NIKE+ iPAD INSTRUCTIONS

MORE FROM YOUR RUN.
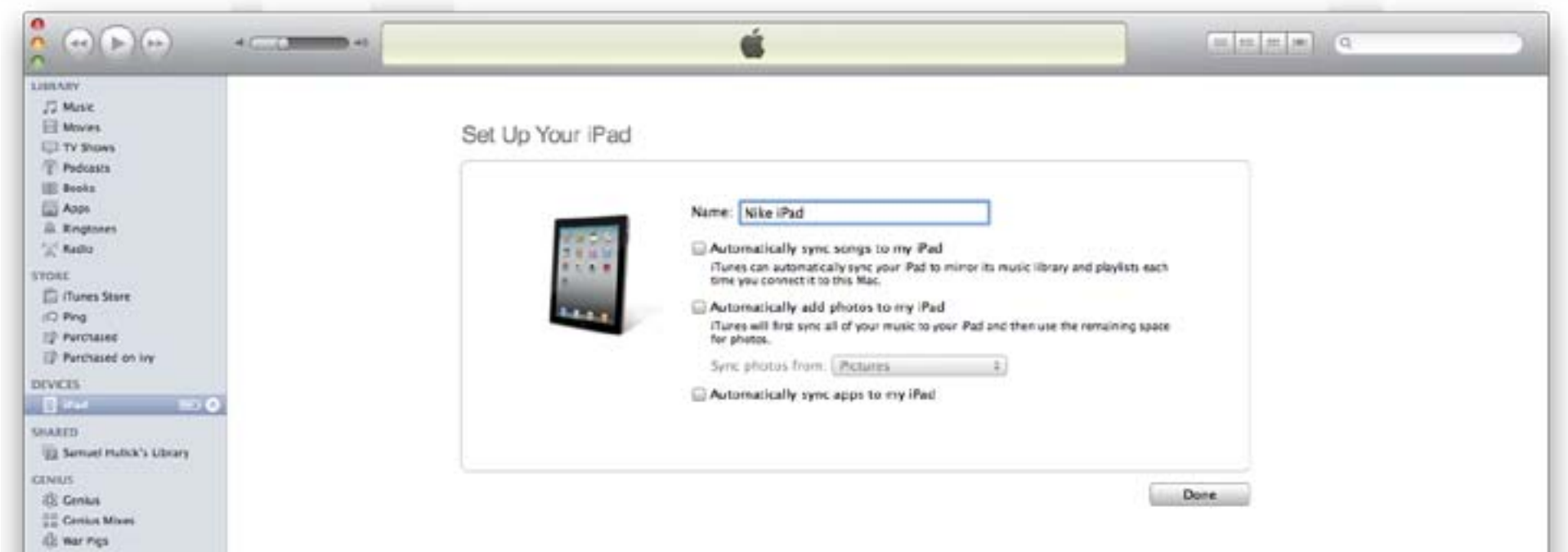
1

2

iPad Setup:

After you receive your store iPad, a few steps will need to be completed in order to setup your iPad to run the Nike+ program.

INSTRUCTIONS:

1. After turning on iPad for the first time, a dialog box will appear asking whether you want to register. Check "register later".

2. Next, a dialog box will appear asking whether you want to set up a new install or a backup. Choose "setup as a new iPad".

3. On the "Set Up Your iPad" screen, name the iPad "Nike iPad" (see image 1). Uncheck all 3 checkboxes on the setup screen. Click "Done".

4. After naming your iPad, a dialog box will ask whether you want to send Apple information automatically. Check "Do not ask me again" (see image 2). Click "OK".

3

INSTALL NIKE+ APPLICATION:

Once you have setup your iPad, you will need to install the Nike+ application from iTunes.

INSTRUCTIONS:

1. Open iTunes (see image 3).

2. "Nike iPad" should appear under the list of devices.

3. Select "Nike iPad".

4. Click the Apps tab on the top of the screen.

5. Check "Sync Apps".

6. Scroll to the iPad Apps section and select "Nike+".

7. Check "Automatically sync new apps'".

8. Press "Sync" or "Apply" button in bottom right corner of the screen.

4

5

GENERAL SETTINGS:

The iPad Settings menu allows you to set up your iPad for ongoing display of the Nike+ application. A few simple steps are required to allow for continuous play, beginning with the Auto-Lock settings.

INSTRUCTIONS:

1. Choose the Settings folder on iPad main menu (see image 4).
2. In settings, "General" is automatically selected.
3. Select Auto Lock
4. Choose "Never" (see image 5).
5. Press home key (round button on iPad bottom center).

