

Polar MobileLink to Outdoor Sports

Mobile Application

Polar Electro Oy



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Introduction

Welcome to, enjoy and utilize Polar MobileLink to Outdoor Sports application!

Polar MobileLink to Outdoor Sports is a versatile tool for managing your outdoor activities with your mobile phone.

With **Polar MobileLink** you can:

- transfer your outdoor activities from the Polar AXN700™ and the Polar AXN500™ Outdoor Computer to a compatible Nokia mobile phone.
- get instant feedback on your outdoor activities by viewing the action file on the mobile display.
- store outdoor activities for later analysis. The large memory capacity of the Nokia mobile phone allows you to save a big amount of data from activities.
- send summary information of an outdoor activity as a text message (SMS), for example, to your personal trainer or your friends.
- transfer action files from the mobile to the Polar Precision Performance analysis software via infrared communication. Polar Precision Performance software is a powerful tool for analyzing your outdoor activities and for keeping diary of them.
- send your outdoor activities to the Polar Outdoor Guide Web service via the Internet connection.

We recommend that you read through this manual. It is the easiest way to learn how to use the application's versatile features efficiently in your outdoor activities.



Note!



A hint on how to effectively use the function in question.

Getting started

Configuration


Polar MobileLink to Outdoor Sports mobile application is designed for the **Polar AXN700** and the **Polar AXN500** Outdoor Computers and the **Nokia 5140** mobile phone.

Installing Polar MobileLink in your mobile phone

You can download the application from **Nokia Software Market** or from **Handango** directly to your phone over the air (OTA) in GPRS network.

1. Visit www.softwamarket.nokia.com or www.handango.com and locate the required **Polar MobileLink** application.
2. Proceed with the downloading instructions on the page.

Payment can be made by credit card.


 Before downloading the application check that you have the required connectivity settings (WAP/GPRS) in your mobile phone:

1. Select **Settings – Connectivity – GPRS**. Then select **When needed** or **Always online** depending on whether you want the connection active when you would like use it or on continuously.
2. Select **Services – Settings – Connection settings – Active service settings**. Then select the WAP service you would like to use.

If you do not have the required connectivity settings installed in you mobile phone, you can order them from your Mobile Network Operator, or at www.softwamarket.nokia.com.



You can check that the GPRS connection is working properly by pressing and holding the zero-key. The GPRS connection should start and the service provider's WAP portal should then open.

 Some operators may not support buying the application over the air (OTA). For further assistance, please contact your Mobile Network Operator.

Starting Polar MobileLink application

1. Press the **Menu** button and select **Applications – Collection**.
2. Select **Polar MobileLink** from the collection list and press **Open**.

Alternatively, you can use the shortcut by pressing the **Go to** key:

1. Press the **Go to** key and select **Collection**.
2. Select **Polar MobileLink** from the collection list and press **Open**.



It is a good idea to arrange the feature list so that the most used features are at the top of the list.

- To arrange the feature list, press the **Go to** key and then the **Options** button. Then select **Organise**.

Transferring outdoor activities from wrist unit

Outdoor activities are transferred from the wrist unit to the mobile phone via infrared communication.

Introduction

1. Start **Polar MobileLink** application.
2. Select the **CONNECT** mode on the wrist unit by pressing the **START** button and then the lower right button.
3. Place the wrist unit and mobile phone so that the infrared windows are pointing towards each other.



4. Select **Receive Files**. If you are opening the connection for the first time this session, **Allow connection via: Infrared?** is displayed. Allow connection by pressing the **Yes** key.

The wrist unit turns to the transmission mode. **Infrared COM** is displayed on the wrist unit display and percentages starts running showing the progress of the transmission. On the mobile phone display, first **Starting Connection** is displayed, then **Receiving Files** and finally **Saving Files**. When the operation is complete, the **Action Files** list is displayed.

- ! It is not necessary to continue pointing the infrared windows towards each other when the **Saving Files** phase is in progress.
- ! Only new action files will be saved.

