Welcome

Show 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.

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 change training views during training by browsing up or down and take a lap by pressing OK. To change the watch face hold up.

Press and hold LIGHT to access quick menu.

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

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

Visit also Flow web service at polar.com/flow

To get the most out of Polar’s unique smart coaching features. Heart rate data gives you an insight into your physical condition.

Moisten the electrode area on the strap.

Clip the strap around your chest and adjust the strap to fit snugly.

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.

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

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Using Polarpersonaltrainer.com

Use the ready-made Polar Endurance Programs for running or cycling, or create your 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.

**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.

**Heart Rate Sensor**
With Polar Fitness Test you can determine your fitness level in just 5 minutes. The test calculates your maximal oxygen uptake (VO2max) 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.

**Battery Information**

**CR2032**
- 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
- Water resistance: 30 m

**CR2025**
- Battery type: CR2025
- Battery life: 800 hours of use
- Operating temperature: -10 °C to +50 °C / 14 °F to 122 °F
- Water resistance: 30 m

**Technical Specification RCX5**

<table>
<thead>
<tr>
<th>Battery Type</th>
<th>CR2032</th>
<th>Operating Temperature</th>
<th>Wrist strap Material</th>
<th>Water Resistance</th>
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</thead>
<tbody>
<tr>
<td>Battery Life</td>
<td>8 - 11 months</td>
<td>-10 °C to +50 °C</td>
<td>Polysilicone, Polysiloxane, Polyester</td>
<td>30 m</td>
</tr>
</tbody>
</table>

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

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**Polar RCX5 Getting Started Guide**

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www.polar.com

**If you need more help with this, see the full user manual at polar.com/support.**

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**Additional Information**

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

**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.