

Polar RS100™

User Manual

POLAR®
LISTEN TO YOUR BODY

RS100 QUICK GUIDE

Time mode
Standby mode
Recording mode

View detailed
information on your
latest exercise
sessions.

View long-term
information on your
exercise sessions.

Change alarm,
time and other settings.



Press ▲



Press ▲



Press ▲



Press ▲

Press Red button

Press Red button

Press Red button

Press Red button

Press Stop



Press Red button

Press Stop



Press 2 x Stop

Time / Date
▲ / ▼
Duration
% / Avg HR /
% / Max HR
▲ / ▼
Limits
▲ / ▼
In / Above / Below
Zone
▲ / ▼
Cal / Fat%
▲ / ▼
Laps

Tot.Time
▲ / ▼
Tot.Cal
▲ / ▼
Tot.Count
▲ / ▼
ResetAll ?

Timer SET
▲ / ▼
Limits SET
▲ / ▼
Watch SET
▲ / ▼
User SET
▲ / ▼
General SET

- Summary FILE
- Duration
 - HR avg
 - Limits
(if limits are set)
 - In Zone
(if limits are set)
 - Cal / Fat%

WRIST UNIT BUTTONS

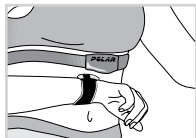
Note: Pressing a button briefly has a different effect than pressing and holding the button for a longer period of time (for at least 1 second).

Light

- Turn the backlight on.
- Turn the Keylock on or off in Time and Exercise modes (press and hold the button for at least 1 second). Keylock prevents accidental pressing of the buttons.

Stop

- Stop, pause or cancel the function.
- Exit the menu and return to the previous level of the menu.
- Return to the Time mode (press and hold the button for at least 1 second) in all modes except in the exercise mode.
- Enter the Alarm setting mode in the Time mode (press and hold the button for at least 1 second).



Heart Touch (hands free button)

To view the time and target zone limits during exercise without pressing buttons, bring the wrist unit near the Polar logo on the transmitter.



- ▲
- Move to the next mode or menu level.
- Increase the selected value.
- Change the top row information in the Exercise recording mode and in the Time mode.
- Turn the target zone alarm on or off during Exercise recording mode (press and hold the button for at least 1 second).

- ▼
- Move to a previous mode or menu level.
- Decrease the selected value.
- Change the lower row information in the Exercise recording mode.

Red button

- Start, enter or accept the function.
- Enter the displayed mode or menu and move to a lower menu level.
- Enter the exercise mode.
- Enter the Exercise recording mode from the Time mode (press and hold the button for at least 1 second).

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Dear customer,

Congratulations on your purchase of a new Polar RS100 Running Computer!

Your running computer helps you achieve your exercise goals. It provides feedback on your body's response to exercise. The following tasks can be performed with the running computer:

Planning

- Base your training and various exercise sessions on heart rate.

Setting pace and controlling intensity

- Your heart rate is an accurate measure of exercise intensity - it tells you how hard you are working. Use heart rate to set a pace that you are able to maintain.

Keeping safe

- Monitor your heart rate during exercise to keep yourself from pushing too hard or overtraining.

Checking progress

- Your heart rate allows you to objectively measure improvements in your fitness level. For a particular speed and time/distance, your heart rate should decrease with improvements in your fitness.

Adapting to environment

- Your heart rate responds to internal and external factors acting on your body (for example, stress, lack of sleep, altitude and temperature). Using your running computer will help ensure a quality workout in varying conditions.

Read this manual carefully to familiarize yourself with your running computer. This manual also contains a section about maintenance.

Have success and fun using your running computer!

POLAR®



1. INTRODUCTION TO THE RS100 RUNNING COMPUTER

1.1 PRODUCT ELEMENTS

The Polar RS100 Running Computer package consists of the following parts:



Wrist Unit

The wrist unit displays and records your heart rate and exercise data during exercise. Enter your personal settings into the wrist unit and analyze exercise information after your workouts.



Polar WearLink®+ transmitter

The transmitter sends the heart rate signal to the training computer. The transmitter consists of a connector and a strap.

Polar Web Services

polarpersonaltrainer.com is a complete web service tailored to support your exercise goals. **Free registration** gives you access to the personalized training program, training diary, useful articles and much more. In addition, you can get latest product tips and support online at **www.polar.fi**.

The latest version of this user manual can be downloaded at www.polar.fi/support.

1.2 USING YOUR POLAR RS100 FOR THE FIRST TIME

Enter your settings in the Basic Settings mode (time, date, units and personal settings).

How to enter the Basic Settings

Entering accurate personal information ensures that you receive correct feedback based on your performance (calorie consumption, OwnZone determination etc).

Activate the wrist unit by pressing any button. The wrist unit cannot be turned off once activated.

The display fills with numbers and letters.

1. Press the **Red** button. **Settings** is displayed.
2. Continue by pressing the **Red** button and follow the steps on next page:

Note:

- *The numbers scroll faster if you press and hold the ▲ or ▼ button as you adjust the value.*
- *After a change of battery or after you reset the wrist unit, you only need to set the time and date in Basic Settings. You can skip the rest of the settings by pressing and holding the **Stop** button.*

Tip: You can design and download logos to the display using the Polar UpLink Tool. Download UpLink Tool free of charge at www.polar.fi or polarpersonaltrainer.com. For further information, see page 47.

