

## WELCOME

Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of RC3 GPS.

### POLARPERSONALTRAINER.COM WEB SERVICE

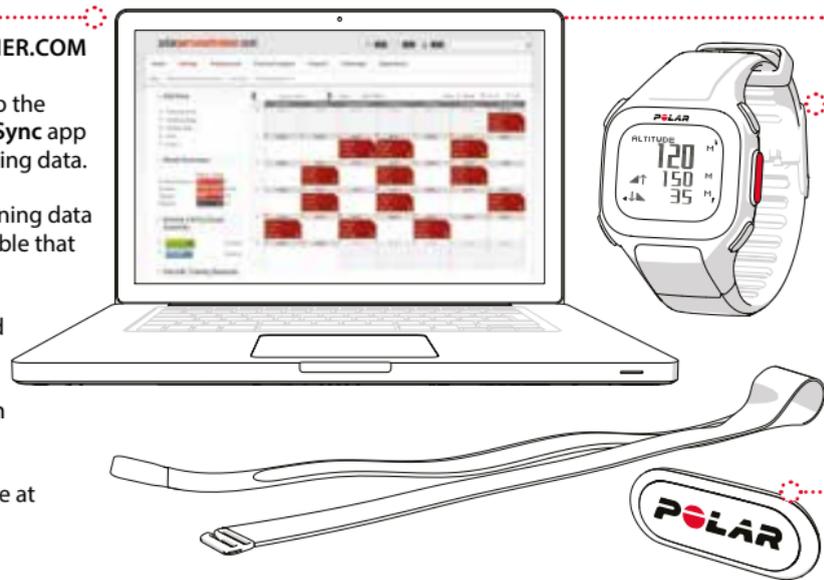
Just sign up and sign in to the service. Then install **WebSync** app for transferring your training data.

You can transfer your training data to the service with the cable that came in the box.

Analyze your training and see training routes in the service. Track your progress and share it with your friends.

Visit also Flow web service at [polar.com/flow](http://polar.com/flow)

You can download the full-length user manual and the latest version of this guide at [polar.com/support](http://polar.com/support). For more help, there are some great video tutorials at [polar.com/en/polar\\_community/videos](http://polar.com/en/polar_community/videos) you may want to check out.



### POLAR RC3 GPS

Integrated GPS unit provides speed, distance, altitude (GPS based), ascent and descent data of your training. The Back-to-start feature directs you to your starting point.

After training you get motivating feedback and guidance. Running index illustrates how your running performance is developing.

### 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 RC3 GPS.

*\* If you bought your RC3 GPS without a heart rate sensor, not to worry, you can always buy one later.*

### AVAILABLE POLAR ACCESSORIES

- » Polar S3+ stride sensor helps to improve your running technique by showing your running cadence and stride length.
- » Polar CS cadence sensor™ W.I.N.D. measures your real time average and maximum cycling cadence as revolutions per minute. Improve your cycling technique and identify your optimal cadence.

## GET TO KNOW YOUR RC3 GPS

Browse through the menu by pressing **UP** or **DOWN**. Confirm selections with the **START** button, and return, pause and stop with the **BACK** button.



### USEFUL TIPS

You can change training views during training by browsing **UP** or **DOWN** and take a lap by pressing **START**. To change watch face hold **UP**. Press and hold **LIGHT** to access quick menu.

## GET STARTED

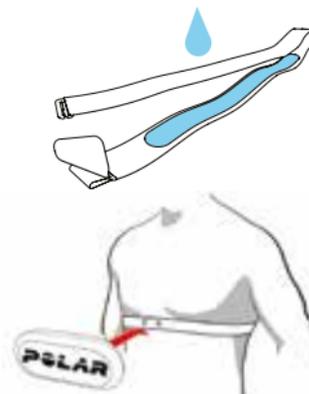
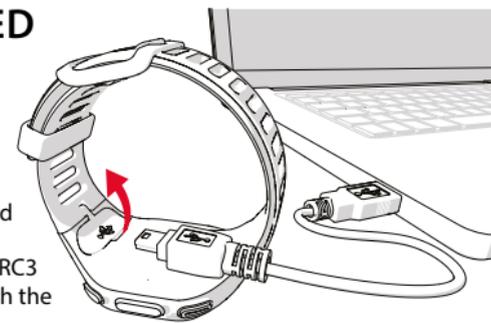
First, charge the battery. Fully charging takes up to 90 minutes. Then press and hold any button for one second to activate RC3 GPS and go through the Basic Settings.

