

1. How to Put Your Heart Rate Monitor On
2. Functions and Modes of Polar F5
3. How to Start and Stop
4. Functions During Exercise
5. After Exercising
6. How to Recall File Stored in Memory
7. Settings
8. Target Heart Rate Zone
9. Self Walk Test by Polar and UKK Institute
10. Resetting
11. Care and Maintenance
12. Precautions
13. Technical Specifications
14. Limited Polar International Guarantee
15. Disclaimer

Polar F5™
Fitness Heart Rate Monitor

User Manual
ENG

17926108.00 ENG A

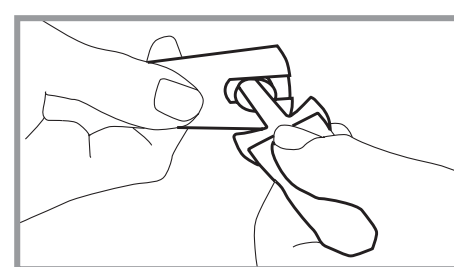
1. How to Put Your Heart Rate Monitor On

The Polar F5™ wrist unit displays your heart rate during exercise.

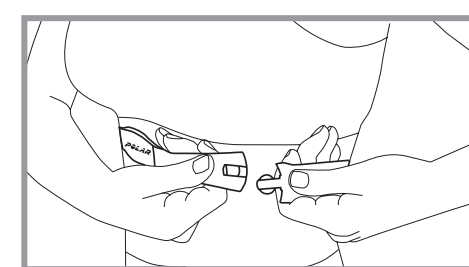
The transmitter detects your heart rate continuously and transmits it to the wrist unit.

The elastic strap holds the transmitter in the correct position.

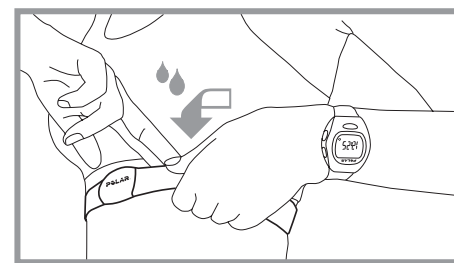
Keep the wrist unit within 3 feet/ 1 meter of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance.



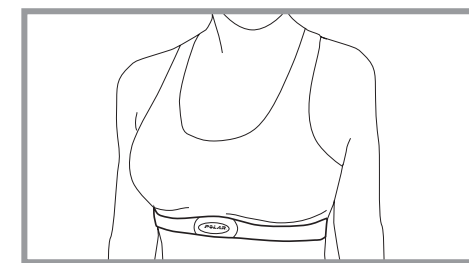
1. Attach the transmitter to the elastic strap.



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 F5

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

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

Down
Returns to the previous mode or decreases the selected value.

Signal/Light
Alarm on or off. Backlight on.

OK
Starts measuring heart rate. Starts and stops the stopwatch. Enters the displayed mode. Locks in your selection.

Heart Touch function
Bring the wrist unit up to the Polar logo on the transmitter during exercise and you can check the time of day.

How to operate the set buttons

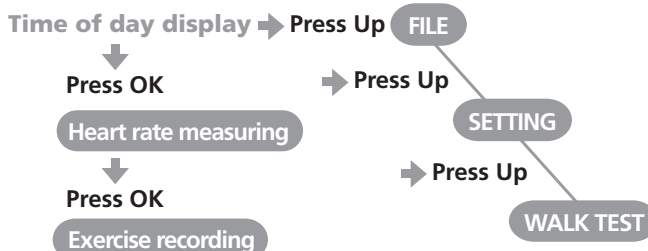
- To move forward or back, use Up or Down button.
- To choose the value to begin adjusting, press OK. It will begin blinking.
- Press Up or Down button to adjust the value (The digits run faster if you press and hold the button).
- Wherever you are in the settings, you can return to the Time of day display by pressing and holding OK.

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



File mode

- Shows the data recorded during the exercise

Setting mode

- Set different values
 - unit measurement; weight, height, time
 - user data
 - target heart rate limits
 - watch functions; alarm, time, date

Walk Test mode

- Based on 1.24 miles/2 km brisk walk
- Measures cardiorespiratory fitness

3. How to Start and Stop

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
12h or 24h time mode
Time of day
Date
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 wrist unit automatically goes to the Time of day display.

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.