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
3. Time Set <ul style="list-style-type: none"> • 12h / 24h • AM / PM (for 12h format) • Hours • Minutes 	▲ / ▼ <ul style="list-style-type: none"> • select 12h or 24h format ▲ / ▼ <ul style="list-style-type: none"> • select AM or PM ▲ / ▼ <ul style="list-style-type: none"> • adjust the hours ▲ / ▼ <ul style="list-style-type: none"> • adjust the minutes 	Red button Red button Red button Red button
<p>Note: The date will be displayed according to the time format selected (24h: day - month - year / 12h: month - day - year).</p>		
4. Date Set <ul style="list-style-type: none"> • Day / Month • Month / Day • Year 	▲ / ▼ <ul style="list-style-type: none"> • adjust the day (in 24h format) or the month (in 12h format) ▲ / ▼ <ul style="list-style-type: none"> • adjust the month (in 24h format) or the day (in 12h format) ▲ / ▼ <ul style="list-style-type: none"> • adjust the year 	Red button Red button Red button

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. Unit <ul style="list-style-type: none"> Unit 1 (kg/cm) / Unit 2 (lb/ft) 	▲ / ▼ <ul style="list-style-type: none"> select the units 	Red button
6. Weight <ul style="list-style-type: none"> kg / lbs 	▲ / ▼ <ul style="list-style-type: none"> adjust your weight 	Red button
Note: To reselect units, press and hold the Light button in weight or height setting display.		
7. Height <ul style="list-style-type: none"> cm / ft 	▲ / ▼ <ul style="list-style-type: none"> adjust your height 	Red button
<ul style="list-style-type: none"> inch (Unit 2) 	▲ / ▼	Red button
8. Birthday <ul style="list-style-type: none"> Day / Month 	▲ / ▼ <ul style="list-style-type: none"> adjust the day (in 24h format) or the month (in 12h format) 	Red button
<ul style="list-style-type: none"> Month / Day 	▲ / ▼ <ul style="list-style-type: none"> adjust the month (in 24h format) or the day (in 12h format) 	Red button
<ul style="list-style-type: none"> Year 	▲ / ▼ <ul style="list-style-type: none"> adjust the year 	Red button

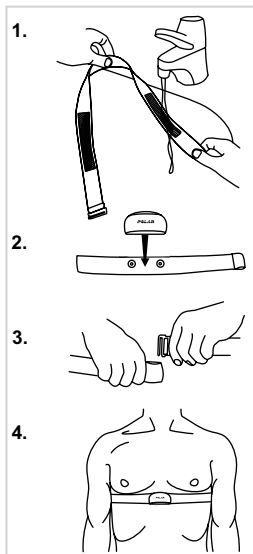
The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
9. Sex • MALE / FEMALE	▲ / ▼ • select sex	Red button

- **Settings done** is displayed. To change your settings, press the **Stop** button until you return to the desired setting.
- To accept settings, press the **Red** button or wait until the display automatically goes to Time mode.

2. EXERCISING

2.1 WEARING YOUR TRANSMITTER

To measure your heart rate, you need to wear the transmitter.



1. Wet the electrode areas of the strap under running water.
2. Attach the connector to the strap. Adjust the strap to fit tightly but comfortably.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.

Note: Detach the connector from the strap after every use, to maximize the transmitter battery lifetime. Sweat and moisture may keep the electrodes wet and the transmitter activated. This will reduce the transmitter battery life.

See detailed washing instructions in the Care and Maintenance chapter.

Coded Heart Rate Transmission

Coded heart rate transmission reduces interference from other heart rate monitors that are close by. To make sure that the code search is successful and to ensure trouble-free heart rate monitoring, keep the wrist unit within 1 meter/3 feet of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance (for further information on interference, see Precautions on page 50).



- ♥ A frame around the heart rate symbol indicates a coded heart rate transmission.
- ♥ A heart rate symbol without a frame indicates a non-coded heart rate transmission. The heart rate measurement functions also in a non-coded mode, especially if there aren't any sources of interference nearby.



Note: *If the wrist unit does not display your heart rate, make sure the transmitter electrodes are moist and*

that the strap is snug enough. Bring the wrist unit near the Polar logo on the transmitter to restart heart rate detection.

2.2 EXERCISE RECORDING


There are two modes in the exercise menu: Standby and Recording. In Standby mode, your heart rate is displayed but your exercise is **not recorded**. In Recording mode, exercise is recorded and stopwatch and other functions are activated.



1. Wear the transmitter as described in the section *“Wearing Your Transmitter”* on page 12.
2. Start from the Time mode. Press the **Red** button. The wrist unit will automatically search for your heart rate. The heart rate and the framed heart symbol will appear in 15 seconds.
3. **Standby** text and symbol  are displayed. The wrist unit automatically starts to search for your heart rate.
4. Press the **Red** button. Exercise time starts running and exercise recording symbol  is displayed. You are now in Recording mode.




Note: You can review Timer settings (if activated) in **Standby** mode by pressing **▲**. Switch heart rate formats (heart rate as beats per minute or heart rate as a percentage of maximum heart rate; %HR) by pressing **▼**.

Alternatively, you can quickstart exercise recording in Time mode by pressing and holding the **Red** button.

- The Manual target heart rate zone limits are on as default. To change heart rate limits follow instructions on page 29 before starting to exercise.
- If **OwnZone** is selected, the OwnZone determination procedure begins. For further information, see *“Determining Your OwnZone Heart Rate Limits”* on page 31.
- To skip OwnZone determination and use previously determined OwnZone, press the **Red** button when OwnZone symbol  appears in the display. If you have not determined your OwnZone before, your age-based target zone will be used.

2.3 FUNCTIONS DURING EXERCISE

Note: Your exercise information is saved only if the stopwatch has been running for more than one minute or if one lap has been stored.

Turning the Target Zone Alarm Sound  on or off: Press and hold .  indicates that the Target Zone Alarm sound is activated.

Target Zone Alarm: With the Target Zone Alarm you can make sure you exercise at the correct intensity. When the target zone heart rate limits are activated, the wrist unit sounds an alarm when you are above or below your limits. You can set the limits for your target zone in the Settings/Limits menu. For further information, see page 29. If you are out of your target zone, the heart rate value starts flashing and the wrist unit beeps with each heartbeat.

