

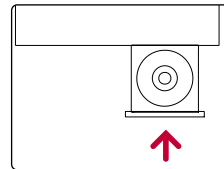
## Preparations

- ① **Install**  
Insert the supplied CD into your computer's CD-ROM drive.  
Follow screen instructions to complete installation.

### ATTENTION!

#### WINDOWS 98SE USERS:

To avoid installation problems, **DO NOT CONNECT** your player to your computer until **AFTER** installation completes.

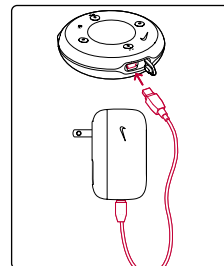


- ② **Charge**  
Open the USB cover. Connect the supplied charger to the USB port and the main power supply. For extended battery power, please charge for at least 4 hours for first time use.



#### TIP

This indicator  shows your battery information during charging.

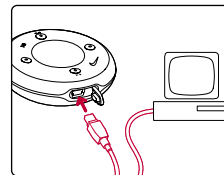


- ③ **Connect player to computer**  
Open the USB cover. Connect your player to your computer using the supplied USB cable.

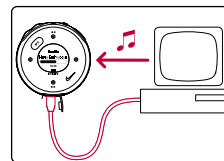



#### TIP


Please refer to your computer's manual for the exact position of your USB port. Look for the USB symbol on the processing unit of your computer.

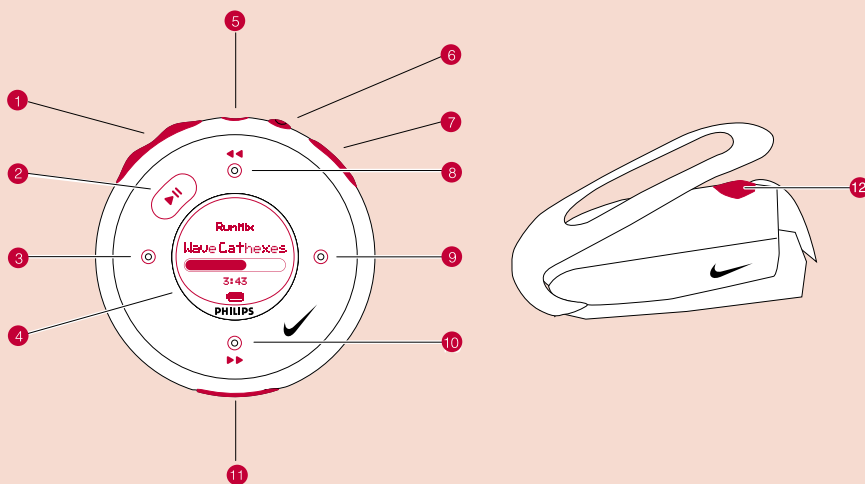


- ④ **Organize and transfer music via DMM / Musicmatch®**  
Launch DMM/ Musicmatch® on your PC from Windows desktop or **Start** menu.  
Organize and transfer music files from your computer to your player.



- ⑤ **Unplug safely**  
To avoid loss of data, disconnect your player safely.  
Exit any active application working with your player.  
Click  on the task tray.  
Remove the USB cable.


- ⑥ **Power on and enjoy!**  
Press and hold  for 2 seconds to power on if the player does not power on automatically. Enjoy your new running / music experience!

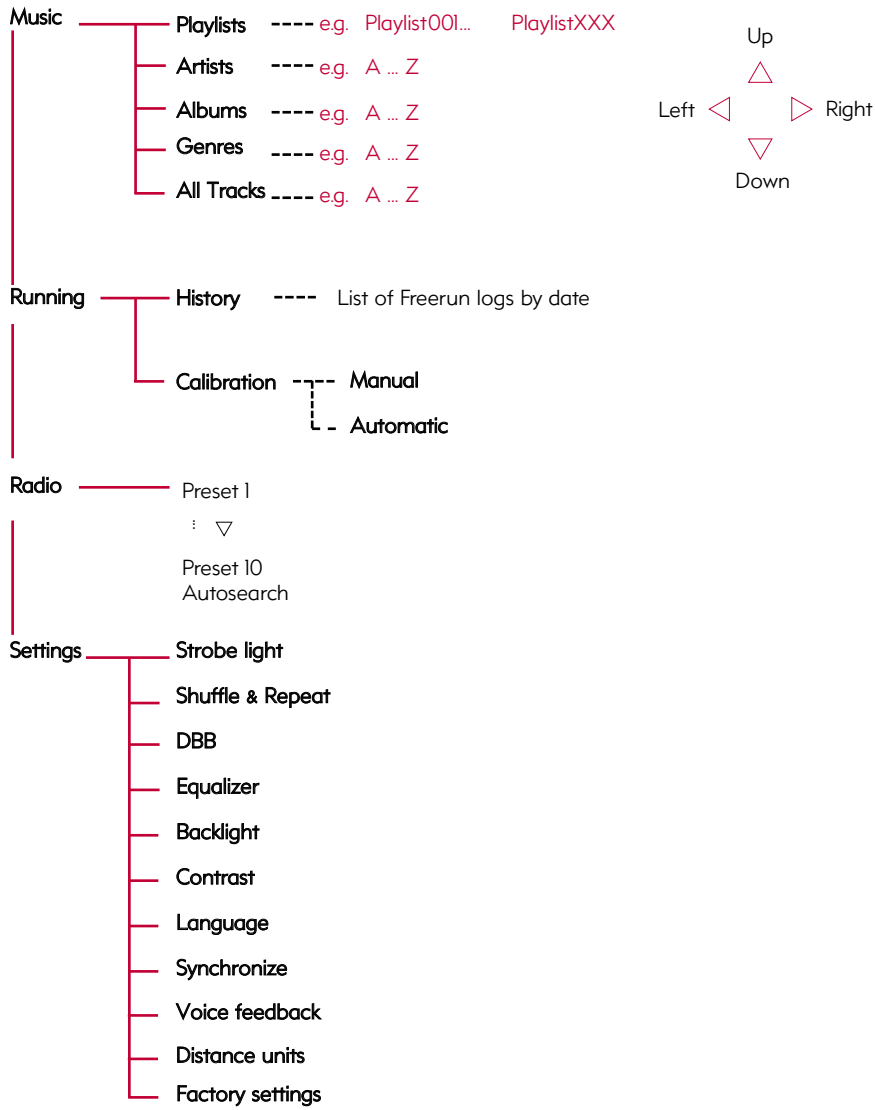


## Name of Parts

- |   |                                   |   |
|---|-----------------------------------|---|
| ① | - / +                             | Volume control, press - to decrease; press + to increase        |
| ② | ▶                                 | Press and hold to power on / off; press briefly to play / pause |
| ③ | <                                 | Left  |
| ④ | <b>LCD display</b>                | Dynamically displays menu, options and track information        |
| ⑤ | <b>Headphones jack</b>            | Connects headphones   |
| ⑥ | <b>Voice feedback</b>             | Activates running feedback                                      |
| ⑦ | <b>Run</b>                        | Starts / stops recording running activities                     |
| ⑧ | △, <<                             | Up / Previous / Fast rewind                                     |
| ⑨ | ▷                                 | Right   |
| ⑩ | ▽, >>                             | Down / Next / Fast forward                                      |
| ⑪ | <b>USB port / Charging socket</b> | Open cover to connect to computer / charge your player          |
| ⑫ | <b>SDM</b>                        | Power ON / OFF speed and distance monitor                       |

# Menu Navigation

- ① Press and hold  to power on.
- ② See specific chapters for details of each setting.



