



POLAR CS600X™

Getting Started Guide

POLAR®
LISTENS TO YOUR BODY

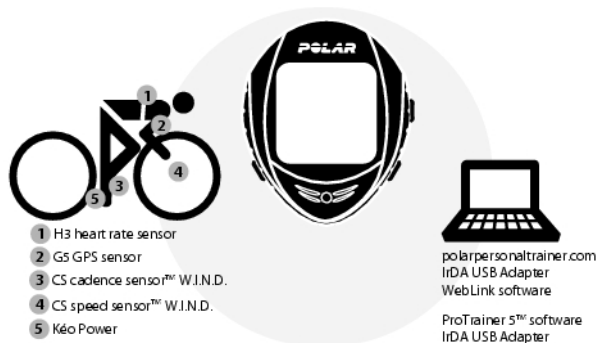
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1. POLAR CS600X CYCLING COMPUTER PARTS

Congratulations! You have purchased a complete training system tailor-fit to your training needs.



This guide will help you along using your new Polar CS600X cycling computer. For more detailed instructions, consult the complete user manual at www.polar.com/support. For video tutorials, go to www.polar.com/en/polar_community/videos.

- Polar CS600X Cycling Computer: records and displays cycling and exercise data during exercise.
- Polar H3 heart rate sensor: sends the heart rate signal to the cycling computer. Includes a connector and strap.
- Polar Bike Mount™: Secure the bike mount to your bike and attach the cycling computer to it.
- Polar Speed Sensor™ W.I.N.D.: measures speed and distance wirelessly during cycling.
- CD-ROM: includes the **Polar ProTrainer 5™** software and the complete user manual for the CS600X cycling computer.

With the Polar ProTrainer 5 software you can plan your workout in advance with multiple planning options, and transfer the settings to your Polar product. After training, you can analyze the results with versatile graphs which you can customize according to your needs.

You can also transfer your training data to the polarpersonaltrainer.com web service. [Polarpersonaltrainer.com](http://polarpersonaltrainer.com) is your online training diary and interactive training community that keeps you motivated.



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

Optional Accessories

- Polar Speed Sensor™ W.I.N.D.: measures speed and distance when cycling.
- Polar Cadence Sensor™ W.I.N.D.: measures cadence, i.e. crank revolutions per minute when cycling.
- Polar LOOK Kéo Power system: wirelessly measures power output expressed in watts and cadence.
- Polar G5 GPS sensor™: provides speed, distance and location data, as well as track information, in all outdoor sports using Global Positioning System (GPS) technology.



Transfer your track data to Polar ProTrainer 5 software to view in Google Earth or to convert into a GPX file. For more information, see software help.

2. GETTING STARTED

Measuring Wheel Size

Before activating your cycling computer, measure the wheel size of your bicycle.

Wheel size settings are a prerequisite for correct cycling information. There are two ways of determining the wheel size of your bike:

Method 1

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 ETRTO chart on the following page.



Wheel sizes on the chart are advisory as wheel size depends on the wheel type and air pressure.

Method 2

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 that 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 at the valve to mark a full rotation. Measure the distance between the two lines.

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

ENGLISH

ETRTO	Wheel size diameter (inches)	Wheel size setting (mm)
25-559	26 x 1.0	1884
23-571	650 x 23C	1909
35-559	26 x 1.50	1947
37-622	700 x 35C	1958
47-559	26 x 1.95	2022
20-622	700 x 20C	2051
52-559	26 x 2.0	2054
23-622	700 x 23C	2070

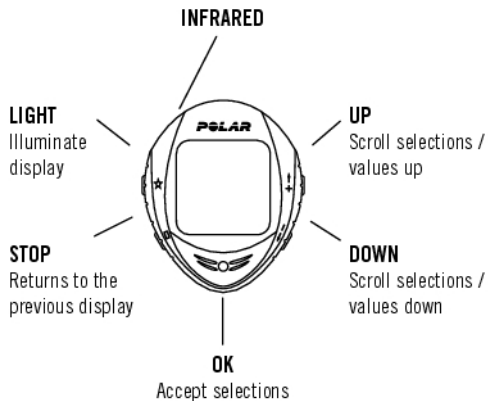
ETRTO	Wheel size diameter (inches)	Wheel size setting (mm)
25-622	700 x 25C	2080
28-622	700 x 28	2101
32-622	700 x 32C	2126
42-622	700 x 40C	2189
47-622	700 x 47C	2220
55-622	29 x 2.2	2282
55-584	27.5 x 2.2	2124

Basic Settings

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

To adjust the data, use UP, DOWN and accept with OK. The values scroll faster if you press and hold UP or DOWN.