Note: When heart rate limits are not activated, no Target Zone Alarm in the exercise recording mode will sound, nor will target zone information be placed in the Summary File or File.

Checking Time of Day and Target Zone Limits: Place the wrist unit near the Polar logo on the transmitter. The time is displayed for three seconds and current Target Zone limits for another three seconds.

Changing the upper row information: Press ▲ to view the following options:



Lap time



Time



Calories (Cal)

The kilocalories burnt so far.



Timer 1 time*

is displayed when timer 1 is active.

or



Timer 2 time*

is displayed when timer 2 is active.

* Displayed only if timer is on.

For further information on timers see page 28.

Note: If you have not set your personal settings in Basic Settings, calories are not shown and the calories display is skipped.

Changing the lower row information: Press ▼ to view the following options:



Press ▼

Heart rate
as beats per minute
(bpm)



Press ▼

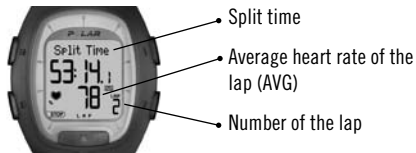
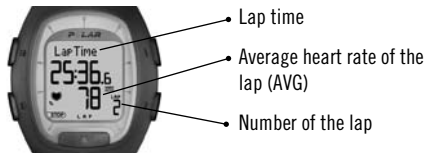
Heart rate
as a percentage of your
maximum heart rate
(%HR)



Display example

For example, during a road race or a running event it is useful to monitor your *heart rate as a percentage of your maximum heart rate* as well as *time* (lap time on the top row and split time on the middle row).

Storing lap and split time: Press the **Red** button to store lap and split time.




Lap time indicates elapsed time for one lap. Split time is elapsed time from the beginning of the exercise until storing a lap time (for example from the beginning of the exercise until the 4th lap was stored).


Note: If the maximum amount of laps (99) is stored, **Lap Time FULL** text will be displayed. If maximum file recording time (99 hours 59 min 59 s) is exceeded, the wrist unit beeps, pauses recording and displays **HALT**.

Pausing exercise: Press the **Stop** button. Exercise recording, stopwatch and other calculations are paused. You can view the upper row information by pressing **▲**. To continue, press the **Red** button.

Exercising in the dark: If you activate the backlight by pressing the **Light** button during an exercise recording, the backlight will reactivate automatically during the same exercise every time you press any button or use the Heart Touch function.

Keylock : Press and hold the **Light** button to lock or unlock all buttons, except the **Light** button. **Locked** or **Unlocked** is displayed. Keylock is useful when engaging sports where you might get accidental button press.

2.4 STOPPING THE EXERCISE AND VIEWING SUMMARY FILE

1. Press the **Stop** button to pause the exercise recording. **Paused** and the Standby symbol  are displayed.
2. Press the **Stop** button. **Summary FILE** is displayed and the following information starts scrolling:
 - **Duration** (total exercise time)
 - **HR avg** (average heart rate)
 - **Limits** (upper and lower limits of your target zone; if limits are set)
 - **In Zone** (time spent in your target zone; if limits are set)
 - **Cal / Fat%** (accumulated calories burnt during exercise/fat percentage of burnt calories)

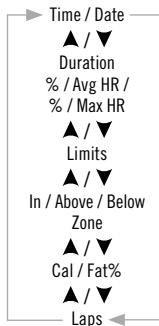
The wrist unit returns automatically to Time mode after scrolling through the summary file.

Note: The alternating information switches automatically on the display. Alternate the information manually by pressing the **Red** button or stop the review by pressing the **Stop** button. Detailed exercise information is placed in the File mode.

3. VIEWING RECORDED INFORMATION - FILE



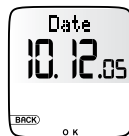
Press **Red** button



The exercise File allows you to review heart rate and exercise information collected while recording an exercise session. Your exercise information is saved only if the stopwatch has been on for more than one minute or one lap has been restored.

1. In the Time mode, press **▲**. **File** is displayed.
2. Press the **Red** button. **Date** and **Time** alternate on the display.
3. Press **▲** / **▼** to browse through the recorded information.

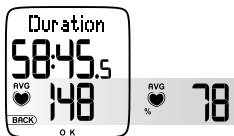
Recorded exercise file information



Recording date and exercise starting time alternate on the display

Note: The alternating information switches automatically on the display. For quick scrolling, press the **Red** button.

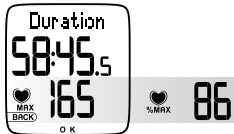
Recorded exercise file information



Duration of recorded exercise

Alternation between:

- Average heart rate
- % of average heart rate



- Maximum heart rate
- % of maximum heart rate



The upper and lower limits of your target heart rate zone (if limits are set)

Note: The limits of your target heart rate zone are displayed as %HR or as bpm, depending on the heart rate view mode. For further information, see page 17.

Recorded exercise file information



Above 00:06.5 Below 00:05.5

Alternation between:
Time spent
- in
- above
- below
your target zone during exercise
(if limits are set)



Calories burnt while exercising and fat
percentage of burnt calories *

* An estimate of fat consumption is calculated using total kilocalories (Cal) expended during a training session. Fat percentage can vary between 10 and 60%. For example, if total energy expenditure during exercise is 245 Cal and fat percentage is 45%, then 45% of the energy needed for exercise was taken from fat resources and 55% from carbohydrates.

Recorded exercise file information



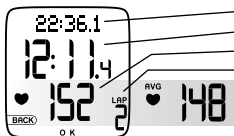
Number of laps while exercising

To view detailed lap information, press the **Red** button.

