Polar Accurex Plus™

HEART RATE MONITOR • USER'S MANUAL

QUICK REFERENCE GUIDE

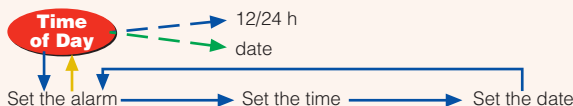## IN MEASURE MODE

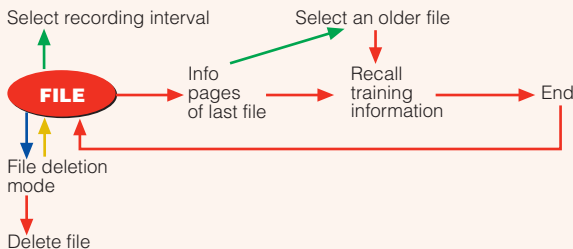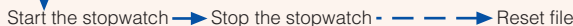| FUNCTION	BUTTON
Illuminate the display	SIGNAL/LIGHT
Turn the sound signal off/on	SIGNAL/LIGHT (press and hold)
Stop/start the stopwatch	SET/START/STOP
Check the Secondary Time Display with illumination, Transmission Code and Heart Rate Limits in use	Bring Receiver close to the Polar logo of the Transmitter
Swap the Heart Rate Limits	SELECT
Store split/lap time with split/lap average and current heart rate	STORE/LAP/RECOVERY
Start the Timers	automatic
Start Recovery calculation	STORE/LAP/RECOVERY until 3 beeps
Reset the stopwatch	SET/START/STOP (to stop the stopwatch) + SET/START/STOP (press and hold)
Stop the heart rate measurement and enter the Time of day display	SET/START/STOP (to stop the stopwatch) -> SELECT -> SELECT -> SELECT

ROAD MAP

Time of Day → MEASURE → FILE → SET

- ──────→ press SET/START/STOP
- ─ ─ ─→ press and hold SET/START/STOP
- ──────→ SELECT
- ──────→ press STORE/LAP/RECOVERY
- ──────→ press SIGNAL/LIGHT
- ─ ─ ─→ press and hold SIGNAL/LIGHT

Setting the watch:

Time of Day
- ─ ─ ─→ 12/24 h
- ──────→ date

Set the alarm ──────→ Set the time ──────→ Set the date

MEASURE

Start the stopwatch ──→ Stop the stopwatch ─ ─ ─→ Reset file

Select recording interval

FILE ──→ Info pages of last file ──→ Recall training information ──→ End

Select an older file

File deletion mode

Delete file

SET

Timers ──→ Limits ──→ Recovery ──→ Primary/secondary measurement display

HOW TO READ THIS GUIDE

Visual cues

⚡   Indicates a tip to do things faster.

❗   Indicates important issues. Please, pay attention!

☺   Indicates a useful tip. It's good to know these things.

▶   See also / Continue from

Monitor symbols

♥   A flashing heart indicates ongoing heart rate measurement. The heart flashes at the pace of your heart. The frame around heart rate symbol indicates coded transmission to avoid crosstalk caused by other users of heart rate monitors.

•))   Target Zone sound signal / Alarm symbol

TZ   Target Zone indicator

MEASURE   Indicates you are in the Measure mode

FILE   Indicates you are in the File mode

SET   Indicates you are in the Set mode

Monitor buttons

RESET

SET/START/STOP

STORE/LAP/RECOVERY

SELECT

SIGNAL/LIGHT

CONTENTS

POLAR ACCUREX PLUS HEART RATE MONITOR

Congratulations on purchasing

the Polar Accurex Plus Heart Rate Monitor.

We are proud to offer you the most advanced

features and assist you in achieving your

personal fitness and performance goals.

Thank you for choosing Polar.

POLAR®

Your new monitor offers you the following features:

Watch functions

- sportswatch with alarm clock and calendar
- 12/24 h display
- stopwatch with lap/split indicator

Heart rate monitor functions

- wireless, continuous and ECG accurate heart rate measurement
- coded transmission of heart rate to avoid crosstalk caused by other users of heart rate monitors
- two freely programmable Target Zones
- visual and audible alarm for each Target Zone limit
- time spent above, within and below each Target Zone
- lap and split times with average heart rate of the lap
- three alternating timers
- maximum and average heart rate of the exercise
- Recovery function after each lap with two alternatives: Recovery Heart Rate and Recovery Time

Recording functions

- records up to 66 hours of performance information with unlimited number of files
- complete file identification system with date, time of day and number of file
- automatic recording of heart rate every 5, 15 or 60 seconds
- saves lap times with average and current heart rate of the lap
- an indicator for the amount of free memory with each recording interval

Other functions

- backlight
- Primary and Secondary Time Displays to enable seeing Time of Day, total exercising time or count down timer(s) during the heart rate measurement without pressing any buttons
- ability to recall the memory file by file on receiver display
- ability to download recorded training information into a computer for detailed analysis (optional Polar Interface Plus required).

- Adjust the strap length snug enough and wet the Polar Coded Transmitter electrodes to ensure flawless heart rate measurement.

- Do not stretch or bend the transmitter.

- Do not operate the buttons of the wrist receiver under water.

- Wash and dry the transmitter regularly after use; never store it wet.

- Keep the Polar Heart Rate Monitor out of extreme cold or heat.

PARTS

The Polar Accurex Plus consists of three parts:

1. Polar Coded Transmitter

Grooved electrode areas

2. Elastic strap

3. Polar Accurex Plus wrist receiver

GETTING GOING

1. Attach the Polar Coded Transmitter to the elastic strap.

2. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, below the chest muscles. Lock the buckle.

3. Pull the transmitter off your chest and **wet the grooved electrode areas** on the back of it.

4. Check that the wet electrode areas are firmly against your skin and the Polar logo is in a central upright position.

5. Wear the wrist receiver as you would wear an ordinary watch.

Alternatively, if you go biking, you may attach the Wrist Receiver to a Polar Bike Mount ▶ **Polar Books and Accessories**. Keep the Wrist Receiver within the transmission range (1 metre / 3 feet).

! *It is recommended that you wear the transmitter against your bare skin to ensure flawless operation. However, if you wish to wear the transmitter over a shirt, moisten the shirt well under the electrodes.*

It is important that the electrodes are wet during the exercise. However, after exercising, take good care of the transmitter to save the electrodes and battery life:
1. Wash the transmitter carefully with mild soap water solution.
2. Rinse it with pure water.
3. Dry the transmitter carefully.