## Music Mode: Basic Operation

- 1 Press and hold  $\triangleright$  to power on.  
From the root menu, press  $\triangleright$  to enter the music mode.  
Any radio playback will stop as you enter the music mode.



- 2 Press  $\triangle$  to scroll up or  $\nabla$  to scroll down for your option.  
Press  $\triangleright$  for next or  $\triangleleft$  for previous levels of library.  
Press  $\triangleright$  to play.



Library options



Artists list

- 3 Press  $\triangleright$  to pause during playback.



Playscreen



### TIP

- > To display library options during playback, press  $\triangleleft$ .
- > To display the root menu, press and hold  $\triangleleft$ .

- 4 Press  $\triangle$ ,  $\triangle$  for the previous or  $\nabla$ , for the next track.  
Press  $\triangle$  to play the same track again.  
Press and hold  $\nabla$  to fast forward or  $\triangle$  to rewind in a track during playback.
- 5 Press and hold  $\triangleright$  to power off. Your player will save your current music playback status and resume next time you power on.

## Music Mode: Library Options and Fast Scrolling

- ① Press  $\blacktriangle$  to scroll up or  $\blacktriangledown$  to scroll down for your library option.



Press  $\blacktriangleright$  on **Artist** to display the artist library

- ② Press  $\blacktriangleright$  for the next or  $\blacktriangleleft$  for the previous level of library.



Artists list in alphabetical order

- ③ Press and hold  $\blacktriangledown$  for 2 seconds to scroll down quickly. Press and hold  $\blacktriangle$  for 2 seconds to scroll up quickly. Release button to stop scrolling.



Browsing tracks quickly.

## Installing the speed and distance monitor

- 1 Use an appropriately-sized coin to twist **anti-clockwise** to open the speed monitor battery door. Remove the plastic insert (first time users only). Insert an AAA alkaline battery (with positive in first). Replace the battery door, pressing fully in and twist **clockwise** to secure the closing.



### TIP

Batteries contain chemical substances, so they should be disposed of properly.

Incorrect use of batteries can cause the electrolyte leakage and will corrode the compartment or cause the batteries to burst.

Remove the batteries if the set is not to be used for a long time.

- 2 Unhook the rubber strap and detach the clip. Loosen shoelaces and slide monitor clip under laces. Securely the monitor to your running shoe. The monitor should rest just below where laces tie and be secure enough to stay in place during running.



- 3 Press and hold **>|||** for 2 seconds to power on your player. Press **SDM** for 2 seconds to power on the monitor. Your monitor will blink. The monitor is now ready to record your running activities.
- 4 After running is completed, terminate the logging (see page 11). Press and hold **SDM** for 2 seconds to power off your monitor after use.

**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 MP3RUN.










### TIP

- > Your SDM automatically shutdown when there is no connection with your player for 10 minutes or no activity is detected for 30 minutes. Press **SDM** for 2 seconds to power on the monitor again.
- > Replace the battery when your monitor blinks rapidly (usually after 50 hrs for a high quality alkaline battery).

## Synchronizing player with speed and distance monitor

Please synchronize your player with the speed and distance monitor if:

- > you have bought a new speed and distance monitor; or
- > you cannot establish connection between your player and the speed and distance monitor even when a new alkaline battery is inserted

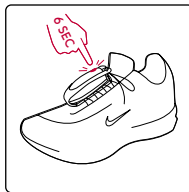
- ① Press and hold  for 2 seconds to power on your player.  
From the root menu, press , , ,  to enter the settings mode.
- ② Select **SYNCHRONIZE** and press . Press  to start synchronization when prompted.



### IMPORTANT!




Your player will link with the first monitor which gives out signals.  
Make sure there is no activated sensors within 15 meters.

- ③ Press and hold **SDM** on your monitor for 6 seconds.  
The speed and distance monitor light will blink rapidly.  
Wait for the player screen to display **Synchronize complete**.  
Your player is now synchronized with your monitor.



## Running mode: Automatic calibration


Your speed and distance monitor provides unprecedented accuracy right out of the box. In addition, an optional calibration procedure can be performed to guarantee optimal accuracy for a specific user, which will correct for individual stride variations such as pronation or supination. Calibration can be performed either automatically or manually.

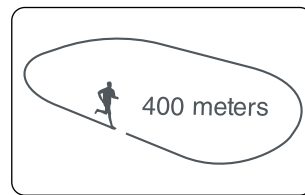
- 1 Press and hold  to power on. From the root menu, press ,  to enter the running mode.



- 2 To calibrate the speed and distance monitor, select CALIBRATION > AUTOMATIC.



- 3 Press **RUN** and start running 400 metres on the inner lane of a marked track as prompted. Press **RUN** again when you have completed your track. Press  to save the calibration value.



### TIP

If you want to stop the calibration during running, press  to discard the calibration value.



## Running mode: Manual calibration



To optimize SDM performance for different running style, you can manually calibrate the SDM.

- 1 Press and hold  to power on. From the root menu, press ,  to enter the running mode.



- 2 To calibrate the speed and distance monitor, select CALIBRATION > MANUAL.



- 3 Press  or  to select calibration offset (from 0.50 to 1.50). Change the offset value to make small adjustments. If the monitor is under measuring a known distance, increase the offset value. Different shoe models may affect the monitor's calibration. Adjust the offset value accordingly if you notice differences between shoes.



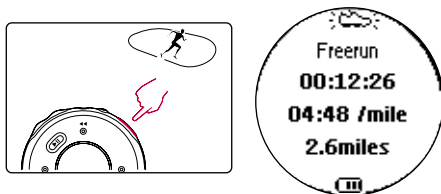
### TIP

- > If you run 400m and the monitor returns a reading of 380m (5% under), you should adjust the offset value to 1.05.
- > Write down and keep your offset value. It will come in handy if your friends borrow your MP3RUN and they change your calibration setting.

