1. GET TO KNOW YOUR POLAR CS500

Congratulations on your purchase of a new Polar CS500 cycling computer!

This user manual includes complete instructions for you to get the most out of your cycling computer.

The latest version of this user manual can be downloaded at www.polar.fi/support.

**Polar CS500 cycling computer** provides you with all the data you need to enhance your cycling performance and also saves the data for later analysis. The new large display guarantees clear visibility of training information in all conditions. Innovative button technology allows easy and safe operation even in high speeds.

The cycling computer can be easily attached to the stem or handlebars of your bike with new **Polar Dual Lock Bike Mount**. Bike mount’s newly designed metal parts guarantee firm attachment for the cycling computer.

Comfortable **Polar WearLink®+ transmitter W.I.N.D.** sends the heart rate signal to the cycling computer ecg-accurately. The transmitter consists of a strap and a connector.

**Polar CS speed sensor™ W.I.N.D.** wirelessly measures distance and your real-time, average and maximum speeds.

Optional **Polar CS cadence sensor™ W.I.N.D.** wirelessly measures your real-time and average cadence, also known as pedaling rate, as revolutions per minute.

Optional **Polar Power Output Sensor™ W.I.N.D.** wirelessly measures power output expressed in watts and cadence.
Transfer data between the cycling computer and polarpersonaltrainer.com with Polar’s new data communication device, **Polar DataLink**. Just plug your DataLink into the USB port of your computer, and it detects your cycling computer with W.I.N.D. technology.

The **polarpersonaltrainer.com** web service is tailored to support your training goals. There you can:

- store your training files for a long-term follow-up.
- analyze and follow your progress to the finest detail.
- analyze training intensity and needed recovery time using the training load feature.
- optimize the way you train by using the Polar training programs
- challenge your friends to a virtual sports competition and interact with other sports enthusiasts.

Data from all compatible sensors and WearLink transmitter is sent wirelessly to the cycling computer over Polar’s 2.4GHz W.I.N.D. technology. This eliminates interference during training.

Register your Polar product at [http://register.polar.fi/](http://register.polar.fi/) to ensure we can keep improving our products and services to better meet your needs.

2. GETTING STARTED

Button Functions and Menu Structure

The cycling computer has three easy-to-use buttons that have different functionalities depending on the situation of use.

<table>
<thead>
<tr>
<th>1. BACK / STOP</th>
<th>2. OK / START / LAP / RESET</th>
<th>3. NEXT / SET</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Exit the menu</td>
<td>• Confirm selections</td>
<td>• Move to the next mode or menu level</td>
</tr>
<tr>
<td>• Return to previous level</td>
<td>• Start a training session</td>
<td>• Change the bike with a long press in time mode</td>
</tr>
<tr>
<td>• Leave settings unchanged</td>
<td>• Take a lap</td>
<td>• Adjust a selected value</td>
</tr>
<tr>
<td>• Cancel selections</td>
<td>• Reset total values</td>
<td>• With a three-second press in the power save mode, activate the cycling computer.</td>
</tr>
<tr>
<td>• With a long press, return to time mode from any mode</td>
<td>• With a three-second press in the power save mode, activate the cycling computer.</td>
<td></td>
</tr>
<tr>
<td>• With a long press in time mode, go to the power save mode</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• With a three-second press in the power save mode, activate the cycling computer.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The cycling computer goes to the power save mode if you do not press any button in the time mode for five minutes. You can turn the cycling computer on again by pressing any button for three seconds.

You can use □ and △ buttons in two ways:
1. When the cycling computer is mounted on a stem or handlebar, gently press the left or right side of the cycling computer.

2. When you hold the cycling computer in your hand, use the trigger buttons on the backside of the cycling computer.

Basic Settings
Before using your cycling computer for the first time, customize the basic settings. Enter as accurate data as possible to ensure correct feedback based on your performance.

To adjust data, use SET and accept with OK. The values scroll faster if you press and hold SET.

Activate your cycling computer by pressing any button for three seconds. Basic SET is displayed. Press START and adjust the following data:

1. **Time set**: Select 12h or 24h. With 12h, select AM or PM. Enter time.
2. **Date set**: Enter date.
3. **Unit**: Select metric (kg/cm) or imperial (lb/ft) units.
4. **Weight**: Enter your weight.
5. **Height**: Enter your height. In LB/FT format, first enter feet then inches.
6. **Birthday**: Enter your date of birth.
7. **Sex**: Select Male or Female.
8. **Settings DONE** is displayed. To change the settings, press BACK until you return to the desired setting. To accept the settings, press OK and the cycling computer goes to time mode.

Measure Wheel Size
Before you start cycling, set the wheel size of your bike into the cycling computer. For further information, see Bike Settings (page 21).

Install the Polar Bike Mount
You can install the bike mount on the stem or on the left- or right-hand side of the handlebar.
1. Thread two cable ties through the passages of the bike mount. If you install the bike mount on the handlebar, thread the cable ties to the opposite direction.

2. Insert the rubber part into the bike mount. Make sure that it is firmly in its nest.

3. Place the rubber part and the bike mount on the stem/handlebar and adjust the cable ties around the stem/handlebar. Secure the bike mount firmly. Cut off excess cable ties.


**Attach the Cycling Computer to the Bike Mount**

1. Push the button and position the cycling computer onto the bike mount.

2. Release the button to fasten the cycling computer to the bike mount. Check that the cycling computer is fastened properly before you start cycling.

To detach the cycling computer from the bike mount, push the button and lift the cycling computer off the bike mount.

3. TRAINING

Wear the Transmitter

Wear the transmitter to measure heart rate.

1. Wet the electrode areas of the strap under running water.

   ![Image of wetting electrode areas]

   *In demanding conditions, for instance during long-lasting events, we recommend using conductive electrode lotion or gel to improve contact. It is important to wash the transmitter carefully after using lotion or gel.*

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

Detach the transmitter connector from the strap after every use, to maximize the transmitter battery lifetime. Rinse the strap under running water. See detailed washing instructions in Care and Maintenance (page 29).


The Polar WearLink transmitter can be used with apparels that have built-in soft textile electrodes. Wet the electrode areas of the apparel. Attach the connector of the transmitter straight onto the apparel without the strap so that the connector’s Polar logo is in an upright position.

Start Training

Attach the cycling computer to the bike mount and activate it with a long button press.

In time mode, the cycling computer automatically starts detecting your heart rate.