To start the heart rate measurement right away with the default settings* ▶ Continue from **Start the heart rate measurement**.

SETTING THE WATCH

Start here to set:
- Alarm ■
- Time ■
- Date ■

In the display each function is represented by a block in the graphic bar in the above order. A flashing block means that you are setting the corresponding function.

Set the 12/24 h display
1. In the Time of day display, press and hold SET/START/STOP. Release.
   12 h mode with AM/PM indicator is activated.
2. Press and hold again. Release.
   24 h mode is activated.
3. The chosen Time mode is now used in all watch and alarm functions.

Starting the settings
1. In the Time of day display, press SET/START/STOP.
   - *SET starts to flash in the upper right corner of the display.*
   - *ALM appears on the display.*
   - *Alarm symbol* ●))) *starts to flash.*
   - *The uppermost block of the graphic bar on the right, representing the setting of Alarm, starts to flash.*

2. Go through setting of alarm, time and/or day step by step by following the instructions. If you chose the 24 h mode you can skip those parts in the following instructions, which advise you to set AM or PM.

⚡ *You can also go directly to set just one particular function by pressing SET/START/STOP shortly as many times as needed until you see the corresponding text symbol in the display. Then follow the instructions for setting that particular function.*

Alarm symbol ●))) *is flashing.*

1. Press SIGNAL/LIGHT to set the alarm on or off.

   ●))) *= alarm is on*

   ● *= alarm is off*

2. Press STORE/LAP/RECOVERY to lock your selection.
   AM/PM starts to flash.

3. Press SIGNAL/LIGHT to select AM or PM.

4. Press STORE/LAP/RECOVERY to lock your selection.
   The hours start flashing.

5. Press SIGNAL/LIGHT to select the desired hour.

   The digits run faster if you press and hold the SIGNAL/LIGHT button. Release the button when the desired value is approaching.

6. Press STORE/LAP/RECOVERY to lock your selection.
   The minutes start flashing.

7. Press SIGNAL/LIGHT to select the desired minutes.

8. Press STORE/LAP/RECOVERY to lock your selection.
   SET starts to flash.
   Alarm symbol starts to flash.

You have the following two alternatives to continue:
1. To enter the time setting mode, press SET/START/STOP.
   TIME appears in the display.
   AM (alternatively the digits representing the hour) starts to flash.

   ▶ Continue from **Setting the time**.

2. To return to Time of Day display, press SELECT.

When the alarm comes on it will sound for one minute or you can turn it off by pressing STORE/LAP/RECOVERY.

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AM/PM (alternatively the digits representing the hours) is/are flashing.

1. Press SIGNAL/LIGHT to select AM or PM.

2. Press STORE/LAP/RECOVERY to lock your selection.
   The hours start flashing.

3. Press SIGNAL/LIGHT to select the desired hour.

4. Press STORE/LAP/RECOVERY to lock your selection.
   The minutes start flashing.
   The seconds go to zero.

5. Press SIGNAL/LIGHT to select the desired minutes.

6. Press STORE/LAP/RECOVERY to lock your selection.
   The seconds start running.
   AM/PM or the hours start flashing.

You have the following two alternatives to continue:
1. To enter the date setting mode, press SET/START/STOP.
   DATE appears in the display.
   The digits representing the day start flashing.

   ▶ Continue from **Setting the date**.

2. To return to Time of day display, press SELECT twice.

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SETTING THE DATE

Date is displayed differently depending on which time mode (12h or 24 h) is chosen.

24 h time mode:
DAY - MONTH - YEAR

12 h time mode:
MONTH - DAY - YEAR
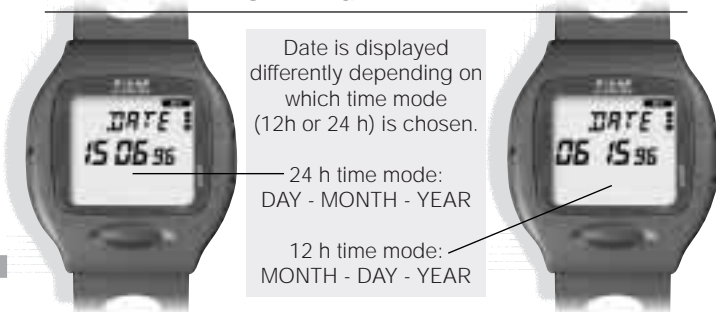
The first digits are flashing.
1. Press SIGNAL/LIGHT to adjust:
   The day *if you have chosen* **24 h** *time mode.*
   The month *if you have chosen* **12 h** *time mode.*

2. Press STORE/ LAP/RECOVERY to lock your selection.
   The middle digits start flashing.

3. Press SIGNAL/LIGHT to adjust the setting.
   The month *if you have chosen* **24 h** *time mode.*
   The day *if you have chosen* **12 h** *time mode.*

4. Press STORE/LAP/RECOVERY to lock your selection.
   The year starts flashing.

5. Press SIGNAL/LIGHT to select the desired year.

6. Press STORE/LAP/RECOVERY to lock your selection.

You have the following two alternatives to continue:
1. To enter the alarm setting mode, press SET/START/STOP.
   ALM is displayed.
   The alarm symbol ● is flashing.

   ▶ Continue from **Setting the alarm**.

2. To stop the watch settings and to return to the Time of day display, press SELECT twice.

To see date in the display showing Time of Day, press and hold SIGNAL/LIGHT. To make the date disappear, press and hold SIGNAL/LIGHT again.

SETTING THE HEART RATE MONITOR

Start here to set:
- Timers 1, 2 & 3
- Heart Rate Limits 1 & 2
- Recovery function
- Primary / Secondary Time Display

In the display each function is represented by a block in the graphic bar in the above order. A flashing block means that you are setting the corresponding function.

Starting the settings
1. In the Time of day display, press SELECT three times.
   - *SET starts to flash in the upper right corner of the display.*
   - *TIM appears in the display.*
   - *The uppermost block of the graphic bar representing the setting of Timers 1, 2 & 3 starts to flash.*

2. Go through the settings of Timers, Heart Rate Limits, Recovery function and Primary/Secondary Time Display by following the instructions.