## Logging your running activities

To keep your workout log synchronized with summer / winter timing, please connect your player to your computer and start DMM before logging your running activities.

- 1 Press **SDM** for 2 seconds to power on the monitor.  
Press **RUN** and wait for a beep.  
The screen will display an SDM connection status icon.  
Start running. Your running activities will now be logged.



### TIP

Any radio playback will stop as you start logging your running activities. You can select an item from the music mode to accompany your running. (See page 4 for more information.)

- 2 Press **RUN** briefly to pause logging.  
Press **RUN** briefly again to resume logging.







### TIP

Use pause to log your running more accurately.  
Press **RUN** briefly to pause logging after the beep.  
Press **RUN** briefly again to resume logging and start running.



### TIP

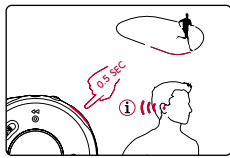
Check your SDM connection status from the following icons:

- >  SDM active
- >  SDM inactive
- >  (blinking) SDM trying to establish connection
- >  SDM not yet synchronized (see page 7)

## Getting feedback on your running

You can receive voice feedback when you are running. The voice feedback will be in English, depending on your region.

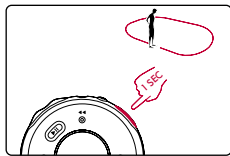
- ① Start logging your running activities. (see page 10)
- ② Press **FEEDBACK** to get information (in English) about your running progress.



### TIP

You can also get feedback automatically according to distance (every km / mile) and time (every 5 minutes).  
Select this option from **SETTINGS** → **VOICE FEEDBACK**.

- ③ Press and hold **RUN** for 1 second to stop logging.  
Your running data will be saved and your music playback will continue.  
(See page 20 for information on how to manage your running data on your computer.)



## Radio Mode: Automatic Tuning

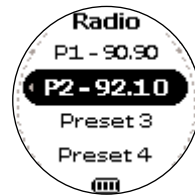
- From the root menu, press  $\nabla$ ,  $\nabla$ ,  $\triangleright$  to enter the radio mode (disabled during running logging).  
Any music playback will stop as you enter the radio mode.



- Press  $\nabla$  to scroll down to **AUTO SEARCH**. Press  $\triangleright$  to automatically select the 10 strongest radio stations. Press  $\triangleleft$  to abort **AUTO SEARCH**.



Radio mode, no station stored



Stations tuned

- Press  $\triangle$  to scroll up or  $\nabla$  to scroll down for your preset.  
Press  $\triangleright$  to play the selected station.



### TIP

- > Connect your headphones before you start tuning.
- > No stations are tuned if you are using your player for the first time.
- > Some settings and functions are not available in the radio mode.

## Radio Mode: Manual Tuning

- ① Press  $\blacktriangle$  to scroll up or  $\blacktriangledown$  to scroll down for your preset.



Radio preset menu

- ② Press  $\blacktriangleright$  to play the selected station.  
 Press  $\blacktriangledown$  or  $\blacktriangle$  to fine tune (tune step by step).  
 Press and hold  $\blacktriangledown$  to search for the next available station.  
 Press and hold  $\blacktriangle$  for the previous available station.  
 Press  $\blacktriangleleft$  to abort searching.



Manual tuning

- ③ Press  $\blacktriangleright$  to save your setting.






Station stored




### TIP

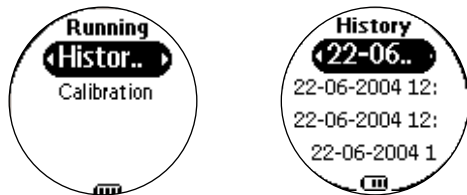
If you want to discard the newly searched station, press  $\blacktriangleleft$  to exit the radio menu.




## Running mode: History

- ① Press and hold  to power on.  
From the root menu, press ,  to enter the running mode.





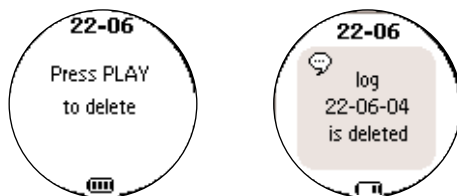
- ② To list your running history, select HISTORY and press .  
Your running logs will be listed by date.



- ③ Press  or  to select your running log.  
Press  to view the results of the highlighted running log.



- ④ If you want to delete the running log, press  as prompted.  
If you want to keep the running log, press .



\*Actual display varies with use

## Settings Mode

- ① From the root menu, press  $\nabla$ ,  $\nabla$ ,  $\nabla$ ,  $\triangleright$  to enter the settings mode.

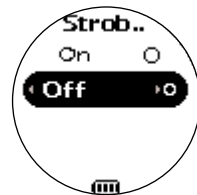


Settings mode

- ② Press  $\triangle$  to scroll up or  $\nabla$  to scroll down for your setting. Press  $\triangleright$  for next or  $\triangleleft$  for previous levels of options.



Repeat / Shuffle



Strobe light



Equalizer

- ③ Press  $\triangleright$  to confirm your selection.

