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HOW DOES POLAR BEAT WORK?

Polar Beat Parts

Polar Beat Heart Rate Monitor consists of three parts:



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Polar Beat symbols



The flashing heart symbol indicates the ongoing heart rate measurement. The heart symbol flashes in the pace of your heart.



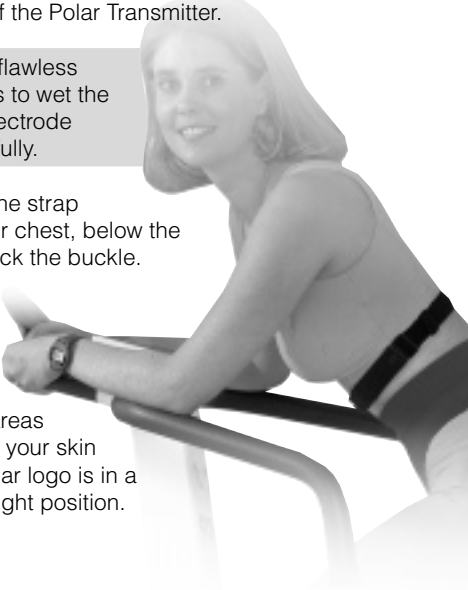
OFF appears in the display always when the heart rate measurement is not on.

Wearing the Polar Beat

1. Attach the Polar Transmitter to the elastic strap.
2. Adjust the strap length to fit snugly and comfortably.
3. Wet the **grooved electrode areas** on the backside of the Polar Transmitter.

The key to flawless operation is to wet the grooved electrode areas carefully.

4. Secure the strap around your chest, below the breasts. Lock the buckle.
5. Check that the grooved and wet electrode areas are against your skin and the Polar logo is in a central upright position.





We recommend that you wear the Transmitter against your bare skin. This ensures a flawless operation of the Transmitter. However, if you wish to wear the Transmitter over a shirt, moisten the shirt well under the electrodes.

6. Put on the Receiver as you would put on an ordinary watch.

It is important that the electrodes are wet during the exercise. However, after the exercise, wash and toweldry the Transmitter carefully to save battery life.

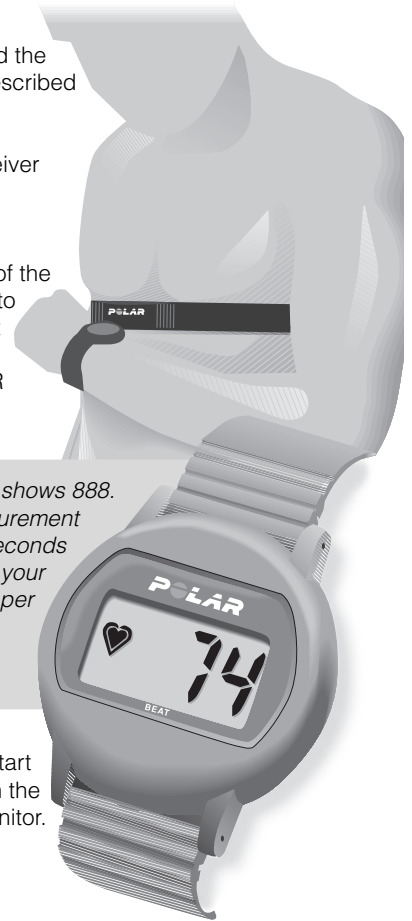


HOW TO START THE HEART RATE MEASUREMENT ?

1. Wear the Transmitter and the Receiver as described earlier.
2. Bring the Receiver close to the Transmitter.
3. Hold the face of the Receiver next to the centre part of the Transmitter's POLAR logo.

Receiver display shows 888. Heart Rate Measurement will start in five seconds and you can see your heart rate (beats per minute) and the heart symbol in the display.

4. You can now start exercising with the Heart Rate Monitor.



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HOW TO STOP THE HEART RATE MEASUREMENT ?

1. Remove the Transmitter from your chest.
2. Rinse the Transmitter carefully.
3. Wipe dry the Transmitter.
4. The Receiver will turn off automatically in five minutes after the last received signal. OFF appears in the display.



USING YOUR POLAR BEAT HEART RATE MONITOR

Regular exercise helps you to sustain and improve your health as well as feel and look better. The heart rate tells you the exertion level of the body during physical or mental loading. The changes in the heart's beating rate can be followed by a Polar Heart Rate Monitor wirelessly,

continuously and accurately during any type of activities.

The following steps will help you to get the most out of your Polar Heart Rate Monitor and to achieve your targets.

1. Determine your physical activity readiness

It is important that before starting exercising you determine your readiness for physical activity.

Before beginning any type of exercise program or prior to using the Polar Beat Heart Rate Monitor consult your doctor

- if you are over 35 years of age
- if you have not been following a regular exercise program during the past 5 years
- if you smoke
- if you have signs of high blood pressure
- if you have signs of high blood cholesterol
- if you have any signs or symptoms of any disease
- or if you use a pacemaker or another implanted electronic device.

