

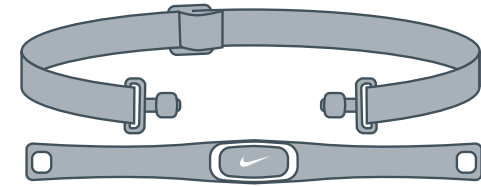
Information is Power

By measuring intensity (heart rate) and duration (time) you can avoid over training, help prevent injury, and maximize your chances of achieving your goals.



Imara HRM features

- ECG accurate heart rate data
- Simplified stopwatch
- Real time calorie counter
- Programmable HR training zones
- 2 countdown interval timers
- Data: total workout time, calories burned, average heart rate and time in zones.
- Time/Day/Date/Alarm



HR transmitter

The Heart-Rate transmitter reads heart-rate information when worn directly against the skin and within a few meters of the watch.

The HR transmitter is ergonomically designed to fit comfortably during all types of exercise.

ATTENTION: *Anyone beginning an exercise regimen for the first time (especially users of pacemakers or other implanted devices) should consult a physician or health professional before using the heart-rate transmitter.*

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This document with updates is available online at www.niketiming.com

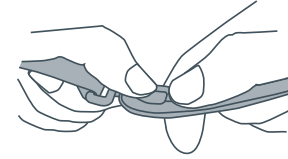
Printed on Wood Free Paper

Quick Start

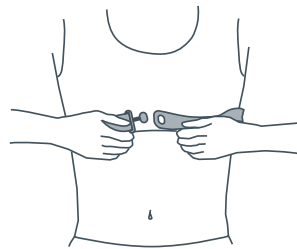
Follow the steps on the next two pages to position the heart-rate transmitter and begin your workout.



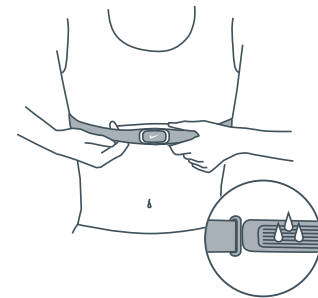
- 1 Push tab up through slot in HR transmitter.



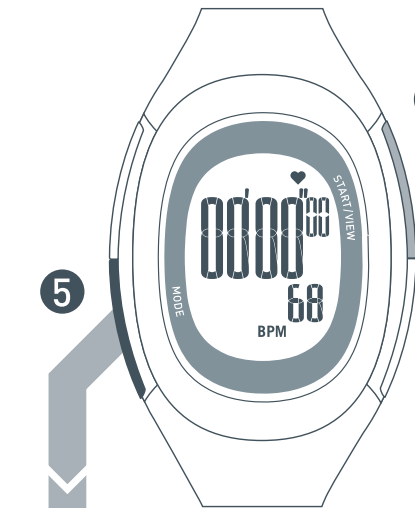
- 2 Press down tab until flush.



- 3 Attach other side of HR transmitter around chest. Position on rib cage just below the breastplate. The transmitter should be worn directly against skin and snug enough to stay in place during workout.



- 4 Generously wet both grooved areas on the back of the HR transmitter to ensure a strong connection between your pulse and the transmitter.

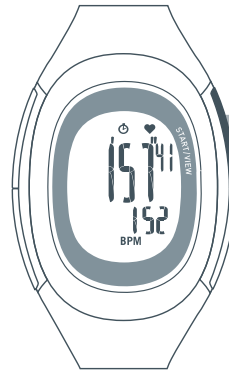


5

6

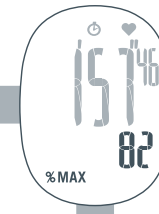
START Workout

The stopwatch icon will begin to blink in the display.



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After the run has started, you can switch the lower display by pressing **START/VIEW**.



