POLAR

Polar s3+ stride sensor

Getting Started Guide

Find product support

http://www.polar.com/en/support/s3_Stride_Sensor

Compatible with

w.i.n.d

1.
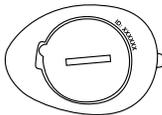
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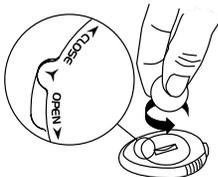
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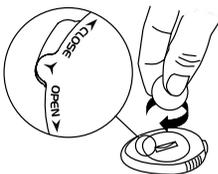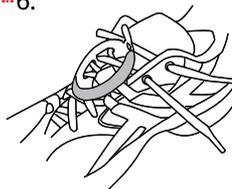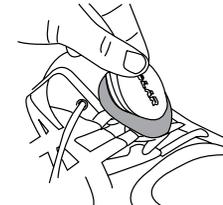Thanks for choosing Polar! In this guide, we'll walk you through the basics of using Polar s3+ Stride Sensor W.I.N.D., your choice for smarter running.

You can download the full-length user manual and the latest version of this guide at polar.com/support. You may also want to check out our video tutorial at polar.com/en/polar_community/videos.

ⓘ *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.*

ATTACHING THE SENSOR TO SHOELACES

1. Undo your shoelaces and place the holder on top of the tongue of the shoe. Make sure the holder flap is facing upwards.
2. Thread the laces in through the holes on the sides of the holder and out through the hole on the bottom of the holder (pictures 5 and 6).
3. Tighten the laces.
4. Press the sensor into the holder and fasten the flap (picture 7).
5. Make sure the sensor is in line with your foot and that it doesn't move.

GETTING STARTED

You need to pair the sensor with your Polar training device to be able to see the speed, pace and distance data. If you want the speed, pace and distance measurements to be as accurate as possible, you should calibrate your stride sensor before the first run.

For pairing and calibration instructions, see the user guide of the training device. You can check the compatible training devices at polar.com/support.

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.