7

6

GENERAL SETTINGS:

After you have adjusted your Auto-Lock settings, you will also need to configure your Auto-Brightness settings so the iPad screen does not automatically dim after a period of time.

INSTRUCTIONS:

1. Choose the settings folder on iPad main menu (see image 4).
2. In settings, choose "Brightness & Wallpaper" (see image 6).
3. Choose "Auto-Brightness OFF" (see image 7).
4. Press home key (round button on iPad bottom center).

8

Launch Nike+ App:

When the Nike+ application has been installed on your iPad, you will see the Nike+ icon on your Home Screen.

INSTRUCTIONS:

1. Press the Nike+ icon.
2. The Nike+ application will open.
3: Launch Nike+ App (see image 8).

1

2

3

4

5

6

NIKE+ iPAD DEVICE SCREENS:

1. **Device Family Intro Screen**
2. **Nano Device Screen**
3. **iPod Touch Device Screen**
4. **iPhone Device Screen**
5. **SportWatch GPS Device Screen**
6. **SportBand Device Screen**

iPAD DEVICE FAMILY SCREEN:

WHAT IS NIKE+?

Running's easier when you know how you're doing and have people to do it with. Nike+ is the best at giving you both.

- See or hear your distance, pace, time and calories burned. Then see every run in detail when you upload to Nike+.
- Connect with millions of runners worldwide—including your friends—in ways that make running even more fun than it already is.

NAVIGATION:

1. Place finger on any device to open device screen.
2. Click "Learn More About Nike+" to play Nike+ video.

NIKE+ iPOD NANO:

- The Nike+ SportKit turns your iPod nano into a Nike+ device.

- Tracks your distance, pace, time and calories burned and sends audio feedback on how you are doing.

- Upload to the Nike+ site to see your runs, set goals, compete in challenges and keep up with your friends.

- Get heart rate information by adding a Polar Wearlink+ Transmitter to your 5G or 6G iPod nano.

NAVIGATION:

1. Press device screen to return to Device Family.
2. Click "Learn More About Nike+" to play Nike+ video.

NIKE+ iPOD TOUCH:

- A Nike+ Sensor turns your iPod touch into a Nike+ device.

- Tracks your distance, pace, time and calories burned and sends audio feedback on how you're doing.

- Upload to the Nike+ site to see your runs, set goals, compete in challenges and keep up with your friends.

NAVIGATION:

1. Press device screen to return to Device Family.
2. Click "Learn More About Nike+" to play Nike+ video.

NIKE+ iPHONE:

- Download the Nike+ GPS App from iTunes to turn your iPhone into a Nike+ device.

- Tracks your distance, pace, time and calories burned with GPS, and sends you audio feedback on how you're doing.

- In-run cheers erupt each time a friend sends a note to your Facebook page.

- Automatically upload to the Nike+ site to see your runs—including route and elevation—set goals, and compete in challenges.

NAVIGATION:

1. Press device screen to return to Device Family.
2. Click "Learn More About Nike+" to play Nike+ video.

NIKE+ SPORTWATCH GPS:

- GPS combines with the Nike+ Sensor (included) to accurately track your distance, pace, time and calories burned, indoors or out.

- Reminds you to run, stores your Nike+ history, and remembers your PRs.

- Upload to the Nike+ site to see your runs—including route and elevation—set goals, and compete in challenges.

- Get heart rate information by adding a Polar Wearlink+ Transmitter.

NAVIGATION:

1. Press device screen to return to Device Family.
2. Click "Watch Video" to play Nike+ SportWatch GPS video.
3. Click "Learn More About Nike+" to play Nike+ video.

NIKE+ SPORTBAND:

- Works with the Nike+ Sensor (included) to track distance, pace, time, and calories burned.

- Customized display allows you to see the information that's most important to you.

- Upload to the Nike+ site to see your runs, set goals, compete in challenges and keep up with your friends.

- Get heart rate information by adding a Polar Wearlink+ Transmitter.

NAVIGATION:

1. Press device screen to return to Device Family.

2. Click "Learn More About Nike+" to play Nike+ video.

CONTROL PANEL:

The Control Panel allows you to select and enable or disable video options

as screensaver

ACCESSING SCREENSAVER CONTROL PANEL:

1. Place finger on bottom left corner of the screen.
2. Swipe across to the right edge of the screen.

USING THE SCREENSAVER CONTROL PANEL:

Green Box indicates item is selected.

1. Tap "Enable Screensaver" box to toggle screensaver on/off. Screensaver is enabled by default.
2. Tap a video title to select it as the screensaver to run. One video will always be selected, even if the screensaver is disabled.

CURRENT VIDEO OPTIONS:

1. Nike+ Video
2. SportWatch Video

1

2