Heart Rate as % of maximum



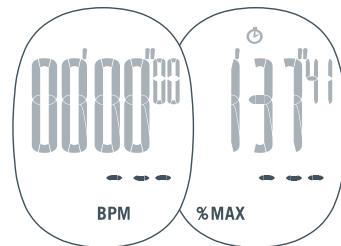
Calories burned during workout



Heart Rate in beats per minute (BPM)



Use the **MODE** button to scroll to **CRON** mode



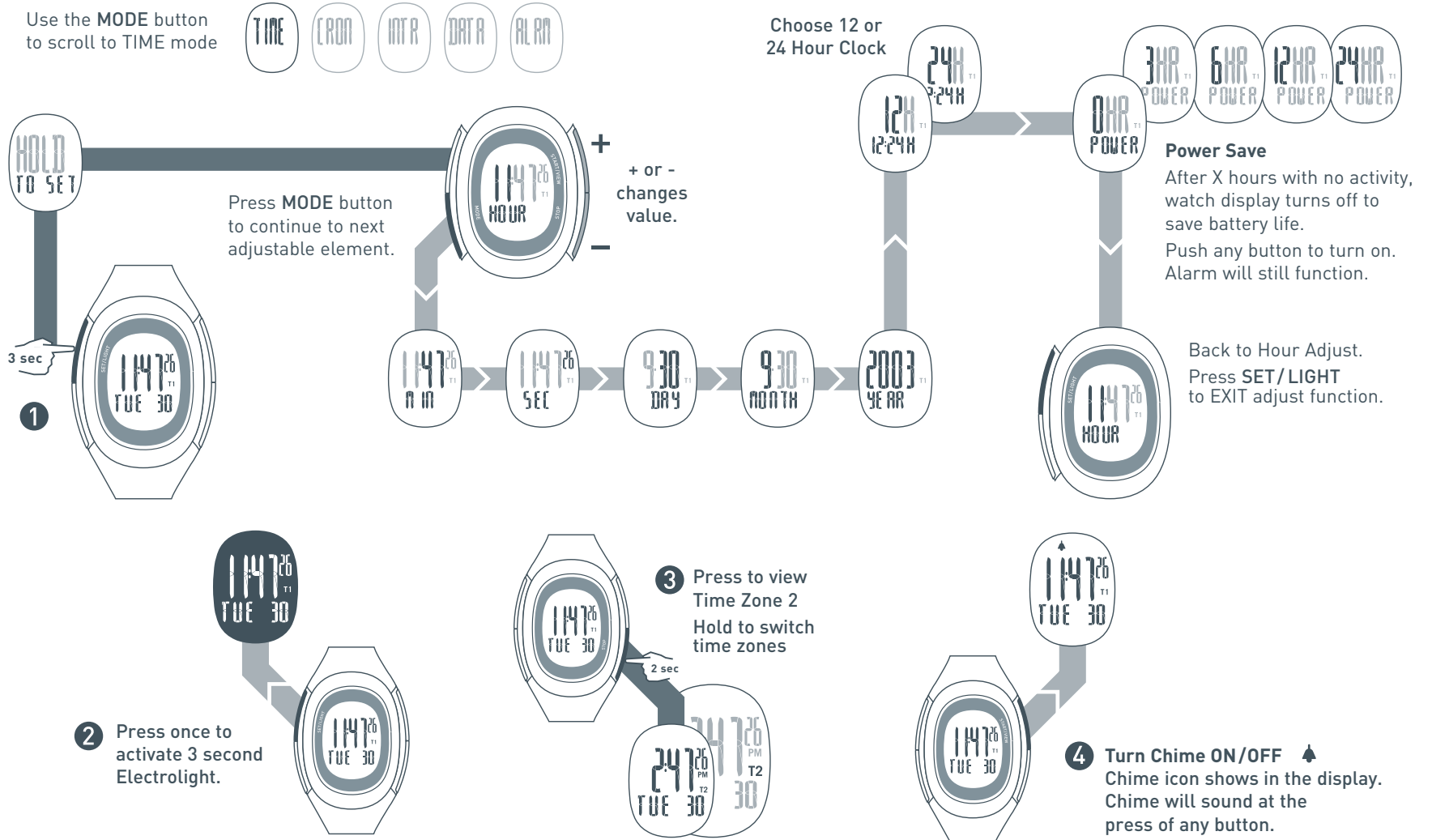
No Heart Rate Displayed

If you see three blinking lines in the display, the watch is not receiving transmission from the HR transmitter.