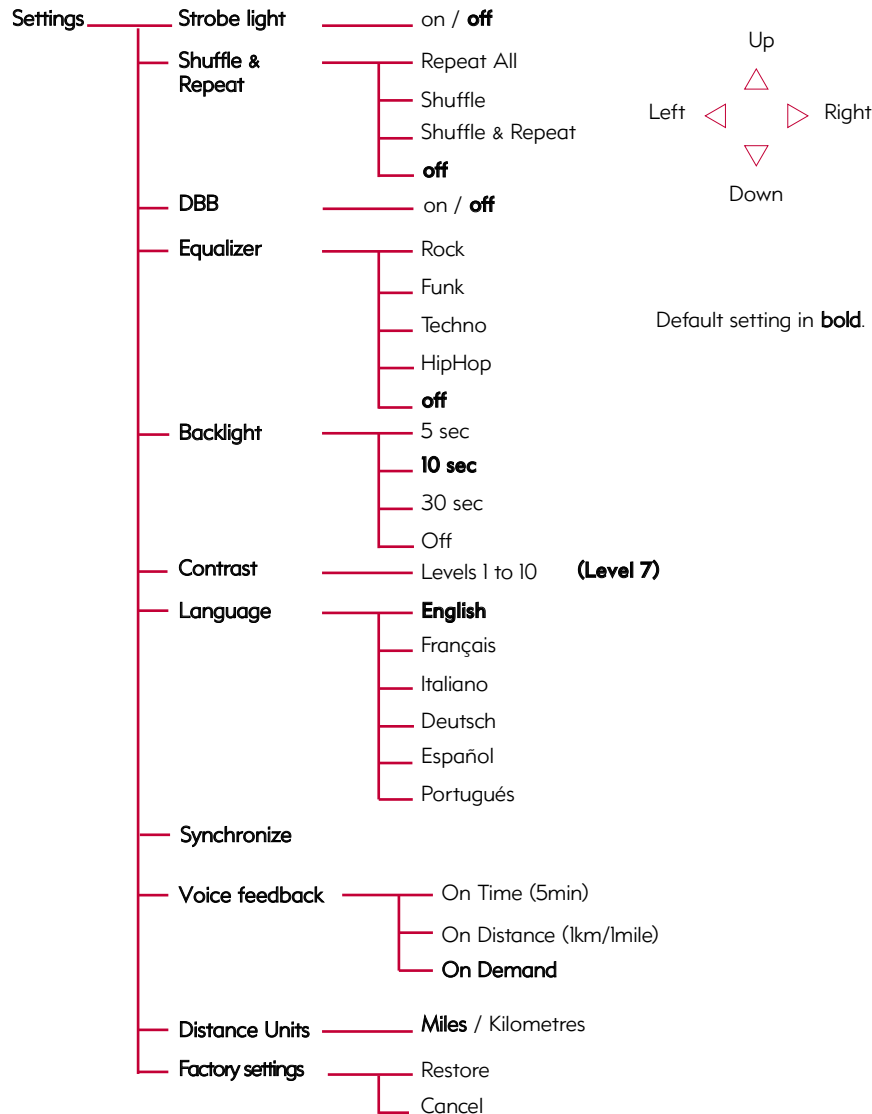


### TIP

To display player information, select and highlight **Factory settings**, press and hold  $\triangleright$  for 2 seconds.

## Advanced Settings and Actions

You can adjust the following settings from the settings mode.  
 Press  $\blacktriangle$  to scroll up or  $\blacktriangledown$  to scroll down for your setting.  
 Press  $\blacktriangleright$  for next or  $\blacktriangleleft$  for previous levels of options.  
 Press  $\blacktriangleright$  to confirm your selection.

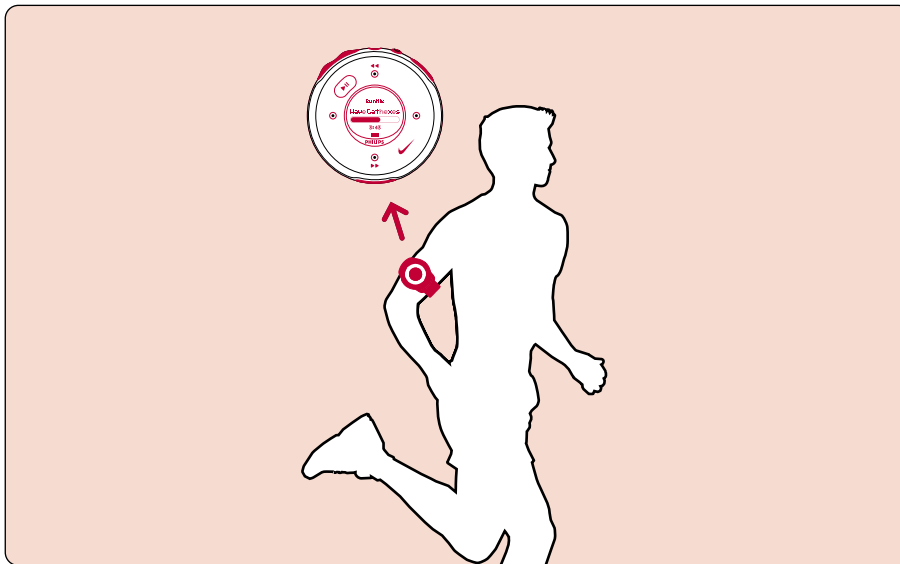




## Strobe Light

Strobe light is an illumination technology setting that allows the backlit LCD display to gradually radiate bursts of light, enhancing visibility of the runner in low light conditions.

## Wearing your player



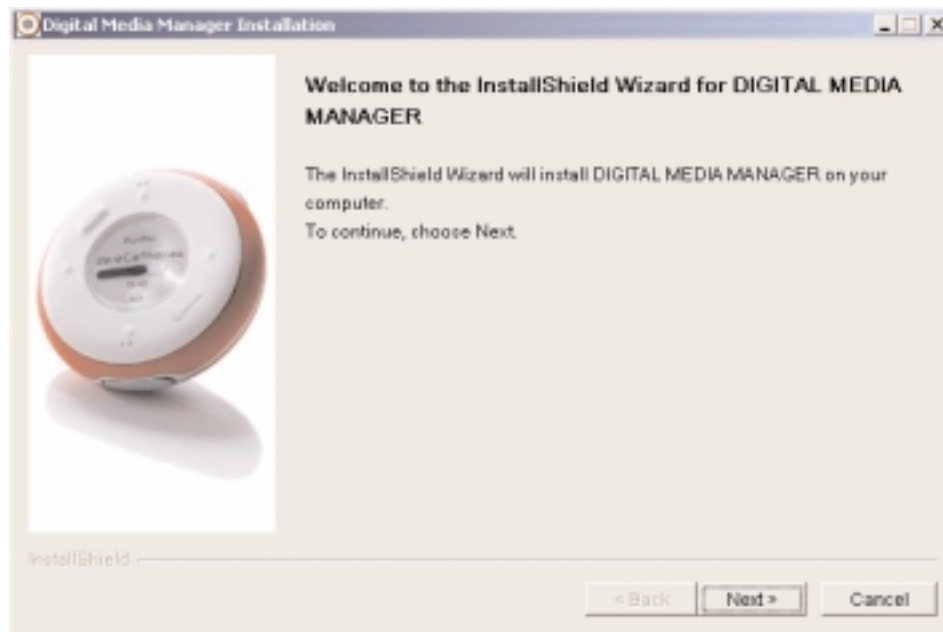
TIP

Use armband and player holder to wear player on your arm.

## About Digital Media Manager (DMM)

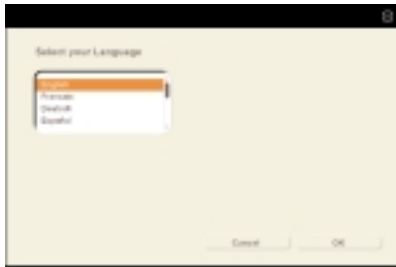
Digital Media Manager contains all the necessary software components you need to work properly with your player. These include:

- running log management
- running log upload to support site
- playlist creation
- MP3 / WMA transfer for playback on player
- paths and supporting link for **DMM** software and player firmware upgrades.