The number on the upper left-hand corner indicates the bike that is in use. The bike you have used during the previous training session is automatically selected. To change the bike, long-press NEXT in time mode.
If you have activated the AutoStart function, the cycling computer automatically starts recording the training session when you start cycling. For further information on AutoStart, see Bike Settings (page 21). If you have not activated the Autostart function, press START to start the recording.

You can view three lines of training information simultaneously. Press NEXT to view the following displays:

See Training Information (page 11) for more detailed descriptions of displayed information.

**Distance** alternating with **lap distance** (when you have taken at least one lap).
- **Speed**
- **Heart rate** and **Cadence**

**Average speed**
- **Speed**
- **Average heart rate** and **Cadence**

**Speed**
- **Stopwatch**
- **Heart rate** and **Cadence**

**Arrival time**
- **Time of day**
- **Heart rate** and **Cadence**

**Heart rate limits**
- **Time in target zone**
- **Heart rate** and **Cadence**

**Calories**
- **Calorie expenditure per hour**
- **Heart rate** and **Cadence**

**Altitude**
- **Inclinometer**
- **Temperature** and **Cadence**

**Trip distance**
- **Speed / Power**
- **Heart rate** and **Cadence**

Set the cycling computer to scroll the views automatically by pressing and holding NEXT. Turn scrolling off by pressing NEXT.
## Training Information

<table>
<thead>
<tr>
<th>Information on the display</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altitude</td>
<td>Current altitude in meters / feet</td>
</tr>
<tr>
<td>Arrival time</td>
<td>By setting the distance you are going to ride, the cycling computer estimates your arrival time to the destination according to your riding speed. For further information, see Cycling Settings (page 20). If the riding distance function is off, the speed is displayed instead of arrival time.</td>
</tr>
<tr>
<td>Average heart rate</td>
<td>Your average heart rate of the training session is displayed with an indicator which tells you whether your heart rate is rising or dropping.</td>
</tr>
<tr>
<td>Average speed</td>
<td>Your average riding speed of the training session is displayed with an indicator which tells you whether the speed is rising or dropping (Polar CS speed sensor W.I.N.D. required).</td>
</tr>
<tr>
<td>Cadence</td>
<td>Your pedaling rate in revolutions per minute (Optional Polar CS cadence sensor W.I.N.D. required)</td>
</tr>
<tr>
<td>Calories</td>
<td>The expended calories so far. The cumulation of calories starts when your heart rate is displayed.</td>
</tr>
<tr>
<td>Calorie expenditure per hour</td>
<td>Rate of calorie expenditure per hour</td>
</tr>
<tr>
<td>Distance</td>
<td>Distance covered so far (Polar CS speed sensor W.I.N.D. required)</td>
</tr>
<tr>
<td>Heart rate</td>
<td>Your current heart rate</td>
</tr>
<tr>
<td>Heart rate limits</td>
<td>Lower and upper heart rate limit. The heart symbol moves left or right according to your heart rate. If the symbol is not visible, your heart rate is outside the limits. The alarm helps you to stay within the set limits.</td>
</tr>
</tbody>
</table>

You can set the alarm off by setting the sound off in General Settings. For more information, see General Settings (page ?).

| Inclinometer                     | Uphill / Downhill steepness in percentages and grades. An estimation in numerical form how steep uphill or downhill you are cycling, helping you to adjust cycling effort accordingly. |

Training 11
**Information on the display**

<table>
<thead>
<tr>
<th>Description</th>
<th>Lap distance</th>
<th>Power output expressed in watts (Optional Polar Power Output Sensor W.I.N.D. required)</th>
<th>Current speed (Polar CS speed sensor W.I.N.D. required)</th>
<th>Total duration of the training session so far</th>
<th>Current temperature</th>
<th>Time you have trained within the heart rate limits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lap distance</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Power</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Speed</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Stopwatch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Temperature</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Time in zone</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Time of day</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Trip distance</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Take a Lap**

Take a lap by pressing LAP. The following information is displayed:

- **Lap time** indicates elapsed time for one lap.
- **Heart rate / Lap number**
- **Split time** is elapsed time from the beginning of the training session until storing the latest lap time.
- **Average heart rate** (calculated from the beginning of the lap)

If you have activated the automatic lap function, your cycling computer automatically records laps when you reach the set distance. For further information, see Cycling Settings (page 20).

**Functions in Pause Mode**

To pause the training session, press STOP.

In pause mode, you can select:
• **Continue** to continue training recording.
• **Exit** to stop recording completely.
• **Summary** for a summary of training information. The following information is displayed:
  • **Exe. Time**: Duration of the recorded training session and average heart rate
  • **Limits**: Heart rate limits used during the training session (if limits are set)
  • **In zone**: Time spent in the target heart rate zone
  • **Kcal/ %Fat**: Calories burned during the training session and fat percentage
  • **Speed**: Average speed
  • **Cadence**: Average cadence
  • **Distance**: Ridden distance
  • **Ride Time**: Ridden time. For instance, if you stop cycling but do not stop recording the training session, the time counting will automatically stop, but the duration of the training session will continue to accumulate.
  
  If the AutoStart function is active, the training and cycling time are the same, as the cycling computer automatically starts and stops recording as you start and stop cycling.
  • **Power**: Average Power
  • **Ascent**: Ascended meters / feet
  • **Altitude**: Average altitude
• **Sound** to set sounds **Off**, **Soft**, **Loud** or **Very loud**.
• **Reset TRIP** to reset a distance. Confirm with OK.
• **Auto SCROLL** to set the computer to scroll the views automatically.
• **Sensor SEARCH** to search for WearLink, Speed, Cadence* and Power* data, if the signal disappears during the training session due to interference.

### Stop Training

Press STOP to pause the training session. **Continue** is displayed.

Press STOP again.

Care for your transmitter after training. **Detach the transmitter connector from the strap and rinse the strap under running water after every use.** Wash the strap regularly in a washing machine at 40°C/104°F at least after every fifth use.

For complete care and maintenance instructions, see Care and Maintenance (page 29).

### Training with OwnZone

Your cycling computer automatically determines your individual, optimum and safe training intensity zone; your OwnZone. The unique Polar OwnZone defines your personal training zone for aerobic training. The function guides you through a warm up, taking your present physical and mental state into account. For most adults, OwnZone corresponds to about 65-85% of maximum heart rate.

Listening to and interpreting the signals your body sends during physical exertion is an important part of getting fit. Since warm-up routines differ for different types of training, and since your physical and mental state may also vary from day to day (due to stress or illness), using the OwnZone function for every session guarantees the most effective heart rate target zone for that particular type of training and day.

