalingen van richtlijn 1999/5/EG.

Malti [Maltese]: Hawxhekk, Nike, jiddikjara li dan Nike+ SportBand jikkonforma mal- ti ijet essenziali u ma provvedimenti o rajn relevanti li hemm fid-Direttiva 1999/5/EC.

Magyar [Hungarian]: Alulírott, Nike nyilatkozom, hogy a Nike+ SportBand megfelel a vonatkozó alapvető követelményeknek és az 1999/5/EC irányelv egyéb előírásainak.

Polski [Polish]: Niniejszym Nike o wiadcza, e Nike+ SportBand jest zgodny z zasadniczymi wymogami oraz pozostałymi stosownymi postanowieniami Dyrektywy 1999/5/EC.

Português [Portuguese]: Nike declara que este Nike+ SportBand está conforme com os requisitos essenciais e outras disposições da Directiva 1999/5/CE.

Slovensko [Slovenian]: Nike izjavlja, da je ta Nike+ SportBand v skladu z bistvenimi zahtevami in ostalimi relevantnimi dolo ili direktive 1999/5/ES.

Slovensky [Slovak]: Nike týmto vyhlasuje, že Nike+ SportBand sp a základné požiadavky a všetky príslušné ustanovenia Smernice 1999/5/ES.

Suomi [Finnish]: Nike vakuuttaa täten ettaa Nike+ SportBand tyypipinen laite on direktiivin 1999/5/EY oleellisten vaatimusten ja sitä koskevien direktiivin muiden ehtojen mukainen.

Svenska [Swedish]: Härmad intygar Nike att denna Nike+ SportBand står i överensstämmelse med de väsentliga egenskapskrav och övriga relevanta bestämmelser som framgår av direktiv 1999/5/EG.

Íslenska [Icelandic]: Hér með lýsir Nike yfir því að Nike+ SportBand er í samræmi við grunnkröfur og aðrar kröfur, sem gerðar eru í tilskipun 1999/5/EC.

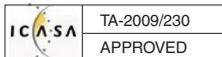
Norsk [Norwegian]: Nike erklærer herved at utstyret Nike+ SportBand er i samsvar med de grunnleggende krav og øvrige relevante krav i direktiv 1999/5/EF.



Australia/New Zealand:



South Africa:



Tento produkt obsahuje baterii, která není p i stupná uživateli. Nepokoušejte se otev r pláš – v opa ném p ipad m že dojít ke ztrát dat a k ohrožení výkonu. V p ipad nesprávné likvidace mohou látky obsažené v tomto produktu a/nebo jeho baterii poškodit životní prost edí a/nebo lidské zdraví. Zna ka popelnice na tomto produktu ukazuje, že tento produkt nesmí být likvidován spole n s domácím odpadem. Bu te odpov dní a odevzdejte použitý produkt v nejbližší sb rr vám poskytne prodejce, u kterého jste produkt zakoupili, nebo obecní ú ad.

Dette produkt indeholder et batteri, brugeren ikke har adgang til. Forsøg ikke at åbne kassen, da dette kan medføre tab af data og forringet yd eevne. Stoffer i dette produkt og/eller dets batteri kan være farlige for miljøet og/elle helbredet, hvis de bortska fnes på en

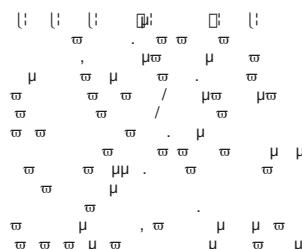
forkert måde. Billedet af affaldskurven i en cirkel på produktet viser, at det ikke bør bortska fnes med husholdningsaffald. Lev op til dit ansvar og aflever det ved den nærmeste genbrugsstation for at sikre, at det bliver genbrugt. Den nærmeste genbrugsstation kan du få oplyst af den forhandler, der har solgt produktet til dig, eller hos din kommune.

