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1. 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.

2. Functions and Modes of Polar A5

Reset
If reset, settings will return to the default values.

Signal/Light
Alarm on/off. Backlight on.

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

Time of day display – Press Up
= Press Up
FILE
Press OK
= Press Up
Haematomeasuring
Press OK
= Press Up
Exercise recording
= Press Up
WALK TEST

Time of day display mode
- Starting point for all functions
- Shows date and time
Press and hold OK to return to the Time of day display, wherever you are in the Settings or File recalling cycle. When the alarm is turned on, the symbol ❌ appears on the Time of day display. When the alarm comes on it will sound for one minute or you can turn it off by pressing any of the four buttons.

Exercise recording mode
- In the Exercise mode you measure your heart rate and record your exercise information in a file.
- You can view different information while the heart rate monitor is measuring heart rate.

3. How to Start and Stop

How to Set up Your New Polar A5 Receiver
1. Press any of the four buttons twice to activate the receiver. Unit is displayed. LBS/INCH is flashing.
2. Once awakened, the receiver will guide you through the necessary settings. Scroll up or down to set the right values. Press OK to lock your selection.
3. Set the following:

- Measuring units – lbs/ inch or kg/cm
- 12h or 24h time mode
- Setting mode
- Date
- Time
- Weight
- Height
- Sex
- 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 can not start measuring heart rate zone based on your age is automatically calculated.

How to Start
1. In the Time of day display press OK. Your heart rate appears in a few seconds.
2. Press OK again. The stopwatch starts running and you can start exercising. The exercise data will only be stored if you have turned the stopwatch on.

How to Stop
1. Press OK to stop the stopwatch. OK/IT and paused stopwatch appear. Measurement is paused. Exercise is no longer recorded.
2. Press Up or Down button to exit the Exercise mode.

The receiver shows the Time of day display within 5 minutes. If you forget to quit the heart rate measurement mode when you stop recording the stopwatch and removed the transmitter from your chest.

4. Functions During Exercise

1. Press Signal/Light to turn the light on.
2. Press and hold Signal/Light to turn the sound on or off.
3. Check the time of day by bringing the wrist receiver up to the Polar logo on the transmitter.
4. Scroll up to select what values you want to view in the upper row of the display during exercise.

5. How to recall File Stored in Memory

1. While in the Time of day display press OK Up or Down until FILE is displayed.
2. Press OK.
3. Scroll up or down to recall the exercise information:

- EXE. TIME Total exercise time
- AVERAGE HR Average heart rate of the exercise
- IN ZONE Time spent in target zone
- KCAL Calories expended during the exercise
- BMI Body mass index
- W INDEX Walkindex, the result of the walking test

The most convenient way to determine whether a person is overweight is to use the Body Mass Index, BMI. The body mass index does not describe the amount of fat tissue but merely serves as a means for comparing adults in terms of overweight or underweight.

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 elasticity 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 abrasion may cause a black color, which might stain light-colored clothes especially, to come off the transmitter’s surface.

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6. Interpretation

<table>
<thead>
<tr>
<th>Underweight</th>
<th>Normal weight</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 18.5</td>
<td>18.5 - 24.9</td>
<td>≥ 30.0</td>
</tr>
</tbody>
</table>

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

When your heart beats at 50-60% of your HRmax you are in the light intensity zone. This includes easy exercises like daily activities and light chores. The light intensity zone delivers some health benefits.

Push on to 60-70% of your HRmax and you have moved into the moderate to heavy intensity zone. This is harder work, but effective for increasing physical fitness and endurance especially for people exercising more than once a week.

You can set your target limits in beats per minute or as a percentage of your maximum heart rate. The percentage limits can not be set if you have not set your birthday.

When you set your birthday, the receiver automatically calculates the limits, which are 65% to 85% of your estimated maximum heart rate (220 - age).

For an accurate measure of your current and exercise heart rates, visit your doctor for an exercise stress test.

### Target Heart Rate Zone

#### Self Walk Test by Polar and UK Institute

Self Walk Test by Polar and UK Institute is based on 1.24 miles (2 km) walk on a hard, even surface.

#### Technical Specifications

- **HRmax**
  - Measured as the highest heart rate recorded during one of your self-walk tests.
  - Measured as the average of the last 10 minutes of your self-walk test.
- **SBP**
- **DBP**
- **Pulse pressure**
- **Mean arterial pressure**
- **Heart rate**
- **Time of day**
- **Date**
- **Time zone**
- **Temperature**
- **Battery life**
- **Fabric material**
- **Elastic strap**
- **Buckle material**
- **Material for wrist strap**

### Disclaimer

- The material in this manual is for informational purposes only. The products described in this manual are subject to change without prior written notice, due to the manufacturer’s continuous development of new products.

#### Polar International Guarantee

- **Limited Polar International Guarantee**
  - Issued by Polar Electro Oy for the customers who have purchased this product in the USA or Canada.
  - This Limited Polar international guarantee is issued by Polar Electro Oy for the customers who have purchased the product in other countries.
  - Polar Electro Oy is the manufacturer of the product.

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