1. To activate your cycling computer, press OK twice. Once activated, it cannot be switched off!
2. The Polar logo will appear. Press OK.
3. **Language:** Select **English, Deutsch, Español, Français** or **Italiano**. Press OK.



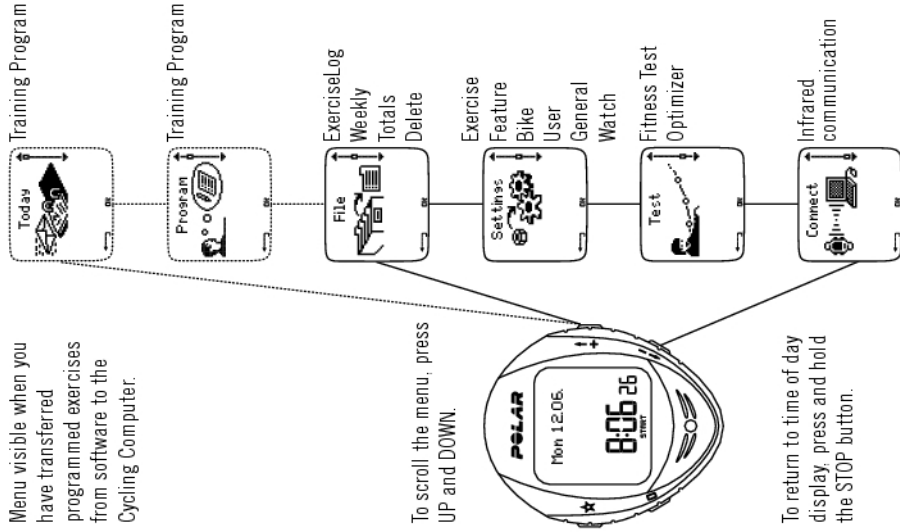
ENGLISH

- Start with bike settings** is displayed. Press OK.
- Number of bikes**: Select **1**, **2** or **3** depending on how many bicycles you will be using. If you only use one bicycle, settings for bikes 2 or 3 bikes can be entered later.
- Wheel**: Enter the wheel size (**mm**) for each of your bicycles. For further information, see Measuring Wheel Size.
- Basic settings** is displayed. Press OK and adjust the following data:
 - Time**: Select **12h** or **24h**. With **12h**, select **AM** or **PM** and enter the local time.
 - Date**: Enter current date; dd = day, mm = month, yy = year. If you use 12 h time mode, set the date; mm = month, dd = day, yy = year.
 - Units**: Select metric (**kg/cm/km**) or imperial (**lb/ft/mi**) units.
- Weight**: Enter your weight. To change units, press and hold the LIGHT.
- Height**: Enter your height. In LB/FT format, first enter feet then inches.
- Birthday**: Enter your date of birth; dd=day, mm=month, yy=year.
- Sex**: Select **Male** or **Female**.
- Settings OK?** is displayed. Select **Yes** or **No**. Select **Yes** to accept and save settings. The cycling computer will display time of day. Select **No** if settings are incorrect and need to be changed. Press STOP to return to the data you want to change.



Use the Polar ProTrainer 5 software to enter all basic settings.

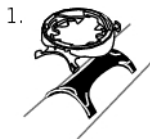
Menu Structure



Installing the Polar Bike Mount

You can install the bike mount and the cycling computer on the left or right side of the handlebar or on the stem.

1. Place the rubber part on the handlebar or stem and insert the bike mount on top of it
2. Pass the cable ties over the bike mount and adjust them around the handlebar/stem. Secure the bike mount firmly. Cut off any excess cable tie ends.



Attaching the Cycling Computer to the Bike Mount

1. Position the cycling computer on to the bike mount. Turn the cycling computer clockwise until you hear a click.
2. Release the cycling computer by pressing it down and simultaneously turning it counter clockwise.

3. PREPARE FOR TRAINING

Bike Settings

You can set three bike preferences for the cycling computer. Enter bike settings, and select bike 1, 2 or 3 at the beginning of a training session. Bike 1 is set as a default.

Select Settings > Bike > Bike 1, Bike 2, Bike 3 or Other. Bike 2 and Bike 3 can be turned on or off.

Select **Other** to deactivate speed, cadence and power sensors and to measure heart rate, altitude, and temperature data only.

For more information on bike settings, consult the user manual.




