

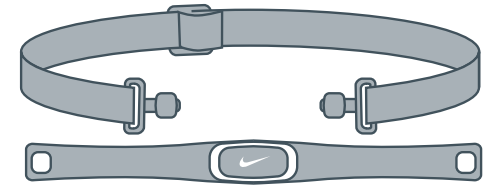
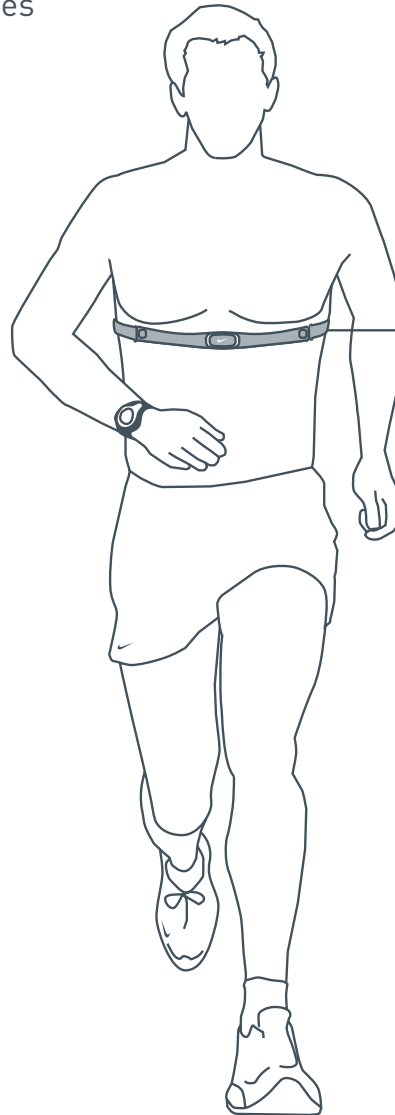
Information is Power

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



triax c5 features

- Adjustable target heart rate zone
- Simplified exercise chronograph
- Data: average heart rate, time in zone, exercise time
- Time / Day / Date / Alarm



Heart Rate Transmitter

Your Heart Rate Transmitter reads the electrical impulses of your heart and transmits data to your watch. It is one of the most accurate ways to measure heart rate. The Transmitter will function automatically if it is worn correctly within a meter of the watch. The 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 their physician or health professional before using the heart rate monitor.

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This document with updates is available online at www.nike.com/manuals

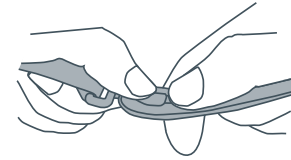
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Quick Start

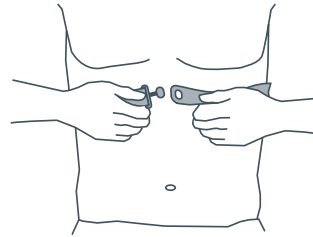
Follow steps 1 through 7 to position the Heart Rate Transmitter and go for a run.



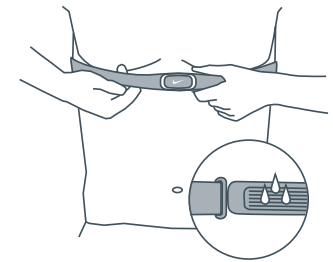
1 Push tab up through slot in HR Transmitter.