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. QUIT and paused stopwatch appear. Measurement is paused. Exercise is no longer recorded.
2. 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 stopped 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 zone alarm sound on or off.
3. Check the time of day by bringing the wrist unit 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.
 1. Heart rate in the target zone is displayed
 - a) as absolute heart rate
 - or
 - b) as a % of maximum heart rate according to your lower row selection.
 2. Fitness bullets
 - For every 10 minutes in TZ, a # appears.
 3. Calorie expenditure
 - The calorie calculation starts when your heart rate reaches 100 bpm.

5. Scroll down to select what you want to view in the lower row of the display.
 1. Heart rate in beats per minute.
 2. Heart rate as a % of your maximum heart rate.
 3. Exercise time
 4. Time of day
6. You can pause the stopwatch by pressing OK. Repeating OK will restart the stopwatch. After restart you will see heart rate in the lower row.

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 unit 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.

6. How to Recall File Stored in Memory

```

    graph TD
        A[Time of day display] -- Press Up --> B[FILE]
        B -- Press OK --> C[EXE. TIME]
        C -- Press Up --> D[AVERAGE HR]
        D -- Press Up --> E[IN ZONE]
        E -- Press Up --> F[KCAL]
        F -- Press Up --> G[BMI]
        G -- Press Up --> H[W INDEX]
    
```

1. While in the Time of day display mode press 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 adult persons in terms of overweight or underweight.

BMI	Interpretation
< 18.5	Underweight
18.5 - 24.9	Normal weight
25.0 - 29.9	Overweight
≥ 30.0	Obesity

Reference: World Health Organization. Obesity: preventing and managing the global epidemic. Report of a WHO Consultation on Obesity. Geneva: World Health Organization, 1998.

The BMI value does not distinguish between muscular and fat tissue. Thus, a weight-lifter may have a BMI value which indicates obesity although the person only has large muscles and little fat tissue.

7. Settings

```

    graph TD
        A[Time of day display] -- Press and release Up until --> B[SETTING]
        B -- Press Up --> C[UNITS SET]
        C -- Press Up --> D[USER SET]
        D -- Press Up --> E[LIMITS SET]
        E -- Press Up --> F[WATCH SET]
        
        C --> C1[LBS/INCH or KG/CM]
        D --> D1[WEIGHT]
        D --> D2[HEIGHT]
        D --> D3[SEX]
        D --> D4[BIRTHDAY]
        E --> E1[HR or HR%]
        E --> E2[HI LIMIT]
        E --> E3[LOW LIMIT]
        F --> F1[ALARM OFF/ON Alarm time]
        F --> F2[TIME]
        F --> F3[DATE]
    
```

Settings step by step

1. To set the units
 - Start from the Time of day display
 - Press Up or Down until display changes to SETTING
 - Press OK, UNITS SET is displayed
 - Press OK again
 - Use Up or Down button to select lbs/inch or kg/cm
 - Press OK to accept
2. To set your personal data
 - Press Up to advance, USER SET is displayed
 - Press OK, WEIGHT is displayed
- 2.1. WEIGHT – setting weight
 - With the number blinking, use Up or Down button to set your weight
 - Press OK to accept
 - HEIGHT is displayed
- 2.2. HEIGHT – setting height
 - Following weight acceptance, display changes to HEIGHT
 - With number blinking, use Up or Down button to select feet
 - Press OK to accept
 - With number blinking, use Up or Down button to select inches
 - Press OK to accept
 - SEX is displayed
- 2.3. SEX – setting gender
 - Following height acceptance, display changes to SEX; MALE or FEMALE blinks
 - Use Up or Down button to make your selection and press OK
 - BIRTHDAY/MONTH is displayed
- 2.4. BIRTHDAY – setting your date of birth
 - Use Up or Down button to select the correct month
 - Press OK
 - Use Up or Down button to select the correct day
 - Press OK
 - Use Up or Down button to select the correct year
 - Press OK, USER SET is displayed
3. LIMITS – setting target heart rate zone limits
 - USER SET is displayed
 - Press Up to advance, LIMITS SET is displayed
 - Press OK
 - With HR or HR% blinking use Up or Down button to select whether you want to set the limits in beats per minute or as a percentage of a maximum heart rate
 - Press OK to accept, HI LIMIT is displayed
 - Use Up or Down button to determine the upper limit
 - Press OK, LO LIMIT is displayed
4. WATCH – time and day determination
 - Use Up or Down button to determine the lower limit (the lower limit cannot be set above the upper limit)
 - Press OK, LIMITS SET is displayed
 - ALARM ON or OFF blinks
 - Select alarm on or off
 - Press OK
 - If you set the alarm on: set the alarm time
 - In 12h time mode, select AM/PM, press OK
 - Hours blink on the display, use Up or Down button to select the correct hour, press OK
 - Minutes blink on the display, use Up or Down button to select the correct minutes
 - Press OK
 - TIME is displayed
 - Press Up or Down button to select 12 h or 24 h time display
 - Press OK
 - In 12 h time mode, select AM/PM with Up or Down button, press OK
 - TIME and blinking hours are displayed

