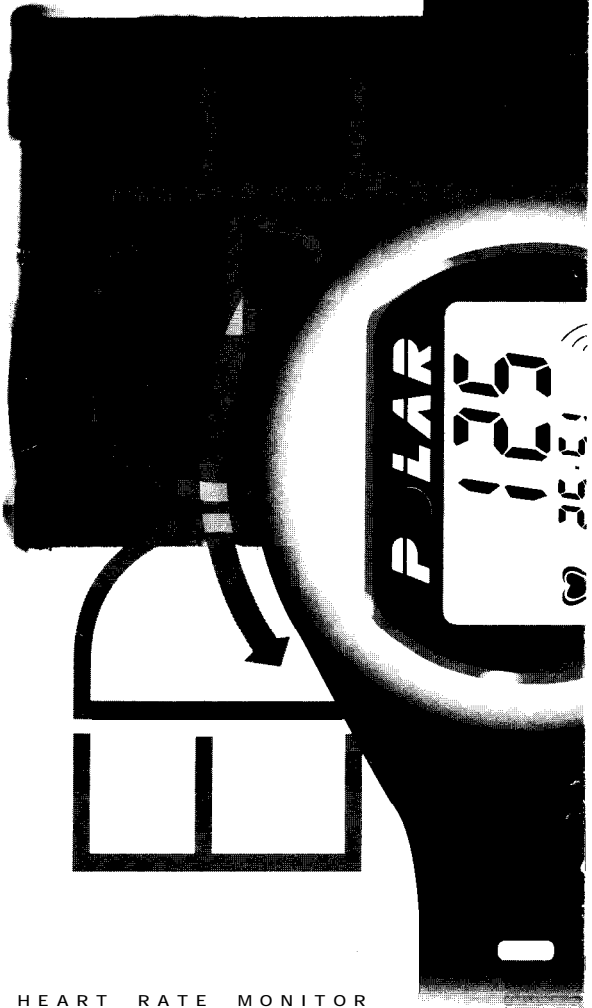


**USER'S INSTRUCTION MANUAL**  
**POLAR EDGE**



HEART RATE MONITOR

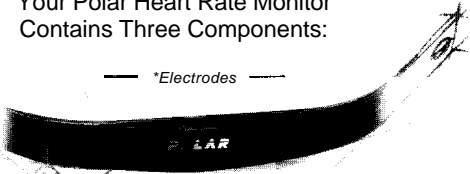
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# HOW TO WEAR YOUR POLAR EDGE HEART RATE MONITOR

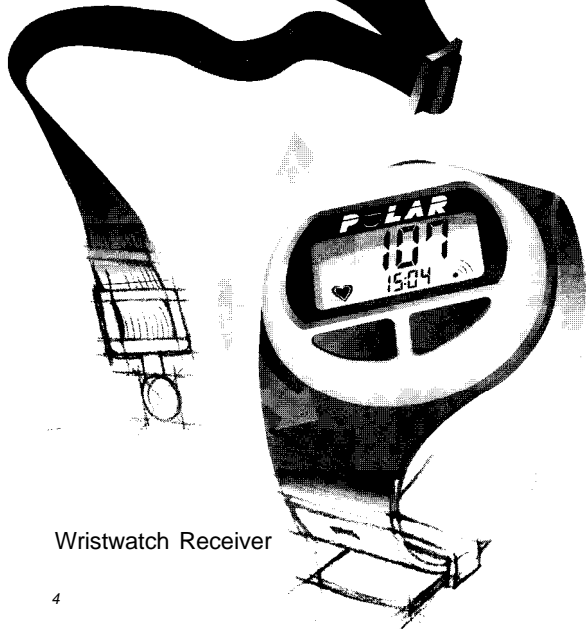
Your Polar Heart Rate Monitor  
Contains Three Components:

— \*Electrodes —



Chest Belt Transmitter

Elastic Strap



Wristwatch Receiver

## 1. WET THE ELECTRODES

Wet the electrodes (the two grooved rectangular areas on the underside of the Belt Transmitter) thoroughly with water or saliva.

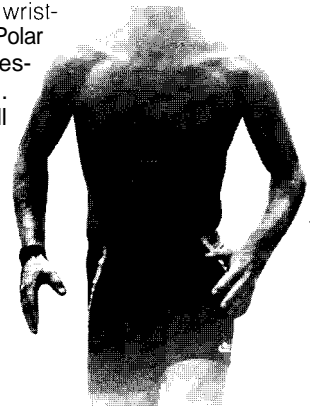
## 2. SECURE THE BELT TRANSMITTER

Secure the Belt Transmitter as high under the Pectoral Muscles (breasts) as is comfortable. The Belt Transmitter should fit snugly and comfortably and allow normal breathing.