Analyzing your outdoor activities

Curve view – Basic graph for outdoor activity analysis

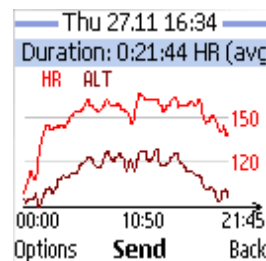
Outdoor activity analysis with **Polar MobileLink** is based on the information transferred from the wrist unit. The main tool is the **Curve** view created from the transferred data.

The main element in the **Curve** view is the heart rate curve. The heart rate curve displays a graphical curve of heart rate behaviour during the activity. In addition to heart rate information, the **Curve** view may also include an altitude curve.

You can draw conclusions about a variety of issues during the activity from the **Curve** view. For more information on interpreting the **Curve** information see the **Why** section in the Polar Precision Performance software online help.

Opening the Curve view

1. Select **Action Files** from the feature list. The list of activities in the mobile phone is displayed.
2. Browse to the desired activity and press the **Select** key. The **Curve** view is displayed.



You can light the display by pressing the key in the lower right corner of the keypad.

- ! You can save up to 50 action files in the mobile phone.

Zooming in the Curve

1. To zoom in, press the **arrow up** key. The more times you press the key, the more accurately you can view the activity.
2. To zoom out, press the **arrow down** key. The more times you press the key, the less the zoomed view is displayed.
3. To display the entire curve, press **Zoom off**.



You can move the zoomed view by pressing the **right/left arrow** keys.

Viewing activity summary

1. In the **Curve** view, press the **Options** key.
2. Select **Activity Summary**. Detailed activity information will be listed on the phone display, for example, exercise duration, heart rate information, altitude information and energy expenditure. If you have added a note for the activity, it is also shown in the Activity Summary.



You can send the activity summary as a text message (SMS) by pressing the **Send** key. For more information, see the chapter [Sending activity information as text message \(SMS\)](#).

Selecting elements for the Curve

1. In the **Curve** view, select **Options – Settings**.
2. From the **Show** list you can select which elements are displayed in the **Curve** view.
 - **Heart Rate** – Heart rate curve is displayed.
 - **Altitude** – Altitude curve is displayed.
 - **InfoScroll** – Summary of the activity information scrolls on top of the **Curve** view.
 - **HR Limits** – Heart rate limit gridlines are displayed on the **Curve** view.

In the **Scale** section you can select which scale is displayed in the **Curve** view.



The settings are saved when you close the application. They are valid when you open next time the **Polar MobileLink** application.

Entering a note for an activity

1. In the **Curve** view, press the **Options** key.
2. Select **Write/Edit Note**.
3. To write or edit the note, press **Edit**.
4. Enter a note (up to 50 characters) and then press **OK**.
5. To save the note, press **OK**.

The note is displayed in the **Activity Summary** and in the **Info scroll** at the top of the **Curve** view.

Viewing heart rate limit information

Zone Summary graph displays the heart rate limit information in **Polar MobileLink**. The graph displays the time and percentages spent below, between and above heart rate limits.

To open the **Zone Summary**:

1. In the **Curve** view, press the **Options** key.
2. Select **Zone Summary**.

The bar displays time in relation to the heart rate limits. The yellow part of the bar displays time spent below the lower heart rate limit, the green part between the limits and the red part above the higher limit. The heart rate limits in the wrist unit that are used during the activity are displayed with bold numbers.

Deleting action files

Option 1

1. Select **Action Files** from the application main menu.
2. Select the desired outdoor activity and press the **Options** key.
3. Select **Delete**. The application prompts you about the file removal. By pressing the **OK** key, the selected action file is removed.
To remove all outdoor activities in the mobile phone, select **Delete All**.

Option 2

1. Open the desired outdoor activity and press the **Options** key.
2. Select **Delete File**. The application prompts you about the file removal. By pressing the **OK** key, the selected action file is removed.

Sending activity information as text message (SMS)

You can send the activity summary information as a text message (SMS), for example, to your personal trainer or your friends.