- Use Up or Down button to select correct time, press OK
 - TIME and blinking minutes are displayed
 - Use Up or Down button to select correct time, press OK
- Date**
- MONTH and blinking month are displayed
 - Use Up or Down button to select the correct month
 - Press OK
 - DAY and the blinking day of the month are displayed
 - Use Up or Down button to select the correct day
 - Press OK
 - YEAR and the blinking number are displayed
 - Use Up or Down button to select the correct year
 - Press OK, press and hold OK to return to the Time of day display

8. Target Heart Rate Zone

Your target heart rate zone is a range between the lower and upper heart rate limits expressed as beats per minute (bpm) or as percentages of your maximum heart rate (HR_{max}). HR_{max} = The highest number of heartbeats per minute during maximum physical exertion.

To find your maximum heart rate, you can use the age formula, HR_{max} = 220 - age. For a more accurate measurement of your HR_{max}, visit your doctor or exercise physiologist for an exercise stress test.

You can set your target limits in beats per minute or as percentages 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 wrist unit automatically calculates the limits, which are 65-85% of your estimated maximum heart rate.

Target Heart Rate Intensity Zones

When your heart beats at 60-70% of your HR_{max} you are in the **Light Intensity Zone**. This intensity still feels fairly easy for most people. It helps in weight control and improves endurance and cardiovascular (aerobic) fitness.

Push on to 70-80% of your HR_{max} and you are in the **Moderate Intensity Zone**. This is especially good for people who are exercising regularly. Exercising in this zone is particularly effective for improving cardiovascular fitness.

At 80-90% of your HR_{max} you have moved into the **Hard Intensity Zone**. You will find yourself breathing heavily, having tired muscles and feeling fatigued. This intensity is recommended occasionally for fit people.

The table below contains target heart rate intensity zones in beats per minute (bpm) estimated by age in 5-year intervals. Calculate your own HR_{max} write down your own target heart rate zones and select the ones suitable for your exercise.

Age	HR _{max} (220-age)	Light Intensity 60-70% of HR _{max}	Moderate Intensity 70-80% of HR _{max}	Hard Intensity 80-90% of HR _{max}
20	200	120-140	140-160	160-180
25	195	117-137	137-156	156-176
30	190	114-133	133-152	152-171
35	185	111-130	130-148	148-167
40	180	108-126	126-144	144-162
45	175	105-123	123-140	140-158
50	170	102-119	119-136	136-153
55	165	99-116	116-132	132-149
60	160	96-112	112-128	128-144
65	155	93-109	109-124	124-140

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

9. Self Walk Test by Polar and UKK Institute™

Self Walk Test by Polar and UKK Institute is based on 1.24 miles/2 km brisk walk on a hard, even surface. The test especially measures cardiorespiratory fitness. The result of the test WalkIndex™ is based on age, body mass index, walking time and your heart rate at the end of the walk. It tells how fit you are compared to others your age and gender. WalkIndex corresponds to VO_{2max} (ml/kg/min).

The test has been designed for healthy persons between the ages of 20 and 65. It does not give dependable results for people outside this age range or for those who are highly fit.

The Self Walk Test has been designed to be performed after a supervised test in order to get the most reliable result. Anyone who participates in this test does 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? | yes | no |
| 2. | Are your joints sore, inflamed or swollen? | <input type="radio"/> | <input type="radio"/> |
| 3. | Do you experience tightness, burning sensations or pressure in your chest when you walk? | <input type="radio"/> | <input type="radio"/> |
| 4. | Do you feel faint or dizzy when you walk? | <input type="radio"/> | <input type="radio"/> |
| 5. | Do you feel excessively tired? | <input type="radio"/> | <input type="radio"/> |
| 6. | Are you on medication? | <input type="radio"/> | <input type="radio"/> |

If you answered 'no' to all of the above questions, you can perform the Self Walk Test safely. If you answered one or more questions with 'yes', consult your doctor before carrying out the test.

Carrying out the Test

- On the Time of day display, scroll up or down until WALKTEST is displayed. Press OK. The wrist unit guides you through the necessary settings unless you have done them earlier.
- Press OK to start the 5 minute warm up. At the end of the warm up you will hear an alarm sound. In case you already warmed up, you can skip the warm up by pressing OK.