If you don't have a heart rate sensor set it off from **Settings - Sport Profiles**.

### WEAR THE HEART RATE SENSOR

1. Moisten the electrode area on 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](http://polar.com/support).



## TRAINING WITH YOUR RC3 GPS

### TO GET YOU GOING

1. Wear your heart rate monitor and the heart rate sensor.
2. In time mode, press **START** once. RC3 GPS is now in pre-training mode. Select the sport profile you want to use. Wait until your heart rate monitor finds your heart rate sensor. This action is called pairing and you need to do it only once.
3. A blinking symbol means that RC3 GPS is searching for signals. You can see blinking symbols for GPS connection and all the sensors you have set up for this sport profile.
4. Wait until check marks appear and press **START** again to begin a training session. A triangle with an exclamation mark means that signal is not found.



Stand still with the display facing upwards until the satellite signal is found. In good conditions, catching signals for the first time typically takes 30 - 60 seconds. The best place for this is outdoors and away from tall buildings and trees.

### TO PAUSE AND STOP TRAINING

To pause your training, press **BACK**. To continue training, press **START**. To stop training, press **BACK** again.

## KEY FEATURES

### USING POLARPERSONALTRAINER.COM

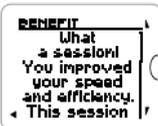
Use the ready-made Polar Endurance Programs for running or cycling, or create your own phased training sessions at [polarpersonaltrainer.com](http://polarpersonaltrainer.com). Once you have synced the program with your RC3 GPS go to **Menu > Program** and press **START**.

In [polarpersonaltrainer.com](http://polarpersonaltrainer.com) you can easily analyze your training data and see perfect balance between training and resting from Training Load curve.



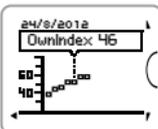
### TRAINING BENEFIT

This feature helps you better understand the effectiveness of your training. After each training you get textual feedback as a summary of your performance. Read full feedback from **Menu > Data > Training files**.



### FITNESS TEST

With Polar Fitness Test you can 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 improves over time. Repeat the test every 6 weeks and see how you progress.

### RUNNING INDEX

Your Running Index score is calculated automatically after every run, based on your heart rate and from the speed data collected from your GPS or stride sensor. A higher reading indicates that you can run faster with less effort.

*A heart rate sensor is needed for these features. If you bought your RC3 GPS without it, not to worry, you can always buy one later.*

## RC3 GPS TECHNICAL SPECIFICATION

Battery type  
Operating time  
Operating temperature  
Wrist strap material  
Buckle material  
Water resistance



250 mAh Li-Pol rechargeable battery  
Up to 12 hours in continuous use with GPS on  
-10 °C to +50 °C / 14 °F to 122 °F  
Polyurethane  
Stainless steel  
Water proof IPX7. Not suitable for bathing or swimming. Protected against splashes and raindrops.

### H3 HEART RATE SENSOR

Battery type and life  
Operating temperature  
Connector material  
Strap material  
Water resistance

CR2025, 1600 hours of use  
-10 °C to +50 °C / 14 °F to 122 °F  
ABS  
Polyamide, Polyurethane, Elastane, Polyester  
30 m. Heart rate sensor is water resistant but does not measure heart rate in water.



*For safety reasons, please make sure you use the correct battery.*

1. Lever the battery cover open by using the clip on the strap.
2. Insert the new battery inside the cover with the negative (-) side outwards.
3. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place.

If you need more help with this, see the full user manual at [polar.com/support](http://polar.com/support).

## FIND PRODUCT SUPPORT



[polar.com/support/RC3\\_GPS](http://polar.com/support/RC3_GPS)

### STAY TUNED WITH POLAR



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Compatible with



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**POLAR**  
LISTENS TO YOUR BODY



**Polar RC3 GPS**  
GETTING STARTED GUIDE

English