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How to Put Your Heart Rate Monitor On

1. Attach the transmitter to the elastic strap.
2. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and buckle it.
3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.
4. Check that the wet electrode areas are firmly against your skin and the Polar logo is in a central, upright position.

Heart Rate Monitor
User's Manual
USA/GBR

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Press Up or Down button to adjust the value.

1. Wherever you are in the settings, you can return to the Time of day display.

2. Press Up or Down button to adjust the value.

3. To choose the value to begin adjusting,

4. Press OK. It will begin blinking.

5. Press OK again. The stopwatch is started and stops the stopwatch.

Time of day display

1. Shows the data recorded during the exercise.

2. Show the selected value.

3. Moves to the following mode or increases the selected value.

4. Scrolls up to select what values you want to view in the upper row of the display during exercise.

5. You can pause the stopwatch by pressing OK. After resetting you will see the heart rate in the lower row.

6. Press Signal button to turn on the zone alarm sound on or off.

7. Check the time of day by bringing the wrist receiver up to the Polar logo on the transmitter.

8. Scroll up to select what values you want to view in the upper row of the display during exercise.

9. Heart rate in beats per minute.

10. Heart rate as a % of your maximum heart rate.

11. Exercise time

12. Time of day

13. Heart rate in the target zone is displayed

14. a) as absolute heart rate

15. b) as a % of maximum heart rate

16. Fitness bullets

17. For every 10 minutes in T2, a appears.

Exercise recording mode

1. In the Exercise mode you measure your heart rate and record your exercise information in a file.

2. You can view different information while the heart rate monitor is measuring heart rate.

Time of day display

1. Shows the data recorded during the exercise.

2. Set different values - 12h or 24h mode

3. Time of day

4. Date

5. Birthday

After setting your birthday, your target heart rate zone based on your age is automatically calculated.

After the settings are complete, the receiver automatically goes to the Time of day display.

You can cancel the setting by pressing and holding OK, but you cannot start measuring the heart rate before you have completed the settings.

How to Set Up Your New Receiver

1. Press any of the four buttons twice to activate the receiver. TIME is displayed. 12h is flashing.

2. Once awakened, the receiver will guide you through the necessary settings.

3. Press OK to lock your selection.

How to Recall File Stored in Memory

1. Press any button twice to activate the receiver. TIME is displayed. 12h is flashing.

2. Press OK again. The stopwatch is started and stops the stopwatch.

3. Press Up or Down button to exit the Exercise mode.

4. The receiver shows the Time of day display within 5 minutes if you forget to quit the heart rate measurement mode when you stopped the stopwatch and removed the transmitter from your chest.
**5. After Exercising**

1. Carefully wash the transmitter with a mild soap and water solution.
2. Rinse it with pure water.
3. Dry the transmitter carefully with a soft towel.
4. Keep the wrist receiver clean and wipe off any moisture.
5. Store the heart rate monitor in a clean and dry place. Dirt impairs the stability and functioning of the transmitter. Sweat and moisture can keep the electrodes wet and the transmitter activated, which shortens battery life.

The combined impact of moisture and intense vibration may cause a black dot to come out of the transmitter's surface, which might stain light-colored clothes.

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**6. How to Recall File Stored in Memory**

- Press Up
- Press OK

**Time of day display** Press Up
- Press OK
- Press Up or Down button to select the exact time
- Press OK

**Date**

- Press Up or Down button to select the correct year
- Press OK

**7. Settings**

- Time of day display
- Press and release Up until FILE is displayed
- Press OK

- Time of day display
- Press Up
- Press OK
- Press Up or Down button to select the exact time
- Press OK

**8. Target Heart Rate Zone**

Your target heart rate zone is a range between the lower and upper heart rate limits expressed as percentage of your maximum heart rate (HRmax).

- When your heart beats at 50-60% of your HRmax, you’re in the light intensity zone.
- When your heart beats at 65-85% of your HRmax, you’re in the moderate to heavy intensity zone.
- At 70-85% of your HRmax, you’re in the moderate to heavy intensity zone. This is harder work, but effective for strengthening aerobic fitness and endurance especially for people exercising more regularly.
- Further increases in intensity are only recommended for trained individuals.

You can set your target limits in beats per minute or as percentages of your maximum heart rate. The percentage limits can be set at any time, but the system will not stop monitoring your heart rate during rest or recovery periods. Use Up or Down button to select your preferred setting.

**9. Resetting**

1. **Reconnecting**
   - Press OK
   - Select alarm on or off

2. **Changing time of day**
   - Use Up or Down button to determine the lower limit
   - Use Up or Down button to determine the upper limit
   - Press OK

**10. Minimizing Possible Risks in Exercising**

- **with Heart Rate Monitor**
- **with Electronic Reception**
- **with Battery Life**

**11. Technical Specifications**

- **Operating temperature**: 14°C to 122°F / -5°C to +50°C
- **Battery life**: Average 1 year (2h/day, 7 days/week)
- **Display**: 2-line LCD display with 16 characters
- **Accuracy**: ±1% or ±1 breath

**12. Limited Polar International Guarantee**

**13. Disclaimer**

Manufactured by
Polar Electro Oy
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