Run through the *Quick Start* again or see the *Troubleshooting* guide.

TIME Set Time

In TIME mode you can set the time, date and power save option. TIME mode is the only mode in which you can turn the button chime ON and OFF. Follow the chart below to adjust the time and date settings.



CRON Setting Heart Rate Zone

Your heart rate is measured in beats per minute (BPM). Setting a heart rate zone allows you to exercise within an upper and lower heart rate limit. The watch will report your heart rate in either BPM or a percentage of your maximum heart rate. Follow the chart below to set a target heart rate zone.

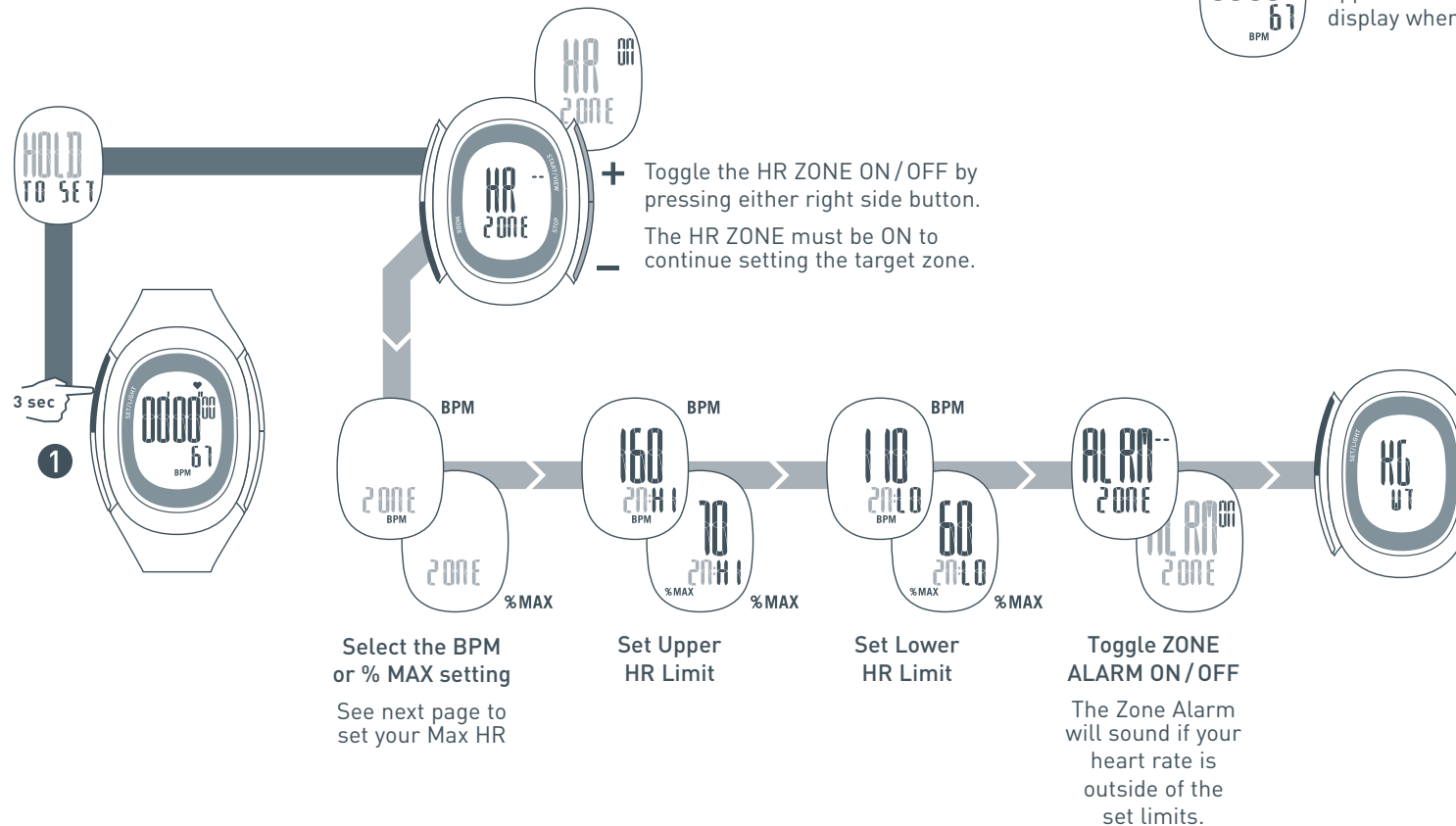
Use the **MODE** button to scroll to CRON mode