Dieses Produkt enthält eine Batterie, die vom Benutzer nicht ausgetauscht werden kann. Versuchen Sie nicht, das Gehäuse zu öffnen, da dies zu Datenverlust bzw. zu einer verminderten Leistung führen kann. Die in diesem Produkt bzw. dessen Batterie enthaltenen Stoffe können bei unsachgemäßer Entsorgung Umwelt- bzw. Gesundheitsschäden verursachen. Das Symbol der durchgestrichenen Mülltonne auf diesem Produkt bedeutet, dass es gesondert und nicht über den Hausmüll entsorgt werden muss. Bitte handeln Sie verantwortungsvoll und entsorgen Sie das Produkt über eine Sammelstelle in Ihrer Nähe. Nähere Informationen über die Standorte der Sammelstellen erhalten Sie bei Ihrem Händler oder bei Ihrer Gemeinde.

Käesolevas tootes on patareid, millele kasutaja ligi ei pääse. Ärge üritage korpusi avada, vastasel juhul võivad andmed kaotsi minna ja jõudlus ohtu sattuda. Käesolevas tootes ja/või selle patareis sisalduvad ained võivad kahjustada keskkonda ja/või inimeste tervist kui nende äraviskamine ei toimu nõuetekohaselt. Käesolevale tootele joonistatud prügikast tähendab, et toode ei tohi ära visata koos olmeprügiga. Palun olge kohusundlik ja viige seade kättemisse kindlustamiseks lähimasse käitusjaama. Kohaliku kogumispunkti leidmiseks võtke ühendust poega, kust te toote ostsite või kohaliku omavalitsusega.

This product contains a battery that is not user accessible. Do not attempt to open the case, otherwise data may be lost and performance compromised. Substances contained in this product and/or its battery may damage the environment and/or human health if disposed of improperly. The wheeled bin on this product indicates that it should not be disposed of together with household waste. Please be responsible and take it to your nearest recycling collection point to ensure it is recycled. To locate your nearest collection point, contact the retailer where you made your purchase or your local municipality.

Este producto contiene una batería no accesible para el usuario. No intente abrir el aparato, porque esto puede originar la pérdida de datos y poner en peligro el funcionamiento. Las sustancias que contiene este producto y/o su batería pueden provocar daños al medio ambiente y/o a la salud humana si no se desechan adecuadamente. El icono del cubo de basura con ruedas indica que este producto no debe desecharse junto a los residuos domésticos. Por favor, sea responsable y llévelo al punto de reciclaje más cercano. Para averiguar dónde se encuentra su punto de reciclaje más cercano, contacte con el establecimiento donde realizó la compra o con las autoridades de su municipio.



Ce produit contient une batterie non accessible par l'utilisateur. N'essayez pas d'ouvrir le boîtier, sans quoi les données pourraient être perdues et la performance du dispositif, compromise. Les substances contenues dans ce produit et/ou sa batterie pourraient nuire à l'environnement et/ou à la santé, si éliminées de manière inappropriée. Le contenuant roulant sur ce produit indique qu'il ne doit pas être éliminé avec les déchets ménagers. Veuillez adopter une attitude responsable et l'apporter au site de recyclage le plus proche pour en assurer la récupération. Pour localiser le site de recyclage le plus proche, contactez votre distributeur ou votre municipalité.

Il prodotto contiene una batteria non accessibile dall'utente. Non tentare di aprire la cassa, in caso contrario i dati potrebbero andare persi e le prestazioni del prodotto potrebbero essere pregiudicate. Le sostanze contenute nel prodotto e/o nella batteria potrebbero essere dannose per

Compliance Information

L'ambiente e/o per la salute. Il bidone dotato di ruote raffigurato sul prodotto indica che quest'ultimo non può essere smaltito insieme ai rifiuti domestici. Si raccomanda una condotta responsabile: portalo al punto di raccolta più vicino per fare in modo che i materiali di cui è composto vengano riciclati. Per sapere dove si trova il punto di raccolta più vicino, contatta il rivenditore presso cui hai acquistato il prodotto o il tuo comune.