- **BestLap**, lap time and lap number are displayed
- Press ▲ / ▼ to scroll through the lap information
- To stop viewing lap information, press **Stop**



***Note:** The best lap information is displayed if you have stored at least three laps. The best lap cannot be the last lap.*



Split time

Lap time

Average heart rate and heart rate at the end of the lap alternate

Lap number

- To return to Time mode, press and hold the **Stop** button.

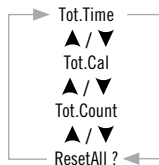
4. TOTAL VALUES

Total values include cumulative values of information recorded during your training sessions. Use the Total values file as a weekly/monthly counter of your training values. The values are updated automatically, when exercise recording is stopped. This function keeps track of your cumulative values starting from the last reset. For further information on how to reset the values, see page 26.

Note: If there are no Total values accumulated yet, **No Totals** is displayed.




Press **Red** button






4.1 VIEWING TOTAL VALUES

1. In the Time mode, press the ▲ or ▼ button until **Totals** is displayed.
2. Press the **Red** button. **Tot.Time** and the total time are displayed.
3. Use the ▲ or ▼ button to browse through the following information:

Total values	
	The date cumulation started*
	Total cumulative exercise duration starting at previous reset

* If no Total values are accumulated yet, the reset date is displayed.

Total values	
	<p>The date cumulation started*</p> <p>Total cumulative burnt kilocalories (Cal) starting at previous reset</p>
	<p>The date cumulation started*</p> <p>Total cumulative exercise count starting at previous reset</p>
	<p>Reset all Total values.</p> <p>For further information, see page 26.</p>

* If no Total values are accumulated yet, the reset date is displayed.

- To exit Total values, press the **Stop** button.
- To return to Time mode, press and hold the **Stop** button.

Note: When the Total values memory become full, the accumulation starts from the 0 again.

4.2 RESETTING TOTAL VALUES

Use Total values as a seasonal (or weekly/monthly) counter of your exercise values by resetting them once a season. Once reset, a value cannot be retrieved. You can reset one particular value or all values at once (ResetAll?). Start with any display in the previous table (Tot.Time, Tot.Cal, Tot.Count, or ResetAll?).

1. Press the **Red** button to start resetting the desired value. **Reset?** is displayed.
2. Press the **Red** button. **Are You Sure** is displayed.
3. If sure, press the **Red** button.

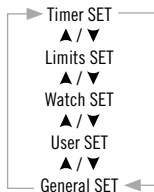
Alternatively, to cancel the reset, press the **Stop** button.

- To return to Time mode, press and hold the **Stop** button.

5. SETTINGS



Press **Red** button



You can view or change the settings in the Settings menu.

To set values:

- Select or adjust using ▲ or ▼.
- The numbers scroll faster if you press and hold ▲ or ▼ while adjusting values.
- Accept your selection and go deeper in the menu with the **Red** button.
- Cancel your selection or return to the previous mode or menu by pressing **Stop**.

Tip: Learn how your training can benefit from your running computer's features by consulting the running and training tips at polarpersonaltrainer.com.

5.1 TIMER SETTINGS

Running intervals is an important part of developing your running performance. Your running computer is equipped with two alternating timers, allowing you to set one repeating or two different alternating time intervals.

Tip: You can set timer 1 for a sprint/run of 4 minutes and timer 2 for a 2-minute recovery.

Once set, the first timer will begin when the stopwatch is started in Recording mode. When Timer 1 is finished the alarm sounds once and Timer 2 automatically starts. When Timer 2 is finished the alarm will sound twice and Timer 1 automatically begins again, and so on.

1. In Time mode, press **▼**. **Settings** is displayed.
2. Press the **Red** button. **Timer SET** is displayed.
3. Continue by pressing the **Red** button and follow the steps below:

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
4. Timer 1 On / OFF	▲ / ▼ <ul style="list-style-type: none">• turn the Timer 1 on or off	Red button
5. Minutes	▲ / ▼ <ul style="list-style-type: none">• adjust the minutes (0-99 minutes)	Red button
6. Seconds	▲ / ▼ <ul style="list-style-type: none">• adjust the seconds (0-59)	Red button

- To set Timer 2, return to step 4.
- To return to Time mode, press and hold the **Stop** button.

5.2 LIMITS SETTINGS (TARGET HEART RATE ZONE SETTING)

OwnZone

Your running computer is able to determine your individual aerobic (cardiovascular) heart rate zone automatically. This is called OwnZone (OZ). OwnZone ensures that you exercise within safe limits.

Manually set Target Zone

You can create a target heart rate zone by setting upper and lower heart rate limits manually. Use this feature to maintain a particular level of intensity, depending on your objectives.

Deactivate Target Zone Limits

You can also deactivate target zone limits.

1. In the Time mode, press ▼. **Settings** is displayed.
2. Press the **Red** button. **Timer SET** is displayed.
3. Press ▲ until **Limits SET** is displayed.
4. Press the **Red** button. **OwnZone**, **Manual** or **Off** starts flashing.
5. Press ▲ or ▼ to select OwnZone, Manual or Off.
For further information on OwnZone see page 30, for manual limits see page 34.

5.2.1 OWNZONE LIMITS

The OwnZone (OZ) feature determines your *personal training zone* primarily based on your heart rate variability. For most adults, OwnZone corresponds to 65-85 % of maximum heart rate (HR_{max}). The OwnZone varies daily, depending on your physical condition and mental state (for example, if you are not recovered from the previous training or feel stressed.)

OwnZone limits can be determined in 1-5 minutes during a warm-up period by walking, jogging or doing another sport. If determination based on heart rate variability is not successful, the previous OwnZone limits or your age predicted limits (65-85% of HR_{max}) are used.

(See the steps 1-4 on page 29.)