2



The ZONE ALARM icon will appear in the chronograph display when turned ON.

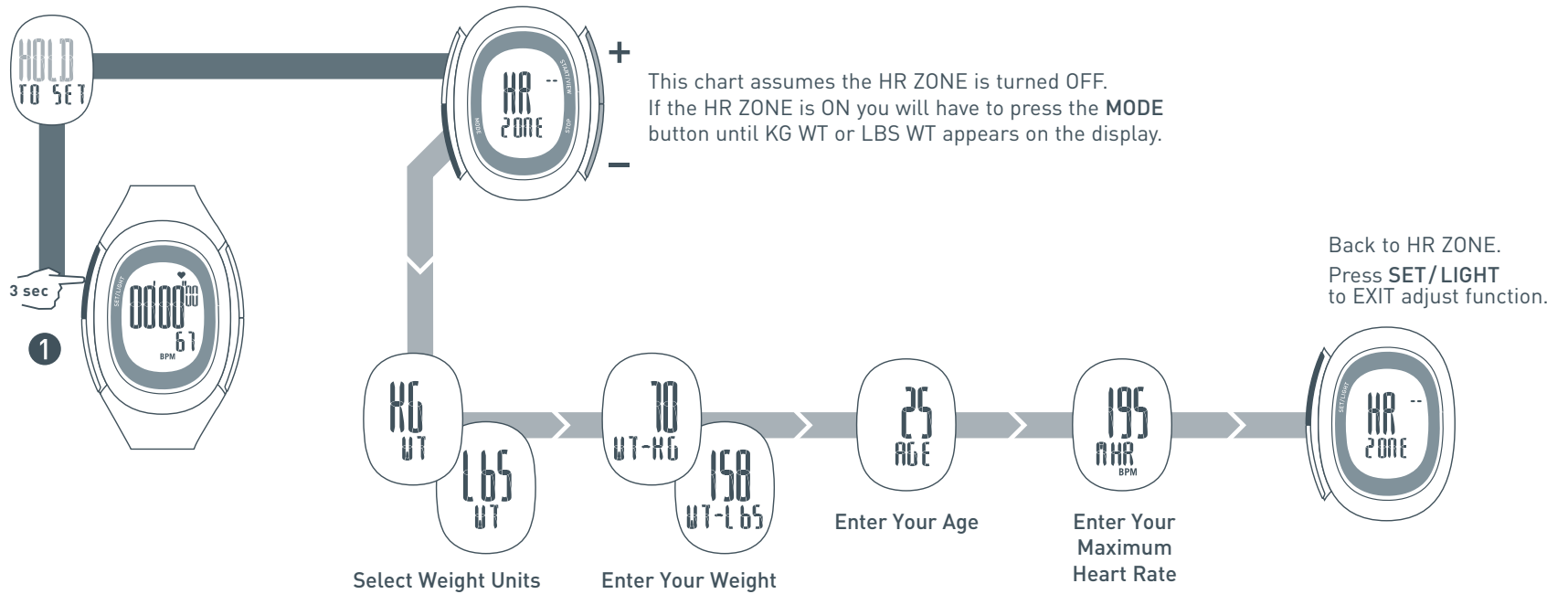




Setting Calorie Information

The calorie counter will automatically determine the amount of calories you have burned during a workout. Follow the chart below to enter the information used to calculate calories burned.