Šis produkts satur akumulatoru, kuram lietot js never piek t. Nem in t atv rt korpusu, jo tas var rad t datumu un ietekm t veikstsp ju. Vielas, ko satur šis produkts un/vai t akumulators, var nodar t kaiti jumu videi un/vai cilv ku vesel bai, ja produkts vai t komponenti tiek nepareizi izn cin t. Uz produkta att lot atritumu tvertn ar rite iem nor da, ka to need kst izmest kop ar m jsaimniec bas atritumiem. L dzu, esiet atbild gs un nog d jet produktu uz tuv ko otreiz j s p rstr des sav kšanas vietu, lai nodrošin tu to, ka produkts tiek otreiz j p rstr d ts. Lai samekl tuv ko sav kšanas vietu, sazinieties ar mazumtirgot ju, pie kura veic t pirkumu, vai viet jo pašvald bu.

Šiame gaminyje yra vartotojui neprerieinama baterija. Nebandykite atidaryti korpuso, nes galite prasti duomenis ir neigiamai paveikti našum. Netinkamai atsikratytos šiame gaminyje ir/arba jo baterijoje esan los medziagos gali pakankti aplinkai ir/arba žmogaus sveikatai. Šiuksli konteinerio piktograma ant šio gaminio reiškia, kad jo negalima išmesti kartu su nam kio atliekomis. Elkit s atsakingai ir nuneskite j artimiausiai atliek surinkimo ir perdibimo punkt. Nor dami rasti artimiausiai surinkimo punkt, kreipkit s pardav j, iš kurio siūlyte pirkin , arba teiraukit s savivaldyb je.

Dit product bevat een batterij die niet voor de gebruiker toegankelijk is. Probeer de behuizing niet openen, anders kunnen er gegevens verloren raken en de prestaties nadrukkelijk worden beïnvloed. Stoffen in dit product en/of de batterij kunnen bij incorrecte afvalverwerking schadelijk zijn voor het milieu en/of de gezondheid van de mens. Het symbool van de vuilnisbak op wietjes op dit product geeft aan dat het product niet samen met huishoudelijk afval mag worden weggegooid. Denk aan het milieu en breng het product naar de dichtstbijzijnde inzamelplaats om er zeker van te zijn dat het wordt gerecycled. Voor informatie over de dichtstbijzijnde inzamelplaats neemt u contact op met de winkel waar u het product hebt gekocht of met de gemeente in uw woonplaats.

Dan il-prodott fih batterija li mhixje a essibbli g all-utent. Tipprova tifta il-kaxxa, inkella tista' tintilef xi dejta u l-prodott jista' ma ja dimx sew. Is-sustanzi li jnsabu f'dan il-prodott u/jew fil-batterija tieg u jistg u jeg milu sara ill-ambrient u/jew lis-sa, a tal-bniedem jekk ma jntremewx kif suppost. Il-barmil bir-roti fuq dan il-prodott jindika li m'g andux jintrema flimkein ma' skart domestiku. Jekk jog bok sun responsabili u udu fl-eqreb punt ta' bir g ar-ri iklar sabiex tag mel ert li ji i rri iklat. Biex issib il-punt ta' bir li huwa l-eqreb g alk, jekk jog bok ikkuntatja ill-anut minn fejn xtrajt il-prodott jew il-kunsill lokal tieg ek.

Ez a termék felhasználók által nem hozzáérhető akkumulátor tartalmaz, ezért ne tegyen kísérletet az akkumulátorról kinyitására. Ellenkez esetben adatvesztés következhet be, és a teljesítmény csökkenhet. A terméken, illetve az akkumulátoron lév anyagok helytelen leselejtését esetén a környezetre és/vagy az emberi egészségre károsak lehetnek. A terméken elhelyezett kerekess kúka szimbólum azt jelzi, hogy a terméket nem szabad a háztartási hulladékokkal együtt leselejteni. Az újrafelhasználhatóság biztosítása érdekében legyen körültekint , és vigye el a terméket az újrafelhasználáshoz kijelölt legközelebbi gy jt helyre. A legközelebbi gy jt helyr i a termékét értékesít viszonteladónál vagy a helyi önkormányzatról kaphat felvilágosítást.