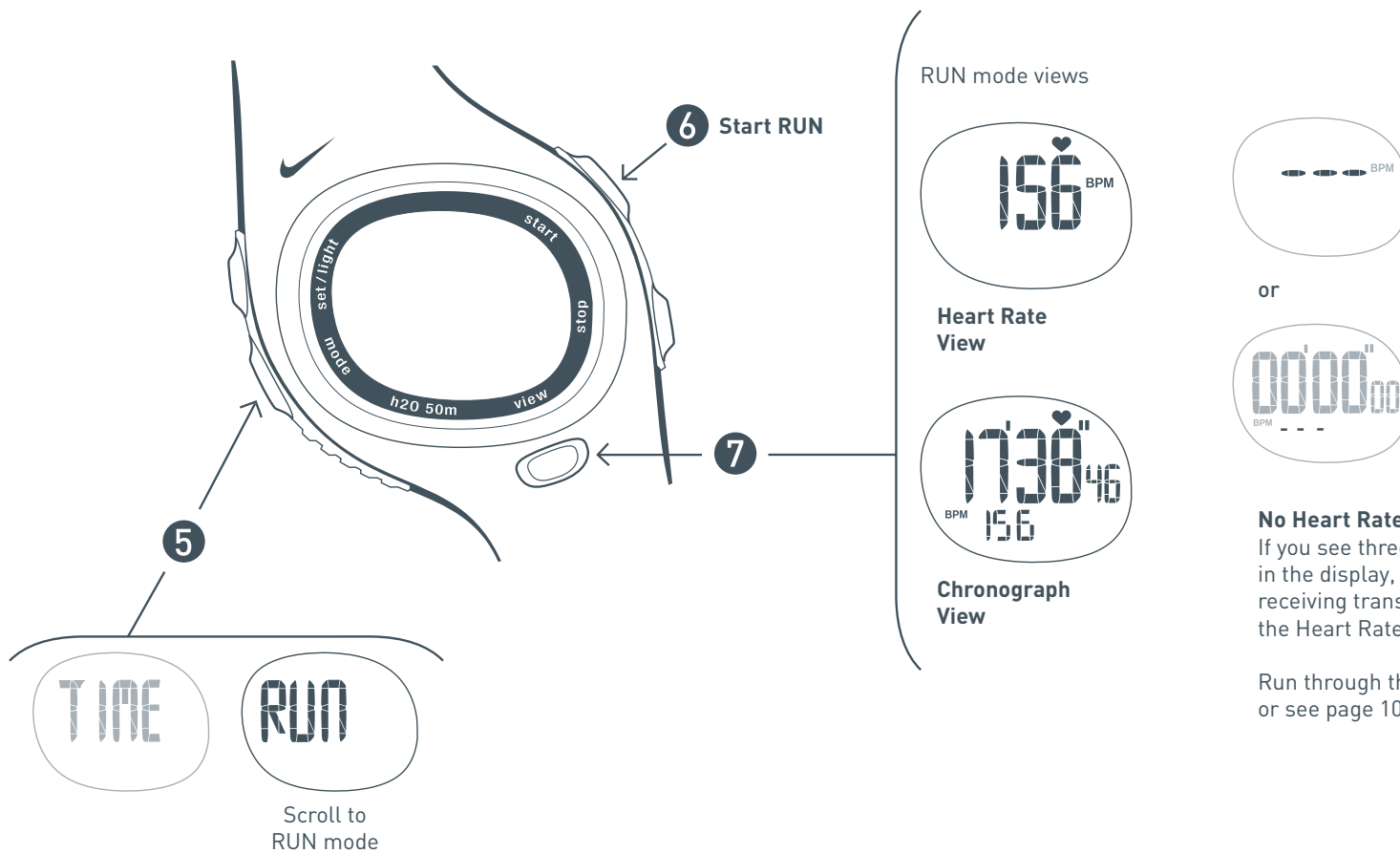
2 Press down tab until flush.



3 Attach other side of HR Transmitter around chest. Position on rib cage just below the breast plate. Should be worn directly against skin and snug enough to not slip down while running.



4 Generously **wet both grooved areas** on the back of HR Transmitter to ensure a good pick up between your pulse and the Transmitter.



