

## Icons

- ✈ Satellite: GPS satellite signal
- 👟 ShockPod Nikei+ Sensor for your shoe
- 🏃 HeartRate: heart rate transmitter (sold separately)
- 🔋 Battery: battery charge
- ⚠ Warning: battery or memory is low
- 🔔 Alarm: Alarm is set

## Scroll, Select, Tap



As you use your SportWatch GPS, you'll tap, select and scroll.

1. Scroll: review your options, up or down.
2. Select: choose an option on the screen, or pause your run.
3. Tap: mark taps as you're running or turning on the backlight. Your watch is designed for quick, but strong taps, to avoid light, accidental taps, while you're running. This isn't a touch screen.

# Nike Sportwatch Gps User Guide

**Neil Ackroyd, Robert Lorimer**



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