Ten produkt zawiera wbudowan bateri , do której ytkownik nie ma dost pu. Nie próbuj otwiera obudowy. Mo e to spowodowa utrat danych i obni enie jako ci pracy urz dzenia. W przypadku niewła ciwej utylizacji, substancje zawsze w tym produkcje i/lub baterii mog by szkodliwe dla rodowiska i/lub zdrowia ludzi. Symbol kubka na kólkach umieszczony na produkcie wskazuje, e nia yale do wyprodukowania razem z domowymi odpadami. Prosimy zanie urz dzenie do najbi szego punktu recyklingu, aby zapewni jego wła ciw utylizacj. Aby znale najbi szy punkt zbiórki tego typu urz dze , skontaktuj si ze sprzedawc sklep, w którym dokonate zakupu urz dzenia lub z przedstawicielem władz lokalnych.

Este produto contém uma bateria que o usuário não pode manipular. Não tente abrir a caixa, do contrário dados podem ser perdidos e o desempenho prejudicado. As substâncias contidas neste produto e/ou na sua bateria podem danificar o ambiente e/ou a saúde humana se descartadas incorretamente. O símbolo da lixeira com rodas neste produto indica que ele não deve ser descartado junto com o lixo domiciliar. Seja responsável e leve-o ao ponto de coleta de reciclagem mais próximo para garantir sua reciclagem. Para encontrar o ponto mais próximo de coleta, contate o revendedor onde você fez sua compra ou a prefeitura local.

Izdelek vsebuje baterijo, ki ni dostopna uporabniku. Ne poskušajte odpirati ohišja, ker bi lahko to povzroilo izgubo podatkov in napa no delovanje. Snovi, ki jih vsebuje izdelek oz. njegove baterije, so lahko pri neprimerenem na inu odlaganja škodljive za okolje ter za zdravje ljudi. Podoba smetnjaka s kolieskami na tem izdeku pomeni, da ga ne smete odlagati skupaj z gospodinjskimi odpadki. Zagotovite njegovo recikliranje tako, da ga odnesete na najbližje zbirališ e odpadkov za recikliranje. Obrnite se na prodajalca na drobno, pri katerem ste kupili ta predmet, ali na ob insko komunalno službo, kjer vam bodo povedali, kje se nahaja najbližje zbirališ e.

Tento výrobok obsahuje batériu, ku ktorej používate nemá prístup. Nepokúsajte sa otvoriť puzdro. V opa nom pripade môže dojs k strate údajov a zníženiu výkonu. Látky, ktoré výrobok a batéria obsahujú, môžu poškodi životné prostredie a zdravie ľudu, ak sa výrobok nezlikviduje správnym spôsobom. Kontajner s kolieskami ozna uje, že výrobok sa nesmie likvidova spolu s komunálnym odpadom. Prosíme vás o zodpovedný prístup. Výrobok odneste do najbližšieho recyklára ného zberového strediska, aby sa zabezpeilo ilo recyklование. Informácie o polohu najbližšieho recyklára ného zberového strediska sa dozviete od obchodníka, od ktorého ste výrobok kupili, alebo od miestnych orgánov.

Tuote sisältää pariston, joka ei ole käytäjän käsiteltäväissä. Kotelo ei saa ryttää avata. Avaa minen voi aiheuttaa tietojen katoamisen ja vaikuttaa tuotteen toimintaan. Tuotteen ja/tai pariston sisältämät materiaalit voivat olla haitallisia ympäristölle ja/tai terveydelle, jos ne hävitettään asiaankuulumattomalla tavalla. Tuotteessa oleva roskasäiliö-symboli tarkoittaa, että tuotetta ei saa hävittää kotitalousjätteen mukana. Vie tuote lähipäännä keräyspisteeseen kierrätystä varten. Kysy paikkakunnan viranomaiselta tai tuotteen myyjältä tietoa lähimästä keräyspisteestä.