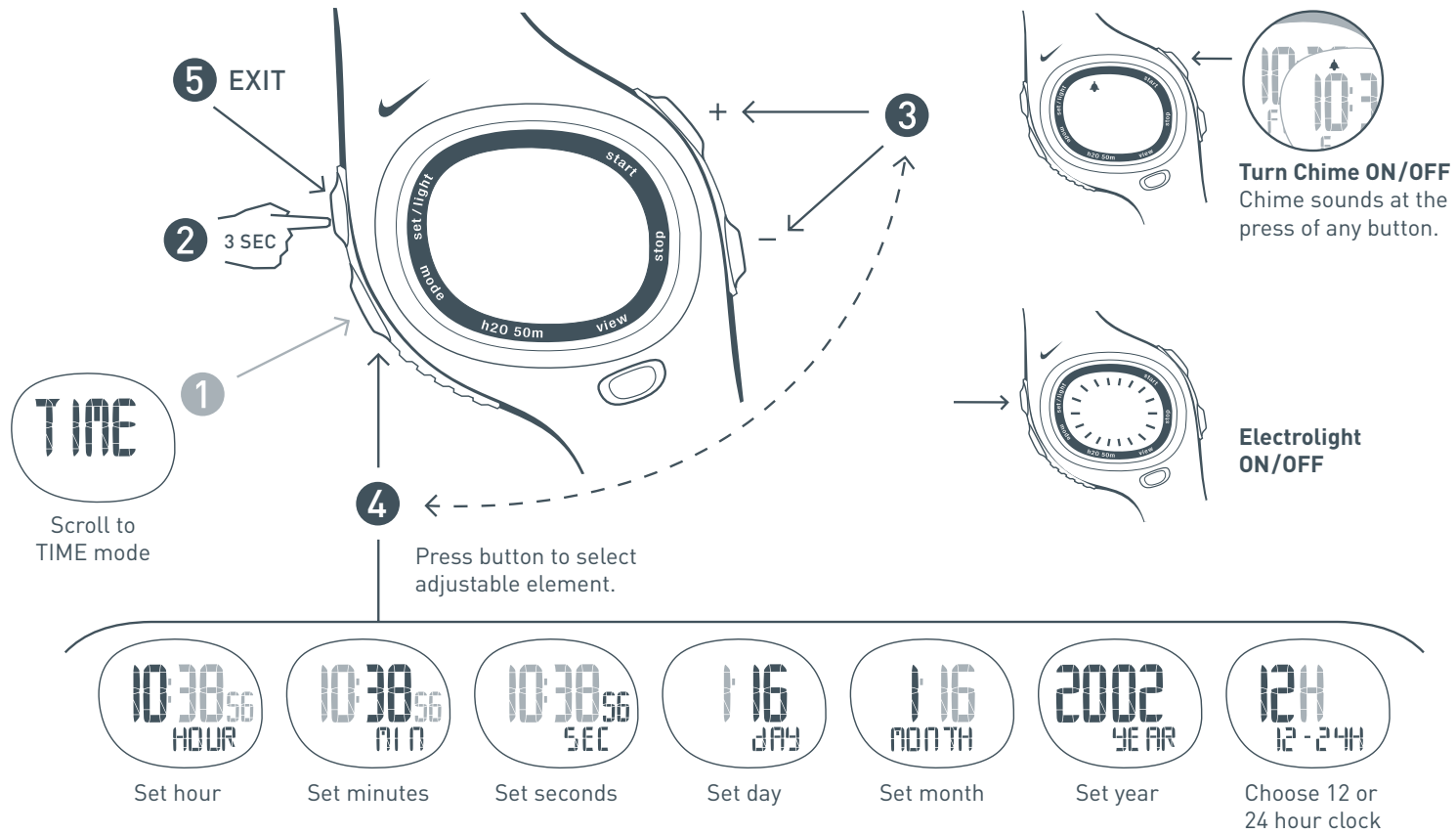
No Heart Rate Displayed

If you see three blinking lines in the display, the watch is not receiving transmission from the Heart Rate Transmitter.

Run through the *Quick Start* again or see page 10 *Troubleshooting*.

