POLAR STRIDE SENSOR

Bluetooth® SMART

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スタートガイド
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新手指南

COMPATIBLE WITH

Bluetooth® SMART

MANUFACTURED BY
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FIND PRODUCT SUPPORT
support.polar.com/en/support/Stride_Sensor_Bluetooth_Smart

1/2021

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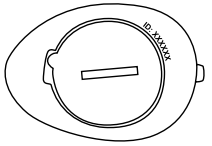

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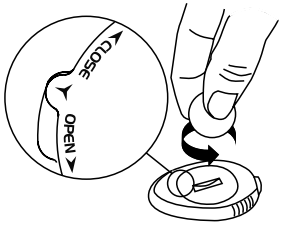

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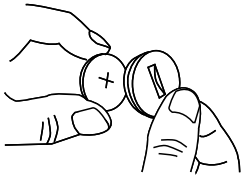

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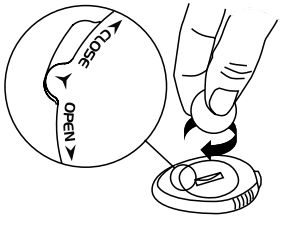

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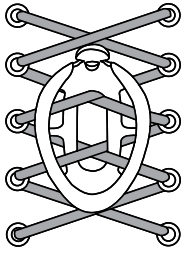

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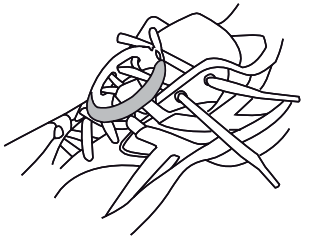

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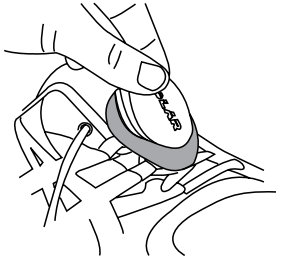

ENGLISH

Thanks for choosing Polar! In this guide, we'll walk you through the basics of using Polar Stride Sensor Bluetooth® Smart, your choice for smarter running - also the perfect choice for indoor running.

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 support.polar.com/en/support/Stride_Sensor_Bluetooth_Smart you may want to check out.

Please write down the device ID printed on your sensor (picture 1). The original marking may fade as a result of normal wear and tear.

Inserting the battery

1. Open the battery cover by turning it counterclockwise from CLOSE to OPEN using a coin (picture 2).
2. Place the battery (CR2430) inside the cover with the positive (+) side facing the cover (picture 3). Make sure the sealing ring is in the groove.
3. Place the cover with the battery inside it into the sensor.
4. Press the cover in place and close it by turning clockwise from OPEN to CLOSE using a coin (picture 4).

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

Getting started

You can use your stride sensor with dozens of leading fitness apps as well as with Polar products using Bluetooth® Smart. Check the compatible products and devices at polar.com/support.

To get started with your stride sensor, pair it with the app or the Polar product first. If you want the speed, pace and distance measurements to be as accurate as possible, you should calibrate your stride sensor before your first run. For pairing and calibration instructions, see the the app manufacturer's manual or the user guide of your Polar product.

Caring for your stride sensor

Keep your sensor in a cool and dry place. Don't keep it in a damp environment, in non-breathable material, like in a plastic bag or a sports bag, nor with conductive material such as a wet towel.

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