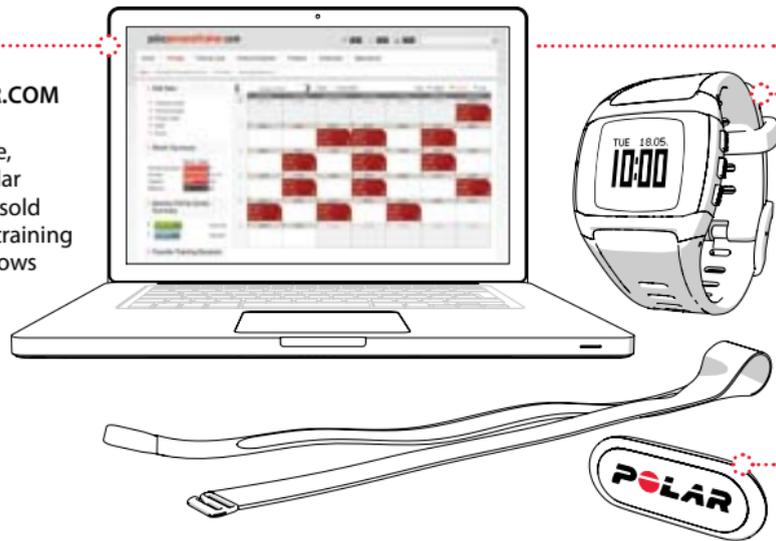


HELLO THERE,

Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of FT60, your guide to better fitness.

POLARPERSONALTRAINER.COM WEB SERVICE

Using this web service is free, although you'll need the Polar FlowLink data transfer unit (sold separately) to transfer your training information. The website allows you to track your progress and get smart training guidance.



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.

AVAILABLE POLAR ACCESSORIES

- » Polar S1 foot pod™ wirelessly measures your running speed/pace and distance
- » Polar G1 GPS sensor wirelessly measures your speed/pace and distance in outdoor sports, like cycling and running
- » Polar FlowLink transfers your training data to the polarpersonaltrainer.com web service

POLAR FT60 HEART RATE MONITOR

If you exercise regularly and want to know how to gain the best results, FT60 helps you stay motivated: measure your heart rate and other data when training, get feedback on the effect of your workout, create your own training programs based on your goals, take the Polar Fitness Test and follow your progress.

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.

GET TO KNOW YOUR FT60

LIGHT

- » Enter quick menu
- » Light up the display

BACK

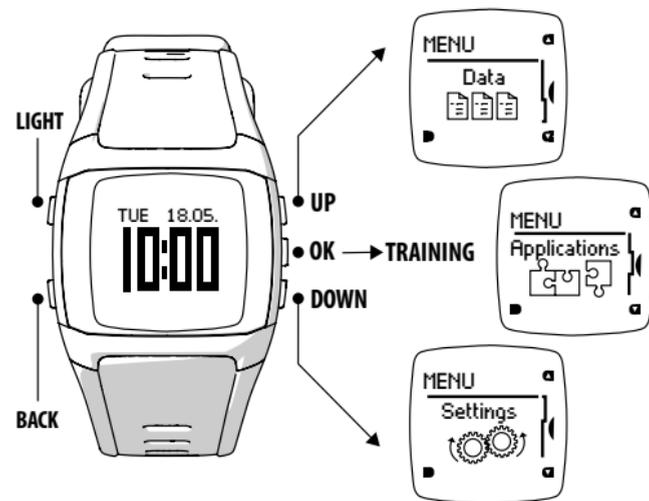
- » Return to previous level
- » Cancel selection

UP/DOWN

- » Enter and move inside menus
- » Adjust values

OK

- » Confirm selection
- » Enter training mode



DID YOU KNOW?

Check the time by bringing your heart rate monitor close to the heart rate sensor.

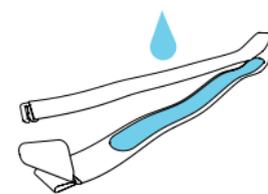
GET STARTED

Before starting to train with your FT60, 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.
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.



TRAINING WITH YOUR FT60

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
- » the effect of your training
- » the intensity of your training
- » how many calories you burnt
- » your average and maximum heart rates.

KEY FEATURES

POLAR STAR TRAINING PROGRAM

The STAR Training Program is a personal training program on your wrist and designed to keep you motivated. It tells you how much and how intensively to train to reach your long-term goals.

After you've chosen your training goal, the STAR training program gives you a weekly target. You then get feedback on your performance at the end of each training and once a week. Based on your weekly performance and fitness level, the program creates personalized training guidance for you also for the following week.

To create a new training program, go to **Menu > Applications > Training program > Create new program**. If you need more help with this, don't forget you can find lots more information at polar.com/support.

POLAR FITNESS TEST

Polar Fitness Test allows you to determine your fitness level in just 5 minutes. The test calculates your maximal oxygen uptake (VO_{2max}) based on your personal information as well as your resting heart rate. By regularly comparing your test results you can see how your fitness changes over time.

Start a fitness test by selecting **Menu > Applications > Fitness test > Start test**.

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 CR2025
Battery life 1 year (1 h of training per day)
Operating temperature -10 °C to +50 °C / 14 °F to 122 °F
Wrist strap Silicone (white model) / Polyurethane (other models)

Back cover and 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/FT60

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Compatible with Polar products and many pieces of gym equipment using



POLAR
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GETTING STARTED GUIDE