Use the **MODE** button to scroll to CRON mode



NOTE: Your Max. HR can be determined using the Heart Rate Chart near the back of this manual. The chart has a basic calculation and may not work for everyone. For best results, consult your physician for a Max. HR that is correct for you.



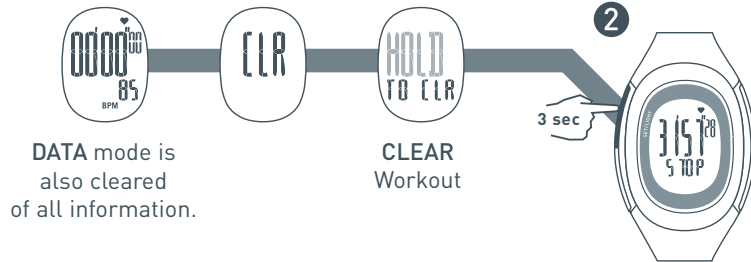
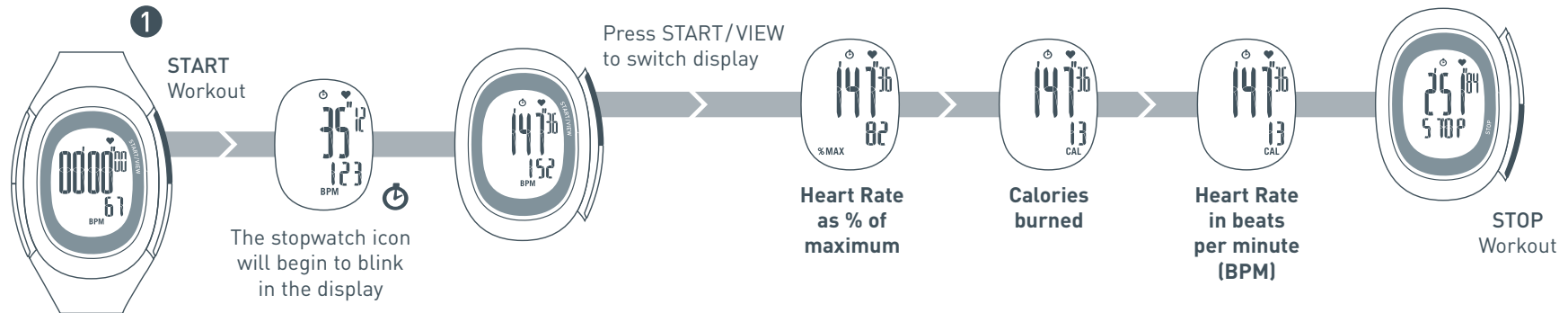
Using the Chronograph

The chronograph is as easy as start and stop with the ability to switch the view to display either BPM, a percentage of your maximum heart rate or the calories burned during a workout. If the HR Zone and the Zone Alarm are turned ON, the chronograph will alert the user if they are outside of the set HR Zone (see *Setting Heart Rate Zone* to turn the HR Zone ON). Follow the chart below to operate the chronograph.

Use the **MODE** button to scroll to CRON mode



Run statistics are automatically stored in **DATA** mode. See *Review Run Data* for an explanation of the information available in **DATA** mode.



Out-of-Zone Indicators

If the HR Zone is turned ON and your heart rate is outside of the target zone, the Out-of-Zone Indicators will flash in the chronograph display. **HI** indicates your heart rate is above the zone. **LO** indicates a heart rate below the zone. If the Zone Alarm is turned ON, a beep will sound with either indicator. (See *Setting Heart Rate Zone* to turn the HR Zone and Zone Alarm ON/OFF)

DATA

Review Workout Data

In DATA mode you can review detailed information for each workout. DATA mode will display total workout time, the calories burned during each workout and average heart rate. If the HR Zone is turned ON, DATA mode will also return total time in, above and below the target heart rate zone. Follow the chart below to review the data for each workout.

