

## WELCOME

Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of RCX3.

### POLARPERSONALTRAINER.COM WEB SERVICE

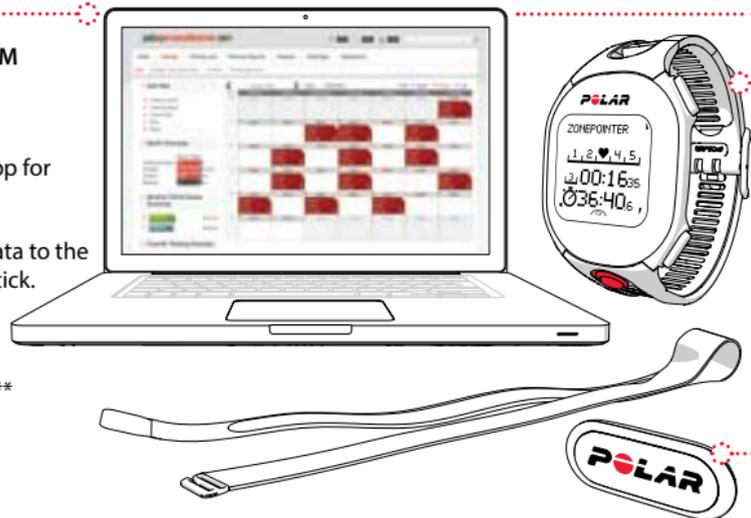
Just sign up and sign in to the service. Then install **WebSync** app for transferring your training data.

You can transfer your training data to the service with the Datalink\* usb-stick.

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

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 RCX3

Shows your heart rate in real time. Also other training data, such as speed, distance, running and cycling specific details can be monitored with accessories.

After training you get motivating feedback and guidance.

### 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 RCX3.

### AVAILABLE POLAR W.I.N.D ACCESSORIES

- » **Datalink** moves your training data to web service via WebSync\*
- » **G5 GPS sensor** provides speed, distance and route to web service\*\*
- » **S3+ stride sensor** helps improve your running technique by showing your running cadence and stride length.
- » **CS cadence sensor™** measures your cycling cadence as revolutions per minute.
- » **CS speed sensor™** measures your cycling speeds.

## GET TO KNOW YOUR RCX3

Browse through the menu by pressing **UP** or **DOWN**. Confirm selections with the **OK** 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 **OK**. To change watch face hold **UP**. Press and hold **LIGHT** to access quick menu.

## GET STARTED

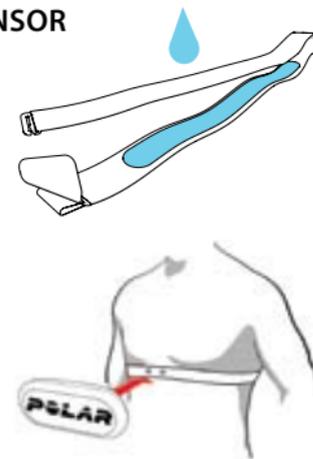
First, press and hold any button for one second to activate RCX3 and go through the Basic Settings.

To get the most accurate and personal training data, it's important that you're precise with physical settings like your training background, age and weight.

When you use heart rate sensor, you get the most out of Polar's unique smart coaching features. Heart rate data gives you an insight into your physical condition.

### 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 RCX3

### TO GET YOU GOING

1. Wear your RCX3 and the heart rate sensor.
2. In time mode, press **OK** once. RCX3 is now in pre-training mode. Select the sport profile you want to use. Wait until your RCX3 finds your heart rate sensor. This action is called pairing and you need to do it only once.

3. A blinking symbol means that RCX3 is searching for signals. You can see blinking symbols for all the sensors you have set up for this sport profile.

4. Wait until check marks appear and press **OK** again to begin a training session. A triangle with an exclamation mark means that signal is not found.



### TO PAUSE AND STOP TRAINING

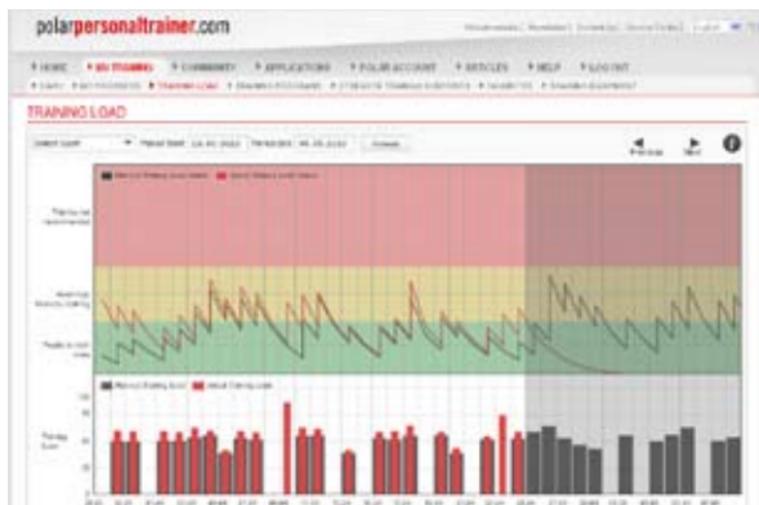
To pause your training, press **BACK**. To continue training, press **START**. To stop training, press **BACK** again.

## 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. Once you have synced the program with Datalink and WebSync go to **Menu > Program** and press **OK**.

In polarpersonaltrainer.com you can easily analyze your training data and see perfect balance between training and resting from Training Load curve.



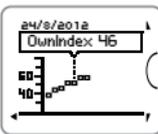
### TRAINING BENEFIT

This feature helps you better understand the effectiveness of your training. After each training you get textual feedback as a summary of your performance.



### 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.

## TECHNICAL SPECIFICATION RCX3

Battery type	CR 2025
Battery life	Average 8 months if you use only the heart rate sensor, and train about 3,5 h / week.
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Wrist strap material	Polyurethane / Silicone
Buckle material	Stainless steel
Water resistance	30 m



### H3 HEART RATE SENSOR

Battery type and life	CR2025, 1600 hours of use
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	ABS
Strap material	Polyamide, Polyurethane, Elastane, Polyester
Water resistance	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/RCX3](http://polar.com/support/RCX3)

### STAY TUNED WITH POLAR



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Compatible with



**POLAR**  
LISTENS TO YOUR BODY



**Polar RCX3**  
GETTING STARTED GUIDE

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