

## WELCOME

Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of CS500+.

### POLARPERSONALTRAINER.COM WEB SERVICE

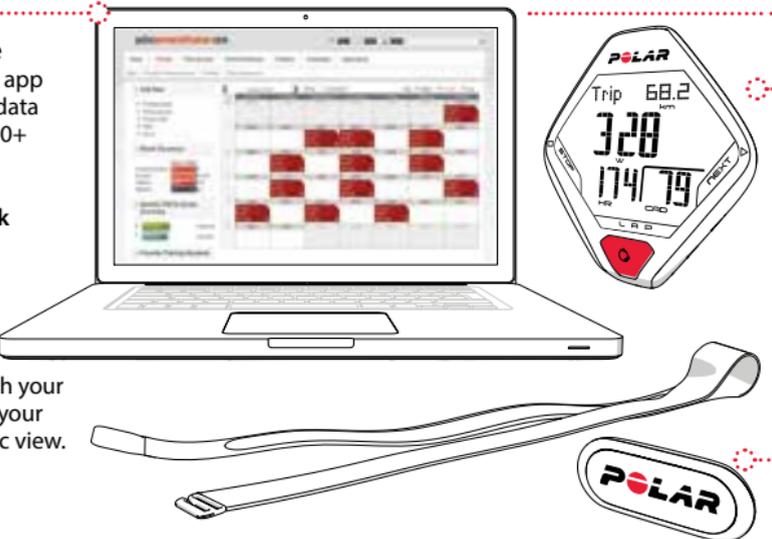
Just sign up and sign in to the service. Then install **WebSync** app for transferring your training data and for fine-tuning your CS500+ settings.

You'll need the **Polar DataLink** data transfer unit (sold separately) to transfer your training information.

Analyze your training, track your progress and share it with your friends. You can also monitor your cycling altitude from a graphic view.

Visit also **Flow** web service at [polar.com/flow](http://polar.com/flow)

You can download the full-length user manual and the latest version of this guide at [polar.com/support](http://polar.com/support). For more help, there are some great video tutorials at [polar.com/en/polar\\_community/videos](http://polar.com/en/polar_community/videos) you may want to check out.



### AVAILABLE POLAR ACCESSORIES

- » Polar CS cadence sensor™ W.I.N.D. measures your real time average and maximum cycling cadence as revolutions per minute.
- » Polar LOOK Kéo Power system measures power output expressed in watts and cadence.

### POLAR CS500+ CYCLING COMPUTER

Shows heart rate, speed, distance, barometric altitude and temperature in real time. Other cycling specific details can also be monitored with accessories. You can customize bike profiles for 3 different bikes.

Innovative button technology allows easy and safe operation even in high speeds.

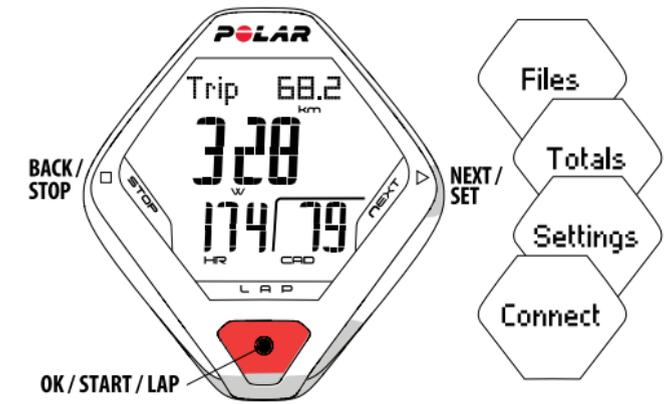
Polar CS speed sensor™ W.I.N.D. is included in your product package. Install it to your bike as guided in the user manual and set **Settings - Bike Settings** from your CS500+.

### POLAR HEART RATE SENSOR

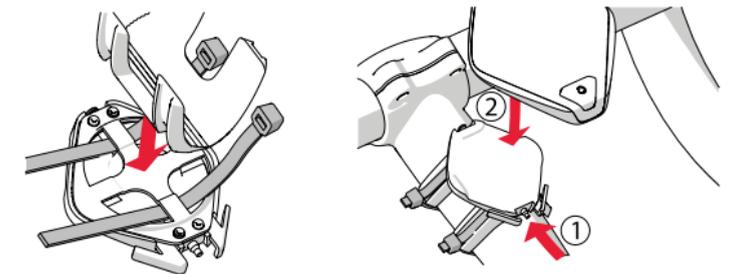
Wear the comfortable strap and connector around your chest in order to get an accurate heart rate on your CS500+.

## GET TO KNOW YOUR CS500+

Browse through the menu and the adjust values by pressing **NEXT**. Confirm selections with the **OK/START** button; pause, stop and cancel selections with the **BACK** button.

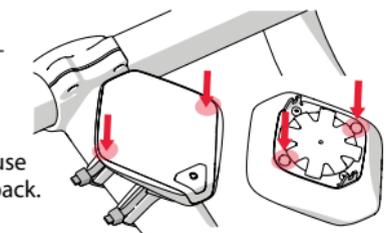


The cycling computer can be easily attached to the stem or handlebars of your bike with the new **Polar Dual Lock Bike Mount**.



## GET STARTED

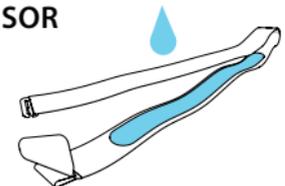
You can use the buttons in two ways. When the CS500+ is mounted on a stem or handlebar, gently press the left or right side. When you hold CS500+ in your hand, use the trigger buttons on the back.



