

POLAR MOVE

Getting Started Guide

POLAR[®]
LISTENS TO YOUR BODY

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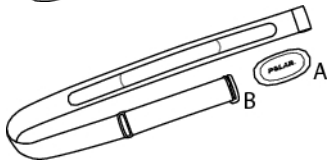
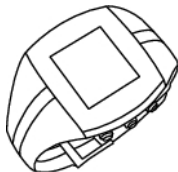
1. GET TO KNOW POLAR MOVE HEART RATE MONITOR

Polar Move heart rate monitor records and displays your heart rate and other data during exercise.

H1 heart rate sensor transmits the heart rate signal to the heart rate monitor. The heart rate sensor consists of a connector (A) and strap (B).

The full user manual and the latest version of this getting started guide can be downloaded at www.polar.com/support.

For video tutorials, go to www.polar.com/en/polar_community/videos.



Heart rate sensors with Polar specific GymLink technology, e.g. Polar H1 and H2, can be used with compatible gym equipment.

Button Functions

LOCK:

- Illuminate the display.
- Press and hold to enter the quick menu, to lock buttons, set alarm, or adjust exercise sounds.

RED:

- Exit menu and return to previous level.
- Cancel selections and leave settings unchanged.
- Stop recording an exercise.



UP: Move through the menu and selection lists, and adjust values.

GREEN:

- Confirm selections.
- Start recording an exercise.

DOWN: Move through the menu and selection lists, and adjust values.



- *If you do not know where you are in the menu, press and hold the RED button until the time is displayed.*
- *To maintain water resistance, do not press buttons under water.*

Enter Settings

Use the UP and DOWN buttons to move through selection lists and to adjust values. Confirm selections with the GREEN button.

A: When taking Polar Move in use for the very first time

- To activate the monitor, press any button for one second.
- Select language.
- Enter time, date and units.
- If you do not have student data available, skip the **User information** by pressing and holding the RED button for two seconds.

B: When changing the user

In the time view, press DOWN and select **Settings > User Information**. Enter the correct user information.



Consult the full user manual for more information on settings. The full user manual and the latest version of this getting started guide can be downloaded at www.polar.com/support

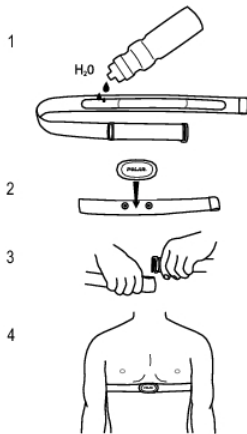
2. EXERCISING

Wear the Heart Rate Sensor

Wear the heart rate sensor to measure heart rate.

1. Moisten the electrode area of the strap.
2. Attach the connector to the strap.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Adjust the strap length to fit tightly but comfortably. Check that the moist electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.

i *Detach the connector from the strap and rinse the strap under running water after every use. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will reduce the heart rate sensor battery life. For more detailed washing instructions, see Important Information.*



Start Exercise Recording

1. Enter the correct user information. In the time view, press DOWN and select **Settings > User Information**.
2. Wear the heart rate sensor and the heart rate monitor.
3. Press the GREEN button. Wait until your heart rate is displayed, and then press the GREEN button again to start the recording.

To modify sound, heart rate view or other training settings before starting the exercise session, select **Training Settings**.



Your training file is saved only when the recording has lasted for more than one minute.

Stop Exercise Recording

To pause the recording of your exercise session, press the RED button. To continue exercise recording press the GREEN button.

To stop the recording, press the RED button twice. **Stopped** is displayed. A summary of your exercise session appears.

For more information on reviewing your exercise data, consult the full user manual at www.polar.com/support.

3. IMPORTANT INFORMATION

Caring for Your Product



For complete care and maintenance instructions, please see full user manual at www.polar.com/support.

Heart rate monitor: Keep your heart rate monitor clean. Clean it with a mild soap and water solution and rinse it with clean water. Do not immerse the heart rate monitor in water. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Connector: Detach the connector from the strap after every use and dry the connector with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material (eg. steel wool or cleaning chemicals).

Strap: Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.



Check the label on your strap to see if it is machine washable. Never put the strap or the connector in a dryer!

Dry and store the strap and the connector separately, to maximize the heart rate sensor battery lifetime. Keep your heart rate monitor and heart rate sensor in a cool and dry place. Do not store them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose them to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.

Precautions

- Polar Move heart rate monitor is designed to indicate the level of physiological strain and recovery during and after exercise session. No other use is intended or implied.
- We recommend teachers to obtain written consent from the students' parents for using the heart rate monitoring equipment.