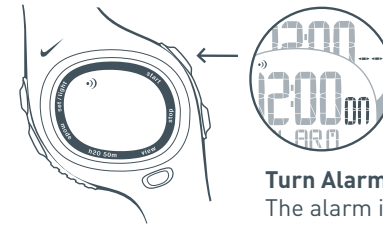
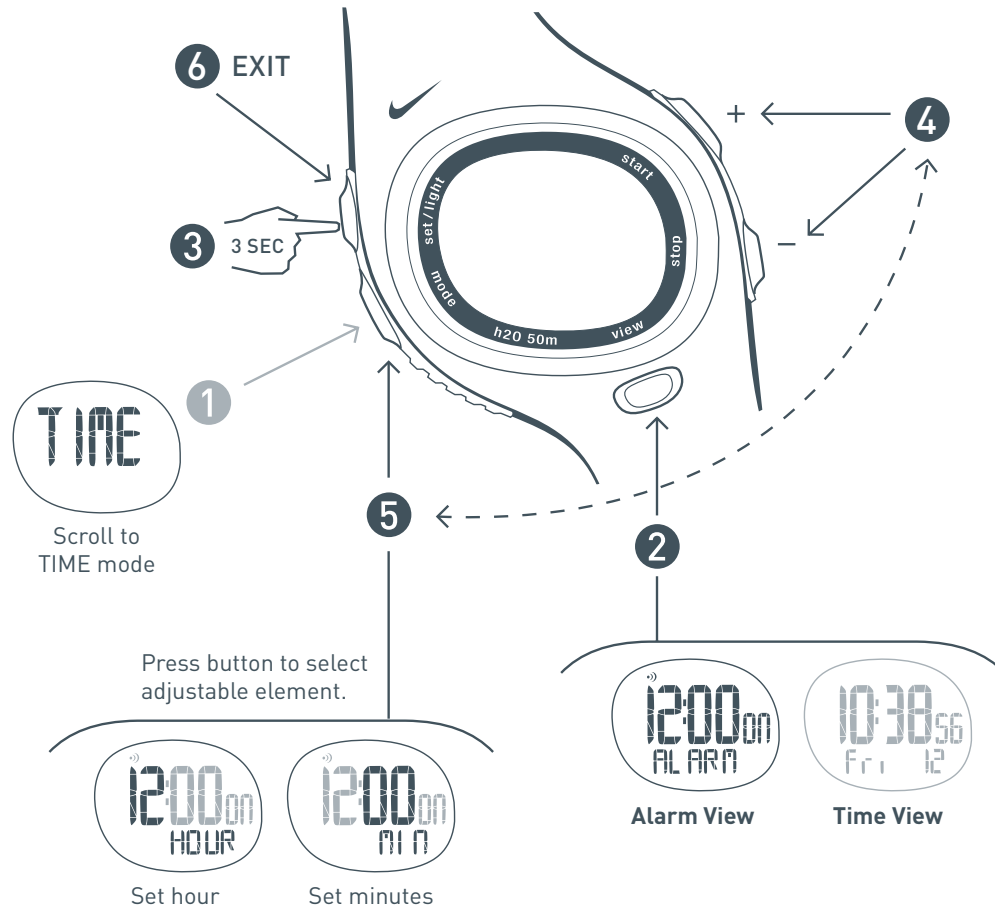
TIME Set Time

Follow steps ① through ⑤ to set the time and date.



TIME Set Alarm

Follow steps 1 through 6 to set the alarm.

