HELLO THERE,

Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of using your new companion for a fit and healthy life.

POLAR FT4 HEART RATE MONITOR
Get into shape with the basic heart rate features: measure your heart rate during training, work out within your target heart rate zone and improve your fitness, and see how many calories you've burned.

POLAR HEART RATE SENSOR
Wear the comfortable strap and connector around your chest to get your heart rate accurately and in real time in the heart rate monitor.
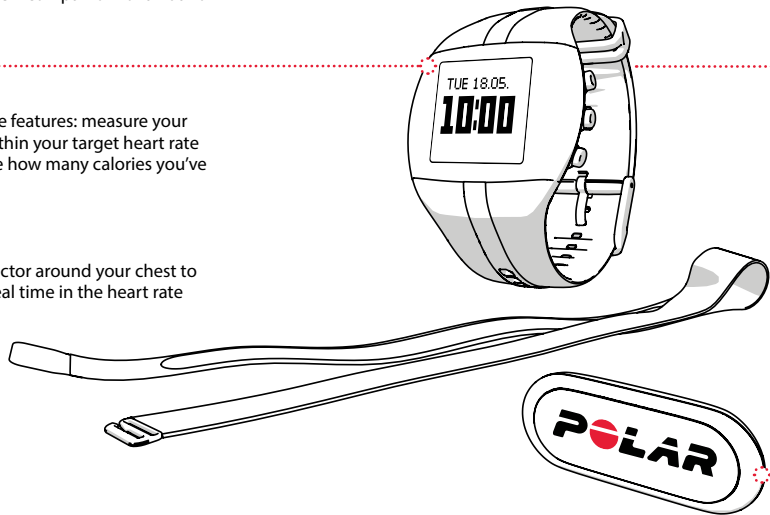
You can download the full-length user manual and the latest version of this guide at polar.com/support. For more help, there are some great video tutorials at polar.com/en/polar_community/videos you may want to check out.

GET TO KNOW YOUR FT4

LIGHT
» Enter quick menu
» Light up the display

UP/DOWN
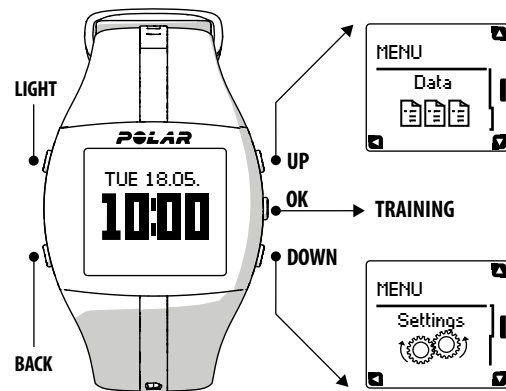» Enter and move inside menus
» Adjust values

BACK
» Return to previous level
» Cancel selection

OK
» Confirm selection
» Enter training mode

DID YOU KNOW?
Check the time by bringing your heart rate monitor close to the heart rate sensor.

GET STARTED

Before starting to train with your FT4, you need to go through a couple of steps. First, press and hold any button for one second to activate your heart rate monitor. Then, go through the basic settings.

Please be precise with your settings. They make a big difference to how accurately your heart rate monitor can measure values such as your heart rate limits and calorie consumption.

WEAR THE HEART RATE SENSOR

1. Moisten the electrode area of the strap.

2. Clip the strap around your chest and adjust the strap to fit snugly. 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.
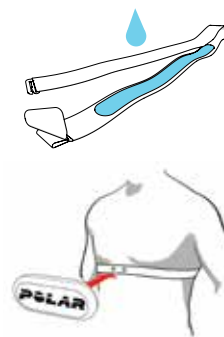
TRAINING WITH YOUR FT4

TO GET YOU GOING

1. Wear your heart rate monitor and the heart rate sensor.

2. In time mode, press **OK** once to open the wait mode. Wait until your heart rate monitor finds your heart rate and press **OK** again to start recording your training session.

You can see your heart rate, burnt calories, session duration and zone information in real time when training. By looking at the numbers during and after training, you will quickly learn which levels are right for you. Visit polar.com/support to learn more about the benefits of training at different intensities.

TO PAUSE AND STOP TRAINING

To pause your training session, press **BACK**. To continue training, press **OK**. To stop the session, press **BACK** again.

You can get a summary of your latest exercise at the end of each session. It shows you:

» how long it lasted
» how many calories you burnt
» your average and maximum heart rates
» how long you were in the fitness improving zone

KEY FEATURES

SMART CALORIES

The Smart Calories feature in FT4 counts your calories during a training session based on your weight, height, age, gender and the intensity of your training.
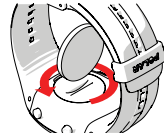
ZONEPOINTER

FT4 guides you to train within the right target heart rate zone, so you'll improve your fitness. During training, the ZonePointer feature shows the intensity of your exercise with a moving heart symbol.

CHANGING BATTERIES IS EASY

HEART RATE MONITOR

1. Open the battery cover with a coin.
2. Remove the old battery with a suitable sized small rigid stick. Be careful not to damage the heart rate monitor.
3. Insert the new battery with the positive (+) side outwards. Make sure the sealing ring is undamaged.
4. Close the battery cover.

HEART RATE SENSOR

1. Lever the battery cover open by using the clip on the strap.
2. Remove the old battery from the battery cover.
3. Insert the new battery inside the cover with the negative (-) side outwards.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place. You should hear a snap.

For more detailed instructions, see the full user manual at polar.com/support.

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

TECHNICAL SPECIFICATION

Both heart rate monitor and heart rate sensor are suitable for bathing and swimming (water resistance 30 m).

HEART RATE MONITOR

Battery type	CR1632
Battery life	12 months (30 minutes of training per day)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Back cover	Polyamide
Wrist strap	Polyurethane
Wrist strap buckle	Stainless steel
	Complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.

HEART RATE SENSOR

Battery type	CR2025
Battery life	1500 hours of use
Battery sealing ring	O-ring 20.0 x 0.90 Material Silicone
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector	ABS
Strap	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

FIND PRODUCT SUPPORT

polar.com/support/FT4

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Compatible with Polar products and many pieces of gym equipment using

GymLink

POLAR®
LISTENS TO YOUR BODY

Polar FT4
GETTING STARTED GUIDE

English