OwnZone can be determined in 1-5 minutes during a warm-up period. The idea is to start training slowly at a light intensity and to gradually increase intensity and heart rate. OwnZone is developed for healthy people. Some health conditions may cause heart rate variability-based OwnZone determination to fail. These conditions include high blood pressure, cardiac arrhythmias, and certain medications.

**Before you start determining your OwnZone, make sure that:**
• Your user settings are correct.
• The OwnZone function is activated. See Heart Rate Limit Settings (page 20) for more information. The cycling computer automatically determines your OwnZone every time you start training if the OwnZone
function is on.

**Determining Your OwnZone**

Your OwnZone is determined in five stages. If the sounds are on, a beep will indicate the end of each stage.

1. Wear the transmitter as instructed. Start from time mode and press START.
2. **OZ >** is displayed and OwnZone determination begins. Cycle or walk at a slow pace for 1 min. Keep your heart rate below 100 bpm/ 50 % $HR_{\text{max}}$ during this first stage.
3. **OZ >>>** Cycle or walk at a normal pace for 1 min. Slowly increase your heart rate by appr. 10 bpm/ 5% $HR_{\text{max}}$.
4. **OZ >>>>** Cycle or walk at a brisk pace for 1 min. Slowly increase your heart rate by appr. 10 bpm/ 5% $HR_{\text{max}}$.
5. **OZ >>>>>** Cycle at a brisk pace or jog at a slow pace for 1 min. Slowly increase your heart rate by appr. 10 bpm/ 5% $HR_{\text{max}}$.
6. **OZ >>>>>>** Cycle or jog at a brisk pace or run for 1 min. Increase your heart rate by appr. 10 bpm/ 5% $HR_{\text{max}}$.

When you hear two consecutive beeps, your OwnZone has been determined.

**OwnZone Updated** and the heart rate zone are displayed. The zone is displayed in beats per minute (bpm) or as a percentage of maximum heart rate (HR%), depending on your settings.

If OwnZone determination was not successful, your previously determined OwnZone will be used and **OwnZone** appears with limits on the display. If OwnZone has not previously been determined, age-based limits are automatically used.

You can now continue with your training session. Try to keep inside the given heart rate zone to maximize training benefits. The elapsed time used for OwnZone determination is included in your recorded training time.

Alternatively, to skip OwnZone determination and to use the previously determined OwnZone, press STOP at any phase of the process.

**Redetermine your OwnZone:**
- When changing training environment or training mode.
- When training for the first time after a week’s break.
- If you have not recovered from the previous training session or if you are not feeling well or are stressed.
- After changing user settings.
## 4. AFTER TRAINING

### Training File

View detailed information on your training session in **FILES**.

1. In time mode, press NEXT. **FILES** is displayed.
2. Press START to view the following information:
   - Date and time when the training session started.
   - Number of the training file (the bigger the file number, the more recent the file is).
3. To browse the files, use NEXT.

    **Delete FILES** is the last option in **FILES**. For further information, see Deleting Training Files.

To view information recorded in a certain file, press OK.

Use NEXT to browse through the following information:

<table>
<thead>
<tr>
<th>Text on the display</th>
<th>Displayed information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Exec. Time</strong></td>
<td>Duration of the training session.</td>
</tr>
<tr>
<td></td>
<td>Average heart rate and maximum heart rate alternate on the display.</td>
</tr>
<tr>
<td><strong>Limits</strong></td>
<td>Upper and lower heart rate limit used during the training session (if limits are set).</td>
</tr>
<tr>
<td><strong>In Zone</strong></td>
<td>Time spent in Zone and Above and Below heart rate zone alternate on the display.</td>
</tr>
<tr>
<td><strong>Kcal / % Fat</strong></td>
<td>Expended calories during the session and fat percentage.</td>
</tr>
<tr>
<td><strong>Distance</strong></td>
<td>Ridden distance.</td>
</tr>
<tr>
<td><strong>Speed</strong></td>
<td>Maximum and average speed.</td>
</tr>
<tr>
<td><strong>Cadence</strong></td>
<td>Maximum and average cadence.</td>
</tr>
<tr>
<td><strong>Power</strong></td>
<td>Maximum and average power.</td>
</tr>
<tr>
<td><strong>Ride Time</strong></td>
<td>Ridden time: for instance, if you stop cycling but do not stop recording the training session, the cycling time counting will automatically stop, but the duration of the training session will continue to accumulate.</td>
</tr>
<tr>
<td></td>
<td><strong>If the AutoStart function is active, the training and cycling time are the same, as the cycling computer automatically starts and stops recording as you start and stop cycling.</strong></td>
</tr>
<tr>
<td>Text on the display</td>
<td>Displayed information</td>
</tr>
<tr>
<td>--------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td><strong>ALT./Temp</strong></td>
<td>Maximum altitude</td>
</tr>
<tr>
<td></td>
<td>Temperature</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>To display additional information calculated from the altimeter data, press OK.</td>
</tr>
<tr>
<td></td>
<td>• <strong>Incline</strong> (Maximum inclination shown in degrees and in percentage)</td>
</tr>
<tr>
<td></td>
<td>• <strong>Decline</strong> (Maximum declination shown in degrees and in percentage)</td>
</tr>
<tr>
<td></td>
<td>• <strong>Altitude</strong> (Minimum altitude)</td>
</tr>
<tr>
<td></td>
<td>• <strong>Ascent</strong> (Ascended meters / feet)</td>
</tr>
<tr>
<td></td>
<td>• <strong>Descent</strong> (Descended meters / feet)</td>
</tr>
<tr>
<td><strong>LAPS</strong></td>
<td>Number of saved laps</td>
</tr>
<tr>
<td></td>
<td>1. To view <strong>Best lap</strong>, press START. The fastest lap time and lap number are displayed.</td>
</tr>
<tr>
<td></td>
<td>2. To view <strong>Avg. lap</strong>, press OK. The average lap time is displayed. Press OK.</td>
</tr>
<tr>
<td></td>
<td>3. Browse the laps with NEXT. You can see the lap number in the bottom right-hand corner. To view detailed information on a certain lap, press OK. The following lap information is displayed:</td>
</tr>
<tr>
<td></td>
<td>• Speed</td>
</tr>
<tr>
<td></td>
<td>• Cadence</td>
</tr>
<tr>
<td></td>
<td>• Distance</td>
</tr>
<tr>
<td></td>
<td>• Power</td>
</tr>
<tr>
<td></td>
<td>• Alt./Temp.</td>
</tr>
<tr>
<td></td>
<td>• Ascent</td>
</tr>
<tr>
<td></td>
<td>• Descent</td>
</tr>
<tr>
<td></td>
<td>• Incline</td>
</tr>
<tr>
<td></td>
<td>• Decline</td>
</tr>
</tbody>
</table>
### Text on the display | Displayed information
--- | ---
A. LAPS | Number of saved laps