*NOTE: To insure proper wetting of the Electrodes\*, with the Belt Transmitter in place, grasp the center of the Belt Transmitter and pull it away from the chest so that the Electrodes are exposed. Re-wet the Electrodes in this position.*

## 3. WEAR THE RECEIVER

Wear the Receiver as a wristwatch or mount it in the Polar Bike Mount or Clip accessories (sold separately). The Belt Transmitter will transmit your heart rate to the Receiver from a distance of up to ca 1 meter (3 feet).




## SELECTING HEART RATE MONITORING MODE

Begin with display showing Time of Day.

### 1. TO START

With wet electrodes and the Belt Transmitter fastened in place, push the right button on the Receiver. Your heart rate will register approximately 5 seconds after the beep. **OR** with wet electrodes and the Belt Transmitter fastened in place, hold the face of the Wristwatch Receiver to the center of the Belt Transmitter. Your heart rate will register approximately 5 seconds after the beep.

### 2. TARGET ZONE ALARM SIGNAL

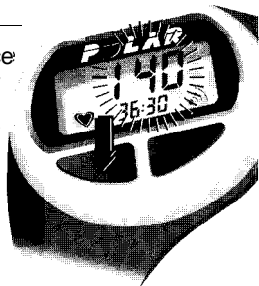
When the Alarm symbol, , appears in the Heart Rate Monitoring Mode display, you will hear an alarm sound with each heart beat if you go above the Upper Target Zone (High) Limit or below the Lower Target Zone (Low) Limit. Push the right button to turn the Target Zone Alarm Signal ON and OFF.

### 3. VISUAL TARGET ZONE ALARM

Above the High Limit or below the Low Limit the heart rate display will blink with each heart beat.

### 4. TO STOP


Push the left button twice to return to the Time of Day mode. **OR** remove the Belt Transmitter. The Receiver display will automatically return to the Time of Day in approximately 5 minutes.



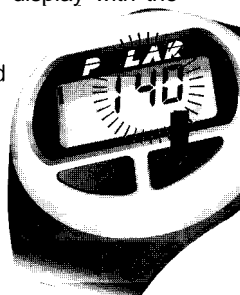
## SETTING TARGET ZONE

Begin with display showing Time of Day.


### SET UPPER TARGET ZONE (HIGH) AND LOWER TARGET ZONE (LOW) LIMITS

Push the left button and a bar  will appear in the upper left corner of the display with the High Limit blinking

Push the right button and the High Limit will increase in 5 beat increments. The highest possible setting is 240. If the setting is increased after reaching 240 it will reset to the number at which the Low Limit is set.

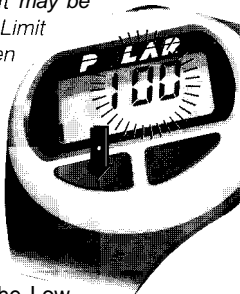


**NOTE:** The High Limit will not set below the number at which the Low Limit is set. It may be necessary to reduce the Low Limit number (see below) first and then return to set the High Limit.

When the desired High Limit is set, push the left button and the Low Limit will appear with a bar  in the lower left corner.

Push the right button and the Low Limit will increase in 5 beat increments. When the Low Limit number reaches the High Limit number it will reset to 15, the lowest possible setting.

When the desired Low Limit is set, return to the Time of Day by pushing the left button twice.



# SETTING ALARM CLOCK

*NOTE. To return to Time of Day at any point in the setting procedure, push both buttons simultaneously.*

## 1. SET ALARM CLOCK

With Time of Day showing push both buttons simultaneously: Alarm Signal Symbol will blink.



Set Alarm Clock ON (symbol ON) or OFF (symbol OFF) by pushing the right button



Once set, push the left button.

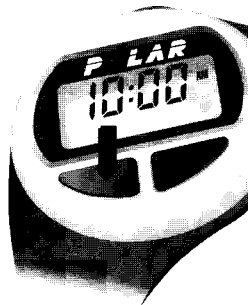


## 2. SET AM/PM

The AM or PM showing will blink. Push the right button to set AM or PM.

