1. **How to Put Your Heart Rate Monitor On**

   1. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and buckle it.

   2. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.

   3. Check that the wet electrode areas are firmly against your skin and the Polar logo is in a central, upright position.

   4. **How to Start**

   1. Keep the wrist receiver within 3 feet of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance.

   2. Press to start.

   3. **How to Stop**

   1. Press to stop.

   2. Wrist receiver turns off.

   3. Your heart rate appears approximately in 5 seconds. Heart rate symbol \( \heartsuit \) flashes to the beat of your heart.

   4. **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 to come off the transmitter’s surface, which might stain light-colored clothes.
5. Target Heart Rate Zone

To find your target heart rate zone, you need to know your maximum heart rate (HRmax).

To estimate your HRmax, use the following formula:

HRmax = 220 – age

Please refer to a doctor or a medical professional before starting an exercise program.

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’re in the light intensity zone. This kind of exercise is easy, e.g., daily activities and light chores. It delivers some health benefits.

If you want to exercise at a light intensity, we recommend exercising at 50-60% of your HRmax.

Push on to 60-70% of your HRmax and you’re in the moderate to light intensity zone. It is harder work, but effective for strengthening aerobic fitness and endurance especially for people exercising more regularly.

6. When Battery Runs Out

We recommend having all service done by an authorized Polar Service Center. Warranty does not cover damage or consequential damage caused by service not authorized by Polar Elec Oy. Water resistance cannot be guaranteed after an unauthorized service. However, if you wish to use a local watch shop or battery replacement center, we have a protocol for the battery replacement. Please follow these instructions.

You need the following equipment:

• Battery type: Panasonic CR 2025, 3V Li
• Piece of dust-free pad
• Plastic tweezers (recommended)

1. Put the wrist receiver on a clean, dust-free pad on an even table surface and open the back cover by removing the screws clockwise. Do not turn the receiver upside down since the module may fall off.

2. Push the spring gently. Lift the spring gently upwards and release the other end of the ring, too. 3.

3. Take the old battery out and put a new battery in the battery housing + side up, replace the other end of the ring. Do not use metal tweezers because they may shortcircuit the battery. Note also that bare fingers cause grease and contaminate the battery, which weakens the contact.

4. Assemble the plate back in reverse order, placing the rotating joint properly in the slot. Press the spring gently so that it locks the battery in its proper position.

5. Reset the receiver by pressing the reset spring against the round golden pad for 1 second.

9. Limited Polar International Guarantee

This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.

Polar Electro Oy / Polar Electro Oy guarantees to the original consumer/purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.

• Please keep the receipt or International Guarantee Card, which is your proof of purchase.
• The guarantee does not cover the battery, damage due to misuse, abuse, accidents or non-compliance with the instructions; improper maintenance, commercial use, cracked or broken cases.
• Guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of or related to the product. During the guarantee period the product will be either repaired or replaced at an authorized service center free of charge.

10. Disclaimer

• The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer’s continuous development program.
• Polar Electro Oy / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein. Polar Electro Oy / Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

Polar Electro Inc.
1111 Marcus Avenue
Suite M15
Lake Success
NY 11042-1034
U.S.A.

Polar Electro Canada
c/o Lanco Logistics Inc.
4330 Joseph-Dubreuil
Lachine, Quebec
CANADA, H8T 3C4
1-888-918-5043

www.polarusa.com