WalkIndex and Fitness Categories (VO_{2max}, ml/kg/min)

WOMEN

Age (years)	Very poor	Poor	Fair	Average	Good	Very good	Excellent
20-24	< 27	27-31	32-36	37-41	42-46	47-51	>51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	>49
30-34	< 25	25-29	30-33	34-37	38-42	43-46	>46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	>44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	>41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	>38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	>36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	>33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	>30

MEN

Age (years)	Very poor	Poor	Fair	Average	Good	Very good	Excellent
20-24	< 32	32-37	38-43	44-50	51-56	57-62	>62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	>59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	>56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	>54
40-44	< 26	26-31	32-35	36-41	42-46	47-51	>51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	>48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	>46
55-59	< 22	22-26	27-30	31-34	35-39	40-43	>43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	>40

Very poor - fair:

Increase exercise for health and fitness benefits.

Average:

Maintain current exercise habits to ensure good health. Exercise increase is recommended for fitness improvement.

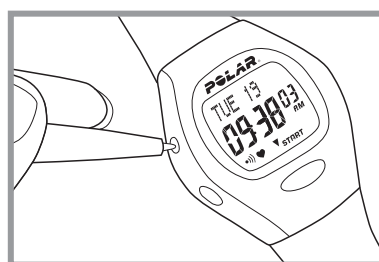
Good - excellent:

Maintain current exercise habits for good health and fitness.

References:

- Shvartz E, Reibold RC: Aerobic fitness norms for males and females aged 6 to 75 years: Aviat. Space Environ. Med. 61:3-11, 1990.
- Guide for The UKK Institute 2-km Walking Test. UKK Institute 1993.
- Laukkanen R. Development and evaluation of a 2-km walking test for assessing maximal aerobic power of adults in field conditions. Doctoral thesis. Kuopio University Publications D. Medical Sciences 23. Kuopio 1993.

10. Resetting



Resetting clears the settings which return to the default values.

If there are no reactions to any buttons, reset the wrist unit.

- Press Reset button with a pen tip. Display becomes full of digits.
- 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 battery saving mode. Wake up by pressing any of the buttons twice.

11. Care and Maintenance

Your Polar heart rate monitor is a high-tech instrument and should be treated with care. The suggestions below will help you fulfill the guarantee obligations and enjoy the product for many years to come.

Taking Care of Your Polar Heart Rate Monitor

- Clean the transmitter regularly after use with a mild soap and water solution. Dry it carefully with a soft towel. Keep the wrist unit clean and wipe off any moisture. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.
- Do not dry the transmitter in any other way than with a towel. Mishandling may damage the electrodes.
- Never store the transmitter wet. Sweat and moisture can keep its electrodes wet and the transmitter activated, which shortens the battery life span.
- Store your heart rate monitor in a cool and dry place. Do not store it in any kind of non-breathing material, such as a plastic bag or a sports bag if it is wet.
- Do not bend or stretch the transmitter. This may damage the electrodes.
- Keep your heart rate monitor out of extreme cold and heat. The operating temperature is 14 °F to 122 °F / -10 °C to +50 °C.

- When START is displayed after the warm up, start the test by pressing OK. The heart rate appears on the display in few seconds.
- Walk exactly 1.24 miles/2 km on a hard, even surface (road or track) as fast as you can and at an even pace. If your heart rate decreases under the lower limit, WALK FASTER appears and the wrist unit begins beeping. Increase the walking speed.
- Press OK at the end of the test.
- Your WalkIndex, its interpretation and the date are displayed. Fitness category compares your WalkIndex with respect to others in the same age group (20 – 65 years). The latest WalkIndex is automatically updated to the file after the test.
- Press OK to return to the Time of day display.
- Stretch out after the test. If you do not want to have the sound signal on during the test, press and hold Signal/Light button. disappears from the display. You can interrupt the test anytime during the test by pressing OK.

12. Precautions

12.1 Interference During Exercise

Electromagnetic Interference
Disturbances may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones, or when you walk through electric security gates.

Exercise Equipment

Several pieces of exercise equipment with electronic or electrical components such as LED displays, motors, and electrical brakes may cause interfering stray signals. To try to tackle these problems, relocate the wrist unit as follows:

- Remove the transmitter from your chest and use the exercise equipment as you would normally.
- Relocate the wrist unit until you find an area in which it displays no stray reading and 00 is displayed. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.

- Put the transmitter back on your chest and keep the wrist unit in this interference-free area as far as it is possible.

- If the Polar heart rate monitor still does not work with the exercise equipment, this piece of equipment may be electrically too noisy for wireless heart rate measurement.