You can also go directly to set just one particular function by pressing SET/START/STOP shortly as many times as needed until you see the corresponding text symbol in the display. Then follow the instructions for setting that particular function.

The digits run faster if you press and hold the SIGNAL/ LIGHT button. Release the button when the desired value is approaching. However, if you by accident pass too quickly the digit you wanted to set, press and hold SET/START/ STOP to restart from default settings.

SETTING THE TIMERS 1, 2 & 3

Timers
This function helps you to divide your exercise session into separate phases (e.g. warm-up, exercise phase, cool down). Timers can be used individually or sequentially.

The digits representing the hours of Timer 1 are flashing.

😊 *If you don't want to use the timers, set the values for Timer 1 to zero. If you want to use only the Timer 1, set the value for Timer 2 to zero.*

1. Press SIGNAL/LIGHT to select the desired hours.

2. Press STORE/LAP/RECOVERY to lock your selection.
    The minutes of Timer 1 start to flash.

3. Press SIGNAL/LIGHT to select the desired minutes.

4. Press STORE/LAP/RECOVERY to lock your selection.
    The seconds of Timer 1 start to flash.

5. Press SIGNAL/LIGHT to select the desired seconds.

6. Press STORE/LAP/RECOVERY to lock your selection.

7. Press SET/START/STOP to start setting of Timer 2.
    The hours of Timer 2 start to flash.

8. Repeat the steps from 1 to 6 to set the Timer 2.

😊 *Timer 1 starts running when you start the stopwatch. Timer 2 will follow Timer 1 and Timer 3 will follow Timer 2. If you set only Timer 1, it will not repeat itself after its time is up.*

9. Press SET/START/STOP to start setting of Timer 3.
    The hours of Timer 3 start to flash.

10. Repeat the steps from 1 to 6 to set the Timer 3.

You have the following two alternatives to continue:
1. To start setting the Heart Rate Limits 1 & 2, press SET/START/STOP.
    *The second block of the graphic bar representing the setting of the **Heart Rate Limits** starts to flash.*
    LIM1 appears in the display.
    The reading, representing the Upper Limit 1, starts to flash.

▶ Continue from **Setting the Heart Rate Limits 1 & 2**.

2. To return to Time of day display, press SELECT twice.

SETTING THE HEART RATE LIMITS 1 & 2

Heart rate limits
Heart rate limits can be set in one beat per minute increment which allows you to monitor your workouts securing the correct exercise intensity.

The upper reading representing the Upper Limit 1 is flashing.

1. Press SIGNAL/LIGHT to select the desired value for the Upper Limit 1.

😊 *You cannot set the upper limit lower than the lower limit. The range for the target heart rate zone is 10 - 240.*

2. Press STORE/LAP/RECOVERY to lock your selection.
    The lower reading, representing the Lower Limit 1, starts to flash.

3. Press SIGNAL/LIGHT to select the desired Lower Limit 1.

4. Press STORE/LAP/RECOVERY to lock your selection.
    The upper reading representing the Upper Limit 1 starts to flash.

5. Press SET/START/STOP to start setting the Heart Rate Limits 2.
    The upper reading representing the Upper Limit 2 starts to flash.

6. Repeat the steps 1 to 4 to set the Heart Rate Limits 2.

You have the following two alternatives to continue:
1. To start setting Recovery function press SET/START/STOP.
   *The third block of the graphic bar representing the setting of the **Recovery function** starts to flash.*
   RECO appears in the display.
   HR (alternatively TI) starts to flash.

   ▶ Continue from **Setting the Recovery function**.

2. To return to Time of Day display, press SELECT twice.

<div align="center">

SETTING THE RECOVERY FUNCTION

</div>

HR / TI is flashing.

1. Press SIGNAL/LIGHT to choose RECO HR or RECO TI.

CHOOSE FROM THESE RECOVERY FUNCTIONS:

Recovery Heart Rate (RECO HR)
Measures how much the heart rate decreases during the preset period of time. You define the period of time in minutes and seconds.

Recovery Time (RECO TI)
Measures the time until a certain heart rate reading is reached. You define the heart rate reading you want to reach.

2. Press STORE/LAP/RECOVERY to lock your selection.
   If you selected RECO HR, 00:00 appears on the display and first digits start to flash.
   If you selected RECO TI, ♥ with 00 appears on the display and the digits start to flash.

3. Press SIGNAL/LIGHT to select the desired value.
   ***In case of RECO HR**: Select the desired value for the minutes and press STORE/LAP/RECOVERY to lock your selection. Then press SIGNAL/LIGHT to select the desired value for the seconds.*

   ***In case of RECO TI**: Select the heart rate value you want to reach.*

4. Press STORE/LAP/RECOVERY to lock your selection.

You have the following two alternatives to continue:
1. To start setting the Primary and Secondary Time Display press SET/START/STOP.
   *The fourth block of the graphic bar representing the setting of the **Primary and Secondary Time Display** starts to flash.*
   CHRONO (alternatively TIME or TIM1) appears in the display. Number 1, as a sign of the Primary Time Display, starts to flash.

   ▶ Continue from Setting the **Primary and Secondary Time Display**.

2. To return to Time of day display, press SELECT twice.

The Primary Time Display symbol 1 and 00:00 0 (alternatively time of day or the preset value of the timer) is flashing.

1. Press SIGNAL/LIGHT to select the desired Primary Time Display. The alternative you choose will be displayed in the middle row during the heart rate measurement.

CHOOSE FROM THESE ALTERNATIVES:

CHRONO 00:00 0
Displays total exercising time during heart rate measurement.

TIME Time of Day (for example 1:52 PM/13:52)
Displays time of day during heart rate measurement.

TIM 1 Setting of Timer 1 (for example 0:10 00)
Displays during heart rate measurement the counting down of the timers after one another depending on how many timers you have set. This alternative is available only if you have earlier set at least Timer 1.

2. Press STORE/LAP/RECOVERY to lock your selection.

3. Press SET/START/STOP to start setting the Secondary Time Display.
   The Secondary Time Display symbol 2 and 00:00 0 (alternatively time of day or preset value of the timer) start to flash.

4. Press SIGNAL/LIGHT to select the desired Secondary Time Display. The alternative you choose can be activated in the middle row of the display during the heart rate measurement by bringing the face of the Wrist receiver next to the Polar logo of the Transmitter for a moment.