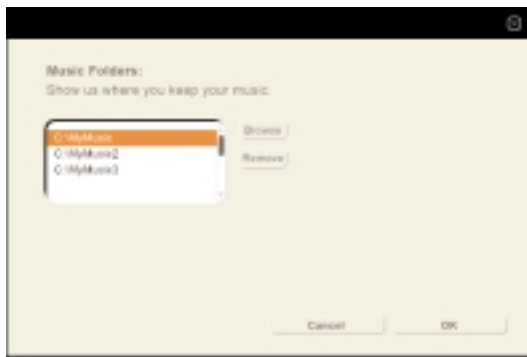


## Install DMM

- ① Insert the supplied CD into your computer's CD-ROM drive.
- ② Follow screen instructions to begin and complete **DMM** installation.
- ③ Launch DMM to customize your settings when prompted to do so.



Select DMM's display language\*



Specify one or more music folder\*

## Launch DMM (player connected)

- ① Open the USB cover.  
Connect your player to your computer using the supplied USB cable.  
The USB connection screen will automatically appear.



### TIP

Please refer to your computer's manual for the exact position of your USB port.  
Look for the USB symbol on the processing unit of your computer.

- ② Launch DMM. (see page 19 for first time launch settings)  
New running data on your player will be automatically transferred to DMM.  
Please wait for the process to complete. Never disconnect the USB cable while transfer is in progress.
- ③ Organize your running data, music and playlists in DMM.




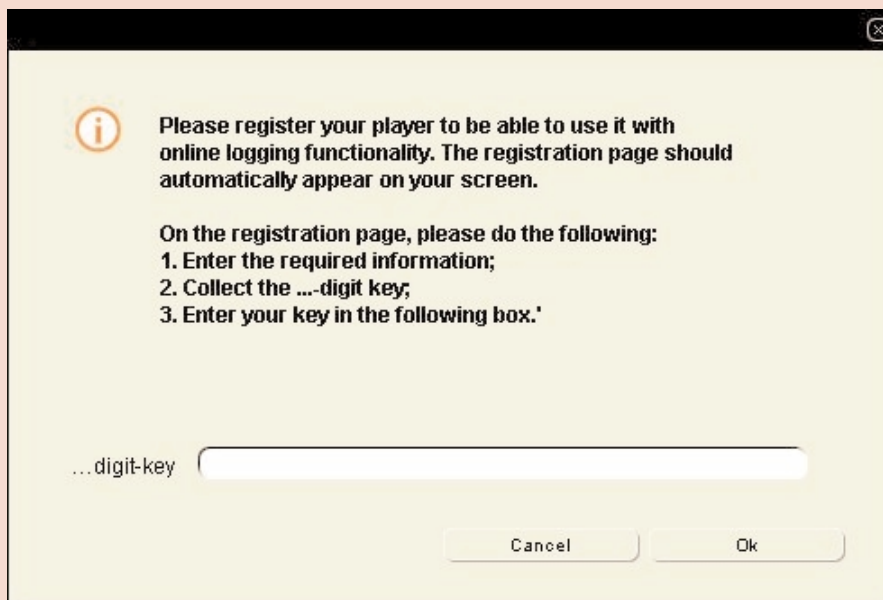
- ④ Transfer your music from DMM to your player.



\*Actual display varies with use

## The main RUNNING screen (player connected)

- ① **RUNNING TAB:** click to display running logs
- ② **MY WORKOUTS:** Click on desired workout to show detailed information.
- ③ **Workout information area**
- ④ **PLAYER STATUS:** Displays player connection status
- ⑤ **Transfer to online log website:** transfer all workout history to online log website
- ⑥ **Click to display workout history according to pace, speed or distance**
-  **Trash:** deletes workout history selection.



\*Actual display varies with use

## Transfer to online log website (USA only)

- ① Click on **Transfer to online log website**.
- ② Login / Create new user name in the pop-up screen as shown above.
- ③ Click **OK** to complete your transfer. Do not disconnect your internet connection until transfer completes.



TIP

DMM will transfer a summary of your workout log to the online log website.

## DMM Menus and Actions

Use menus to customize DMM:

### File

<b>Refresh contents</b>	For updating the latest status of the selected window
<b>Start player link/</b>	For disconnecting your player from DMM
<b>Stop player link</b>	
<b>Quit</b>	For exiting DMM

### Edit

<b>Track information</b>	For editing track information (in music tab only)
<b>Delete all workouts</b>	For deleting all workout logs
<b>Online Device Registration</b>	For online device registration
<b>User name</b>	For changing the name of the user

### Preferences

<b>Language</b>	For selecting a language for DMM
<b>Music folders</b>	For adding, deleting or re-arranging your Music folders (in music tab only)
<b>Transfer options</b>	For selecting transfer options (in music tab only)
<b>Distance units</b>	For selecting distance units
<b>Internet connection</b>	For selecting internet connection options
<b>Player firmware</b>	For checking, upgrading and restoring player firmware
<b>Upgrade DMM</b>	For checking and upgrading DMM

### Help

<b>DMM Help</b>	For additional help and tips
<b>Support</b>	For instant access to support site
<b>About DMM Help</b>	For software version information
<b>About Player</b>	For player information
<b>About Nikerunning.com</b>	For online log site information










#### TIP

The menus will call up various messages or windows where you need to input some information. Follow screen instructions to complete your settings.



\*Actual display varies with use

## The main MUSIC screen (player connected)

- ① **MY MUSIC:** displays the contents of your music folders; click on  to minimize / maximize.
- ② **PLAYER MUSIC:** displays the contents of your player; click on  to minimize / maximize.
-  **New playlist:** creates a new playlist.
-  **Import music:** adds music or playlist.
-  **Trash:** deletes selection.
-  **Edit ID3 tag:** edits track information of selected track.
-  **Search:** searches for music from **MY MUSIC** and / or **PLAYER MUSIC**.





\*Actual display varies with use

## Selector panel and content panel

- ① **Selector panel:** arranges the display order of the content panel.
- ② **Content panel:** displays the contents of **MY MUSIC**, highlight to drag from **MY MUSIC** and drop to **PLAYER MUSIC**.
- ③ **Scroll bar**
- ④ **Pull down menus**
- ⑤ **Text area:** type your search criteria here.
- ⑥ **TRANSFER:** transfers highlighted tracks and / or playlists.
- ⑦ **Header separator:** resizes column width.
- ⑧ **Player memory indicator:** shows available memory on your player.
- ⑨ **Resizing buttons:** minimizes, maximizes DMM view / exit DMM.



\*Actual display varies with use


## Indicators on the content panel

- ① : expanded view, displays item contents in full.
- ② : track / playlist not on the player.
- ③ Click to highlight an item.  
Press <Delete> on your keyboard to delete the highlighted item.
- ④ : indicates track is playing by DMM.
- ⑤ : collapsed view: item contains more contents to display.