1. To view **Best lap**, press START. The fastest lap time and lap number are displayed.
2. To view **Avg. Lap**, press OK. The average lap time is displayed. Press OK.
3. Browse the laps with NEXT. You can see the lap number in the bottom right-hand corner. To view detailed information on a certain lap, press OK. The following lap information is displayed:
   - Speed
   - Cadence
   - Distance
   - Power
   - Alt./Temp.
   - Ascent
   - Descent
   - Incline
   - Decline

### Deleting Training Files

The maximum number of training files is 14. When the training file memory becomes full, the oldest training file is overwritten by the most recent one. To save the training file for a longer period of time, transfer it to Polar web service at www.polarpersonaltrainer.com. For more information, see Data Transfer (page 19).

1. To delete a training file, go to **FILES**. Press NEXT until **Delete FILE** is displayed. Press OK.
2. The date and time when the training session started and the number of the training file are displayed.
3. To browse the files, use NEXT. To select a file to be deleted, press OK.
4. **Are You SURE?** is displayed. To delete the file, press OK.

*To cancel file deletion, press BACK until the cycling computer returns to time mode.*

### Totals

**TOTALS** include cumulative information recorded during training sessions since the last reset. Use total values as a seasonal or monthly counter of training data. The values are updated automatically when recording of a training session is stopped.

In time mode, press NEXT until **TOTALS** is displayed. Press START. Use NEXT to browse through the following information:

- **Trip**: Cumulative trip distance and the date when cumulation started.
- **Distance 1**: Cumulative distance with bike 1 and the date when the cumulation started.
- **Distance 2**: Cumulative distance with bike 2 and the date when the cumulation started.
- **Distance 3**: Cumulative distance with bike 3 and the date when the cumulation started.
- **Distance**: Cumulative distance of all three bikes and the date when the cumulation started.
- **Odometer**: Cumulative distance and the date when the cumulation started (cannot be reset).
- **Ride Time**: Total cumulative ridden duration and the date when the cumulation started.
- **Total Time**: Total duration and the date when the cumulation started.
- **Total Kcal**: Total calories and the date when the cumulation started.
- **Ascent**: Cumulative ascent and the date when the cumulation started.
- **Descent**: Cumulative descent and the date when the cumulation started.
- **Reset ALL?**: To reset all total values, press START. **Reset? ALL** is displayed. Press OK. **Are You SURE?** is displayed. To confirm resetting, press OK. To cancel resetting, press STOP.
  
  To reset a total value, select the value you want to reset by pressing START. **Reset?** is displayed. Press OK. **Are You SURE?** is displayed. To confirm resetting, press OK. To cancel resetting, press STOP.
5. DATA TRANSFER

For a long-term follow-up, store all your training files at polarpersonaltrainer.com web service. There you can view detailed information of your training data and get a better understanding of your training. With Polar DataLink* it is easy to transfer training files to the web service.

How to transfer data:

1. Register at polarpersonaltrainer.com.
2. Download and install the Polar WebSync software on your computer from Downloads -section of polarpersonaltrainer.com.
3. WebSync software is automatically activated when the box “Launch the Polar WebSync” is ticked at the end of the installation.
4. Plug in your DataLink to the USB port of the computer and activate your cycling computer with a long button press.
5. Follow the data transfer process and the instructions for downloading the data with the WebSync Software on your computer screen. For further instructions on data transfer, see WebSync help.
   When you transfer data in the future, follow steps 4 and 5 above.

   * Remove the transmitter from your chest before data transfer.

* Optional Polar DataLink required.
6. SETTINGS

Cycling Settings

In cycling settings you can activate or disactivate the following functions:

Reminder: This setting is shown only if you have activated the reminder function in polarpersonaltrainer.com via WebSync. You can use the reminder to indicate when you should drink or eat so that you can carry on your training.

Target dist. (Target distance): Set a distance you are going to ride and the cycling computer will estimate your arrival time to the destination according to your cycling speed.

A. Lap (Automatic Lap): Set a distance for the automatic lap and the cycling computer will record the lap information every time you reach this distance. For example, if you set 1km/mi, the cycling computer will record lap information every kilometer or mile.

To view and change cycling settings, select **Settings > Cycling SET**.

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>To adjust the flashing value, press SET</th>
<th>To accept the value, press OK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reminder</td>
<td>Set the reminder ON/OFF.</td>
<td>OK</td>
</tr>
</tbody>
</table>
| Target dist.      | 1. Set the target distance function ON/OFF.  
|                   | 2. Set the distance.                    | OK                            |
| A. Lap            | 1. Set the automatic lap function ON/OFF. 
|                   | 2. Set the distance.                    | OK                            |

Timer Settings

Your cycling computer is equipped with two alternating timers. The timers work during training recording.

Use the timers for example as a training tool in interval training to tell you when to switch from a harder to a lighter period and vice versa.

To view and change timer settings, select **Settings > Timer SET**.

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>To adjust the flashing value, press SET</th>
<th>To accept the value, press OK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timer 1</td>
<td>1. Set the <strong>Timer 1</strong> ON/OFF.</td>
<td>OK</td>
</tr>
<tr>
<td></td>
<td>2. If you set the timer on, set the minutes and the seconds.</td>
<td></td>
</tr>
<tr>
<td>Timer 2</td>
<td>1. Set the <strong>Timer 2</strong> ON/OFF.</td>
<td>OK</td>
</tr>
<tr>
<td></td>
<td>2. If you set the timer on, set the minutes and the seconds.</td>
<td></td>
</tr>
</tbody>
</table>

Heart Rate Limit Settings

Select the heart rate limit type in heart rate limit settings:

- **Manual limits**: Create a target heart rate zone by setting the upper and the lower heart rate limits manually.
- **OwnZone**: The cycling computer automatically determines an individual and safe training intensity zone for you. For more information on OwnZone, see Training with OwnZone (page 13).
- **Off**: You can also deactivate heart rate limits. In this case, no heart rate limits are used during a training session and no target heart rate zone values are calculated in the Summary or Files.
To view and change heart rate limit settings, select Settings > Limits SET.