Choose from the same alternatives as for the Primary Time Display. However, note that the option which you chose for the Primary Time Display is not available when setting the Secondary Time Display.

5. Press STORE/LAP/RECOVERY to lock your selection.

You have the following two alternatives to continue:
1. To start setting the Timers 1, 2 & 3 press SET/START/STOP.
   *The first block of the graphic bar representing the setting of **the Timers 1, 2 & 3** starts to flash.*

▶ Continue from **Setting the Timers 1, 2 & 3**.

2. To return to Time of day display, press SELECT twice.

DURING THE HEART RATE MEASUREMENT

1. START THE HEART RATE MEASUREMENT

1. Wear the Transmitter and Receiver as described in Getting going.

2. Check that there are no disturbances near you as you are about to start the code search for coded transmission.

> ! *Make sure that the code search will be successful:*
> - *Keep the Receiver within 1 metre from your Polar Coded Transmitter, which you are wearing.*
> - *Check that you are not near to high voltage power lines, cellular phones, televisions, cars, cycle computers, exercise equipment or other people with heart rate monitors etc.*

3. Start the code search in the Time of day display by pressing SELECT.
   The Receiver starts searching for coded trans- mission for max. 30 seconds. MEM and INT scan on the display indicating the memory available with the chosen recording interval. The coded heart rate information appears in the bottom line of the display. Coded transmission is indicated by a heart shaped frame around the heart symbol.

If the code search was not successful, the frame around the heart symbol disappears after 30 seconds and the heart rate information is not coded. You can still continue exercising with the heart rate monitor, but your receiver may become disturbed by other heart rate monitors. If you prefer coded transmission, restart the measurement from the Time of day display and follow the above mentioned precautions during the code search.

4. Start the stopwatch by pressing SET/START/ STOP.
   Stopwatch starts running and you hear a long beep.
   Primary Time Display is shown in the middle row.
   Automatic recording of heart rate information starts.
   Display is illuminated for a few seconds.

5. You can now start exercising with your heart rate monitor.

> ⚡ **Quick start** *for heart rate measurement from the Time of day display: wear the transmitter and Receiver as described in* **Getting going** *and press and hold STORE/LAP/ RECOVERY. Release.*

2. SEE YOUR HEART RATE

You can see your heart rate in the bottom line of the display. The Target Zone information is displayed as follows:

TZ You are exercising within the preset Target Zone.

▲
TZ You are exercising above the preset Target Zone.

TZ
▼ You are exercising below the preset Target Zone.

Exercising below, within and above the Target Zone is indicated with the above symbols only when stopwatch is running.

3. ILLUMINATE THE DISPLAY

Press SIGNAL/LIGHT or bring the wrist receiver very close to the Transmitter for a moment.

4. TURN THE TARGET ZONE SOUND SIGNAL OFF/ON

Press and hold SIGNAL/LIGHT for 1 second.

5. STOP/START THE STOPWATCH

Press SET/START/STOP to stop/start the stopwatch. Note, that average heart rate and time below, within and above the Target Zone are calculated only from the time the stopwatch is running.

6. CHECK THE SECONDARY TIME DISPLAY WITH TRANSMISSION CODE AND HEART RATE LIMITS IN USE

During the heart rate measurement bring the wrist receiver next to the Polar logo of the transmitter for a moment. The following information will appear automatically on the illuminated display for 5 seconds:

• Heart Rate Limits in use

• Secondary Time Display

• Transmission Code (TC)

7. SWAP THE HEART RATE LIMITS

When the stopwatch is running, press SELECT to activate the alternative Heart Rate Limits and to display them for a few seconds. To be able to swap limits you need to set the Limits 2 also.

▶ See **Setting the Limits 1 & 2.**

8. STORE SPLIT TIME AND LAP TIME

Press STORE/LAP/RECOVERY to store lap and split times. The following information will be displayed for 5 seconds:

• *Lap time in the upper row of the display.*
• *Split time in the middle row of the display.*
• *Average heart rate of the lap in the lower row of the display.*

The sequence number of the next lap will be displayed in the right lower corner of the display after 5 seconds and lap timer starts again from zero.

You can see the stored lap and split times with current and average heart rates later when recalling the training information.

9. START RECOVERY CALCULATION

Press and hold STORE/ LAP/RECOVERY until you hear three beeps. Release.

Depending on your settings RECO HR or RECO TI appears in the upper row of the display.

In case of RECO HR: You will hear two long beeps when the time for the Recovery calculation is up. The *Recovery Heart Rate*, drop in your heart rate during the preset time, appears in the display for a few seconds.

In case of RECO TI: You will hear two long beeps at the same time you reach the preset heart rate reading. The *Recovery Time*, time it took for you to reach the preset heart rate reading, appears for few seconds in the display in minutes and seconds.

▶ To be able to start the Recovery calculation you need to set it first. See **Setting the Recovery function**.

10. START THE TIMERS

Timers start running automatically once you start the stopwatch. Timers alternate in the following order: Timer 1, Timer 2, Timer 3, Timer 1, Timer 2, Timer 3, etc. Timers stop running as you stop the stopwatch. If you have set only Timer 1, it will **not** repeat itself after its time is up. You will hear six beeps as the time of Timer 1 has run out. This count down feature is helpful in knowing when exactly a preset exercise time has come to an end and it is time to stretch and cool down.

▶ To set the timers see **Setting the Timers 1, 2 & 3**.

11. STORE HEART RATE READING

Heart rate readings are stored automatically according to the preset recording interval. The default recording interval is 5 seconds.

▶ To set the recording interval for the automatic heart rate recording, see **Setting the recording interval**.

12. RESET THE STOPWATCH

Press SET/START/STOP to stop the stopwatch. Then press and hold SET/START/STOP until all stopwatch digits are back to zero or alternatively the countdown timer is back in preset starting time. Release the button. The current file is deleted and you can start the stopwatch and recording again.