\*Actual display varies with use

## Click and Transfer

- ① Make sure your player is connected when you launch DMM.
- ② Click and highlight an item (e.g. track, artist, album, genre, playlist).
- ③ Click on  to copy your selection from your computer to your player.
- ④ Your selection is now transferred to your player.



### TIP

Press and hold <Ctrl> on your keyboard and click to select more than one item. To select consecutive items, click the first item, press and hold <Shift> on your keyboard, and then click the last item.

### IMPORTANT: KEEP A COPY OF YOUR ORIGINAL FILES!

Please keep a copy of the original files transferred to your player. Philips is not responsible for any loss of content if the player is damaged or not readable.



\*Actual display varies with use

## Drag and Drop to Transfer

- ① Make sure your player is connected when you launch DMM.
- ② Click to highlight an item (e.g. track, artist, album, genre, playlist).  
Drag the selection to **PLAYER MUSIC** or a specific playlist.
- ③ Your selection is now transferred to your drop destination.

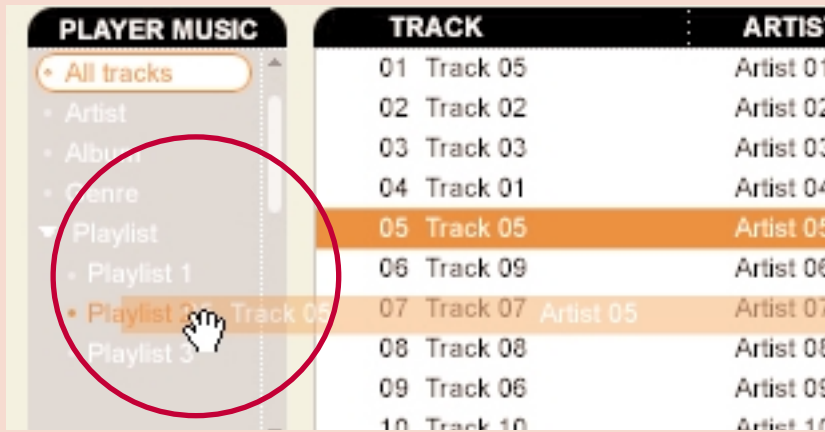


### TIP

Press and hold <Ctrl> on your keyboard and click to select more than one item.  
To select consecutive items, click the first item, press and hold <Shift> on your keyboard, and then click the last item.

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\*Actual display varies with use

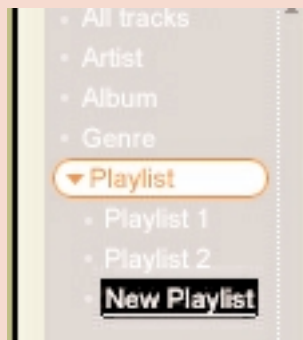
## Add a Track to a Playlist by Drag and Drop

- ① Click on a track.
- ② Drag the selected track to a playlist.
- ③ Hold the mouse button and move your selection to a destination playlist.
- ④ Your selected track is now in the playlist.




### TIP

Press and hold <Ctrl> on your keyboard and click to select more than one item. To select consecutive items, click the first item, press and hold <Shift> on your keyboard, and then click the last item.




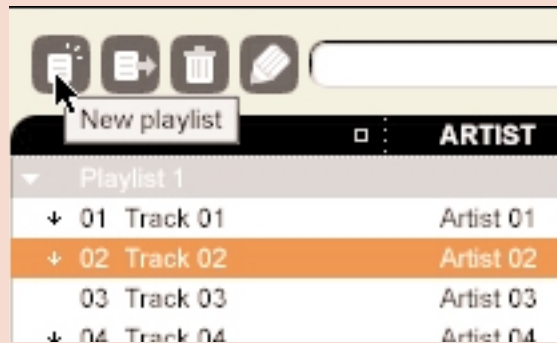
\*Actual display varies with use

## Create Playlists

- ① Click on  to create a new playlist.
- ② Fill in the information in the selector panel in New Playlist.
- ③ Press <Enter> to save your new playlist.  
You can now drag more tracks to the new playlist.


## Import Playlists

- ① Click on  to import a playlist.
- ② Fill in the information in the pop up window.
- ③ Follow screen instructions to import your new playlist.  
You can now drag more tracks to the imported playlist.



\*Actual display varies with use

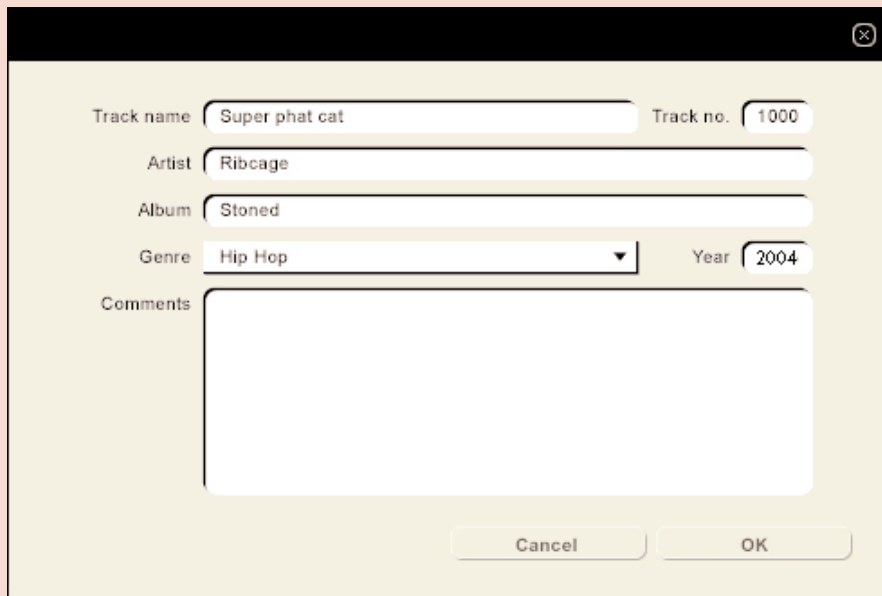
## Delete Tracks and Playlists

- ① Click to highlight an item.
- ② Drag your selection to  to delete.
- ③ Alternatively, press <Delete> on your keyboard to delete your selection.



### TIP

Press and hold <Ctrl> on your keyboard and click to select more than one item.  
To select consecutive items, click the first item, press and hold <Shift> on your keyboard, and then click the last item.



Track name  Track no.