Exercising may include some risks. Before beginning a regular exercise program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any exercise program.

The following questions are for children. You can find the questions for adolescents and adults from the full user manual at www.polar.com/support.

- Have you been physically inactive?
- Do you have symptoms of any disease?
- Are you taking heart or any other medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?

Note that in addition to exercising intensity, medication for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc, as well as some energy drinks, may also affect heart rate.

It is important to be sensitive to your body's responses during training. If you feel unexpected pain or excessive fatigue when training, stop the exercise or continue at a lighter intensity.

Note! If you are using a pacemaker, you can use Polar training computers. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products'

suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. The materials of this product have been tested and should not contain allergens or substances hazardous to health. However, if symptoms do appear, stop using the product immediately.

To avoid any skin reaction to the heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation. If you use insect repellent on your skin, make sure that it does not come into contact with the heart rate monitor or the heart rate sensor.

Medical devices in professional use sets high standards for the manufacturer, distributor and user of a medical device. Polar offers user instructions and training for professional users in order to ensure the safe use of Polar devices.

Battery

The Polar Move heart rate monitor and the H1 heart rate sensor both have a user changeable battery.

- The low battery indicator is displayed when 10-15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.
- The backlight and sound are automatically turned off when the low battery indicator is displayed. Any alarms set prior to the appearance of the low battery indicator will remain active.

Change Batteries Yourself

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In the USA

the sealing ring/battery kits are also available at www.shoppolar.com. Go to www.polar.com to find your own country's shoppolar online store.



Keep the batteries away from children. If swallowed, contact a doctor immediately. Batteries should be properly disposed of according to local regulations.

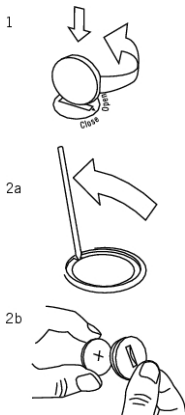


Danger of explosion if the battery is replaced with wrong type.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneous from both sides, with metal or electrically conducting tools, like tweezers. This may short-circuit the battery causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but it may decrease the capacity and lifetime of the battery.

Changing Polar Move Battery

1. Open the battery cover with a coin by turning it from CLOSE to OPEN.
2. Remove the battery cover and lift the battery out carefully with a suitable sized small rigid stick or bar. Insert a new battery inside the cover with the positive (+) side facing the cover.
3. Replace the old sealing ring with a new one, fitting it snugly in the cover groove to ensure water resistance.
4. Put the cover back on and turn it clockwise to CLOSE.
5. Re-enter the basic settings to the heart rate monitor.



Changing Polar H1 Heart Rate Sensor Battery

1. Lever the battery cover open by using the clip on the strap.



2. Remove the old battery from the battery cover with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the battery cover.
3. Insert the battery inside the cover with the negative (-) side outwards. Make sure the sealing ring is in the groove to ensure water resistance.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place. You should hear a snap.



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2012/19/EU of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.

Technical Specifications

Polar Move Heart Rate Monitor

Battery type	CR1632
Battery life	Average 6 months (training 6 h/day, 5 days/week)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Back cover	Polyamide
Wrist strap	Polyurethane
Wrist strap buckle	Stainless steel complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.
Watch accuracy	Better than ± 0.5 seconds/day at 25 °C / 77 °F temperature.
Accuracy of heart rate measurement	$\pm 1\%$ or ± 1 bpm, whichever larger, definition applies to steady state conditions.
Water resistance	30 m (Suitable for bathing and swimming)

Polar H1 Heart Rate Sensor

Battery type	CR 2025
Battery life	1500 hours of use
Battery sealing ring	O-ring 20.0 x 0.90 Material Silicone
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	Polyamide
Strap material	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester
Water resistance	30 m (Suitable for bathing and swimming)



The materials of Polar Move have been chosen and tested to comply with relevant standards and authority requirements, including CPSIA (Consumer Product Safety Information Act/Children's Product).

CE 0537

This product is compliant with Directives 93/42/EEC and 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at www.polar.com/en/regulatory_information.

Regulatory information is available at www.polar.com/en/regulatory_information.



This marking shows that the product is protected against electric shocks.

Guarantee

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for one (1) year from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the one (1) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

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Disclaimer

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc. / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc. / Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

Compliance Statement Canada

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approuvé aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

Industry Canada (IC) regulatory information

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Industrie Canada

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Class B digital device notice

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

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 instructions, 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:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.

WARNING: This product and its packaging contain chemicals known to the State of California to cause cancer, birth defects or reproductive harm. This notice is provided in accordance with California's Proposition 65.

More information:
http://www.polar.com/regulatory_information

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