13. STOP THE HEART RATE MEASUREMENT

You have the following two alternatives to continue:
1. To stop the heart rate measurement and enter Time of day display:
   *Press SET/START/STOP to stop the stopwatch. Then press SELECT 3 times to return to Time of Day display. You can recall the recorded information later (see **Recalling the recorded information**).*

2. To stop the heart rate measurement and continue directly by recalling the recorded training information, see **Recalling the recorded information**.
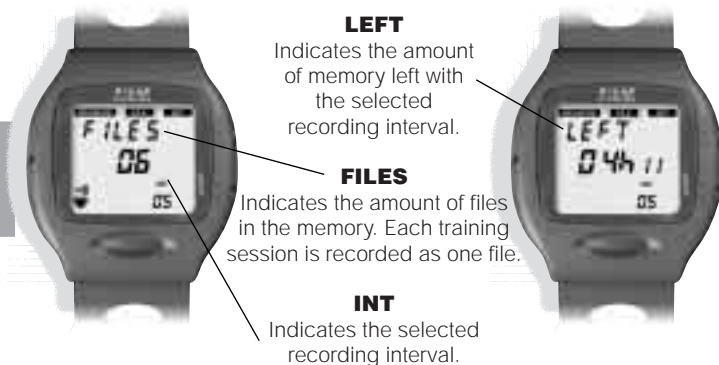
RECALLING THE RECORDED INFORMATION

CHOOSE FROM THESE ALTERNATIVES TO START ANALYZING:

From the Time of day display:
1. Press SELECT twice to enter the FILE mode.
   LEFT and FILES scan in the display.
   INT flashes in the display.

From heart rate measurement:
1. Stop the stopwatch by pressing the SET/START/STOP.
2. Press SELECT once to enter the FILE mode.
   LEFT and FILES scan in the display.
   INT flashes in the display.

LEFT
Indicates the amount of memory left with the selected recording interval.

FILES
Indicates the amount of files in the memory. Each training session is recorded as one file.

INT
Indicates the selected recording interval.

---

*Start from **Recalling the recorded information**.*
LEFT and FILES scan in the display.
INT flashes in the display.

1. Press SIGNAL/LIGHT to set the recording interval.

CHOOSE FROM THESE ALTERNATIVES:

INT   5   Heart rate is recorded every 5 seconds.
          Full memory 5h 34min.
INT   15 Heart rate is recorded every 15 seconds.
          Full memory 16h 42min.
INT   60 Heart rate is recorded every 60 seconds.
          Full memory 66h 49min.
LAP   - - Average and current heart rates of the lap are recorded by pressing STORE/LAP/RECOVERY. Ful memory 360 laps.

Besides each alternative you can see the amount of memory left when using that particular recording interval. The selected recording interval defaults for the next measurement.

The recording interval - - is practical for example in exercising sessions where recording of heart rate information is required just occasionally or not at all. This function uses the memory economically and enables you to record more exercises.

You have the following three alternatives to continue:
1. To continue recalling the training information, press STORE/LAP/RECOVERY.
   The cover page of the last recorded file appears in the display.

   ▶ Continue from **Recalling the training information**.

2. To delete the most recent file...

   ▶ Continue from **Deleting the most recent file**.

3. To return to Time of day display, press SELECT twice.

RECALLING THE TRAINING INFORMATION

Start from **Recalling the recorded information**. *The cover page of the last recorded file scans in the display.*
- File number
- Total exercise time
- Total number of lap and split times
- Average heart rate (AVG)
- Date
- Starting time
- Maximum heart rate (MAX)

1. First, by pressing SIGNAL/LIGHT, select the cover page of the file you want to recall in detail. When the cover page of the desired file is on the display, press STORE/LAP/RECOVERY and the following figures appear in the display:
   - LIM 1   Settings for Target Zone 1

2. Press STORE/LAP/RECOVERY and the following appears in the display:
   - LIM 2   Settings for Target Zone 2

3. Press STORE/LAP/RECOVERY and the following appears scanning in the display:
   - LIM 1 ⇕TZ   *Exercising time above the Target Zone 1*
   - LIM 1 TZ   *Exercising time within the Target Zone 1*
   - LIM 1 TZ⇓   *Exercising time below the Target Zone 1*

4. Press STORE/LAP/RECOVERY and the following appears scanning in the display:
   - LIM 2 ⇕TZ   *Exercising time above the Target Zone 2*
   - LIM 2 TZ   *Exercising time within the Target Zone 2*
   - LIM 2 TZ⇓   *Exercising time below the Target Zone 2*

5. Press STORE/LAP/RECOVERY and the following recorded information appear in the display one after the other after each button press:
   - *Recorded heart rate readings*
   - *Lap and split times with alternating average and current heart rates for laps*
   - *Recovery heart rate / recovery time after lap and split time information, when you have used the recovery function*
   - *Swapping between Heart Rate Limits*

The digits run faster if you press and hold STORE/LAP/RECOVERY. Release the button when you want to see a certain reading for a longer time. The button is released automatically in case a split/lap time or a change of Heart Rate Limits is showing up on the display.

To view the file backwards, press SIGNAL/LIGHT instead of STORE/LAP/RECOVERY.

6. Press STORE/LAP/RECOVERY until End appears in the display. After End you will see the following information:
   - *The last lap time in the upper row of the display.*
   - *Total exercise time in the middle row of the display.*
   - *Average heart rate of the last lap alternating with the heart rate at the moment of stopping the stopwatch.*

You have the following three alternatives to continue:
1. To recall the same file again, press STORE/LAP/RECOVERY.
   The cover page of the file appears in the display.

▶ Continue from **Recalling the training information**.

2. To delete the most recent file press SELECT.
   LEFT and FILES scan in the display.
   INT flashes in the display.

▶ Continue from **Deleting the most recent file**.

3. To return to Time of day display, press SELECT three times.

DELETING THE MOST RECENT FILE

*Start from **Recalling the recorded information**.*
   LEFT and FILES scan in the display.
   INT flashes in the display.

1. Press SET/START/STOP to start deleting the most recent file.
   DEL FILE and the number of the most recently recorded file appears on the display.

You have the following two alternatives to continue:

1. Confirm the deleting of the file by pressing STORE/LAP/
   RECOVERY.
   The most recent file is deleted.
   LEFT and FILES start scanning on the display.
   ▶ *Press SELECT twice to return to Time of day display.*

2. Cancel the deleting of the most recent file, press SELECT.
   LEFT and FILES start scanning on the display.
   ▶ *Press SELECT twice to return to Time of day display.*

DOWNLOADING THE TRAINING INFORMATION IN YOUR COMPUTER*

Start from Recalling the recorded information.
The front pages of the last recorded file scan in the display.