Artist


Album

Genre  Year

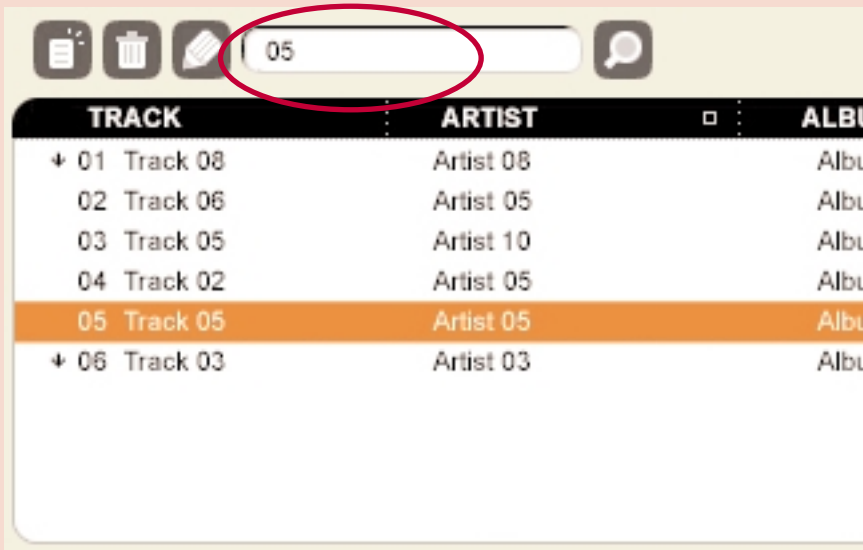
Comments

\*Actual display varies with use

## Edit Track Information


- ① Click on a track to edit its information.
- ② Click on  to call up the **ID3 Tag Editor**.
- ③ Click on the text boxes of **Track name**, **Track number**, **Artist**, **Album**, **Genre**, **Year**, **Comments** to edit relevant information.
- ④ Click on **OK** to save the information. Click **Cancel** to discard changes made.





\*Actual display varies with use

## Search for Tracks or Playlists

- 1 Type a search string in the **Search** field.
- 2 Click on  to start searching.
- 3 You will see tracks and / or playlists that contain the search string.
- 4 You can transfer, delete or drag and drop these tracks as described in previous sections.
- 5 Click on the **Selector panel** to exit the search view.





TIP

Deleting items from the searched results will delete them from your library!

## Make Use of the Different Views

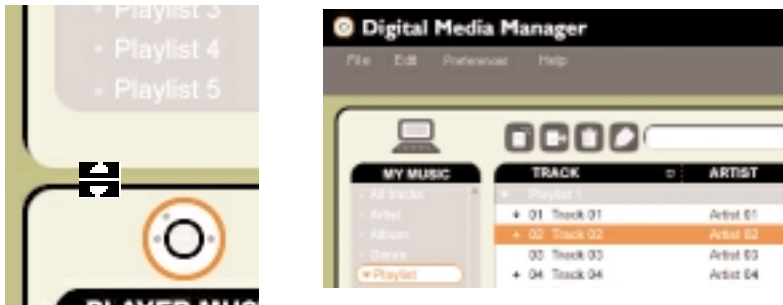
DMM provides different view options. This is to minimize content refreshing time. There are a few ways to customize DMM views.

### ① Section icons

You can click on  or  to expand or minimize respective content panels.

### ② Border area

Drag the border area between **MY MUSIC** and **PLAYER MUSIC**. When the content panel is reduced to a certain size, the content panel will only show the section icon.



### ③ Drop Zone

When **PLAYER MUSIC** is minimized, you will see a **Drop Zone**. You can drag selected items and drop them here. Note that the **Drop Zone** icon turns grey when player memory is full.




## Display Tracks Your Way

### ① Sorting

You can click on the contents header (Track, Artist, Album, Genre) to arrange music tracks according to the order you selected.

TRACK	ARTIST
Playlist 1	
01 Track 01	Artist 01
02 Track 02	Artist 02
03 Track 03	Artist 03
04 Track 04	Artist 04
05 Track 05	Artist 05

### ② Detailed / summary view

Click on the  next to the contents header to turn on / turn off detailed display of item contents.

detailed view	<table border="1"> <thead> <tr> <th>TRACK</th> <th>ARTIST</th> </tr> </thead> <tbody> <tr> <td colspan="2">Playlist 1</td> </tr> <tr> <td>01 Track 01</td> <td>Artist 01</td> </tr> <tr> <td>02 Track 02</td> <td>Artist 02</td> </tr> <tr> <td>03 Track 03</td> <td>Artist 03</td> </tr> <tr> <td>04 Track 04</td> <td>Artist 04</td> </tr> <tr> <td>05 Track 05</td> <td>Artist 05</td> </tr> <tr> <td>06 Track 06</td> <td>Artist 06</td> </tr> <tr> <td>07 Track 07</td> <td>Artist 07</td> </tr> </tbody> </table>	TRACK	ARTIST	Playlist 1		01 Track 01	Artist 01	02 Track 02	Artist 02	03 Track 03	Artist 03	04 Track 04	Artist 04	05 Track 05	Artist 05	06 Track 06	Artist 06	07 Track 07	Artist 07
TRACK	ARTIST																		
Playlist 1																			
01 Track 01	Artist 01																		
02 Track 02	Artist 02																		
03 Track 03	Artist 03																		
04 Track 04	Artist 04																		
05 Track 05	Artist 05																		
06 Track 06	Artist 06																		
07 Track 07	Artist 07																		
summary view	<table border="1"> <tbody> <tr> <td>Playlist 2</td> </tr> <tr> <td>▶ Playlist 3</td> </tr> </tbody> </table>	Playlist 2	▶ Playlist 3																
Playlist 2																			
▶ Playlist 3																			

## Upgrades

Since it is possible for you to upgrade your product, we recommend that you register your product on [www.nike-philips.com/register](http://www.nike-philips.com/register) so we can inform you as soon as new free upgrades become available.

We know you will enjoy your product for a long time. For best performance, we recommend that you regularly check in to [www.nike-philips.com](http://www.nike-philips.com) for free upgrades of the latest software and firmware for your product.

## Firmware Upgrade

Your player is controlled by an internal program called **firmware**. You can download and install the latest firmware to keep your player updated.

- ① Click **Preferences** → **Player Firmware** → **Upgrade Firmware**. This will give you further information on how to download and upgrade your player firmware.
- ② Follow screen instructions to complete firmware upgrade.



### TIP

Because you are updating the program of your player, please make sure your player is connected to your computer before you launch DMM. Keep it connected during the firmware upgrade process.

## DMM Upgrade

DMM is the software that enables best interactions between your player and your computer. Keep it updated by doing upgrades.

- ① Click **Preferences** → **Upgrade DMM**. This will give you further information on how to download and upgrade your DMM.
- ② Follow screen instructions to complete DMM upgrade.