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>To adjust the flashing value, press SET</th>
<th>To accept the value, press OK</th>
</tr>
</thead>
<tbody>
<tr>
<td>HR / HR% MODE</td>
<td>Select heart rate displayed as beats per minute (HR) or as % of your maximum heart rate (HR%)</td>
<td>OK</td>
</tr>
</tbody>
</table>

If you selected Manual limits, set the heart rate limits:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HighLimit</strong></td>
<td>Set the upper heart rate limit.</td>
</tr>
<tr>
<td><strong>LowLimit</strong></td>
<td>Set the lower heart rate limit.</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Bike Settings**

You can set three bike preferences for the cycling computer.

To view and change bike settings, select Settings > Bike SET. Select Bike 1 / 2 / 3.

Prepare the following settings for the bike. Before you start training, long-press NEXT in time mode to select bike 1, 2 or 3.

**AutoStart**

In AutoStart SET you can set the AutoStart function ON/OFF.

The AutoStart function starts or stops the training recording automatically when you start or stop cycling. The AutoStart function requires wheel size setting and Polar Speed Sensor W.I.N.D.

**Wheel**

In Wheel SET you can set the wheel size (mm) of your bike. Wheel size settings are a prerequisite for accurate cycling information.

There are two ways to determine the wheel size of your bike:

**Method 1**

Measure the wheel manually for the most accurate result.

Use the valve to mark the point where the wheel touches the ground. Draw a line on the ground to mark the point. Move your bike forward on a flat surface for one complete rotation. The tire should be perpendicular to the ground. Draw another line on the ground when the valve is at the starting point to mark a full rotation. Measure the distance between the two lines.

Subtract 4 mm from the distance to account for your weight on the bike to get your wheel circumference. Enter this value in the cycling computer.

**Method 2**

Look for the diameter in inches or in ETRTO printed on the wheel. Match it to the wheel size in millimeters in the right column of the chart.

You can also check the wheel size from the manufacturer.
## Speed

Set the Polar speed sensor **ON/OFF** in **Speed SET**.

If you set the speed sensor **ON**, **Speed TEACH?** is displayed.

If your sensor is already taught, select **STOP**.

If your sensor has not been taught, see Using a New Accessory (page 26) for more information on teaching.

## Cadence

Set the Polar cadence sensor **ON/OFF** in **Cadence SET**.

If you set the cadence sensor **ON**, **Cadence TEACH?** is displayed.

If your sensor is already taught, select **STOP**.

If your sensor has not been taught, see Using a New Accessory (page 26) for more information on teaching.

## Power

Set the Polar Power Output Sensor **ON/OFF** in **Power SET**.

If you set the power sensor **ON**, the following settings are displayed:

1. **C. weight**: Set chain weight in grams. Accept the set value with **OK**.
2. **C. length**: Set chain length in millimeters. Accept the set value with **OK**.
3. **S. length**: Set span length in millimeters. Accept the set value with **OK**.

### Examples of chain weights and lengths

<table>
<thead>
<tr>
<th>Weight</th>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

*Wheel sizes on the chart are advisory as wheel size depends on the wheel type and air pressure. Due to the variation of the measurements, Polar cannot be held responsible for their validity.*
Shimano Dura-Ace CN-7700
Super narrow HG
280 g 1473 mm

Shimano Dura-Ace CN-7701
Ultegra CN-HG92, 105
HG72, 105 HG73
280 g 1473 mm

Shimano Sora CN-HG50
335 g 1473 mm

Campagnolo Record 2000, 10 Speed Chain
260 g 1473 mm

Campagnolo 10 Speed Chains
Chorus, Centaur
274 g 1473 mm

Campagnolo Veloce, Mirage, and Xenon
277 g 1473 mm

For precise readings, all settings must be as accurate as possible. Chain length and weight are directly proportionate to power value. If there is 1% error, the power value will also have 1% error.

There is no need to re-enter chain length and weight if links are removed. The system uses chain density (weight/length). Removing links from the chain does not affect density.

4. Power TEACH?
If your sensor is already taught, select STOP.
If your sensor has not been taught, see Using a New Accessory (page 26) for more information on teaching.

Altitude Settings
Calibrate the altimeter to ensure accurate measurement.

Manual calibration: Set the reference altitude whenever a reliable reference, such as a peak or a topographic map, is available or you are at the sea level.

Automatic calibration: By using the automatic altitude calibration, you can adjust the starting elevation to be always the same in the beginning of the training session. Calibrate the elevation manually and turn the automatic calibration on. From now on, this elevation will be always used as the base elevation in the beginning of the training session if automatic altitude calibration is in use. Also, if the automatic calibration is turned on and you calibrate the cycling computer manually, the new value will be used as a new starting elevation for automatic calibration.

Select automatic calibration if you always train in the same environment to ensure correct altitude values.

To view and change altitude settings, select Settings > Altitude SET.

The display reads:
To adjust the flashing value, press SET
To accept the value, press OK
Altitude
Set the altitude of the current location.
OK
Auto calibr.
Set the automatic calibration ON/OFF.
OK

Watch Settings
To view and change the time and date settings, select Settings > Watch SET.
The display reads: To adjust the flashing value, press SET To accept the value, press OK

| Time    | 1. **24h/12h**: Set 24h or 12h time mode.  
          | 2. **AM/PM**: Set AM or PM if you use 12h format.  
          | 3. Set hours.  
          | 4. Set minutes. | OK |
|---------|--------------------------------------------------|----------------|
| Date    | Set date.  
          | The order of date settings depends on which time format you have chosen (24h: day - month - year / 12h: month - day - year). | OK |

**User Settings**

Enter accurate user information in the cycling computer to receive the correct feedback on your performance.

To view and change user settings, select **Settings > User SET**.

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>To adjust the flashing value, press SET</th>
<th>To accept the value, press OK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WEIGHT kg/ lb</strong></td>
<td>Set your weight in kilograms or pounds.</td>
<td>OK</td>
</tr>
</tbody>
</table>
| **Height cm/ ft**  | Set your height in cm or ft.  
          | Set inches (if you have chosen lb/ft) | OK                           |
| **Birthday**       | Set your date of birth.  
          | The order of date settings depends on which time format you have chosen (24h: day - month - year / 12h: month - day - year). | OK                           |
| **HR Max**         | Set your maximum heart rate if you know your laboratory measured current maximum heart rate value. Your age-predicted maximum heart rate value (220-age) is displayed as default when you set this value for the first time.  
          | For more information, see Maximum Heart Rate (HR<sub>max</sub>) | OK                           |
| **HR Sit**         | Set your heart rate value in a sitting position. For more information, see Heart Rate Value in a Sitting Position (HR<sub>sit</sub>) | OK                           |
| **Sex**            | Male / Female | OK                           |
| **Male / Female**  | Set male or female. | OK                           |
Maximum Heart Rate (HR_{max})

HR_{max} is used to estimate energy expenditure. HR_{max} is the highest number of heartbeats per minute during maximum physical exertion. HR_{max} is also useful when determining exercise intensity. The most accurate method for determining your individual HR_{max} is to perform a maximal exercise stress test in a laboratory.