Den här produkten innehåller ett batteri som användaren inte har tillgång till. Försök inte öppna höljet, eftersom detta kan medföra förlust av data och att prestandan påverkas. Ärmen som finns i den här produkten eller i dess batteri kan skada miljö och/eller människors hälsa vid olämplig avtystning. Behållaren med hjul på den här produkten anger att den inte ska avyttras tillsammans med hushållsavfall. Agera ansvarsfullt och ta med den till närmaste uppsamlingsplats för återvinning för att säkerställa att produkten återvinnas. Återförsäljaren eller din kommun kan ge upplysningar om var närmaste uppsamlingsplats finns.

Pessi vara inniheldur rafhlöður sem eru ekki aðgengilegar notanda. Reynið ekki að opna hulstríð, annars geta gögn tapast og stofnað frammistöðu í hetti. Innihaldsefni pessarar voru og/eða rafhlöður hennar geta valdið umhverfinu skaða og/eða heilsu manna ef því er fargað að óvibeigandi hatt. Ruslafatan á pessari voru gefur til kynna að henni eigi ekki að farga ásamt venjulegu heimilissorpi. Vinsamlegast sýnið ábyrgð og farið með hana í næstu söfnunarstöð til endurvinnslu. Til að finna næstu endurvinnslustöð hafið samband við sóluðila þar sem varan var keypt eða viðbeigandi bæjarfélag.

Dette produktet inneholder et batteri som ikke er tilgjengelig for brukeren. Ikke forsøk å åpne produktet, ettersom dette kan føre til tap av data og yteevnen kan svekkes. Dette produktet og/eller dets batteri inneholder stoffer som kan skade miljøet og/eller menneskelig helse hvis ikke dette avhendes på korrekt måte. Avfallsbeholderen på dette produktet betyr at det ikke bør avhendes sammen med husholdningsavfall. Vennlige vis ansvar og ta det med til en stasjon for gjenvinning, før å sikre at det resirkuleres. Kontakt forhandleren hvor du kjøpte produktet eller din bosteds kommune, for å finne en gjenvinningsstasjon nær deg.

Compliance Information

Korea:



N72-WM0060 (B)

Malaysia:

RAVG/13K/0709/S(09-1018)

Singapore:



Taiwan:

CCFA09LP0020T0

a. The control, adjustment, and on/off operation of the device to shall not caused the violation of to the "Administrative regulations on low power radio waves radiated devices".

b. Please be noted that any adjustment may violate the regulations. The adjustment shall be carried out or monitored by specialist who has the expertise on radio frequency devices maintenance.

c. Please be noted that any replacements of components (ICs, transistors, and so on) may lead of the violation to the regulations.

d. Article 12 of "Administrative Regulations on Low Power Radio Waves Radiated Devices: Without permission granted by the NCC, any company, enterprise, or user is not allowed to change frequency, enhance transmitting power or alter original characteristic as well as performance to a approved low power radio-frequency devices."

Article 14 of "Administrative Regulations on Low Power Radio Waves Radiated Devices: "The low power radio-frequency devices shall not influence aircraft security and interfere with communications; If found, the user shall cease operating immediately until no interference is achieved."

The said communications means radio communications is operated in compliance with the Telecommunications Act. The low power radio-frequency devices must be susceptible with the interference from communications or ISM radio wave radiated devices.

Mexico:

COFETEL certificate # RCPNIWM09-0689

Canada:

Canada 310

This Category II radiocommunication device complies with Industry Canada Standard RSS-310.

Ce dispositif de radiocommunication de catégorie II respecte la norme CNR-310 d'Industrie Canada.