2. Determine your target

Target: Moderate Activity and Weight Management

Duration: 30 min - 1h (even up to 2 hrs)

Frequency: 3-5 times a week (even daily)

Target group: beginners, sedentary, overweight, rehabilitators

To achieve this target, exercise is easy-paced and causes only slight breathlessness and sweating. Choose this target if your goal is to improve overall wellness and cardiovascular health.



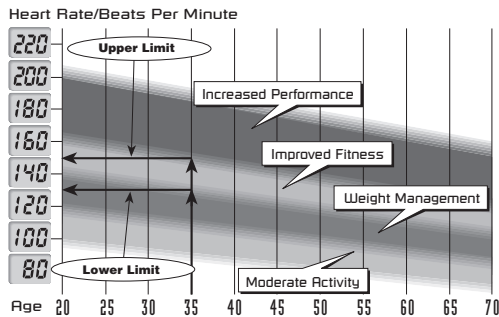


- Target:** Improved Fitness and Increased Performance
Duration: 30 min - 1 h (even up to 2 hrs)
Frequency: 3-5 times a week (even daily)
Target group: Persons who are already exercising and have no health problems.

To achieve this target, exercise is intermediate or heavy paced and it causes clear breathlessness and sweating. Choose this target if your goal is to increase your endurance capacity and fitness performance.

3. Find the right Target Zone

The following Target Range Chart helps you to keep yourself in the right Target Zone.



How to find the right Target Zone ?

- Locate your age.
- Locate the target, which you just determined. Each target is shaded differently.
- Read up from your age to the target you chose.
- Draw a straight line from the upper edge of the target to left and you find the Upper Limit of your Target Zone.

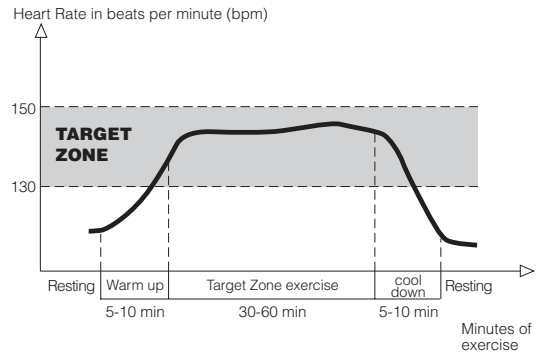
- Then draw another straight line from the lower edge of the target to left and you find the Lower Limit for your Target Zone.
- You have now found your Target Zone. As you exercise, make sure that your heart rate stays within the Target Zone (between the Lower Limit and Upper Limit) you selected to get maximum benefit of your workout.

4. Recommended structure of an exercise session

Begin each workout slowly and give your body a chance to warm up at least for 5 minutes so that your heart rate is below your Target Zone. Gradually increase the intensity of your exercise until you are in your Target Zone.

Remain at your Target Zone for a desired time. After that, gradually reduce the intensity of your exercise and let your heart rate fall below your Target Zone with a 5 minute cool down period.

As an example of an exercise session for a 35-year-old person with Improved Fitness as target, please see the following chart.





5. Recommended activities

Select activities that you enjoy and vary your workout. To build a solid base for your cardiovascular fitness, choose **continuous activities** (jogging, running, walking, bicycling, rowing, aerobics...). To improve your muscular strength, muscular endurance and flexibility choose **intermittent activities** (tennis, badminton, football, icehockey, soccer, rugby, hockey, weight training, gymnastics...).

Your Polar Heart Rate Monitor helps you to achieve your personal target. With the Polar Heart Rate Monitor you are able to follow the intensity of your exercise safely, keep yourself in the right Target Zone and stay motivated as you see the improvement.

If in doubt, before any physical activity consult your physician.

For more information on exercising with a Heart Rate Monitor, see Books on page 17.

PRECAUTIONS

- Do not stretch or bend the Polar Transmitter especially when storing it.
- Do not store your Polar Beat Heart Rate Monitor in any kind of non-breathable material, such as a plastic bag or sports bag. Store it in a dry place.
- Keep your Polar Beat out of extreme cold

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(below -10°C) or heat (above 50°C). Keep out of direct sunlight.

- Do not open the Receiver.
- Do not exceed 20 metres in depth when swimming. Your Polar Beat Heart Rate Monitor is water resistant to 20 metres.

Note: While exercising, if you wish to wear your watch at the same time when wearing the wrist receiver, wear them on different wrist to avoid interference.

CARE AND MAINTENANCE

- Clean the Transmitter with mild soap and water regularly after use to remove dirt. Do not use abrasives such as steel wool or chemicals or alcohol in cleaning as they cause permanent damage to the electrodes. Wipe dry carefully after washing; never store your Polar Beat wet.
- To ensure the water resistance properties and the use of qualified components, the Receiver battery should be replaced only by a person authorised by Polar Electro Oy.
- The estimated average battery life of the Polar Transmitter is 2500 hours of use. Contact your distributor or dealer for a transmitter replacement. Polar recycles used transmitters.