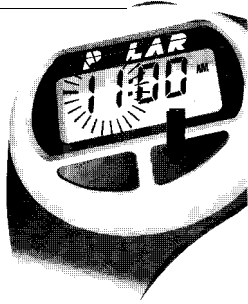


Once set, push the left button.



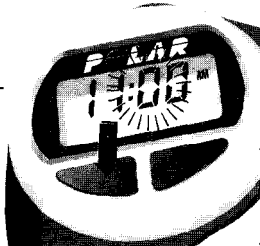
## 3. SET THE ALARM CLOCK TIME

Set the hour digit by pushing the right button.

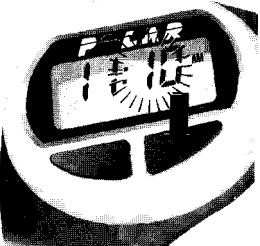


## SETTING TIME OF DAY

Push the left button to select the tens of minutes digit.



Set the tens of minutes digit by pushing the right button.



Push the left button and repeat for the minutes digit.



### 4. STORE ALARM SETTING

Push both buttons simultaneously.  
OR: Push the left button and set Time of Day.

**NOTE:** To return to Time of Day at any point in the setting procedure, push both buttons simultaneously.

If you have just set the Alarm Clock, go to #2. (The AM or PM showing will blink.)  
OR: With Time of Day showing, push both buttons simultaneously.

Alarm Signal Symbol will blink.



### 1. PUSH THE LEFT BUTTON 5 TIMES

### 2. SET AM/PM

The AM or PM showing will blink. Push the right **button** to select AM or PM.



### 3. SET TIME OF DAY

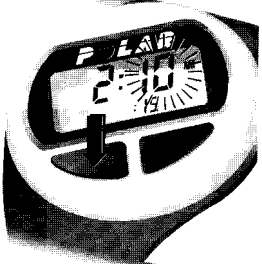
Push the left button to select the hour digit. Set the hour digit by pushing the right button.



Push the left button to select the tens of minutes digit. Set the tens of minutes digit by pushing the right button



Push the left button and repeat for the minutes digit.



#### 4. STORE TIME OF DAY SETTING

Push the left button



## WHILE EXERCISING

### 1. THE ELAPSED TIME

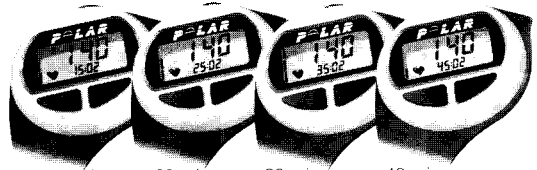
The Polar Edge shows the elapsed time (the time that you have been in the Heart Rate Monitoring Mode) in the lower line of the Heart Rate Display.



*NOTE: When you leave the Heart Rate Monitoring Mode and re-enter, the elapsed time is reset to 0:00. However, if you wish to view Time of Day while exercising, just bring the Receiver face to the center of the Belt Transmitter and hold until the beep sounds (approximately 5 seconds). Time of Day shows for 5 seconds after the beep.*

### 2. EXERCISE FEEDBACK

Exercise feedback computes and displays the time spent above the Low Limit while showing heart rate and elapsed time. At 30 minutes and 60 minutes spent above the Low Limit the Polar Edge will beep.



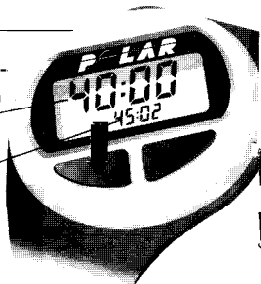
10 min	20 min	30 min	40 min
1 block	2 blocks	3 blocks	1 block
			(starts over)

*NOTE: The maximum amount of time for the elapsed time and exercise feedback is 59:59. At 60 minutes elapsed time and exercise feedback both reset to 0:00.*

### 3. TO STOP

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To stop recording after exercising push the left button and you can see time spent above the Low Limit and total elapsed time.



Push the left button to return to the Time of Day.

### 4. TO RECALL

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To retrieve previous exercise time above Low Limit with Time of Day showing, push the left button 3 times.



Push the left button once to return to Time of Day.

## USING YOUR POLAR HEART RATE MONITOR

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*Regular exercise can help improve the way you feel, look and work. Using your Polar Heart Rate Monitor (HRM) while exercising will help you achieve your **personal** fitness goals in less time with greater safety. Whether you are exercising for weight control (fat burning) or to improve your overall health and fitness (strengthen your cardiovascular system) the Polar Edge HRM will guide you to effective exercise.*