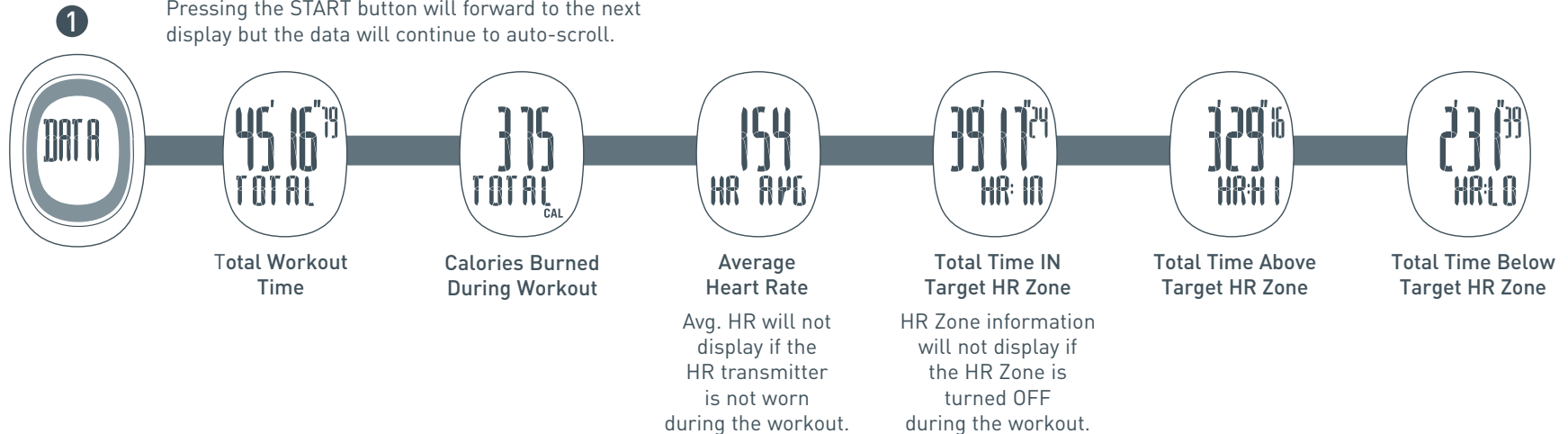
Use the **MODE** button to scroll to DATA mode



DATA EMPTY

If the display reads DATA EMPTY, the chronograph has been cleared and there is no information currently in DATA mode. You can only clear workout information within CRON mode.

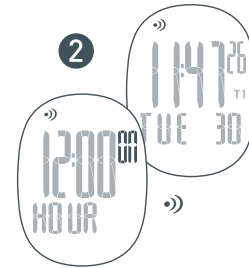
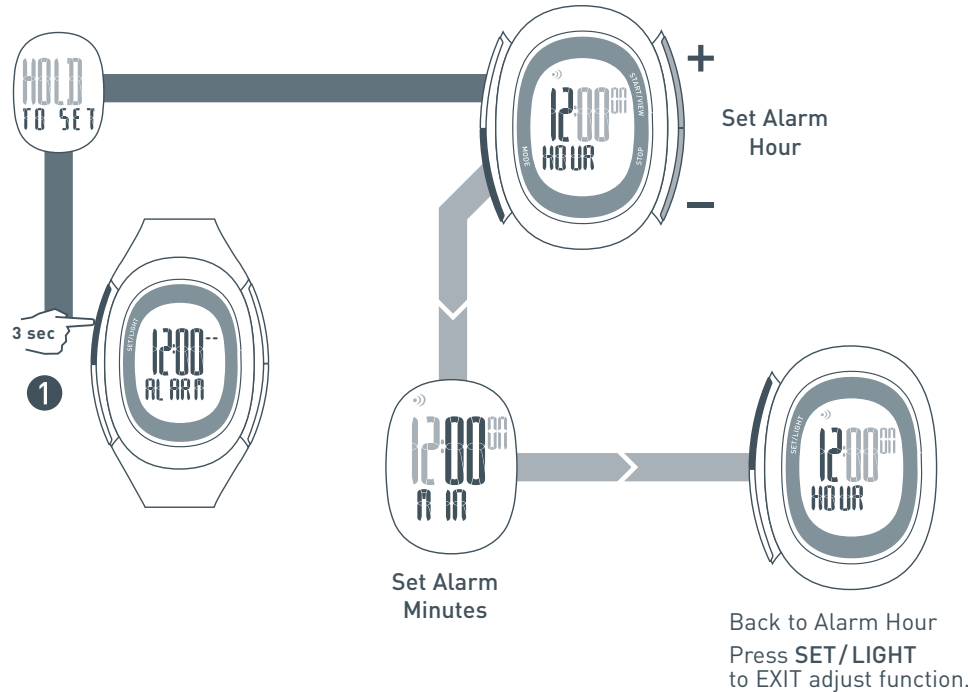
The Data will auto-scroll in the order below. Pressing the START button will forward to the next display but the data will continue to auto-scroll.



