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POLAR[®]
LISTEN TO YOUR BODY

Polar Cadence Sensor™

User manual

Trittfrequenzmesser

Gebrauchsanleitung

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Kadencesensor

Brukerhåndbog

Tråkkfrekvensmåler

Brukerveiledning

Kadenssensor

Bruksanvisning

Poljinnopeussensori

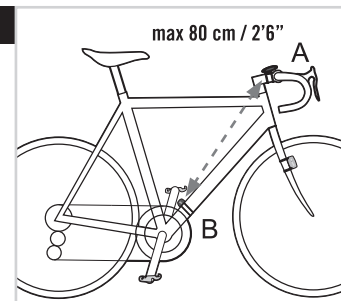
Käyttöohje

日本語

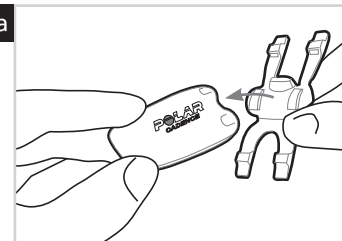
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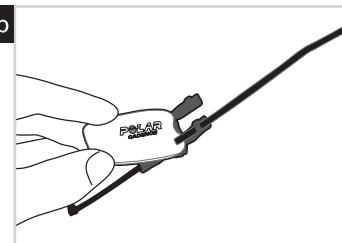
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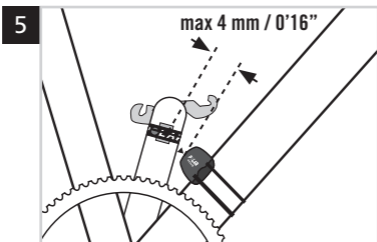
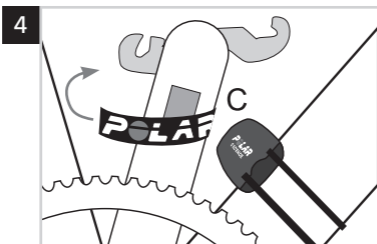
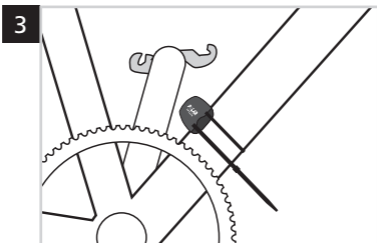


2a



2b





The Polar Cadence Sensor is designed to measure cadence when cycling. No other use is intended or implied.

INSTALLING THE POLAR CADENCE SENSOR

To install the cadence sensor and crank magnet, you need cutters. Please follow the pictures on the front cover.

- A** Polar Bike Mount and a cycling computer
- B** Polar Cadence Sensor
- C** Crank magnet

1. Check the down tube to find a suitable place for the cadence sensor. The sensor should be attached at a maximum of 80 cm/2'6" from the mounted cycling computer. If needed the sensor can also be attached to the seat tube.
2. Place the rubber part on to the cadence sensor (A) and pass the cable ties through the cadence sensor and rubber part holes (B).
3. Clean and dry a suitable place for the sensor and adjust the sensor to the down tube. If the sensor touches the crank (when rotating), change the sensor's position slightly upwards. Loosely adjust the cable ties. Do not tighten them fully yet.
4. The crank magnet should be installed vertically on the inner side of the crank. Before attaching the magnet to the crank, the area should be cleaned and dried thoroughly. Attach the magnet to the crank and secure with the tape.
5. Fine-tune the positioning of both the crank magnet and the sensor so that the magnet passes close to the sensor without actually touching it. The maximum distance between the cadence sensor and the crank magnet should be 4 mm/0'16". The gap is correct when you can fit a cable tie just about between the magnet and the sensor. It is important that the lower corner of the sensor must face the magnet when rotating, also when the sensor has been attached to the seat tube. The lower corner of the sensor is shown with an arrow in the picture. Once the crank magnet and the sensor are positioned correctly, tighten the cable ties securely and cut off any excess cable tie ends.

Your safety is important to us. Check that you can turn your handlebar normally and cable wires for brakes or gearing do not catch on the sensor. Check also that the sensor does not disturb pedaling or the use of brakes or gearing. While riding your bike, please keep your eyes on the road to prevent possible accidents and injury.

Before you start cycling, you should set the wheel size of your bicycle into the cycling computer and turn the cadence function on. For further information on how to use the Polar Cadence Sensor with the cycling computer, please refer to the user manual of the cycling computer in question.

CARE AND MAINTENANCE

- Do not immerse the cadence sensor in water.
- Keep the cadence sensor clean. Clean it with a mild soap and water solution and in the end rinse it with clean water. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.
- Avoid hard hits as these may damage the sensor.

Cadence sensor battery

Contact your authorized Polar Service Center for a replacement of cadence sensor.

FREQUENTLY ASKED QUESTIONS

What should I do if...

...the cadence reading is 00 or there is no cadence reading while cycling?

- Check the correct position and distance of the cadence sensor with the crank magnet and the cycling computer.
- Check that you have set the correct cycling settings in your cycling computer. For further information please refer to the user manual of the cycling computer in question.
- If the 00 reading appears irregularly, this may be due to temporary electromagnetic interference in your current surroundings.
- If the 00 reading is constant, you may have exceeded 3500 riding hours and the battery is empty.

...there are irregular cadence or heart rate readings?

- Electromagnetic interference as well as interference from other wireless cycling computers may affect readings of cadence and heart rate.
- Disturbances may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones, or when you walk through electric security gates.
- To avoid crosstalk from another cyclist with a Polar Cadence Sensor, keep a distance of at least 1 meter/3'4" between your cycling computer and the Polar Cadence Sensor of the other cyclist.

TECHNICAL SPECIFICATION

Operating temperature:	-10 °C to +50 °C / +14 °F to +122 °F
Battery life:	Average 3500 hours of normal use (1 h/day, 7 days/week)
Accuracy:	±1 %
Material:	Thermoplastic polymer
Water resistance:	Water resistant (splash proof)

Water resistance of Polar products is tested according to International Standard ISO 2281. For more information, visit www.polar.fi/support.

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.



This CE marking shows compliance of this product with Directive 93/42/EEC.



This marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC (WEEE). Products and batteries and accumulators used in products are in the scope of Directive 2006/66/EC and should thus be disposed of separately in EU countries and also in the countries outside the EU by following local waste disposal regulations.

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