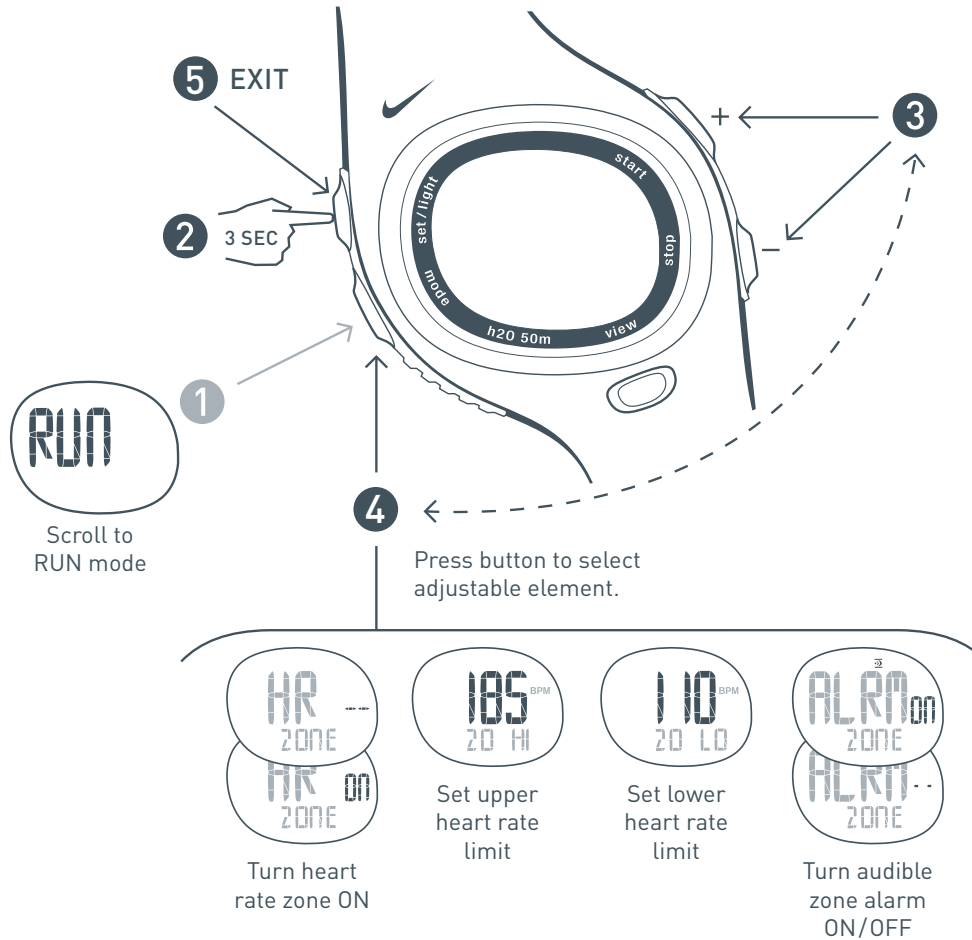


Turn Alarm ON/OFF

The alarm icon (🔔) will show in the display of any mode when the alarm is turned ON.

RUN Setting Heart Rate Zone

Follow steps 1 through 5 to set heart rate zone limits and turn zone alarm ON/OFF.



or



Out-of-Zone Indicators

If your heart rate is out of your zone the LO or HI indicators will flash in the display.



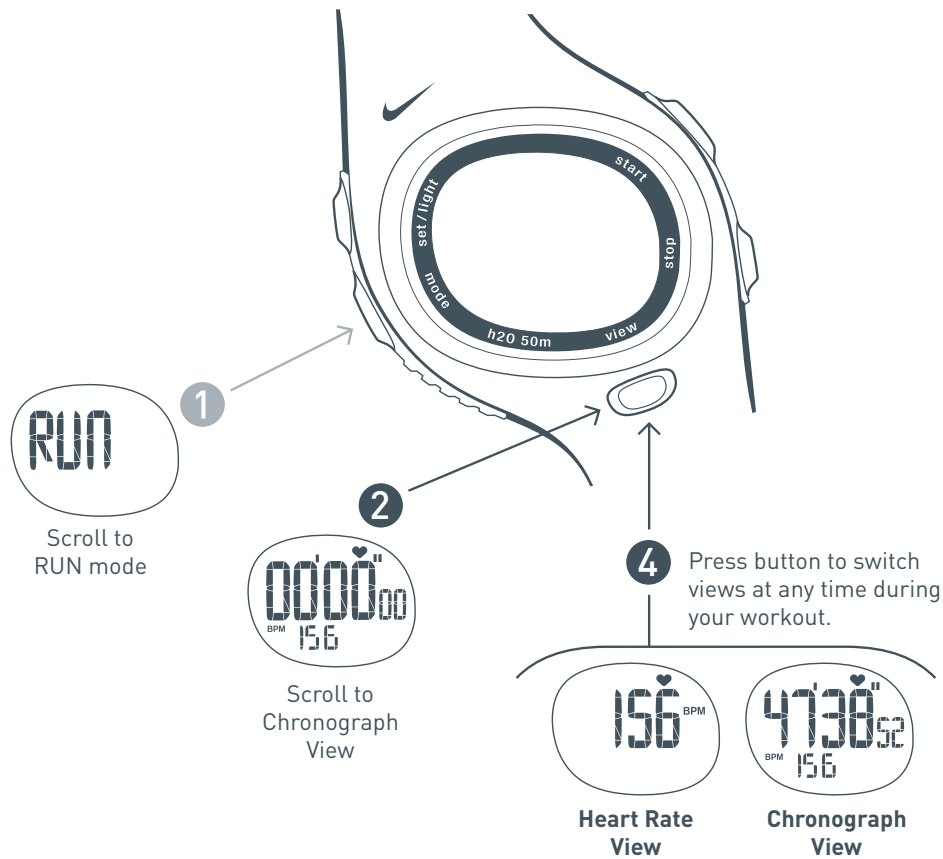
Zone Alarm ON Indicator

If zone alarm is ON the watch will beep as your heart rate moves out of your zone.



Using the Chronograph

Follow steps 1 through 6 to use the chronograph.



Heart Rate Intensity Chart

This is another way to gauge your approximate heart rate zones based on sex, age and weight. Starting with your Max Heart Rate, use the chart to help calculate your zones depending on the intensity of your workout. Note this formula may not work for everyone.

Find your Max Heart Rate	Determine your Target Heart Rate Zones (Intensities)			
$210 - (.7 \times \text{age})$	<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:

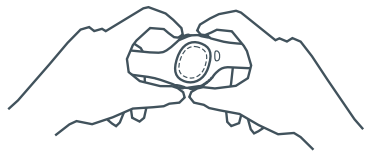
You may need to replace the battery in the HR Transmitter.