ALRM Set Alarm

Within ALRM mode you can set one daily alarm. The alarm will sound for 20 seconds. Follow the chart below to set the daily alarm.

Use the **MODE** button to scroll to ALRM mode



NOTE: The Alarm will automatically turn ON when you enter the adjust function. When the Alarm is ON, the Alarm Icon will show in ALRM mode and TIME mode.



Alarm ON/OFF
After the alarm is set, press either right side button to toggle alarm ON/OFF

Heart Rate Intensity Chart

This is another way to gauge your approximate heart rate zones based on your age. Starting with your Max. Heart Rate, use the chart to help calculate your zones depending on the intensity of your workout. This formula is very basic and may not work for everyone. For best results, consult your physician for a Max. HR that is correct for you.

Find your Max Heart Rate	Determine your Target Heart Rate Zones (Intensities)			
$210 - (0.7 \times \text{age})$	<p>Light Intensity (60-70% of Max HR) Exercise in this range at the start of a workout or to recover from a tough workout or race. You should be able to easily maintain a conversation while exercising at this intensity.</p>	<p>Moderate Intensity (70-80% of Max HR) Exercise in this range to develop endurance and prepare your muscles to make the transition from aerobic to anaerobic. You should be able to maintain this for a while. You should not be completely breathless and this should not hurt.</p>	<p>Heavy Intensity (80-90% of Max HR) Exercise in this range to increase muscle strength and improve your anaerobic threshold. This is uncomfortable. You should be breathing very heavily. You should only be able to sustain this for a brief time.</p>	<p>Maximum Intensity (90-100% of Max HR) Exercise in this range to increase mental toughness, Max V02 and tolerance to lactic acid. This is very uncomfortable. You can barely sustain it. You should be completely breathless. Do not exercise at this intensity except on the advice of a trained medical professional.</p>

Max Heart Rate

205 bpm	123 - 143 bpm	144 - 163 bpm	164 - 184 bpm	184 - 205 bpm
200	120 - 139	140 - 159	160 - 179	180 - 200
195	117 - 136	137 - 155	156 - 175	176 - 195
190	114 - 132	133 - 151	152 - 170	171 - 190
185	111 - 129	130 - 147	148 - 166	167 - 185
180	108 - 125	126 - 143	144 - 161	162 - 180
175	105 - 122	123 - 139	140 - 157	158 - 175
170	102 - 118	119 - 135	136 - 152	153 - 170
165	99 - 115	116 - 131	132 - 148	149 - 165
160	96 - 111	112 - 127	128 - 143	144 - 160
155	93 - 108	109 - 123	124 - 139	125 - 155
150	90 - 104	105 - 119	120 - 134	121 - 150

Troubleshooting

No heart rate displayed on watch:

The grooved sensors may not be wet enough. Wet and try again. It is recommended that you wear the Heart Rate Transmitter directly against your skin. If you are wearing the HR Transmitter over clothing, try getting the clothing wet also.