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. OwnZone / Manual / Off LIM	▲ / ▼ • select OwnZone limits	Red button
6. HR / HR %	▲ / ▼ • select heart rate format: beats per minute or % of your maximum heart rate	Red button

- To return to Time mode, press and hold the **Stop** button.

Tip: See polarpersonaltrainer.com for heart rate based Polar Training Programs.

Determining Your OwnZone Heart Rate Limits

Before you start to determine your OwnZone, make sure that:

- You entered your user settings correctly. The wrist unit will ask for missing information (for example date of birth) before accepting limit settings.
- You activate the OwnZone limits. With the function on, the wrist unit will automatically determine your OwnZone everytime you start recording an exercise session.

You should redefine your OwnZone:

- When changing your exercise environment or exercise mode.
- If you feel unusual about the physical state of your body when starting to exercise. For example you are stressed or not feeling well.

The main idea is that you start your exercise with a warm-up period at a light intensity i.e. heart rate lower than 100 bpm/ 50% HR_{max} . You then gradually increase the intensity of your exercise to raise your heart rate.

1. Start your exercise as described in the section “*Exercise Recording*” on page 14.
2. OwnZone determination begins and the OwnZone $\square Z \blacktriangleright _ _ _ _ _$ symbol appears in the upper row of the display.

Alternatively, to skip OwnZone determination and use the previously determined OwnZone, press the **Red** button.

Determination of your OwnZone happens in five stages.

$\square Z \blacktriangleright _ _ _ _ _$ Walk at a slow pace for 1 min. Keep your heart rate below 100 bpm/ 50% HR_{max} during this first stage.

After each stage you will hear a beep (if the sound settings are on) and the display automatically illuminates (if you have switched the backlight on once before), indicating the end of the stage.

$\square Z \blacktriangleright \blacktriangleright _ _ _ _ _$ Walk at a normal pace for 1 min. Slowly increase your heart rate by 10-20 bpm/ 5% HR_{max} .

$\square Z \blacktriangleright \blacktriangleright \blacktriangleright _ _ _ _ _$ Walk at a brisk pace for 1 min. Slowly increase your heart rate by 10-20 bpm/ 5% HR_{max} .

$\square Z \blacktriangleright \blacktriangleright \blacktriangleright \blacktriangleright _ _ _ _ _$ Jog at a slow pace for 1 min. Slowly increase your heart rate by 10-20 bpm/ 5% HR_{max} .

$\square Z \blacktriangleright \blacktriangleright \blacktriangleright \blacktriangleright \blacktriangleright _ _ _ _ _$ Jog at brisk pace or run for 1 min.

3. At some point during the five stages you will hear two beeps. Your OwnZone has now been determined and you can begin your planned exercise session.

The OwnZone determination method (see the table on the next page) and OwnZone heart rate limits are displayed.

The limits are displayed as beats per minute (bpm) or as a percentage of your maximum heart rate (%HR) depending on your settings.

The display reads:	OwnZone determination method	Reasons for using this method
OwnZone	heart rate variability	
If not successful, then		
OZ latest	previous OwnZone based on heart rate variability	<ul style="list-style-type: none"> • your heart rate variability decreased either too slowly or too fast or • your heart rate exceeded the safety limit of the OwnZone determination
If not successful, then		
AgeBased	age-based heart rate zone (65-85% of HR_{max})	<ul style="list-style-type: none"> • heart rate variability based OwnZone determination was not successful and no previous OwnZone determination existed

Note: OwnZone has been developed for healthy people. Some health conditions may cause heart rate variability based OwnZone determination to fail, for example high blood pressure, some cardiac arrhythmias, and some medications.

You can now continue with your exercise. Try to stay inside the given heart rate zone to maximize exercise benefits.

Tip: For further information on OwnZone, see www.polar.fi.

5.2.2 MANUAL LIMITS

If you have not entered your date of birth in Basic Settings, the wrist unit will ask for the missing information before accepting the limit settings. The wrist unit displays your previously defined heart rate limits.

Alternatively, if you have not defined the manual limits before, your age-based limits are displayed.

(See steps 1-4 on page 29.)

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. OwnZone / Manual / Off LIM	▲ / ▼ <ul style="list-style-type: none">• select Manual	Red button
6. HR / HR %	▲ / ▼ <ul style="list-style-type: none">• select heart rate format: beats per minute or % of your maximum heart rate	Red button
7. HighLimit	▲ / ▼ <ul style="list-style-type: none">• adjust the upper limit	Red button
8. LowLimit	▲ / ▼ <ul style="list-style-type: none">• adjust the lower limit	Red button

- To return to Time mode, press and hold the **Stop** button.

Instead of determining your target heart rate zone by using OwnZone, you can define your target heart rate limits by using the age formula.

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

Maximum heart rate = $220 - \text{age}$. For more accurate measurement of your HR_{max} , visit your doctor or exercise physiologist for an exercise stress test.

How to use the Target Heart Rate Zones

In exercise, different heart rate zones produce different fitness and health benefits. The heart rate zones that suit you depend on your goal and your basic physical condition.

Tip: For further information on target zones and for a personalized training program, see polarpersonaltrainer.com.

The table below contains target heart rate 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 training.

Age	HR_{max}	50-60% of HR_{max}	60-70% of HR_{max}	70-80% of HR_{max}	80-90% of HR_{max}	90-100% of HR_{max}
20	200	100-120	120-140	140-160	160-180	180-200
25	195	98-117	117-137	137-156	156-176	176-195
30	190	95-114	114-133	133-152	152-171	171-190
35	185	93-111	111-130	130-148	148-167	167-185
40	180	90-108	108-126	126-144	144-162	162-180
45	175	88-105	105-123	123-140	140-158	158-175
50	170	85-102	102-119	119-136	136-153	153-170
55	165	83-99	99-116	116-132	132-149	149-165
60	160	80-96	96-112	112-128	128-144	144-160
65	155	78-93	93-109	109-124	124-140	140-155

5.2.3 DEACTIVATE TARGET ZONE LIMITS

Deactivate target heart rate zone limits so no limits are used during exercise and no limit values are calculated in the File.