1. Press SET/START/STOP.
   COM and the number of the file appears in the display.

2. See the User's guide of the Polar Interface Plus for more
   instructions.

* *To be able to transfer and analyze the recorded training
   information in your computer, you need a Polar Interface Plus
   with Training Advisor Software and a Personal Computer.*

SYSTEM REQUIREMENTS FOR YOUR PC

	MINIMUM	RECOMMENDED
PC	386/33MHz	486
Operating system	Windows 3.1 or later	
Hard disk	6 MB of free space	
RAM	4 MB	8 MB
Disk drive	3.5 " (1.44 MB)	
Serial port	Free RS-232 serial port	
Graphic board		Windows accelerator
Other	Mouse	

Polar Interface Plus with Training Advisor Software is available
through your closest authorized Polar dealer, distributor or Polar
Electro Oy. See the Customer Care Charter or the warranty card for
contact details.

FREQUENTLY ASKED QUESTIONS

WHAT SHOULD I DO IF...

... I DON'T KNOW WHERE I AM IN THE SETTING CYCLE?
Press SELECT several times until you are back in the Time
of day display.

... THERE IS NO HEART RATE READING?
1. Check that the electrodes of the transmitter are moistened
   and that you are wearing it as instructed.
2. Check that you have kept the transmitter clean. ▶ **Care and
   maintenance**
3. Check that there are no sources of electromagnetic radiation in
   the close vicinity of the Polar wrist receiver, such as TV sets,
   cellular phones, CRT monitors etc. ▶ **Precautions**
4. Have you had a cardiac event which may have altered your
   ECG waveform? In this case consult your physician.

...HEART SYMBOL FLASHES IRREGULARLY?
1. Check that your Polar wrist receiver is inside the transmission
   range and not further that 1 metre / 3 feet from the Polar Coded
   Transmitter you are wearing.
2. Check that the elastic strap has not become loose during
   exercise.
3. Make sure that the electrodes of the transmitter are moistened.
4. Cardiac arrhythmia may cause irregular readings. In this case
   consult your physician.

... OTHER PERSON WITH HEART RATE MONITOR OR EXERCISE EQUIPMENT IS CAUSING INTERFERENCE?

Make sure there are no disturbances such as high voltage power lines, televisions, cellular phones, cars, cycle computers, exercise equipment or other people with heart rate monitors near you during the code search. The benefit of the coding is that you will not normally pick up other people's heart rate transmission and certain kinds of disturbances are more efficiently filtered. However your training partner may have coincidentally activated exactly the same code. In this case you have the following alternatives:

1. Keep a distance from your training partner and continue your training session normally
   or
2. Stop the heart rate measurement (▶ **Stop the heart rate measurement**), pull the transmitter off your chest for 15 seconds (code will be changed) and restart from the beginning (▶ **Start the heart rate measurement.**).

In some cases you may need to dry the transmitter electrodes to ensure that the transmitter is turned off again, as the sweat may keep it active even when it is off the chest.

... THERE ARE NO REACTIONS TO ANY BUTTONS?

Reset the Polar Heart Rate Monitor. Resetting clears all memory values and settings will return to the default settings.

1. Press the reset button with a pen tip.
   Display becomes full of digits.
2. Press any of the four buttons once.
   Polar Accurex Plus enters the Time of day display.

... THE DISPLAY IS BLANK OR FADING?

Usually the first sign of a discharged battery is the disappearance of the digits when using the backlight. Have the batteries checked.
▶ **Service**

... IF THE BATTERY OF THE WRIST RECEIVER MUST BE REPLACED?

We recommend having all service done by an authorized Polar Service. This is especially necessary to ensure the warranty remains valid and is not affected by incorrect repair procedures done by an unauthorized agent. Polar Service will test your wrist receiver for water resistance after battery replacement and make a full periodic check of the complete Polar Heart Rate Monitor.
▶ **Care and Maintenance/Batteries** and **Service**

POLAR GLOSSARY

♥ Indicates the ongoing heart rate measurement and flashes at the pace of the beating of your heart.

♥ Indicates coded transmission of heart rate.

•⟩⟩ In the TIME mode indicates that the alarm is on or off. In the MEASURE mode indicates that the sound signal to alarm if you are exercising below or above your target heart rate zone is on or off.

-- When starting the heart rate measurement, these lines indicate the search for coded transmission. The lines appear also when the Wrist Receiver stops receiving the heart rate information due to missing heart rate signals.

Alm: ALARM mode

AM/PM: 12 hour mode of TIME

Average heart rate, AVG: Average of heart rates is measured during an exercise period and is calculated from the time the stopwatch is running.

Beats per minute, BPM: Unit of heart rate

Chrono: Displays the total exercising time during the heart rate measurement

Coded Transmitter: See Polar Coded Transmitter

COM: Indicates the file transferring to the PC.

Date: Indicates the date in the DATE setting mode.

Del file x: Indicates the possibility to delete the newest file manually.

Electrodes: The grooved areas of the transmitter against the skin. Pick up the heart's electrical impulses.

End: Indicates the end of the file you are reviewing.

File: Indicates the FILE mode

Full: In the measure mode FULL indicates that the memory has become full and you should delete files to be able to continue recording.

Graphic bar: The graphic bar consists of four blocks. In the SET mode the blocks indicate the different watch or heart rate measurement functions you can set. A flashing block means that the setting of a function is possible.

Halt: Appears on the display to indicate that stopwatch is stopped after 99:59:59 hrs. This function is designed to save battery energy. Press SELECT to continue.

Heart rate: The number of heart beats per minute.

Heart Rate Monitor, HRM: Consists of Polar Transmitter, Wrist Receiver and Elastic Strap

INT: Interval for automatic heart rate recording. You can choose the interval from three possibilities: 5,15 and 60 seconds.

LAP: Together with a number indicates how many lap times are used in MEASURE and FILE modes.

Lap and split times: Time needed to move once around a closed course or track.

Left: Tells you the amount of memory left.

LIM 1 / LIM 2: Heart Rate Limits for the Target Zones 1 and 2. You can use Target Zone 1 for example for warm-up phase and Target Zone 2 for exercise phase.

Lower Limit: The lower heart rate reading for the target zone

MAX: Maximum heart rate of exercising period

Measure: MEASURE mode.