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 page 7 for instructions on how to turn OFF the zone alarm.

Specifications

IP code: IPX8

Applied Part: Type CF

Storage: Standard Conditions (within operating temperature)

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: -5 to 50° Celsius

Material Specifications:

Crystal: Mineral Glass

Case: Polycarbonate

Buckle: Stainless Steel

Bezel: Stainless Steel

Caseback: Stainless Steel

Strap: Polyurethane

Mode Limits:

Chronograph: 23:59'59"

Heart Rate: 30 - 240 bpm

Heart Rate Transmitter

Water Resistant up to 30 Meters:

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

Operating Temperature: -5 to 50° 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

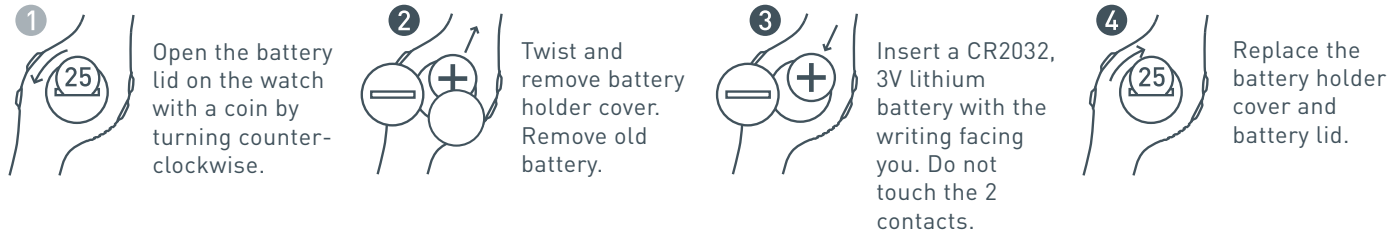
Battery Type: CR2032 3V Lithium

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.

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.*



Heart Rate 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.



Two-Year Limited Warranty

Your NIKE watch is warranted to be free of defects in materials or workmanship, under normal use, for a period of two years from the date of delivery. This limited warranty excludes the battery, crystal, strap, or damage resulting from improper care or handling, accidents, modification, unauthorized repairs or normal wear.

Return the defective watch and the store receipt to the place of purchase. If there is a covered defect, you have the option to have the defective parts or watch repaired or replaced with the same product (if available) or a similar product of equal price. However, NIKE reserves the right to refuse either repair or replacement (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 warranties, and excludes refund of the purchase price. Any implied warranties, including merchantability and fitness for a particular purpose, are limited to the duration of this limited warranty. In no event shall NIKE be liable for direct, indirect, incidental or consequential damages arising out of the use of the watch, 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.

For U.S. Purchasers: Some states do not allow limitations on how long an implied warranty lasts, or exclusions 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.

For non-warranty service like battery or strap replacement, contact one of the listed service centers.

CE Compliance

This product complies with the Medical Device Directive (Directive 93/42/EEC).



Service Centers

USA: 800-359-2508
Parsec Enterprises, Inc.
7501 N. Harker Dr.
Peoria, IL 61650

Denmark: +45 45932233

France: +33 1 42 72 03 33

UK: +44 1628 770988

Germany: +49 2154 943 471

Netherlands: +31 104009899

Belgium: +00 32 2 468 32 05

Italy: +39 2 72000980

Norway: +47 67 51 20 87

Sweden: +47 67 51 20 87

Austria: +43 13313937

Finland: +358 9 4780 500

Switzerland: +41 32 321 7272

Spain: +34 93 419 5888

Greece: +30 32 12293

Slovenia: +386 4 202 70 16

Croatia: +385 1 4816 137

Hungary: +36 1 267 4797

Israel: +972-3-5172540

Turkey: +90 (212) 513 62 90

CIS: 7 095 232 0115

UAE: +971 43 59 99 05

Saudie Arabia: +966 1 2930 920

Lebanon: +961 1 746540

Egypt: +20 (0) 22673811

Japan: 0120-500-719

Korea: 080-022-0182

Singapore: 65-788 0990

Malaysia: 603-7722 2459

Thailand: 662-676 6100

Philippines: 632-848 9851

Australia: 1300 656 453

Taiwan: 0800-009-868