

Polar G5 GPS sensor

Getting Started Guide



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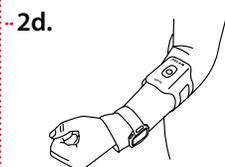
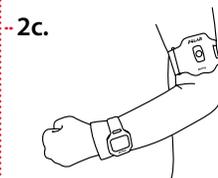
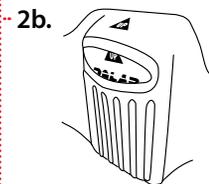
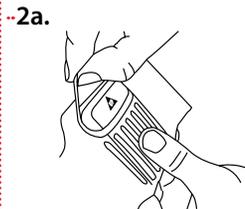
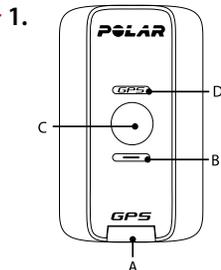
http://www.polar.com/en/support/G5_GPS_sensor

Compatible with



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ENGLISH

Thanks for choosing Polar! In this guide, we'll walk you through the basics of using G5, your choice for measuring speed and distance outdoors.

You can download the full-length user manual and the latest version of this guide at polar.com/support. You may also want to check out our tutorial video at polar.com/en/polar_community/videos.

GETTING STARTED

First of all, connect your G5 to your computer with the USB cable to charge it. Picture 1 shows where the USB port (A) is. The battery is full when the lower LED (picture 1, B) turns green. Charging the battery fully takes up to two hours.

To be able to view the speed, distance and location data, you need to pair your G5 with your Polar training device. For pairing instructions, see the user guide of the training device. You can check the compatible training devices at polar.com/support.

Slip your G5 into the armband pocket (pictures 2a, 2b). Wear the armband on the same side of your body as the training device (pictures 2c, 2d). Then go outdoors, press the power key (picture 1, C) for one second, and wait until the upper LED (picture 1, D) starts flashing in green. Your G5 is now ready for action!

 To help your G5 find GPS satellite signals, stand still and stay away from tall buildings and trees.

CARING FOR YOUR GPS SENSOR

Sensor: Always take your G5 out of the armband pocket after use. Clean G5 with mild soap and water. Dry it with a towel.

Armband: Wash the armband only when needed. Hand wash only.

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

ARMBAND MATERIAL

Polyurethane 50%, Neoprene 25%, Nylon 25%, stainless steel