(See steps 1-4 on page 29.)

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. OwnZone / Manual / Off LIM	▲ / ▼ • select Off	Red button

- To return to Time mode, press and hold the **Stop** button.

5.3 WATCH SETTINGS

5.3.1 ALARM

1. In Time mode, press **▼**. **Settings** is displayed.
2. Press the **Red** button. **Timer SET** is displayed.
3. Press **▲ / ▼** until **Watch SET** is displayed.
4. Continue by pressing the **Red** button and follow the steps below:


The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. Alarm Once / Mon-Fri / Daily / Off	▲ / ▼ <ul style="list-style-type: none">• select Alarm mode	Red button (Skip step 6 for 24h format)
6. AM / PM (for 12h format)	▲ / ▼ <ul style="list-style-type: none">• select AM or PM	Red button
7. Hours	▲ / ▼ <ul style="list-style-type: none">• adjust the hours	Red button
8. Minutes	▲ / ▼ <ul style="list-style-type: none">• adjust the minutes	Red button

- To return to the Time mode, press and hold the **Stop** button.

Alarm

The Alarm functions in all modes. When the Alarm sounds, **Alarm!** with a flashing backlight is displayed. The alarm will sound for a minute unless you press the **Stop** button. To delay the alarm an extra 10 minutes, press the ▲, ▼ or the **Red** button: **Snooze** is displayed. The alarm will sound again after 10 minutes. To cancel the snooze and Alarm, press the **Stop** button in Snooze mode.

Alternatively, you can quick access Alarm settings in Time mode by pressing and holding the **Stop** button.

Note: If the battery low symbol  appears in the display, the Alarm cannot be activated. However, the Watch Alarm will work once if it is set before the symbol appears.

5.3.2 TIME SETTING

1. In Time mode, press **▼**. **Settings** is displayed.
2. Press the **Red** button. **Timer SET** is displayed.
3. Press **▲ / ▼** until **Watch SET** is displayed.
4. Continue by pressing the **Red** button until **TIME** is displayed and follow the steps below:

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. Time 12h / 24h	▲ / ▼ <ul style="list-style-type: none">• select 12h or 24h format	Red button (Skip step 6 for 24h format)
6. AM / PM (for 12h format)	▲ / ▼ <ul style="list-style-type: none">• select AM or PM	Red button
7. Hours	▲ / ▼ <ul style="list-style-type: none">• adjust the hours	Red button
8. Minutes	▲ / ▼ <ul style="list-style-type: none">• adjust the minutes	Red button

- To return to Time mode, press and hold the **Stop** button.

5.3.3 DATE SETTING

1. In Time mode, press **▼**. **Settings** is displayed.
2. Press the **Red** button. **Timer SET** is displayed.
3. Press **▲ / ▼** until **Watch SET** is displayed.
4. Continue by pressing the **Red** button until **Date** is displayed and follow the steps below:

Note: The order for setting the date depends on the time format selected (24h: day - month - year / 12h: month - day - year).

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. Day / Month	▲ / ▼ <ul style="list-style-type: none">• adjust the day (in 24h format) or the month (in 12h format)	Red button
6. Month / Day	▲ / ▼ <ul style="list-style-type: none">• adjust the month (in 24h format) or the day (in 12h format)	Red button
7. Year	▲ / ▼ <ul style="list-style-type: none">• adjust the year	Red button

- To return to Time mode, press and hold the **Stop** button.

5.4 USER SETTINGS

Entering correct personal information ensures that your calorie counter operates with the highest possible degree of accuracy.

1. In the Time mode, press **▼**. **Settings** is displayed.
2. Press the **Red** button until **Timer SET** is displayed.
3. Press **▲ / ▼** until **User SET** is displayed.
4. Press the **Red** button to specify the user information settings and follow the steps below:

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. Weight kg / lbs	▲ / ▼ <ul style="list-style-type: none">• adjust your weight	Red button
Note: <ul style="list-style-type: none">• <i>The weight and height units depend on your choice in the Units settings. If you previously chose the wrong units, change them in weight and height setting mode by pressing and holding the Light button.</i>• <i>To change your settings, press Stop and return to step 4.</i>		
6. Height <ul style="list-style-type: none">• cm / ft• inch (for Unit 2)	▲ / ▼ <ul style="list-style-type: none">• adjust your height ▲ / ▼	Red button Red button

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
7. Birthday <ul style="list-style-type: none"> • Day / Month • Month / Day • Year 	▲ / ▼ • adjust the day (in 24h format) or the month (in 12h format)	Red button
8. Sex MALE / FEMALE	▲ / ▼ • select gender	Red button

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
9. HR Max	▲ / ▼ • adjust this, if you know your laboratory measured current maximum heart rate value Your age-predicted maximum heart rate value (220-age) is displayed as a default setting when you set this value for the first time.	Red button
10. HR Sit	▲ / ▼ • adjust your heart rate value in a sitting position	Red button

- To return to Time mode, press and hold the **Stop** button.

Maximum heart rate value (HR_{max})

HR_{max} is used to estimate energy expenditure. HR_{max} is the highest number of heartbeats per minute during maximum physical exertion. HR_{max} is also useful when determining exercise intensity. The most accurate method for determining your individual HR_{max} is to perform a maximal exercise stress test in a laboratory.