The HR Transmitter may not be positioned correctly. Make sure the grooved sensors are flat against the skin.

Heart rate reading on watch is erratic or stops:

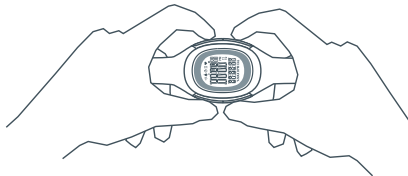
You may need to replace the battery in the HR Transmitter.

Sources of electromagnetic fields like appliances, computers and power lines can cause interference. Change your location.

This product complies with EN60601-1-2

Watch display is frozen:

The display of your watch may "freeze" due to static electricity or recent battery replacement. If this occurs, press and hold all four buttons at the same time. This will erase the data in the memory and allow you to reset the watch to the factory settings.



Press and hold all four buttons at the same time to reset the watch to the factory settings.

Watch beeps continuously:

If you have the zone alarm on and your heart rate does not fall within any of your zones, the watch will beep to indicate you are out of your zones. See *Setting Heart Rate Zone* for instructions on how to turn off the zone alarm.

Specifications

Watch

Water Resistant up to 50 Meters:

Designed for underwater performance to a depth of 165 feet (50 m).

ATTENTION: Water damage will occur if watch buttons are pressed while underwater!

Operating Temperature: 0 to 40° Celsius

Material Specifications:

Crystal: Mineral Glass

Strap: Polyurethane

Case: Polycarbonate

Buttons: Polycarbonate

Buckle: Stainless Steel

Bezel: Stainless Steel

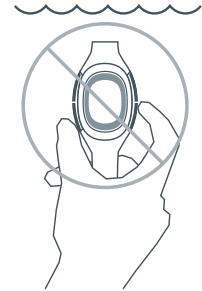
Battery Hatch: Stainless Steel

Mode Limits:

Chronograph: 23:59'59"

Heart Rate: 30 - 240 bpm

Timer: 23:59'59"



HR Transmitter

Water Resistant up to 30 Meters:

Wipe dry after use. Do not store among conductive material.

Operating Temperature: 0 to 40° Celsius

Accuracy: ±1% or ±1% bpm, whichever larger (steady state)

Material Specifications:

Case: Polycarbonate

Strap: Urethane

Band: Elastic

Battery

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.

Watch

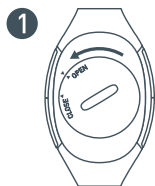
Battery Type: CR2032 3V Lithium

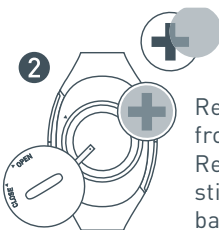
Battery Life:

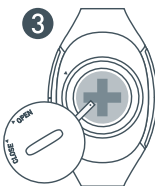
The battery is estimated to last 1.5 years depending on frequency and use of certain features. Activating the Electrolite feature will contribute to battery drain. Utilizing the Power Save function will help conserve battery life.

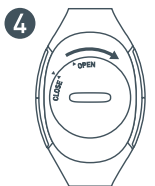
Battery Replacement:

Follow steps below to replace your watch battery. *For best results, you can have Nike's authorized service center change the watch battery.*

- 

1 Using a coin, turn the battery hatch one-quarter turn counter-clockwise.
- 

2 Remove battery from compartment. Remove insulator sticker from old battery and place it on new CR2032 3V Lithium battery.
- 

3 Place the new battery into the compartment under the metal tab.
- 

4 Make sure the O-ring is in proper placement. Replace the battery hatch.

HR Transmitter

Battery Type: CR2032 3V Lithium

Battery Life:

The battery is estimated to last 1 year if HR Transmitter is used one hour per day.

- 

1 Using a coin, unscrew the battery hatch by turning it counter-clockwise.
- 

2 Insert a CR2032 3V lithium battery with the writing facing you. Do not touch the 2 contacts.
- 

3 Replace the battery lid.