

# POLAR TEAM<sup>2</sup> QUICK GUIDE

This is Quick guide for the Polar Team<sup>2</sup>. Please read Quick guide through before beginning to work with Team<sup>2</sup>. Quick guide gives you the basic information on Team<sup>2</sup>. For more information, see Team<sup>2</sup> software help.



## POLAR TEAM<sup>2</sup> INCLUDES

### 1 POLAR TEAM<sup>2</sup> BASE STATION

- Connects the transmitters with your PC
- Allows you to monitor up to 80 players in real time
- Ethernet, Wi-Fi, Bluetooth
- Rechargeable battery with up to 12 hours stand-alone use
- Operating temperature -20°C - +60°C (-4°F - +140°F)
- Water-resistant if the plug is in place

NOTE: During charging the legs of the base station must be used because the bottom heats up. The bottom of the base station heats up to 60°C (140°F). During charging, the maximum operating temperature is 45°C (113°F).

### 2 10 POLAR TEAM<sup>2</sup> TRANSMITTERS AND TRANSMITTER STRAPS

- Transmitter compatible with most Polar wrist units
- Transmitter strap exclusively designed for Team<sup>2</sup> transmitters
- Transmitter memory can record 48 hours of data in online mode and up to 360 hours of data in off-season mode
- Bluetooth, Polar magnetic communication technology transmitter, re-chargeable battery
- Water-resistant

### 3 POLAR TEAM<sup>2</sup> CHARGER

- Not water-resistant, only for indoor use

### USB DONGLE

- Secondary option for downloading data from the transmitters' memory
- Bluetooth

### POLAR TEAM<sup>2</sup> PC SOFTWARE

- Installation instructions included in Quick guide
- Download the latest software updates to get the newest features for your Team<sup>2</sup>

## QUICK STEPS

1. Install the PC software from the DVD.
2. Set up the system and software as instructed in Wizard.
3. Give transmitters to the players.
4. Start training and monitoring heart rates online.
5. Analyze data.
6. Report and follow-up.

See the software help for instructions on using multiple base stations.

## CARE AND MAINTENANCE INSTRUCTIONS

### TEAM<sup>2</sup> TRANSMITTER STRAP:

- Wash the straps in a washing machine at 40°C (104°F) after every fifth use. Always use the washing pouch (included in the Team<sup>2</sup> set).  
NOTE: Detach the transmitter from the strap before wash!
- Do not use bleach or fabric softener.
- Rinse straps under running lukewarm water after every use.
- Store straps in the Team<sup>2</sup> bag, in a pocket with vents.
- Make sure straps are dry before storing. Do not store wet.

### TRANSMITTERS:

- Detach the transmitters from the straps and store separately.
- Rinse transmitters under running lukewarm water after every use.
- Do not insert wet transmitters into the charger.
- Store transmitters in the charger.

### CHARGER AND BASE STATION:

- Wipe the base station and the charger with a moist cloth regularly.

## RECOMMENDED PC SYSTEM REQUIREMENTS

- 2 GHz processor
- 2 GB RAM
- 1 GB of free hard drive space
- Wireless connection (IEEE802.11b or newer)
- Operating system: Microsoft Windows XP, Vista or 7

## INSTALLATION INSTRUCTIONS

1. Insert Polar Team<sup>2</sup> DVD into your optical drive. DVD starts automatically.
2. Select language.
3. Select Install PC Software.

4. Follow the instructions on the screen to install the Team<sup>2</sup> software onto your PC. The PC may need to be rebooted during the installation.

Download and install software updates regularly.

## HOW TO USE TRANSMITTER

1. Wet the electrode areas of the strap well under running water.
2. Attach the transmitter to the strap. Adjust the strap length to fit tightly but comfortably.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the transmitter is in a central and upright position.
5. After training, detach the transmitter from the strap.
6. Follow the care and maintenance instructions.