Heart rate value in a sitting position (HR_{sit})

HR_{sit} is used to estimate energy expenditure. To determine your HR_{sit} easily, wear your transmitter, sit down and do not engage in any physical activity. After two or three minutes, press the **Red** button in Time mode to view your heart rate. This is your HR_{sit} .

To calculate your HR_{sit} , more precisely, repeat the procedure several times and calculate your average.

5.5 GENERAL SETTINGS

You can view and change the following settings in the General Settings mode:

- sound On or Off
- unit format (kg/cm or lb/ft)

5.5.1 SOUND SETTING


Sound settings include the button sound and Stopwatch sounds.

Sound settings do not affect the watch alarms.

1. In Time mode, press **▼**. **Settings** is displayed.
2. Press the **Red** button until **Timer SET** is displayed.
3. Press **▲ / ▼** until **General SET** is displayed.
4. Press the **Red** button and follow the steps below:

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. Sound On / OFF	▲ / ▼ <ul style="list-style-type: none">• select the sound on or off	Red button

- To return to Time mode, press and hold the **Stop** button.

Note: Wrist unit sounds and the backlight function are turned off when the low battery symbol  is displayed. However, the Watch Alarm will work once if it is set before the symbol appears.

5.5.2 UNIT SETTING

1. In the Time mode, press ▼. **Settings** is displayed.
2. Press the **Red** button until **Timer SET** is displayed.
3. Press ▲ / ▼ until **General SET** is displayed.
4. Press the **Red** button twice and follow the steps below:

The display reads:	Press ▲ or ▼ to set	Press the Red button to accept
5. Unit kg/cm / Unit lb/ft 1 / 2	▲ / ▼ • select unit	Red button

Note: The Unit setting affects to personal information units and watch settings.

5.6 PERSONALIZE YOUR WRIST UNIT WITH A LOGO

You can personalize your running computer by designing and transferring your own logo to the display of the wrist unit. For this you need the Polar UpLink Tool.

Download the Polar UpLink Tool at www.polar.fi or polarpersonaltrainer.com. To use the Polar UpLink Tool, you need a PC with a sound card and dynamic loudspeakers or headphones.

See www.polar.fi or polarpersonaltrainer.com for further instructions.

6. CARE AND MAINTENANCE

Caring for Your RS100

Like any electronic device, the Polar training computer should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

Detach the transmitter connector from the strap and rinse the strap under running water after every use. Dry the connector with a soft towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals).

Wash the strap regularly in a washing machine at 40°C/104°F or at least after every fifth use. This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the transmitter connector in the washing machine or drier!

Dry and store the strap and the transmitter connector separately to maximize the transmitter battery lifetime. Wash the strap in a washing machine before long-term storage and always after use in pool water with high chlorine content.

Keep your training computer and transmitter in a cool and dry place. Do not keep them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). The training computer and transmitter are water resistant, and can be used in water activities. Do not expose the training computer to direct sunlight

for extended periods, such as by leaving it in a car or mounted on the bike mount.

Keep your training computer clean. To maintain the water resistance, do not wash the training computer with a pressure washer. Clean the training computer with a mild soap and water solution and rinse it with clean water. Do not immerse it in water. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Avoid hard hits to the training computer, as these may damage the sensor units.

Service

During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

For contact information and all Polar Service Center addresses, visit www.polar.fi/support and country specific websites.

Register your Polar product at <http://register.polar.fi/> to ensure we can keep improving our products and services to better meet your needs.

Note: *The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, polarpersonaltrainer.com, Polar discussion forum and Newsletter registration.*

Changing Batteries

Training Computer

We recommend that you have the training computer battery replaced by an authorized Polar Service Center. They test your Polar training computer for water resistance after battery replacement.

- The low battery indicator is displayed when 10–15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.
- The backlight and sound are automatically turned off when the low battery indicator is displayed. Any alarms set prior to the appearance of the low battery indicator will remain active.

Transmitter Connector

The WearLink+ transmitter has a user changeable battery. To change the battery yourself, please follow the instructions carefully.

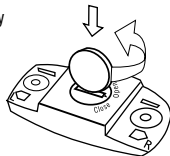
When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In USA the sealing ring/battery kits are also available at www.shoppolar.com.

Keep the batteries away from children. If swallowed, contact a doctor immediately.

Batteries should be properly disposed of according to local regulations.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneous from both sides, with metal or electrically conducting tools, like tweezers. This may short-circuit the battery causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but it may decrease the capacity and lifetime of the battery.

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
3. Press the cover back into the connector.
4. Use the coin to turn the cover clockwise to CLOSE.



Danger of explosion if the battery is replaced with wrong type.

7. PRECAUTIONS

The Polar training computer displays your performance indicators and helps you achieve your personal training goals. It indicates the level of physiological strain and intensity during your exercise. No other use is intended or implied.

Minimizing Possible Risks When Exercising

Training may include some risk. Before beginning a regular training program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or 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 exercise intensity, medications for heart, blood pressure, psychological conditions, asthma, breathing etc. as well as some energy drinks, alcohol and nicotine may affect your heart rate.

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

Notice to individuals with pacemakers, defibrillators or other implanted electronic devices. Individuals who have a pacemaker use the Polar Running Computer at their own risk. Before starting use, we always recommend a maximal exercise stress test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar Running Computer.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials on page 55. To avoid any skin reaction to the transmitter, wear it over a shirt. However, moisten the shirt well under the electrodes to ensure flawless operation.

Note: *The combined impact of moisture and intense abrasion may cause a black color to come off the transmitter's surface, possibly staining light-colored clothes. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training computer or the transmitter.*

Training equipment with electronic components may cause interfering stray signals. To tackle these problems, try the following:

1. Remove the transmitter from your chest and use the training equipment as you would normally.
2. Move the wrist unit around until you find an area in which it displays no stray reading or does not flash the heart symbol. 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.
3. Put the transmitter back on your chest and keep the wrist unit in this interference-free area as much as possible.

