

WELCOME

Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of RCX5.

POLARPERSONALTRAINER.COM WEB SERVICE

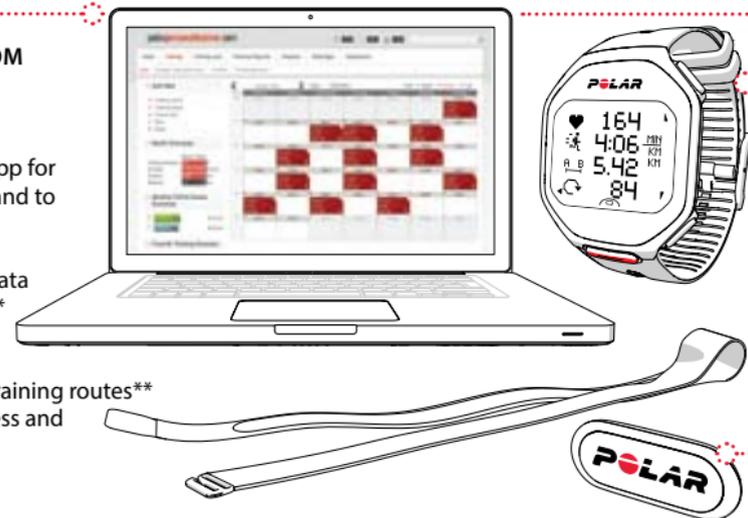
Just sign up and sign in to the service. Then install **WebSync** app for transferring your training data and to create your own sport profiles.

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

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

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



POLAR RCX5

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

Supports multisport training through swift switching between sports.

POLAR HEART RATE SENSOR

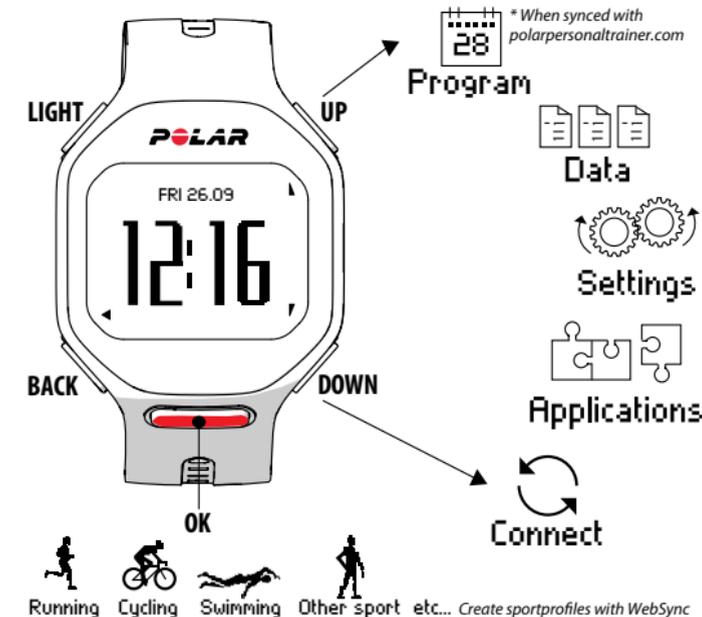
Wear the comfortable strap and connector around your chest to get your heart rate accurately and in real time in the RCX5.

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 RCX5

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

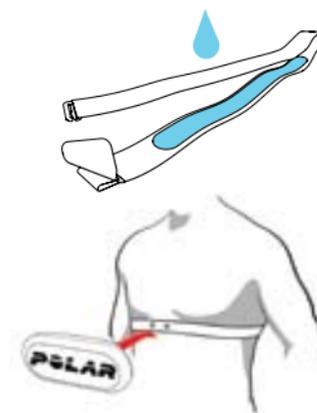
First, press and hold any button for one second to activate RCX5 and go through the Basic Settings.

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.

TRAINING WITH YOUR RCX5

TO GET YOU GOING

1. Wear your RCX5 and the heart rate sensor.
2. In time mode, press **OK** once. RCX5 is now in pre-training mode. Select the sport profile you want to use. Wait until your RCX5 finds your heart rate sensor. This action is called pairing and you need to do it only once.
3. A blinking symbol means that RCX5 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 **OK**. To stop training, press **BACK** again.

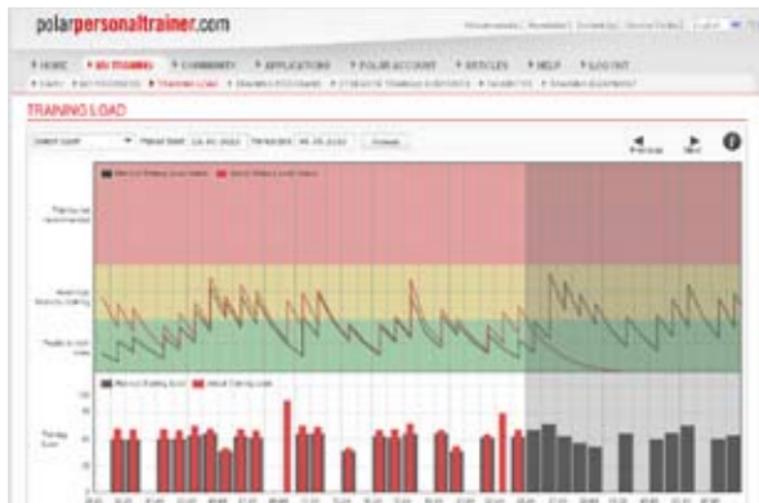
If you want to do a Multisport training, choose another sport profile after pausing.

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.



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.

ZONE OPTIMIZER

The ZoneOptimizer feature measures your heart rate variability and determines your personal sport zones during warm up.

RACE PACE

When using GPS or stride sensor race pace feature helps you to keep a steady pace and achieve your target time for a set distance. You can follow up on how far behind or ahead you are, compared to your pre-set target.



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 RCX5

Battery type	CR 2032
Battery life	Average 8 -11 months if you train on average 1h/day, 7 days/week
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Wrist strap material	Polyurethane (TPU)
Buckle material	Stainless steel
Water resistance	30 m



H2 HEART RATE SENSOR

Battery type and life	CR2025, 800 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



 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.

FIND PRODUCT SUPPORT



polar.com/support/RCX5

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Manufactured by

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Compatible with



POLAR
LISTENS TO YOUR BODY



Polar RCX5
GETTING STARTED GUIDE