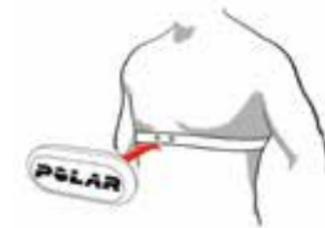
Press and hold any button for three seconds to activate CS500+ and go through the Basic Settings. To get the most accurate and personal training data, it's important that you're precise with physical settings like age and weight.

### WEAR THE HEART RATE SENSOR

1. Moisten the electrode area of the strap.
2. Clip the strap around your chest and adjust it to fit snugly.
3. Attach the connector.



After training, detach the connector and rinse the strap under running water to keep it clean. For more detailed instructions, see the full user manual at [polar.com/support](http://polar.com/support).



## TRAINING WITH YOUR CS500+

### TO GET YOU GOING

1. Wear the heart rate sensor (H3 or WearLink). H3 was previously called WearLink and the name is still in use in the CS500+ user interface.
2. Activate your CS500+ by pressing any button for three seconds.
3. Wait until CS500+ finds your heart rate sensor and **WearLink Teach** is shown on the display. Then press **OK**. This action is called teaching and you only need to do it once.
4. Press **OK** again to start your training.

You can view three lines of training information. Press **NEXT** to view all display views.

The number on the upper left-hand corner indicates the bike that is in use. To change the bike, long-press **NEXT** in time mode.



### TO PAUSE AND STOP TRAINING

To pause your training session, press **BACK**. To continue training, press **OK**. To view training information until present time press **NEXT**.

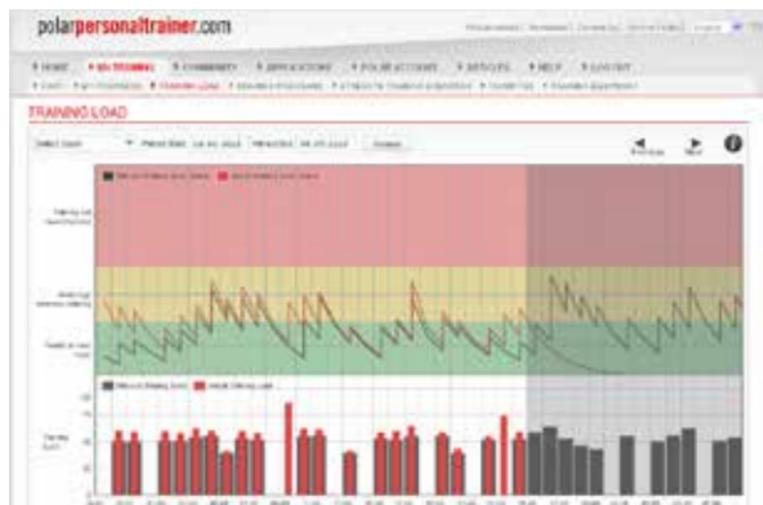
Find details of your training by browsing **Files** and selecting the training session you want to see.

## KEY FEATURES

### USING POLARPERSONALTRAINER.COM

The Polar endurance training program for cyclists helps you improve your cycling performance. The program creates automatically training targets which appear in your Diary. You can customize the program according your current fitness level.

At polarpersonaltrainer.com you can easily analyze your training data and see the balance between training and resting from the Training Load curve.



### OWN ZONE

Your cycling computer automatically determines your individual optimal training intensity zone; your OwnZone. Polar OwnZone defines your personal training zone for aerobic training. Your OwnZone can be determined in 1-5 minutes during a warm-up period.

### REMINDERS

Reminders are shown in Settings if you have activated the reminder function at polarpersonaltrainer.com via WebSync. You can use the reminder to indicate when you should drink or eat so that you can carry on with your training. Reminders can be, for example, calorie or duration based.

### AUTOSTART

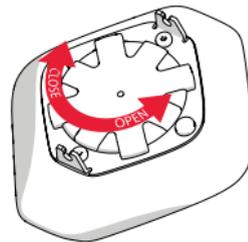
The AutoStart function starts or stops the training recording automatically when you start or stop cycling. The AutoStart function requires wheel size settings.

### TIMERS AND ARRIVAL TIME ESTIMATOR

You can 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. Set yourself a target distance and CS500+ will estimate arrival time to your destination according to your cycling speed.

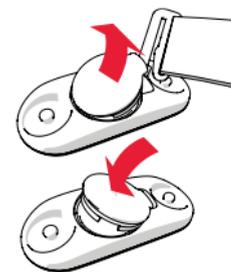
## TECHNICAL SPECIFICATION CS500+

Battery type	CR2354
Battery life	Average 3 years (if you train on avg. 1h/day, 7 days/week)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Water proof	IPX7. Not suitable for bathing or swimming. Protected against wash splashes and raindrops. Do not wash with a pressure washer.



### H3 HEART RATE SENSOR

Battery type and life	CR2025, 1600 hours of use
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	ABS
Strap material	Polyamide, Polyurethane, Elastane, Polyester
Water resistance	30 m. The heart rate sensor is water resistant but does not measure heart rate in water.



1. Lever the battery cover open by using the clip on the strap.
2. Insert the new battery inside the cover with the negative (-) side outwards.
3. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place.

If you need more help with this, see the full user manual at [polar.com/support](http://polar.com/support)

 For safety reasons, please ensure you use the correct battery.

## FIND PRODUCT SUPPORT

[polar.com/support/CS500+](http://polar.com/support/CS500+)

### STAY TUNED WITH POLAR



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Compatible with



**POLAR**  
LISTENS TO YOUR BODY



**Polar CS500+**  
GETTING STARTED GUIDE

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