If the RS100 still does not work, the piece of equipment may be electrically too noisy for wireless heart rate measurement.

Crosstalk. A heart rate symbol without a frame indicates non-coded heart rate transmission. When in non-coded mode, the training computer picks up transmitter signals within 1 m / 3 ft. Simultaneous non-coded signals from more than one transmitter can cause an incorrect reading.

8. FREQUENTLY ASKED QUESTIONS

What should I do if...

...if I do not know where I am in the menu?

Press and hold the **Stop** button until the time of day is displayed.

...there are no reactions to any buttons?

Reset the wrist unit by pressing the four side buttons simultaneously for two seconds. Set the time and date in the Basic Setting after the reset. Other settings are saved.

...the heart rate reading becomes erratic or extremely high?

Strong electromagnetic signals can cause erratic readings. So move away from possible sources of disturbance such as high-voltage power lines, traffic lights, overhead lines of electric railways or trams, car motors, bike computers, some motor-driven exercise equipment (like fitness testers) or cell phones.

If moving away does not help and the heart rate reading remains erratic, slow down your speed and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.

...the heart symbol flashes irregularly?

- Check that your wrist unit is not further than 1 m/3 ft from the transmitter.
- Check that the transmitter has not become loose during exercise.
- Make sure that the electrodes of the transmitter are moistened.

- Make sure that there is no other heart rate transmitter within 1 m/3 ft.
- Cardiac arrhythmia may cause irregular readings. In this case, consult your physician.


...there is no heart rate reading (- -)?

- Check that the electrodes of the transmitter are moistened and that you are wearing it as instructed.
- Make sure the transmitter is clean.
- Check that you are not near high voltage power lines, televisions, cell phones or other sources of electromagnetic interference.
Also make sure that you are not near (1 m/3 ft) other heart rate monitor users, when starting you exercise recording.
- Cardiac arrhythmia may cause irregular readings or a cardiac event may have altered your ECG waveform. In these cases, consult your physician.

...another person with a running computer or a heart rate monitor is causing interference?

Move away from that person and continue your exercise normally. Alternatively,

1. Take the transmitter off your chest for 30 seconds. Stay away from the person with the other device.
2. Put the transmitter back on and bring the wrist unit up to your chest near the transmitter's Polar logo. The wrist unit will start looking for a heart rate signal again. Continue your exercise normally.

...the low battery symbol  appears?

Usually the first sign of an expired battery is the low battery indicator on the display. For further information, see page 49.

***Note:** Due to cold conditions the low battery indicator may appear, but the indicator disappears when you return to a normal temperature.*

...the display is blank?

The running computer is in battery saving mode when it is dispatched from the factory. To activate it, press the **Red** button twice. The Basic Settings starts. For further information, see page 8. Alternatively the battery may be dead (see the next question for further instructions).

9. TECHNICAL SPECIFICATIONS

Polar RS100 may be worn when swimming. To maintain water resistance, **do not press buttons under water.**

For more information, visit <http://www.polar.fi/support>. Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on the case back	Wash splashes, sweat, raindrops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant	X				Splashes, sweat, raindrops etc.
Water resistant 30m / 50m	X	X			Minimum for bathing and swimming
Water resistant 100m	X	X	X		For frequent use in water but no SCUBA diving

WRIST UNIT

Battery life:	Average 2 years normal use (1h/day, 7 days/week)
Battery type:	CR 2032
Operating temperature:	-10 °C to +50 °C / +14 °F to +122 °F
Wrist strap material:	Polyurethane
Back cover and Wrist strap buckle material:	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.

Water resistant 50m

Watch

Accuracy:	better than ± 0.5 seconds / day at 25 °C / 77 °F temperature.
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TRANSMITTER

Battery type:	CR 2025
Battery life:	Average 700 hours of use
Battery cap sealing ring:	O-ring 20.0 x 1.0 Material FPM
Operating temperature:	-10 °C to +50 °C / +14 °F to +122 °F
Connector material:	Polyamide
Strap material:	35% Polyester, 35% Polyamide, 30% Polyurethane

Heart Rate Monitor

Accuracy:	$\pm 1\%$ or 1 bpm, whichever larger, definition applies to steady state conditions.
-----------	--

Heart rate measuring range:	15-240
-----------------------------	--------

File

1 exercise file	
Maximum time recorded to file:	99 h 59 min 59 s

Totals

Maximum Tot.Time:	9999 h
Maximum Tot.Cal:	999 999
Maximum Tot.Count:	999 999

SYSTEM REQUIREMENTS

Polar UpLink Tool

- PC
- Windows® 98/98SE/ME/2000/XP
- Sound card
- Dynamic loudspeakers or headphones

The Polar RS100 training computer applies the following patented technologies, among others:

- OwnZone® assessment for determining personal target heart rate limits for the day
- OwnCode® coded transmission
- Wearlink® technology for heart rate measurement

10. LIMITED POLAR INTERNATIONAL GUARANTEE

- 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 limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, elastic strap and Polar apparel.
- The 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.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

CE 0537 This product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at www.polar.fi/support.



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.



This marking shows that the product is protected against electric shocks.

11. POLAR 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 of the products described herein.

This product is protected by one or several of the following patents:

WO96/20640, US6104947, US 6361502, US 6418394, US 6537227, US6714812, FI88972, FR92.09150, GB2258587, HK306/1996, SG9592117-7, US5486818, FI 88223, DE 4215549, FR 92.06120, GB 2257523, HK 113/1996, SG 9591671-4, US 5491474, FI96380, US5611346, EP665947, DE69414362, FI4150, DE20008882.3, FR0006504, US6477397, FI4069, DE29910633, GB2339833, US6272365. Other patents pending.

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