Using an Accessory with Your CS600X Cycling Computer

Polar CS600X cycling computer is compatible with the following Polar W.I.N.D sensors:

The **Polar LOOK Kéo Power** system, **Polar Speed Sensor W.I.N.D**, **Polar Cadence Sensor W.I.N.D** and the **Polar G5 GPS Sensor**.

If you purchase a new sensor, it has to be activated by and 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 sensors only, and enables disturbance-free exercise in a group. For more information, see *Using a New Accessory* in the user manual.

 *Before entering an event, make sure to perform the teaching process at home. This is to prevent interference due to the long-range data transmission.*

If you purchased the sensor and cycling computer together, as a set, the sensor will already have been “taught” to work together with the cycling computer. In which case you will only need to activate the sensor in your cycling computer. For more information see *Bike Settings* in the user manual.

4. TRAINING

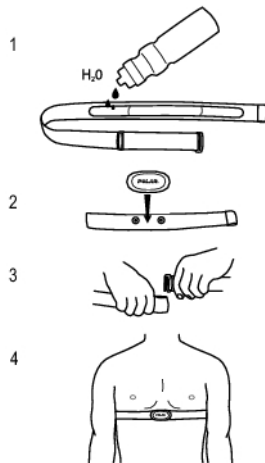
Wear the Heart Rate Sensor

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.*

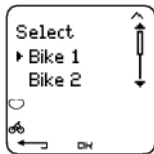
For video tutorials, go to
http://www.polar.com/en/support/video_tutorials.



Start Training

Wear the heart rate sensor and attach the cycling computer to the bike mount.

1. Start heart rate measurement by pressing OK. The cycling computer goes into pause mode.
2. Select the bike you are going to exercise with. Bike 1 is set as a default. Select **Settings** > **Bike** > **Bike1** > OK. Select **Other** if you only want to record heart rate.
3. Within four seconds, your heart rate appears on the display. The frame around the heart symbol indicates that transmission is coded. Depending on the sensor you are using, the cyclist or GPS symbol (or both) on the bottom left-hand corner of the display flashes until all the sensors are found.
4. Start exercising by pressing OK. The exercise type is displayed in the upper left-hand corner.
5. Pause exercise recording by pressing STOP. To stop recording completely, select EXIT.



To fully operate the different settings choose **Settings**. For further information on settings, consult the user manual.

5. AFTER TRAINING

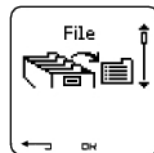
Detach the connector from the strap after use. Keep the heart rate sensor dry and clean. For further information, see Care and Maintenance.

Review exercise data under **File**.

- The **Exercise Log** lists a maximum of 99 exercise files.
- The **Weekly** summary displays summaries for the past 16 weeks.
- **Totals** include cumulative values recorded during training sessions.
- **Delete** files. To view exercise data, press OK and scroll UP or DOWN.

For complete analysis, transfer data to Polar ProTrainer 5.

For further information on how to review training information, consult the User Manual.



6. CUSTOMER SERVICE INFORMATION

Care and Maintenance

Caring for Your Product

Cycling computer: Keep your cycling computer clean. Clean it with a mild soap and water solution and rinse them with clean water. Do not immerse the cycling computer 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 cycling computer 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.

The cycling computer and sensors are water resistant and can be used in the rain. To maintain the water resistance, do not wash the cycling computer or sensors with a pressure washer or sink them under water. Avoid hard hits on the cycling computer and the sensors as these may damage them. Operating temperatures are -10 °C to +50 °C / +14 °F to +122 °F.

Service

During the two-year guarantee/warranty period we recommend that you have service, other than battery replacement, 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.com/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.



The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, polarpersonaltrainer.com, Polar discussion forum and Newsletter registration.

Changing Batteries

For instructions on how to change the battery for the **H3 heart rate sensor**, consult the full user manual at www.polar.com/support.

The batteries for the **Speed** and **Cadence Sensors** cannot be replaced. Contact your authorized Polar Service Center for replacement speed and cadence sensors.

For instructions on how to change the battery for the **Polar LOOK Kéo Power** system, consult the Polar LOOK Kéo Power user manual.

The **G5 GPS sensor** has an internal, rechargeable battery, which cannot be removed. For instructions on how to recharge the battery, consult the G5 GPS Sensor user manual.

For video tutorials on how to change batteries, go to www.polar.com/en/polar_community/videos.



There is no separate tutorial video for changing CS600X battery, so please see the tutorial video for changing CS200 battery, but notice that the battery type is different.