MEM: When starting the measurement, MEM together with a reading indicates memory available.

Memory deletion: During the exercise period, you can record information in the memory of the HRM. The number of exercising sessions is unlimited. If the memory is getting full, make some room for the new files by erasing manually the existing files starting from the most recent file. See *Deleting the most recent file*

PC: Personal Computer

Polar Coded Transmitter: Automatically locks in a code to transmit your heart rate to your Wrist Receiver. In coded transmission the Receiver accepts heart rate from your transmitter only and thus crosstalk caused by other users of heart rate monitors is reduced significantly.

Primary Time Display: During the heart rate measurement the middle row of the display indicates according to your settings either total exercising time, time of day or the timers counting down. See also *Secondary Time Display*

Recording interval: Records the heart rate data into the memory in 5, 15 or 60 seconds or lap times with average and current heart rates.

Recovery Heart Rate, RECO HR: Decrease in heart rate during the preset period of time.

Recovery Time, RECO TI: Time until certain preset heart rate reading is reached.

Secondary Time Display: The Secondary Time Display can be activated during the heart rate measurement by bringing the face of the Wrist receiver next to the Polar logo of the Transmitter for a moment. The middle row of the display will indicate, according to your settings, either total exercising time, time of day or the timers counting down. See also *Primary Time Display.*

Set: Set mode

Target Zone, TZ: The area between upper and lower target zone limits. Target Zone selection is based on individual's personal fitness goals.

Target Zone limits: Target Zone limits are determined as percentages of maximum heart rate. The percentages are converted into heart rate in beats per minute.

TC: Transmission Code

Time: Indicates time of day in the watch settings and in the primary/secondary time display settings.

Timer 1, 2 & 3: Timers help you to divide your exercise session into separate phases (e.g. warm-up, exercise phase, cool down). Timers can be used individually (only Timer 1) or sequentially.

^{TZ} During heart rate measurement this symbol indicates that you are exercising within the Target Zone. In FILE mode this indicates the time spent within the Target Zone.

▲$_{TZ}$ During heart rate measurement this symbol indicates that the heart rate is above the Target Zone. In FILE mode this indicates the time spent above the Target Zone.

^{TZ}▼ During heart rate measurement this symbol indicates that the heart rate is below the Target Zone. In FILE mode this indicates the time spent below the Target Zone.

Upper limit: The upper heart rate reading for the target zone

COMPATIBILITY

POLAR PRECISION PERFORMANCE SW 2.0 WITH HEART RATE MONITORS AND INTERFACES

Polar Precision Performance SW	Polar Sport Tester™	Polar Vantage NV™	Polar Accurex Plus™	Polar XTrainer Plus™
Polar Computer Interface	•	-	•	•
Polar Advantage Interface	•	•	•	•
Polar Interface Plus	•	-	•	•

POLAR TRAINING ADVISOR SW WITH HEART RATE MONITORS AND INTERFACES

Polar Training Advisor SW	Polar Sport Tester™	Polar Vantage NV™	Polar Accurex Plus™	Polar XTrainer Plus™
Polar Computer Interface	•	-	•	•
Polar Advantage Interface	•	-	•	•
Polar Interface Plus	•	-	•	•

• = compatible

CARE AND MAINTENANCE

Your Polar Heart Rate Monitor is a high-tech instrument of superior design and workmanship and should be treated with care. The suggestions below will help you fulfill the warranty obligations and enjoy this product for many years to come.

TAKING CARE OF YOUR POLAR HEART RATE MONITOR

• Wash the Polar Coded Transmitter regularly after use with a mild soap and water solution. Dry it carefully after washing.

• Never store the Polar Coded Transmitter wet. Sweat and moisture can keep its electrodes wet and the transmitter activated, which shortens the battery life.

• Store your Polar Heart Rate Monitor in a cool and dry place. Do not store it in any kind of non-breathing material, such as a plastic bag or a sports bag if it is wet.

• Do not bend or stretch the Polar Coded Transmitter. This may damage the electrodes.

• Keep your Polar Heart Rate Monitor out of extreme cold (below -10 °C / 14 °F) and heat (above 50 °C / 122 °F).

• Do not expose the Polar Heart Rate Monitor to direct sunlight for extended periods, such as by leaving it in a car.

POLAR CODED TRANSMITTER
The estimated average battery life of the Polar Coded Transmitter is 2500 hours of use. Contact your distributor/dealer for a transmitter replacement. ▶ **Service** for detailed instructions.

😊 *Polar recycles used transmitters.*

POLAR ACCUREX PLUS RECEIVER
The estimated average battery life of the Polar Accurex Plus receiver is 1 year in normal use (1h/day, 7 days a week). However, because the battery is inserted at the factory, the actual life of your first battery once in your possession may be less than the estimated battery life. Note also that excessive use of the backlight and the alarm signals will use the battery more rapidly.

Do not open the Polar wrist receiver yourself. To ensure the water resistance properties and the use of qualified components, the wrist receiver battery should be replaced only by a person authorised by Polar Electro Oy. At the same time a full periodic check of the Polar Heart Rate Monitor will be done.
▶ **Service** for detailed instructions.

PRECAUTIONS

POLAR HEART RATE MONITOR IN A WATER ENVIRONMENT

Polar Heart Rate Monitors are water resistant to 20 metres. To maintain the water resistance, do not operate the buttons of the Polar wrist receiver under water. Heart rate measurement in a water environment is technically demanding for the following reasons:

• Pool water with a high chlorine content and seawater may be very conductive and the electrodes of a transmitter may get short circuited and ECG signals cannot be detected by the transmitter unit.

• Jumping into the water or strenuous muscle movement during competitive swimming may cause water resistance that shifts the transmitter on the body to a location where it is not possible to pick up the ECG signal.

• The ECG signal strength varies depending on the individual's tissue composition. The percentage of people who have problems in heart rate measuring is considerably higher in a water environment than in other use.

POLAR HEART RATE MONITOR AND INTERFERENCE

ELECTROMAGNETIC INTERFERENCE
Disturbances may occur near high voltage power lines, electric railways, televisions, cars, bike computers, some exercise equipment or cellular phones.

CROSSTALK
The Polar wrist receiver in non-coded mode of operation picks up transmitter signals within 1 metre / 3 feet. Therefore, make sure no other transmitter is within that range. Non-coded signals from more than one transmitter picked up simultaneously can cause an incorrect readout.