Heart Rate Value in a Sitting Position (HR_{sit})

HR_{sit} is used to estimate energy expenditure. HR_{sit} is your typical heart rate when you are not doing any physical activity (while sitting). To determine your HR_{sit} easily, wear the transmitter, hold your cycling computer in your hand, sit down and do not engage in any physical activity. After two or three minutes, press OK in time mode to view your heart rate. This value is your HR_{sit}.

General Settings

To view and change sound and unit settings, select Settings > General SET.

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>To adjust the flashing value, press SET</th>
<th>To accept the value, press OK</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOUND Off/Soft/Loud/Very loud</td>
<td>Select Off*/Soft/Loud/Very loud. *Off selection inactivates the heart rate limit alarm.</td>
<td>OK</td>
</tr>
<tr>
<td>Unit kg/cm / lb/ft</td>
<td>Select metric (kg/cm) or imperial (lb/ft) units.</td>
<td>OK</td>
</tr>
<tr>
<td>Watch face</td>
<td>Select LOGO or DATE.</td>
<td>OK</td>
</tr>
</tbody>
</table>
7. USING A NEW ACCESSORY

A new sensor purchased as a separate accessory has to be introduced to the cycling computer. This is called teaching and takes only a few seconds. Teaching ensures that your cycling computer receives signals from your sensor only, enabling disturbance-free exercise in a group. If you have purchased the sensor and the cycling computer as a set, the sensor has already been “taught” to work together with the cycling computer. You just need to activate the sensor in your cycling computer.

You can teach one speed, cadence and power sensor for each bike setting.

**Teaching a New Speed Sensor**

Select Settings > Bike SET > Bike 1/2/3 > Speed SET > ON. Speed TEACH? is displayed

- To teach a new sensor, make sure you are not near (40 m/131 ft) other speed sensors. To confirm teaching, press OK. Test drive is displayed. To activate the sensor, press OK and rotate the wheel a few times. A flashing red light indicates that the sensor is activated. Completed! is displayed once the teaching process is over. The cycling computer is now ready to receive speed and distance data.
- If Teaching FAILED is displayed, the cycling computer may be detecting the signal of more than one sensor or the sensor is not activated. Make sure you are not near (40 m/131 ft) other speed sensors and press OK. Try again? is displayed. Press OK and rotate the wheel a few times to activate the sensor.
- If you want to cancel teaching, press STOP. The already taught speed sensor is taken into use.

**Teaching a New Cadence Sensor**

Select Settings > Bike SET > Bike 1/2/3 > Cadence SET > ON. Cadence TEACH? is displayed

- To teach a new sensor, make sure you are not near (40 m/131 ft) other cadence sensors. To confirm teaching, press OK. Test drive is displayed. To activate the sensor, press OK and rotate the crank a few times. A flashing red light indicates that the sensor is activated. Completed! is displayed once the teaching process is over. The cycling computer is now ready to receive cadence data.
- If Teaching FAILED is displayed, the cycling computer may be detecting the signal of more than one sensor or the sensor is not activated. Make sure you are not near (40 m/131 ft) other cadence sensors and press OK. Try again? is displayed. Press OK and rotate the crank a few times to activate the sensor.
- If you want to cancel teaching, press STOP. The already taught cadence sensor is taken into use.

**Teaching a New Power Output Sensor**

Select Settings > Bike SET > Bike 1/2/3 > Power SET > ON.

- **C. length**: Set chain length in millimeters. Accept the set value with OK.
- **C. weight**: Set chain weight in grams. Accept the set value with OK.
- **S. length**: Set span length in millimeters. Measure the distance from the centre of the rear hub to the centre of the bottom bracket as shown in the picture. Accept the set value with OK.

---

**Examples of chain weights and lengths** (Due to the variation of the measurements, Polar cannot be held responsible for their validity):

<table>
<thead>
<tr>
<th>Sensor Type</th>
<th>Weight</th>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shimano Dura-Ace CN-7700 Super narrow HG</td>
<td>280 g</td>
<td>1473 mm</td>
</tr>
</tbody>
</table>
Shimano Dura-Ace CN-7701
Ultegra CN-HG92, 105
HG72,105 HG73  
280 g  
1473 mm
Shimano Sora CN-HG50  
335 g  
1473 mm
Campagnolo Record 2000, 10
Speed Chain  
260 g  
1473 mm
Campagnolo 10 Speed Chains
Chorus, Centaur  
274 g  
1473 mm
Campagnolo Veloce, Mirage, and
Xenon  
277g  
1473 mm

For precise readings, all settings must be as accurate as possible. Chain length and weight are directly proportionate to power value. If they have, for example, 1% error, then the Power Value will also have this 1% error.

There is no need to re-enter chain length and weight if links are removed. The system uses chain density (weight/length). Removing links from the chain does not affect density.

- **Power TEACH?**
  To teach a new sensor, make sure you are not near (40 m/131 ft) other power sensors. To confirm teaching, press OK. **Test drive** is displayed. To activate the sensor, press OK and rotate the crank a few times. A flashing red light indicates that the sensor is activated. **Completed!** is displayed once the teaching process is over. The cycling computer is now ready to receive power data.
- If **Teaching FAILED** is displayed, the cycling computer may be detecting the signal of more than one sensor or the sensor is not activated. Make sure you are not near (40 m/131 ft) other power sensors and press OK. **Try again?** is displayed. Press OK and rotate the crank a few times to activate the sensor.
- If you want to cancel teaching, press **STOP**. The already taught power sensor is taken into use.

*Optional sensor required.*
8. USING A NEW TRANSMITTER

A new Polar WearLink W.I.N.D. transmitter purchased as a separate accessory has to be introduced to the cycling computer. This is called teaching and takes only a few seconds. Teaching ensures that your cycling computer receives signals from your transmitter, enabling disturbance-free training in a group. If you have purchased the transmitter and the cycling computer as a set, the transmitter has already been taught to work together with the cycling computer.

Teaching a New Transmitter
Wear the transmitter and make sure that you are not near (40 m/131 ft) other Polar WearLink W.I.N.D. transmitters.

Activate your cycling computer with a three-second button press.

