HELLO THERE,

POLAR FT7 HEART RATE MONITOR
With its essential heart rate features, FT7 helps you stay within the desired intensity zone and get faster results: measure your heart rate during training, work out within target heart rate zones, find out if you’re burning fat or improving 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.

Thank you for choosing Polar! In this handy little guide we’ll walk you through the basics of FT7, your guide to achieving your goals. You can download the full-length user manual and the latest version of this guide at support.polar.com/en/support/FT7. For more help, there are some great video tutorials at polar.com/support you may want to check out.

GET TO KNOW YOUR FT7

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 you start to train with your FT7, 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.

TRAINING WITH YOUR FT7

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 some 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 fat burning or fitness improving zones.

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WEAR THE 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.

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.

1. Enter and move inside menus
» Set and move inside menus
» Adjust values
2. Confirm selection
» Enter training mode

3. Enter quick menu
» Light up the display
4. Cancel selection
» Return to previous level
5. Enter training mode
6. Confirm selection
7. Enter training mode
8. Confirm selection
9. Enter training mode
10. Confirm selection
11. Enter training mode
12. Confirm selection
13. Enter training mode
14. Confirm selection
15. Enter training mode
16. Confirm selection

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ENERGYPOINTER

FT7 guides you to train at the right intensity so you'll achieve your goals - whether you aim to lose weight or improve your fitness. The EnergyPointer feature tells you if the main effect of your training is fitness improvement or fat burning.

SMART CALORIES

The Smart Calories feature in FT7 counts your calories during training based on your weight, height, age, gender and the intensity of your training.

Remember, this is just the start. We are here to offer you a whole new world of Smart Coaching, helping you to get more from every training session. So head over to polar.com/support for more guidance, or share your progress with us on Facebook. We'd love to hear from you!

CHANGING BATTERIES IS EASY

HEART RATE MONITOR

1. Open the battery cover with a coin.
2. Remove the old battery with a suitable sized 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. 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.

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.

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: 11 months (1 h 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

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

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.

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

FIND PRODUCT SUPPORT

Polar FT7

GETTING STARTED GUIDE

Manufactured by Polar Electro Oy
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Compatible with Polar products and many pieces of gym equipment using GymLink.

English

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