EXERCISE EQUIPMENT
Several pieces of exercise equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals. To try to tackle these problems, relocate the Polar wrist receiver as follows:

1. Remove the transmitter from your chest and use the exercise equipment as you would normally.

2. Move the receiver around until you find an area in which it displays no stray reading or flashing of the heart symbol. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.

3. Put the transmitter back on the chest and try to keep the wrist receiver in this interference free area.

4. If the Polar Heart Rate Monitor still does not work with the exercise equipment, this piece of equipment may be electrically too noisy for wireless heart rate measurement.

Notice for persons with pacemakers
Persons who have a pacemaker use the Polar Heart Rate Monitor at their own risk. Before starting use, we always recommend an exercise test under doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the heart rate monitor.

TECHNICAL SPECIFICATIONS

Polar Heart Rate Monitor is designed to indicate the level of physiological strain and intensity in sports and exercise. No other use is intended or implied. Heart rate is displayed as number of heart beats per minute (bpm).

POLAR CODED TRANSMITTER

Battery type:	Built-in Lithium Cell
Battery life:	Average 2500 hours of use
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F

WRIST RECEIVER

Display:	14 seven segments, 36 symbols, total 157 segments
Case:	48 x 42 x 11 mm
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Battery type:	CR 2032
Battery life:	Average 1 year (1h/day, 7 days/week)
Water resistance:	to 20 metres
Accuracy of heart rate measurement:	± 1% or ± 1 beats per minute, whichever larger, definition applies to steady state conditions

DEFAULT SETTINGS

Timer 1:	0:00 0 (off)
Timer 2:	0:00 0 (off)
Timer 3:	0:00 0 (off)
Upper heart rate limit 1:	160
Lower heart rate limit 1:	80
Upper heart rate limit 2:	00 (off)
Lower heart rate limit 2:	00
Recovery function:	off
Primary Time Display:	Chrono
Secondary Time Display:	Time of Day
Recording Interval:	5 seconds

POLAR BOOKS AND ACCESSORIES

POLAR BOOKS AND BOOKLETS

Roy Benson, MPE	Precision Running
Dr. Matthew Brick	Precision Multi-Sport
Edmund R. Burke, Ph.D.	Precision Cycling
Neil Craig	Scientific Heart Rate Training
Sally Edwards	The Heart Rate Monitor Book
Mark Fenton and	
Dave McGovern	Precision Walking
Ute Haas, M.Sc.,	
Tarja Suomi, M.Sc. and	
Dr. Raija Laukkanen, Ph.D.	Precision Aerobics
Dr. Peter J.G.M. Janssen	Training, Lactate, Pulse Rate
Beth Kirkpatrick and	
Burton H. Birnbaum	Lessons from the Heart
Dr. Katriina	
Kukkonen-Harjula, MD	
and Dr. Raija Laukkanen,	
Ph.D.	Precision Weight Management
Dr. Raija Laukkanen, Ph.D.	Research Index
Yvonne Lin	Precision Sports Aerobics
Dr. James M. Rippe	Target Your Fitness and Weight Management Goals
Dr. James M. Rippe	The Polar Fat Free and Fit Forever Program

POLAR ACCESSORIES

- Polar Bike Mount for all bikes and Polar Heart Rate Monitors
- Extra Transmitter for other family members
- Polar Heart Bra for women
- Test handle for groups and trainers

Ask your local dealer or distributor for more details.

SERVICE

To ensure continuous improvement of Polar products, please complete and mail the enclosed Warranty Registration Card within two weeks of the date of purchase.

Polar Service will help you get the most out of your Polar Heart Rate Monitor. Should your Polar Heart Rate Monitor need service, please follow the instructions below:

CHECK LIST

Before you return your Polar Heart Rate Monitor for service, please check the following:

1. Is the Transmitter being worn correctly ?
The Polar logo should be right side up and the Transmitter flat against the skin.

2. Are the electrodes moist on the Transmitter ?
It is important that the electrodes are wet during the heart rate measurement.

3. Is the Transmitter clean ?
Regular washing with mild soap and water and thorough dry afterwards will ensure that good conductivity remains.

4. Are you having disturbances caused by other people with heart rate monitors or exercise equipment?
Check that the code search in the beginning of the measurement has been successful. ▶ **Start the heart rate measurement** and **Frequently asked questions** for details.

SENDING INSTRUCTIONS

1. Pack the product carefully to avoid damage.
2. Include all parts of the Polar Heart Rate Monitor. A full periodic check will be done on the whole product.
3. Include proof of purchase (a receipt or its photocopy) if the product is under warranty.
4. Include a detailed description of the problem. Use the return sheet of the Customer Care Charter!
5. Include your name, return address and daytime telephone number.
6. Ship postage prepaid to your dealer or distributor. For contact details, see the Customer Care Charter or the warranty card.

POLAR SERVICE PROCEDURE

Any service is recommended to be done by an authorised Polar service personnel. Our standard test and check procedure will be performed on all Polar Heart Rate Monitors. The test includes the following elements:

POLAR CODED TRANSMITTER
1. Visual inspection
2. Check of the transmission range
3. Check of electrode conductivity
4. Wash and clean if necessary

POLAR WRIST RECEIVER
1. Visual inspection
2. Check of battery voltage
3. Check and cleaning of case contacts
4. Re-assembly, including seal renewal if necessary
5. Water resistance test
6. Operational test

! *Water resistance cannot be guaranteed after unauthorised service.*

LIMITED POLAR WARRANTY

- Polar Electro Oy warrants the original consumer/purchaser of this heart rate monitor that the product will be free from defects in material or workmanship for one year from the date of purchase. **Please keep the receipt which is your proof of purchase!**

- Warranty does not cover receiver battery or damage due to misuse, abuse, accidents or negligence of the precautions; improper maintenance, commercial use, cracked or broken cases.

- Warranty does not cover damage or consequential damage caused by service not authorised by Polar Electro Oy.

- During the warranty period the product will be either repaired or replaced at an authorised service centre free of charge.

- For more details, please see the warranty card.

DISCLAIMER

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to manufacturer's continuous development program.

- Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein. Polar Electro Oy shall not be liable for any damages, direct or incidental, consequential or special, arising out of, or related to, the use of this material or the products described herein.

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