Once the cycling computer identifies a new transmitter, WearLink FOUND, WearLink TEACH? is displayed.
• Press OK to confirm. Once the teaching process is over, Completed! is displayed.
• Press STOP to cancel teaching.
9. IMPORTANT INFORMATION

Care and Maintenance
Like any electronic device, the Polar cycling computer should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

Caring of Your Product
Detach the transmitter connector from the strap and rinse the strap under running water after every use. Dry the connector with a soft towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals).

Wash the strap regularly in a washing machine at 40°C/104°F or at least after every fifth use. This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the transmitter connector in the washing machine or drier!

Dry and store the strap and connector separately, to maximize the transmitter battery lifetime. Wash the strap in a washing machine before long-term storage and always after use in pool water with high chlorine content.

Keep your cycling computer, transmitter and sensors in a cool and dry place. Do not keep them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). The cycling computer, transmitter and sensors are water resistant, and can be used in rainy weather. To maintain the water resistance, do not wash the cycling computer or the sensors with a pressure washer or sink them under water. Do not expose to direct sunlight for extended periods such as by leaving it in a car or mounted on the bike mount.

Keep your cycling computer clean. Clean the cycling computer and sensors with a mild soap and water solution and rinse them with clean water. Do not immerse them in water. Dry them carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Avoid hard hits to the cycling computer, speed and cadence sensors, as these may damage the sensor units.

Service
During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

For contact information and all Polar Service Center addresses, visit www.polar.fi/support and country specific websites.

Register your Polar product at http://register.polar.fi/ to ensure we can keep improving our products and services to better meet your needs.

Changing Batteries
The CS500 cycling computer and the WearLink transmitter W.I.N.D. both have a user changeable battery. To change the battery yourself, please follow the instructions carefully as instructed in chapter Changing Cycling Computer Battery.

The batteries for the speed and cadence sensors cannot be replaced. Polar has designed speed and cadence sensors to be sealed in order to maximize mechanical longevity and reliability. The sensors have long-life batteries inside. To purchase a new sensor contact your authorized Polar Service Center or retailer.

For instructions on how to change the battery for the Power Output Sensor W.I.N.D., consult the Power...
Output Sensor user manual.

**Changing Cycling Computer Battery**
To change the batteries of the cycling computer and transmitter yourself, carefully follow the instructions below:

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

1. Open the battery cover by turning it counter clockwise 45 degrees (picture 1).
2. Remove the battery cover by lifting it carefully. The battery is attached to the cover. Remove the battery. Be careful not to damage the threads of the back cover and metal spring inside the battery cover.
3. Place a new battery with the positive (+) side against the cover and negative (-) side toward the cycling computer (picture 2).
4. The sealing D -ring of the battery cover is attached to the back cover. Replace the sealing D -ring if it is damaged. Before closing the battery cover, make sure that the sealing ring is undamaged and is placed correctly in its groove. Ensure that the flat surface of the sealing D -ring is against the back cover. Otherwise sealing D -ring might damage when you close the battery cover.
5. Put the battery cover in its place and close it by turning the cover clockwise (picture 3). Make sure that the cover is closed properly!

**Transmitter connector**
To change the battery yourself, follow below instructions.

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
3. Press the cover back into the connector.
4. Use the coin to turn the cover clockwise to CLOSE.

Open the cover only when changing the battery to ensure a long life, and make sure the sealing ring is not damaged, in which case you should replace it with a new one.

Battery kits with sealing rings are available at Polar retailers and authorized Polar Service Centers. In the USA and Canada, sealing rings are available at
authorized Polar Service Centers only.

Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be disposed of in compliance with local regulations.

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

Precautions

The Polar cycling computer displays your performance indicators. It indicates the level of physiological strain and intensity during exercise. It also measures speed and distance when cycling with a Polar CS speed sensor W.I.N.D. The Polar CS cadence sensor W.I.N.D. is designed to measure cadence when cycling. The Polar Power Output Sensor is designed to measure power output when cycling. No other use is intended or implied.

The Polar cycling computer should not be used for obtaining environmental measurements that require professional or industrial precision. Furthermore, the device should not be used to obtain measurements when engaged in airborne or underwater activities.

Interference During Exercise

Disturbance may occur near microwave ovens and computers. Also WLAN base stations may cause interference when exercising with CS500. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance.

Minimizing Risks When Exercising

Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

• Have you been physically inactive for the past 5 years?
• Do you have high blood pressure or high blood cholesterol?
• Do you have symptoms of any disease?
• Are you taking any blood pressure or heart 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?
• Do you smoke?
• Are you pregnant?

Note that in addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

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

Notice to individuals with pacemakers, defibrillators or other implanted electronic devices. Individuals who have a pacemaker use the Polar cycling computer at their own risk. Before starting use, we always recommend a maximal exercise stress test under a doctor’s supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar cycling computer.

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. To avoid any
skin reaction to the transmitter, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.

The combined impact of moisture and intense abrasion may cause a black color to come off the transmitter’s surface, possibly staining light-colored clothes. If you use insect repellent on your skin, you must ensure that it does not come into contact with the transmitter.

Technical Specifications

Cycling computer

Battery life: Average 3 years (if you train on avg. 1h/day, 7 days/week)
Battery type: CR 2354
Battery sealing ring: Silicone D-ring 28.0 x 0.8mm (no need to change during battery replacement if sealing ring is not damaged)
Operating temperature: -10 °C to +50 °C / 14 °F to 122 °F
Cycling Computer Materials: PMMA lens with hard coating in top surface, cycling computer body ABS+GF/PA+GF, metal parts stainless steel (nickel free)
Watch accuracy: Better than ± 0.5 seconds / day at 25 °C / 77 °F temperature.
Accuracy of heart rate monitor: ± 1% or 1 bpm, whichever larger. Definition applies to stable conditions.
Heart rate measuring range: 15-240
Current speed display range: 0-127 km/h or 0-75 mph
Altitude display range: -550 m … +9000 m / -1800 ft … +29500 ft
Ascent resolution: 5 m / 20 ft

Cycling computer limit values

Maximum number of files: 14
Maximum time recorded to file:
- Hear rate: 71 h 40 min
- Hear rate + speed: 27 h 00 min
- Hear rate + speed + cadence: 24 h 15 min
- Hear rate + speed + power: 23 h 05 min
- Hear rate + speed + cadence + power: 21 h 05 min
- Hear rate + cadence: 55 h 05 min
- Hear rate + power: 49 h 25 min
- Hear rate + cadence + power: 40 h 55 min

