How to Put Your Heart Rate Monitor On

1. Attach the transmitter to the elastic strap.
2. Lift the transmitter off your chest and move the two grooved electrode areas on the back.
3. The transmitter continuously and transmits it to the wrist unit.
4. The string strap fits the transmitter in the correct position.

How to Start and Stop

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

How to Set Up Your New Polar F5 Unit

1. Press any of the four buttons twice to activate the wrist unit. Unit is displayed. LBS/INCH is flashing.
2. Once awakened, the wrist unit will guide you through the necessary settings. Scroll up or down to set the right values. Press OK to lock your selection. Set the following:
   - Measuring units – lbs/inch or kg/cm
   - 12 or 24h time mode
   - Time of day
   - Date
   - Weight
   - Sex
3. After setting your birthday, your target heart rate zone based on your age is automatically calculated.
4. After the settings are complete, the wrist unit automatically goes to the Time of day display.
5. You can cancel the setting by pressing and holding OK, but you can not start measuring the heart rate before you have completed the settings.

Functions and Modes of Polar F5

1. To set the units:
   - Press OK to advance, USER SET is displayed
   - USER SET is displayed
   - Press OK
2. To set your personal data:
   - Press Up to advance, USER SET is displayed
   - USER SET is displayed
   - Press OK
3. Keep the wrist unit within 3 feet/1 meter of your transmitter. Unit is displayed. LBS/INCH is flashing.
4. Lift the transmitter off your chest and move the two grooved electrode areas on the back.

Exercising Recording

• Press Up or Down button to select the correct hour, press OK
• Use Up or Down button to select the correct day
• If you set the alarm on: set the alarm time
• Select alarm on or off
• Use Up button to advance from LIMITS display
• Press OK

File Mode

• Shows the data recorded during the exercise
• Use Up or Down button to determine the selected display
• Press OK

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.

Temperature

Your heart rate appears on the display.

Heart Rate Zone

The transmitter detects your heart rate during exercise.

Setting mode

• USER SET is displayed
• Press OK
• Press OK
• Press Up or Down button to select LBS/INCH or KG/CM
• Press OK

Unit Measurement

• Measuring units: weight, height, time
• Unit measurement: weight, height, time
• Press OK

Self Walk Test by Polar and UKK Institute

In the Time of day display press and hold the button until Press OK is displayed, Proceed with the self walk test.

Exercise recording

• 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

Functions and Modes of Polar F5

1. To start the timer:
   - Press and hold Signal Light to turn the zone alarm on or off.
2. To check the number of minutes in TZ:
   - Lift the transmitter off your chest and against your skin and the Polar logo is in the central, upright position.

How to Start and Stop

1. To stop the stopwatch:
   - Press Up or Down button to exit the Exercise mode
   - The wrist unit shows the Time of day display within 5 minutes if you forget to quit the heart rate measurement mode when you stop the stopwatch and removed the transmitter from your chest.
12.2 Minimizing Possible Risks when Exercising

Exercise may include some risk, especially for those who are sedentary. Although you will safeguard the guarantee obligations and enjoy the product for many years from:

- Swimming
- Air travel
- Compressors
- Heat

If there are no reactions to any buttons, reset the watch:

1. Press Reset button with a pin tip.

Display becomes full of digits.

2. Press any of the four buttons once.

If you don’t press any button after resetting, within one minute the wrist unit goes to the standby mode. Wake up by pressing any of the buttons twice.

Users measuring their heart rate in water may experience interference for the following reasons:

- Pool water with high chlorine content and seawater are very conductive. The electrodes of a transmitter may short-circuit, which prevents ECG signals from being detected by the transmitter.
- Jumping into water or strenuous movement during competitive swimming may cause water resistance that shifts the transmitter on the body to a location where it is not possible to pick up ECG signals.
- The ECG signal strength depends on the individual’s and also on individual’s tissue composition. The percentage of persons who have problems in heart rate measurement is considerably higher in water than in other environments.

In exercise, different heart rate zones produce different health and fitness benefits. Choose the zones that suit your goal on your and your basic physical condition. Remember to alternate between intensity zones to get variation in your exercise!

- The Self Walk Test has been designed to be performed at one transmitter, which gives the most reliable result. Anyone who participates in this test should do so at his or her own risk. Check your suitability to be tested by answering the following questions:

1. Do you have a heart defect or suffer from heart disease?
2. Are you on medication?
3. Do you experience tightness, burning sensations or pressure in your chest when you walk?
4. Do you feel fatigued or dizzy when you walk?
5. Do you feel excessively tired?

If you answered “no” to all of the above questions, you can perform the Self Walk Test safely.

- If you are not sure whether to consult your doctor before carrying out the test.

Caring and Maintenance

Your Polar heart rate monitor is a high-tech instrument and should be treated with care. The following precautions and maintenance will safeguard the guarantee obligations and enjoy the product for many years from:

- Do not expose the heart rate monitor to direct sunlight for extended periods, such as by leaving it in a car.

Service

During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Centre. The warranty does not cover any damage/s, losses, or costs caused by service not authorized by Polar Electro.

Transmitter Battery

The estimated average battery life span of the transmitter is 2000 hours. If you suspect that the transmitter has run out of battery, take it to your authorized Polar Service Centre for a replacement transmitter. Use batteries used transmitters.

Wrist Unit Battery

The estimated average battery life span of the wrist unit is 1 year. Do not replace battery in wrist unit yourself. To maintain the water resistance properties and the use of authorized components, the wrist unit battery should be replaced by an authorized Polar Service Centre only. At the same time a full periodic check of the Polar heart rate monitor will be done.

13. Disclaimers

The material in this manual is for informational purposes only. The products it describes are the property of Polar Electro Inc. and are manufactured by Polar Electro Inc. / Polar Electro Oy makes no warranties or representations with respect to this manual or with respect to the products described here. Polar Electro Inc. / Polar Electro Oy shall not be liable for any damages, costs, losses, or expenses caused by the incorrect use of this manual, consequential or special, arising out of, or relating to the content of this material or the products described herein.

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