Congratulations! You are now the proud owner of a Polar G3 GPS sensor. Polar G3 provides speed and distance data in all outdoor sports using Global Positioning System (GPS) technology.

The Polar G3 sensor determines your location by measuring the distance between itself and at least four satellites. The sensor uses Polar W.I.N.D. 2.4 GHz wireless transmission technology to transmit speed, distance and location data, as well as track information to a compatible Polar product, which records and displays the data.

Polar G3 is resilient and water resistant - you can depend on its performance regardless where you train!

The latest version of this user manual can be downloaded at www.polar.fi/support.

Using Polar G3 Sensor

See the user manual for the Polar product in question for instructions on using the G3 GPS sensor with your Polar product.

Inserting Battery

1. See picture 1 on the front cover. Open the battery cover by turning it counterclockwise with a coin.
2. Place the battery inside with the positive (+) side facing the cover.
3. Close the cover by turning it clockwise with a coin.
Wearing Polar G3 Sensor

1. Push to open the clip (Picture 2).
2. Thread the armband loosely through the loops on the clip and fasten (Picture 3). You can fasten the sensor on a belt or on the top of a backpack without the armband.
3. Position the armband round your upper arm and fasten (Picture 4). Place the sensor and the Polar product on the same arm. Make sure that the "POLAR" logo is in an upright position.

Turning Polar G3 Sensor On/Off
To best catch satellite signals, go outdoors and away from tall buildings and trees. Press the button shortly to turn the sensor on. A flashing light indicates the power mode (low/full). Then a red light will flash as the sensor searches for satellite signals (Picture 5 a). In good conditions, acquiring satellite signals for the first time typically takes 30-60 seconds. The sensor will find the signals faster if you keep the sensor immobile during the search. A green light will then flash when the signals are found and location is determined. Your Polar G3 sensor is now ready for action.

To turn the sensor off, press the button for one second. The power switches off automatically if the sensor cannot locate satellite signals or the sensor location does not change for 15 minutes.

For instructions on how speed and distance data are displayed on your Polar product, please see the corresponding user manual.
Switching Power Mode
You can use the Polar G3 sensor in low or full power mode. The default mode is full power mode. By using the low power mode, you can increase battery life by up to 40%. For maximum accuracy of speed and distance measurement, use full power mode.

When the sensor is activated, press the button for five flashes to change modes. A light flashes four times on both sides; the green light indicating full power mode activation or the red light indicating low power mode activation.

Everytime you turn the sensor on, the flashing light indicates which mode is activated.

Battery replacement
The red battery indicator light flashes, when battery is low (Picture 5 b). Change the battery yourself by following the instructions in Using the Polar G3 Sensor.

Use an AA-sized alkaline battery. We recommend you use a lithium battery or rechargeable NiMH battery in temperatures 5°C and below. Cold temperature decreases the life of an alkaline battery.

Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be disposed of in compliance with local regulations.
Care and Maintenance
The following instructions will help you fulfill guarantee obligations.

- Wash the armband in a washing machine at 40°C / 104°F. Use a washing pouch. Do not soak, nor use detergent with bleach or fabric softener. Do not dry-clean. Do not spin-dry or iron.
- Clean the sensor with a mild soap and water solution. Dry it with a towel. Never use alcohol or abrasive materials (steel wool or cleaning chemicals). Never put the sensor in a washing machine or drier.
- Keep the sensor and the armband in a cool and dry place. Do not store wet in non-breathing material, such as a sports bag. Do not expose to direct sunlight for extended periods.

Service
During the warranty period, service the product at an authorized Polar Service Center only. The warranty does not cover damage caused by unauthorized service. See Limited International Polar Guarantee.

Using the G3 Sensor in Water
Polar G3 sensor is water resistant. It can be safely worn in the rain or while crossing rivers or canoeing. The GPS reception system does not function under water.
Troubleshooting
If speed or distance readings are irregular or show zero, something in your surroundings may be blocking satellite signal reception (e.g. a building or terrain). If the sensor cannot locate the satellite signals, it will not be able to calculate its location. Speed values may therefore show zero. Distance is measured between the last location before the shadow area, and the first location after the shadow area in a straight line, i.e. curves are not counted.

In low speeds (below 3km/hour), accuracy decreases causing variation in speed values.

If the button does not react, press it for ten green light flashes to reset the sensor. The red light flashes twice on both sides when the sensor resets. If this does not work, the battery may be empty.

Technical Specifications

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transfer frequency</td>
<td>2.4 GHz</td>
</tr>
<tr>
<td>Battery type</td>
<td>One AA sized battery (the maximum voltage allowed is 3.0 V)</td>
</tr>
<tr>
<td>Battery life in full power mode:</td>
<td>Average 10 hours of use (20 °C / 68 °F)*</td>
</tr>
<tr>
<td>Operating temperature</td>
<td>-20 °C to +60 °C / -4 °F to 140 °F</td>
</tr>
<tr>
<td>Accuracy (Distance)</td>
<td>+/-2%</td>
</tr>
<tr>
<td>Accuracy (Speed)</td>
<td>+/- 2km/h</td>
</tr>
<tr>
<td>Water resistance</td>
<td>20 m</td>
</tr>
<tr>
<td>Armband material</td>
<td>Flexible textile strap: 34 % polyamide, 33 % polyester, 33 % rubber. Other parts: polyamide, silicone.</td>
</tr>
</tbody>
</table>

*Battery life varies depending on battery type and operating temperature.
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, 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 product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.

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.

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