## Uninstall DMM

- ① Close all applications, including DMM.
- ② From the **Start** menu, go to **Control Panel**. Select **Add / Remove Programs**. Select DMM from your currently installed programs to uninstall.
- ③ For further information on uninstalling programs, please refer to Windows' user manual.






## Troubleshooting (I)

If a fault occurs, first check the points listed. For further help and other troubleshooting tips, please also check out FAQ for your player at [www.nike-philips.com](http://www.nike-philips.com).


If you are unable to find a solution from these hints, consult your dealer or service center.

### WARNING:

Under no circumstances should you try to repair the set yourself, as this will invalidate the warranty.

Problem	Cause	Solution
Cannot power on player	Battery drained	Charge the battery (See page 1, step 2)
	Loose key press	Press and hold  for 2 seconds
	USB connected	Disconnect player from computer (See page 1, step 5)
	Firmware / database error	Connect player to computer and restart DMM
USB doesn't work	Loose connection	Check connection
	Wrong OS version	Your operation system must be Win 98SE or later
	USB driver not installed	Windows 98SE user only: install the USB driver provided in by-packed CD
Player does not respond	Player busy	Press and hold [VOLUME +] and  to reset. Press and hold  for 2 seconds to power on again if the power on screen does not appear automatically
	Automatic power off	Your player automatically powers off if there is no operation and no music played within 20 seconds. Press and hold  to power on.

## Troubleshooting (2)

Problem	Cause	Solution
Cannot play track	Track format not supported	Your player is not able to play AAC encrypted or WMA songs bought from the internet. Since it is possible for you to upgrade your product, we recommend that you regularly check in to <a href="http://www.nike-philips.com">www.nike-philips.com</a> for free upgrades of the latest software and firmware for your product.
	Tracks were copied from your computer to your player using drag and drop in Windows Explorer	Your player will play tracks only if they are transferred using the by-packed music management software
Tracks not shown in by-packed music management software	Track format not supported	Ensure that all your music on your computer is in formats supported by your player.
SDM doesn't work	Synchronization problem	Please synchronize your player with the speed and distance monitor if: you have bought a new speed and distance monitor (see page 7)
	Workout started before SDM connection is established	Wait for the  and the audible beep before starting running
	SDM connection lost due to surrounding interference	Re-establish SDM connection (see page 6)
	SDM connection lost because of low battery	Install batteries or charge your player
No voice feedback	Essential files for voice feedback deleted during USB connection	Connect player to computer and restart DMM

## Safety and Maintenance

### Take care when using headphones

#### Hearing safety:

Listen at a moderate volume. Using headphones at high volume can impair your hearing.

#### Traffic safety:

Do not use headphones while driving or cycling as you may cause an accident.

### Take care when using strobe light

Do not look directly into the strobe light for prolonged period as this may cause damage to your eyes.

### General maintenance

#### To avoid damage or malfunction:

- Do not expose to excessive heat caused by heating equipment or direct sunlight.
- Do not drop your player or allow objects to fall on your player.
- Do not allow your player to be submersed in water. Do not expose earphone socket or battery compartment to water as water entering the set may cause major damage.
- Do not use any cleaning agents containing alcohol, ammonia, benzene, or abrasives as these may harm the set.
- Active mobile phones in the vicinity may cause interference.

### Using DMM

Avoid the risk of corrupting and losing data with the following precautions when using DMM:

- Never disconnect the USB cable while file transfer is in progress.
- Never close DMM while file transfer is in progress.
- Operate using one file management system only. When transferring files, do not attempt to transfer files via Windows Explorer whilst waiting for transfer to complete on DMM.
- Do not delete any track via Windows Explorer when file transfer is active in DMM.  
If you wish to delete a file, please only do so from either DMM or from Windows Explorer after file transfer completes.

### Using the power adapter / charger

- Use only the power adapter that came with your player. Adapters for other electronic devices may look similar, but they may damage your player.
- The only way to shut off power completely to your power adapter/charger is to disconnect it from the power source.
- Always leave space around your power adapter. Do not use this equipment in a location where airflow around the power adapter is confined, such as a bookcase.
- When connecting or disconnecting your power adapter, always hold the power adapter by its sides. Keep fingers away from the metal part of the plug.
- The power adapter for your player is a high-voltage component and should not be opened for any reason, even when your player is off.

## Environmental information

We have reduced the packaging to its minimum and made it easy to separate into materials: cardboard, PS, PE, PET.

Your set consists of material which can be recycled if disassembled by a specialized company. Please observe the local regulations to dispose of packaging, exhausted batteries and old equipment.



## Notice for the USA



### **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 instruction manual, 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:

- 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.

### Notice for Canada

This Class B digital apparatus complies with Canadian ICES-003.

This product complies with the radio interference requirements of the European Community.

## Modifications

Modifications not authorized by the manufacturer may void user authority to operate this device.

## Copyright information

All other brand and product names are trademarks of their respective companies or organizations.

Unauthorized duplication of any recordings downloaded from the internet or made from audio CDs is a violation of copyright laws and international treaties.

## Technical Data

### General

Dimension 27 (D) x 27 (H) x 71 mm  
Weight 70g

### Power supply

Built-in 600mAh Li-ion rechargeable battery  
Multi-voltage AC power adapter / charger

### Battery playtime

12 hours using built-in rechargeable battery (4 hours fully charged, 1 hour fast charge)  
\*Battery life may vary according to use.

**Display** White Backlight LCD

**Indications** Album name, artist name, battery status, DBB, frequency, pre-set station, time, track

<b>Sound</b>	Bass enhancement	Dynamic Bass Boost
	Equalizer settings	Funk, Hip hop, Rock, Techno
	Frequency Response	20 - 20 000 Hz
	Output power (RMS)	2 x 5 mW (16 Ω)
	Signal to noise ratio	>80
	Volume control	Digital

**Audio Playback** MP3 (8 - 320 kbps and VBR)  
WMA (32 - 192 kbps)

**ID3-tag support** Album title, genre title, track title and artist name

**Storage Media** Mass storage class, 256MB\* NAND Flash  
Music memory capacity: up to 65 MP3 tracks (128kbps) or 130 WMA tracks (64kbps)  
\* Actual formatted capacity will be less.

<b>Tuner</b>	Frequency range	87.5 - 108 MHz
	Station presets	10
	Tuner bands	FM stereo

**Connectivity** 5V DC, headphones (3.5mm line-out), remote control, USB 1.1, Bluetooth 1.1

**Bluetooth** SPP, Class 3, range up to 5m

**Music transfer** via DMM / Musicmatch for music playback

**File transfer** via Windows Explorer of data in general

**Accessories** (availability subject to regions)

AY4102	AC/ DC adapter
AY4208	Armband
AY4212	Carrier
SBC HJ030/771	Headphones
AY3192	USB cable

*The type plate is at the back of the set.*

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