Cycling Computer Battery

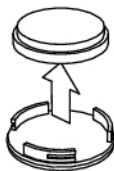
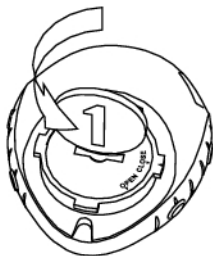
In order to ensure the maximum lifespan of the battery cover, open it only when you need to change the battery.

The low battery indicator and **Battery low** are displayed when 10-15% of the cycling computer battery capacity is left. The backlight and cycling computer sounds are automatically deactivated when the symbol is displayed. Excessive use of the backlight drains the cycling computer's battery more rapidly. In cold conditions the low battery indicator may appear, but the indicator disappears when you return to warmer temperature.

ENGLISH

To change the cycling computer battery, you need a coin and a battery (CR 2354).

1. Using a coin that sits tight into the back cover groove, open the battery cover by pressing slightly and turning counter clockwise to **OPEN** position.
2. Remove the battery cover. The battery is attached to the cover, which should be carefully lifted. Remove the battery and replace with a new one. Be careful not to damage the threads of the back cover.
3. Place the negative (-) side of the battery against the cycling computer and the positive (+) side against the cover.
4. The sealing ring of the battery cover is also attached to the cover. Before closing the battery cover, make sure that the cover's sealing ring is undamaged and it is placed correctly in its groove. Only replace the sealing ring if it is damaged.
5. Put the battery cover in its place and turn the cover clockwise with a coin to **CLOSE** position. Make sure that the cover is closed properly!



If used according to the manufacturer's instructions, the battery's sealing ring will last for the cycling computer's operating life. However, if the sealing ring is damaged, 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.

After a battery change re-enter time and date settings in Basic Settings. For further information, see Basic Settings.



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



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

Precautions

The Polar Cycling Computer shows your performance indicators. It is designed to indicate the level of physiological strain and recovery during and after exercise session. It also measures speed and distance when cycling with a Polar Speed Sensor W.I.N.D. The Polar G5 GPS sensor is designed to measure speed, distance and location data, as well as to provide track information. The Polar Cadence Sensor W.I.N.D. is designed to measure cadence when cycling. The Polar LOOK Kéo Power system is designed to measure power output when cycling. No other use is intended or implied.

Interference During Exercise

Electromagnetic Interference and Exercise Equipment.

Disturbance may occur near microwave ovens and computers. Also WLAN base stations may cause interference when exercising with CS600X. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance.

Exercise equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals. To solve these problems, try the following:

1. Remove the heart rate sensor from your chest and use the exercise equipment as you would normally.
2. Move the cycling computer around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst directly in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the heart rate sensor back on your chest and keep the cycling computer in this interference-free area as much as possible.

If the cycling computer still does not work with the exercise equipment, it may be electrically too noisy for wireless heart rate measurement.

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?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- 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?

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.**

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. 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.



The combined impact of moisture and intense abrasion may cause a black color to come off the heart rate sensor's surface, possibly staining light-colored clothes.

Technical Specifications

Cycling computer

Class 1 Laser Product

Battery life:	Average 1 year
Battery type:	CR 2354
Battery sealing ring:	O-ring 20.0 x 1.0 Material: silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Materials:	Thermoplastic polymer
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 files:	99
Maximum time:	99 h 59 min 59 s
Maximum 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

Heart rate sensor

Battery life of Polar H3 heart rate sensor:	1600 h
Battery type:	CR2025
Battery sealing ring:	O-ring 20.0 x 0.90, material silicone
Operating temperature:	-10 °C to +40 °C / 14 °F to 104 °F
Connector material:	Polyamide
Strap material:	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

Polar ProTrainer 5™

System Requirements: PC
Windows® 2000/XP (32bit), Vista
IrDA compatible port (an external IrDA device or an internal IR port)
Additionally, for the software your PC must have a Pentium II 200 MHz processor or faster, SVGA or higher resolution monitor, 50 MB hard disk space and a CD-ROM drive.

Polar WebLink using IrDA Communication

System Requirements: PC
Windows® 2000/XP/Vista 32/64-bit or
Windows 7 32/64-bit
IrDA compatible port (an external IrDA device or an internal IR port)

ENGLISH

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

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.

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

* Polar LOOK Kéo Power system

** Polar CS600X cycling computer, CS speed sensor W.I.N.D. and CS cadence sensor W.I.N.D.

*** Polar H3 heart rate sensor is water resistant 30 m, but it does not measure heart rate in water.

Limited International Polar 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, 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 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.

CE 0537

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

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.



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.



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

Regulatory information is available at www.polar.com/support.

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