# Nike Plus Ipod User Guide

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Tap Fitness to see the Nike + iPod icon. miPhone 3GS, iPhone 4, and iPod touch: Choose Settings > Nike + iPod and set it to On. A Nike + iPod icon appears on the Home screen. Note: iPhone 3GS, iPhone 4, and iPod touch have an internal receiver; no external receiver is required.

#### Nike + iPod User Guide

Page 8 A custom workout shortcut Do this iPod nano: Choose Nike + iPod > New Workout > Basic. iPod touch: Choose Nike + iPod > Basic. iPod nano: Choose Nike + iPod > New Workout > Time. iPod touch: Choose Nike + iPod > Time. Page 9 Step 5: Choose music to accompany your workout. To play A Nike+ Workout mix The currently playing song Songs from a playlist Songs in random order No music Step 6: Start your workout. iPod nano: Press the Center button and begin walking or running.

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Step 1: Enable Nike + iPod on your device. iPod nano: Attach the Nike + iPod receiver to iPod nano. Nike + iPod appears in the main menu. iPhone 3GS and iPod touch: Choose Settings > Nike + iPod and set it to On. Page 7 Step 3: Insert the Nike + iPod Sensor in your Nike+ ready shoe. Lift the insole of the left shoe, remove the foam insert from the pocket underneath, and replace it with the sensor, flat side up.

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Step 1, Navigate to the Nike Plus settings window in the Settings app.Step 2, Tap Sensor. You will hear a voice saying "Walk around to activate your sensor". You don't need to walk about, just shake the sensor for a few seconds until "Linked to sensor" appears.Step 3, Tap "Done".

# 3 Ways to Use Nike Plus With an iPod Touch - wikiHow

Linking the nike + iPod Watchremote to your iPod nano. 1. connect the nike + iPod receiver to the iPod nano. 2. select the following through the iPod menu nike + iPod > settings. 3. Push the play/pause button on Watchremote. select remote > Link on the iPod Menu and follow the on-screen instructions. 4.

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nike plus ipod user guide Nike + iPod User Guide Nike + iPod automatically displays your workout status on the screen, similar to the following illustration (Depending on your device type, the screen may appear slightly different) iPod nano iPhone 3GS, iPhone 4, iPod touch Nike + iPod User Guide Apple Inc

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The Nike+iPod Sports Kit is an activity tracker device, developed by Nike, Inc., which measures and records the distance and pace of a walk or run. The Nike+iPod consists of a small transmitter device attached to or embedded in a shoe, which communicates with either the Nike+ Sportband, a receiver plugged into an iPod Nano, or directly with a 2nd Generation iPod Touch, iPhone 3GS, iPhone 4, iPhone 4S, iPhone 5C, iPhone 5S, or a Nike+ Sportwatch. If using the iPod or the iPhone, iTunes

#### Nike+ - Wikipedia

Your iPod touch or iPhone 3Gs or later wirelessly sends workout data to nikeplus.com from wherever you are on the road. So straight after your run, you can track your progress and analyse your performance. If you walk or run with iPod nano, workout data is sent to nikeplus.com when you connect it to your Mac or PC.

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