Maximum number of laps: 99
Total distance: 999 999 km / 621370 mi
Total duration: 9999h 59min 59s
Total calories: 999 999 kcal
Total exercise count: 9999
Total ascent: 304795 m / 999980 ft

Dual Lock Bike Mount

Materials: Rubber Part TPE, Bike Mount body PA+GF, metal parts stainless steel (nickel free)

Transmitter

Battery life of WearLink transmitter W.I.N.D.: 2000 hours of use
Battery type: CR2025
Battery sealing ring: O-ring 20.0 x 1.0, material silicone
Operating temperature: -10 °C to +40 °C / 14 °F to 104 °F
Connector material: Polymide
Strap material: Polyurethane/ Polymide/ Polyester/ Elastane/ Nylon
The Polar CS500 cycling computer applies the following patented technologies, among others:

- OwnZone® assessment for determining personal target heart rate limits for the day
- Wearlink® technology for heart rate measurement

**Polar DataLink and Polar WebSync 2.1 Software (or newer)**

System Requirements:
- PC MS Windows (2000/XP/Vista/7), 32 bit, Microsoft .NET Framework Version 2.0
- Intel Mac OS X 10.5 or newer

Water resistance of Polar products is tested according to International IEC 60529 IPx7 (1m, 30min, 20°C). Products are divided into four different categories according to water resistance. Check the back of your Polar product for the water resistance category and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

<table>
<thead>
<tr>
<th>Marking on case back</th>
<th>Water resistant characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water proof IPX7</td>
<td>Not suitable for bathing or swimming. Protected against wash splashes and raindrops. Do not wash with a pressure washer.</td>
</tr>
<tr>
<td>Water resistant*</td>
<td>Not suitable for swimming. Protected against wash splashes, sweat, raindrops etc. Do not wash with a pressure washer.</td>
</tr>
<tr>
<td>Water resistant 30 m/50 m</td>
<td>Suitable for bathing and swimming</td>
</tr>
<tr>
<td>Water resistant 100 m</td>
<td>Suitable for swimming and snorkeling (without air tanks)</td>
</tr>
</tbody>
</table>

*These characteristics also apply to Polar WearLink transmitter W.I.N.D., CS speed and cadence sensors W.I.N.D. and Power Output Sensor W.I.N.D. marked water resistant.

**Frequently Asked Questions**

**What should I do if...**

...the battery symbol and WearLink/Speed/Cadence/Power is displayed?

...The battery of your WearLink or Speed/Cadence/Power sensor is expiring. For more information, see Care and Maintenance (page 29).

...I do not know where I am in the menu?

Press and hold BACK until the time of day is displayed.

...the cycling computer does not measure the calories?

Burnt calories are calculated only when you are wearing the transmitter and all the user settings are set correctly. For more information see User Settings (page 24).

...the heart rate reading becomes erratic, extremely high or shows nil (00)?

- Make sure the cycling computer is no further than 40 m/131 ft from the transmitter.
- Make sure the transmitter belt has not loosened during exercise.
- Make sure the textile electrodes in the sports apparel fit snugly.
- Make sure that the electrodes of the transmitter / sports apparel are moistened.
- Make sure the transmitter / sports apparel is clean.
- Make sure that there is no other heart rate transmitter within 40 m/131 ft.
- Strong electromagnetic signals can cause erratic readings. For further information, see Precautions (page 31).
- If the erratic heart rate reading continues despite moving away from the source of disturbance, slow down your speed and check your pulse manually. If you feel it corresponds to the high reading on the display,
you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.

- A cardiac event may have altered your ECG waveform. In this case, consult your physician.

...exclamation mark and WearLink is displayed and your cycling computer cannot find your heart rate signal?
- Make sure the cycling computer is no further than 40 m/131 ft from the transmitter.
- Make sure the transmitter belt has not loosened during exercise.
- Make sure the textile electrodes in sports apparel fit snugly.
- Make sure that the electrodes of the transmitter / sports apparel are moistened.
- Make sure the transmitter / electrodes in the sports apparel are clean and undamaged.
- If the heart rate measurement does not work with the sports apparel, try using a WearLink strap. If your heart rate is detected with the strap, the problem is most probably in the apparel. Please contact the apparel retailer / manufacturer.
- If you have done all of the above-mentioned actions, and the message still appears and heart rate measurement does not work, the battery of your transmitter may be empty. For further information, consult the WearLink Transmitter W.I.N.D. user manual.

...WearLink FOUND and WearLink TEACH is displayed?
If you have purchased a new transmitter as an accessory, it has to be introduced to the cycling computer. For further information, see Using a New Transmitter (page 28).

If the transmitter you are using is included in the product set, and the text appears on the display, the cycling computer may be detecting the signal of another transmitter. In that case, make sure you are wearing your own transmitter, that the electrodes are moistened, and that the transmitter strap has not loosened.

...exclamation mark and Speed is displayed?
Make sure your speed sensor is positioned correctly. Rotate the wheel a few times to activate the sensor. The flashing red light indicates that the sensor is activated.

...exclamation mark and Cadence is displayed?
Make sure your cadence sensor is positioned correctly. Rotate the crank a few times to activate the sensor. The flashing red light indicates that the sensor is activated.

...exclamation mark and Power is displayed?
Make sure your power sensor is positioned correctly. For further information, see Power Output Sensor user manual.

...the altitude keeps changing even if I am not moving?
The cycling computer converts measured air pressure into an altitude reading. This is why changes in the weather may cause changes in altitude readings.

...the altitude readings are inaccurate?
Your altimeter may show faulty altitude if it is exposed to external interference like strong wind or air conditioning. In this case, try to calibrate the altimeter. If the readings are constantly inaccurate, dirt may be blocking the air pressure channels. In this case, send the cycling computer to a Polar Service Center.

...Memory full is displayed?
The message appears during training if no memory space is left for the training session. In that case, the cycling computer will overwrite the oldest training file. To save the training file for a longer period of time, transfer it to Polar web service at www.polarpersonaltrainer.com. Then delete the file from the cycling computer. For more information, see Deleting Training Files (page 17).
Limited Polar International 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 two (2) years 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, 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 two (2) 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.

Polar Electro Oy is a ISO 9001:2000 certified company.

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\[\text{CE 0537}\]

This product is compliant with Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.html.

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.

Caution! Changes or modifications not expressly approved by the party responsible for compliance could
void the user's authority to operate the equipment.

FCC Radiation Exposure Statement

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

This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC 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. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices for products, and battery and accumulator collection for batteries and accumulators.

This marking shows that product is protected against electric shocks.

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.

This product is covered by the following patent documents:

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