Crosstalk

Polar F5 wrist unit picks up transmitter signals within 3 feet/1 meter. Other signals, picked up simultaneously from more than one transmitter, can cause incorrect readouts.

Using The Polar Heart Rate Monitor in a Water Environment

Your Polar heart rate monitor is water resistant to 100 feet/30 meters. To maintain the water resistance, do not press the buttons of the wrist unit under water.

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 muscle 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 and also varies depending on an individual's tissue composition. The percentage of people who have problems in heart rate measuring is considerably higher in water than in other environments.

12.2 Minimizing Possible Risks when Exercising

Exercise may include some risk, especially for those who have been sedentary.

Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answer is yes to any of the questions, we recommend that you consult a doctor before starting an exercise program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to activity intensity, heart, blood pressure, psychical conditions, asthma, breathing etc. medication as well as some energy drinks, alcohol and nicotine can affect your heart rate.

It is important to be sensitive to your body's reactions during exercise. If you feel unexpected pain or excessive fatigue when exercising, it is recommended to stop the exercise or continue at a lighter intensity.

Notice to persons with pacemakers, defibrillator or other implanted electronic device. Persons who have a pacemaker use the Polar Heart Rate Monitor at their own risk. Before starting use, we always recommend an exercise test under doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the heart rate monitor.

If you are allergic to any substance that comes into contact with the skin or if you suspect an allergic reaction due to using the product, check the listed materials in the "Technical Specifications" chapter. To avoid any skin reaction risk with the transmitter, wear it over a shirt. However, moisten the shirt well under the electrodes to ensure flawless operation.

13. Technical Specifications

All Polar heart rate monitors are designed to indicate the level of physiological strain and intensity in sports and exercise. No other use is intended or implied. Heart rate is displayed as number of heartbeats per minute (bpm).

Polar Transmitter

Battery type: Built-in Lithium Cell
Battery life: Average 2500 hours of use
Operating temperature: 14 °F to 122 °F / -10 °C to +50 °C

Material: Polyurethane
Waterproof

Elastic Strap

Buckle material: Polyurethane
Fabric material: Nylon, polyester and natural rubber including a small amount of latex

Wrist Unit

Battery type: CR 2032
Battery life: Average 1 year (2h/day, 7 days/week)
Operating temperature: 14 °F to 122 °F / -10 °C to +50 °C

Water resistance: to 100 feet/30 meters, OK button can be pressed in water

Wrist strap: Polyurethane

Wrist strap buckle: Polyoxymethylene

Back cover: Stainless steel complying with the EU Directive 94/27/EU and its amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.

Accuracy of heart rate measurement: ± 1% or ± 1 bpm, whichever larger, definition applies to steady state conditions

Default settings

Time of day 12h
Alarm clock OFF
Zone alarm On
Age 0
Upper Limit 160
Lower Limit 80

Limit values

Chronometer 23 h 59 min 59 s
Heart rate limits 30 – 199 bpm
Total time 99 h 59 min 59 s
Age range for Self Walk Test 20 – 65
Time range for Self Walk Test 7 – 25 min
Birthday year range 1900 – 1999

14. Limited Polar International Guarantee

- This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.
- Polar Electro Inc. / 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 precautions; improper maintenance, commercial use, cracked or broken cases and elastic strap.
- 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.
- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/ purchase contract.

This CE marking shows compliance of this product with Directive 93/42/EEC.

Copyright © 2004 Polar Electro Oy, 90440 KEMPELE, Finland
All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy.

The names and logos marked with a ™ symbol in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy.

This product is protected by one or several of the following patents:
FI 88223, DE 4215549, FR 92.06120, GB 2257523, HK 113/1996, SG 9591671-4, US 5491474, FI 88972, DE 9219139.8, FR 92.09150, GB 2258587, HK 306/1996, SG 9592117-7, US 5486818, FI 96380, US 5611346, EP 665947, DE 69414362, FI 68734, DE 3439238, GB 2149514, HK 812/1989, US 4625733, FI 100924, FI 100452, US 5840039, FI 4150, DE 20008882.3, FR 0006504, FI 4069, US 6272365, FR 9907823, GB 2339833, DE 29910633, FI 104463, US 6183422, FI 4157, DE 20008883.1, FR 0006778, WO 97/33512, GB 2326240.

Other patents pending.

15. 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 Inc. / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein. Polar Electro Inc. / 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.

Manufactured by:
Polar Electro Oy
Professorintie 5
FIN-90440 KEMPELE
Tel. +358-8-520 2100
Fax +358-8-520 2300
www.polar.fi

www.polar.fi