



Select 12 or 24 Hour Clock



Hand wash cold
Lavage à la main, à l'eau froide
Lavar a mão, com água fria
Lavare a mano in acqua fredda
Handwäsche kalt
Koude handwas
Håndvaskes i kaldt vand
Handvattas i kallt vatten
Lavar a mano con agua fría
常溫水で手洗い
用冷水手洗
祇可用冷水手洗
한 물에 손빨래할 것



Do not machine wash
Lavage en machine interdit
Não lavar a máquina
Non lavare in lavatrice
Keine Maschinenwäsche
Geen machinewa
Må ikke maskinvaskes
Maskinvätta inte
No poner en la lavadora
洗濯機使用不可
不可用洗衣机洗涤
切勿用洗衣机洗涤
세탁기 사용금지



Do not bleach
Eau de Javel interdite
Não usar alvejante
Non candeggiare
Nicht bleichen
Niet bleken
Må ikke bleges
Blek inte
No usar cloro
漂白禁止
不可漂白
切勿漂白
프백제 사용금지



Drip dry
Séchage sur ceintre
Pendurar para secar
Stendere su un piano orizzontale
Abtropfen lassen
Kletsnat ophangen
Droptørria
Droptorka
Colgar para secar
吊干
滴干
滴乾水分
늘여서 말릴 것



Dry flat
Séchage à plat
Secar sob superfície plana
Stendere su un piano orizzontale
Liegend trocknen
Plat drogen
Liggetørring
Torika plant
Secar extendiendo la prenda
平干し
鋪平晾干
擺平晾乾
늘여서 말릴 것



Do not wring
Essorage interdit
Não torcer
Non strizzare
Nicht auswringen
Niet uitwringen
Må ikke vrides
Vrid inte ur vattnet
No estrujar
アイロン禁止
不要
手絞り禁止
切勿攪擠
비틀어 짜지 말 것



Do not iron
Repassage interdit
Não passar
Non stirare
Nicht bügeln
Niet strijken
Må ikke stryges
Stryk inte
No planchar
アイロン禁止
不可熨燙
切勿熨燙
다림기 사용금지



Do not dry clean
Nettoyage à sec interdit
Não lavar a seco
Non lavare a secco
Keine chemische Reinigung
Niet chemisch reinisen
Må ikke kemisk renses
Kemtvätta inte
No lavar en seco
ドライクリーニング禁止
不可干洗
切勿乾洗
드라이클리닝 금지

Mode Limits

H2O RESIST 30m
Tolerates incidental contact with water from rain, splashing, etc. Not for swimming and bathing.

OPERATING TEMPERATURE
-5 to 50° Celsius

Material Specifications

CRYSTAL Acrylic
STRAP 72% Cotton - 21% Nylon - 7% Rubber
CASE Polycarbonate
BEZEL ABS Plastic
BUTTONS Polycarbonate

Battery CR2016 3V Lithium

Battery Replacement

Do not open watch back.

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.

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

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

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