1. Open the desired outdoor activity from the **Action Files** list.
2. In the **Curve** view, press the **Send** key.
3. Select **Summary SMS**.
4. If you would like to add extra information, enter an **Additional message** (max 100 characters).
5. Enter the phone number, or find the number from **Contacts** by pressing the **Options** key and then using the **Search** option.
6. Press **Yes** to send the message(s).

You can also send the activity summary as a text message (SMS) in the **Activity Summary** view.

The activity information in the message cannot be edited. It will be exactly the same as the recorded activity in the wrist unit.

Transferring data from mobile to Polar Precision Performance SW

Polar Precision Performance PC software is a versatile tool for analyzing your activities and keeping diary.

! You can use the **Mobile Connection** feature on computers running Windows 2000 or Windows XP Home/Professional operating system.



Transferring an action file to a PC

1. POLAR MOBILELINK:
Select the desired outdoor activity from the **Action Files** list and open the **Curve** view by pressing the **Select** key.
2. POLAR PRECISION PERFORMANCE SW:
Select **Tools – Mobile Connection**. Alternatively, you can click the **Mobile Connection** button on the toolbar.

Polar Precision Performance opens the transmission window and turns into the data waiting mode from the mobile phone.

3. POLAR MOBILELINK:
Point the infrared window towards the computer's infrared window.
4. POLAR MOBILELINK:
Press the **Send** key and then select **File to PC**. If you are opening the connection for the first time this session, **Allow connection via: Infrared?** is displayed. Allow connection by pressing the **Yes** key.
5. POLAR PRECISION PERFORMANCE SW:
In the **Exercise Files** dialog, click the **Save** button.


The target outdoor activity is transferred and stored automatically to the right day in the Diary.


You can switch the person and edit/enter the activity information in the **Exercise Files** dialog before saving the activity.

! If the **Mobile Connection** function does not exist in the menu or on the toolbar of the Polar Precision Performance software, select **Options – Preferences** and open the **Hardware** page. Then check the **Mobile Connection** box.

! Polar IR Interface (serial/USB) can not be used.


Transferring outdoor activities to Polar Web service

 You should register yourself with the Polar Outdoor Guide Web service before sending exercises.

 To use the feature, you need to have the GPRS Service Agreement with your Mobile Network Operator.

At first...

1. Select **Web Settings** from the **Polar MobileLink** application main menu.
2. Click the **Edit** button and enter your Polar Outdoor Guide Web Service **user name** and **password**.

 The user name and the password should be the same as for the Polar Outdoor Guide Web service.

Transferring the action file

1. Select the desired outdoor activity from the **Action Files** list and open the **Curve** view.
2. Press the **Send** key and then select **File to Web**. If you have not set your Web service user name and password you are prompted to enter them.

The selected outdoor activity is transferred and stored automatically to the right day in the Polar Outdoor Guide Web service.


Using Wind Chill calculator

The **Wind Chill** calculator is a tool for estimating the interaction of the wind and temperature, in other words, how cold the weather feels at certain wind and temperature.

Introduction

1. Select **Wind Chill** from the **Polar MobileLink** application main menu.
2. To **increase/decrease** the wind speed, press the **arrow right/left** keys.
3. To **increase/decrease** the temperature, press the **arrow up/down** keys.
4. Read the interaction of the temperature and wind from the **Feels like** row.



You can light the display by pressing the  **#** key in the lower right corner of the keypad.

Frequently asked questions

Does the mobile application work with other mobile phones?

- So far the application works only with the Nokia 5140 since data transmission via infrared communication is enabled only with the Nokia 5140. However, you can send a summary of activity information from the Nokia 5140 as a text message to all mobile phones.

How many action files can be stored in the Nokia 5140 mobile phone?

- You can have a maximum of 50 action files in your mobile phone.

What are the transmission speeds between system elements?

- From the Polar wrist unit to the mobile phone: 9,6 kB/s
- From the mobile phone to the PC: 115 kB/s
- From the mobile phone to the Polar Outdoor Guide Web service: depends on the speed of your mobile operator's service