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FREQUENTLY ASKED QUESTIONS

What should I do if...

...THERE IS NO HEART RATE READING?

1. Check that the elastic strap is tight enough.
2. Check that the electrodes of the Polar Transmitter are moistened and that you are wearing it as instructed.
3. Check that you have kept the Polar Transmitter clean. See care and maintenance.

...HEART SYMBOL FLASHES IRREGULARLY?

1. Check that your Wrist Receiver is inside the transmission range (1 metre).
2. Check that the elastic strap has not become loose during exercise.
3. Make sure that the electrodes of the Polar Transmitter are moistened.

...THE DISPLAY IS BLANK OR FADING?

Have the batteries checked. See Service.

...HEART RATE READING BECOMES EXTREMELY HIGH (above 200)?

When exercising with your Polar Beat Heart Rate Monitor you may come within range of other strong electromagnetic signals, causing the heart rate readings to elevate to abnormal levels. Common sources of electromagnetic signals are televisions, computers, cars, TV antennas, high voltage power lines and exercise equipment that is motor driven. Signals from more than one Polar Transmitter within the 1 metre transmission range



will also cause incorrect readings. Check your surroundings and move away from the source of interference.

...EXERCISE EQUIPMENT IS CAUSING INTERFERENCE?

This interference can usually be overcome by relocating the Receiver:

1. Remove the Transmitter from your chest and use the exercise equipment as normal.
2. Move the Receiver around until you find an area in which it displays no reading. Interference often comes from directly in front of exercise equipment display boards, while to either side of the boards there is no interference.
3. Put the Transmitter back on and keep the Receiver in this interference free area. Continue exercising normally.

TECHNICAL DATA

- Polar Heart Rate Monitor is 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 heart beats per minute (bpm).
- battery type: CR 2025
- water resistant to 20 metres
- Accuracy of heart rate measurement: $\pm 1\%$ or ± 1 beats per minute, whichever larger, definition applies to steady state conditions





POLAR BOOKS AND ACCESSORIES

Polar Books and Booklets

Roy Benson, MPE: Precision Running
Dr. Matthew Brick: Precision Multisport
Edmund R. Burke, Ph.D.: Precision Cycling
Neil Craig: Scientific Heart Rate Training
Sally Edwards: The Heart Rate Monitor Book
Mark Fenton and Dave McGovern: Precision Walking
Ute Haas, M.Sc., Tarja Suomi, M.Sc. and Dr. Raija Laukkanen, Ph.D.: Precision Aerobics
Dr. Peter J.G.M. Janssen: Training, Lactate, Pulse Rate
Dr. Katriina Kukkonen-Harjula, MD and Dr. Raija Laukkanen, Ph.D.: Precision Weight Management
Dr. Raija Laukkanen, Ph.D Research Index
Yvonne Lin: Precision Sports Aerobics
Dr. James M. Rippe: Target Your Fitness and Weight Management Goals
Dr. Jamer M. Rippe: The Polar Fat Free and Fit Forever Program

Polar Accessories

- Polar Bike Mount for all bikes and Polar Heart Rate Monitors
- Elastic straps of different lengths
- Extra Transmitter for other family members
- Polar Heart Bra for women
- Test handle for groups and trainers

Ask your local dealer or distributor for more details.



SERVICE

Please remember that the Polar authorised service is to help you get the most out of your Polar Beat Heart Rate Monitor. Should your Polar Beat need service, please do as follows:

1. Carefully pack the product with all parts to avoid further damage.
2. Include a proof of purchase (a receipt or its photocopy) if the product is under warranty.
3. Include a detailed description of the problem.
4. Include your name, return address and day-time telephone number.
5. Ship postage prepaid to your dealer or distributor. For contact details see the back cover of this manual.

Any service procedures is recommended to be done at Polar's authorised service centre. Water resistance cannot be guaranteed after unauthorised service.





LIMITED POLAR WARRANTY

- Polar Electro Oy warrants to the original consumer/purchaser of this heart rate monitor that the product will be free from defects in material or workmanship for one year from the date of purchase. **Please, save the receipt, which is your proof of purchase!**
- Warranty does not cover receiver battery, damages due to misuse, abuse, accidents or negligence of the precautions; improper maintenance, commercial use, cracked or broken cases.
- Warranty does not cover damage or consequential damage caused by service not authorised by Polar Electro Oy.
- During the warranty period the product will be either repaired or replaced (at your distributor's option) without a charge.
- This warranty 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.



DISCLAIMER

This material in this manual is for informational purposes only. The products it describes are subject to change without prior notice due to manufacturer's continuous development program.

Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein. Polar Electro Oy shall not be liable for any damages, direct or incidental, consequential or special, arising out of or related to the use of this material or the products described herein.

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

E. & O.E.

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, FR 92.09150, GB 2258587, HK 306/1996, SG 9592117-7, US 5486818, FI 96380, US 5611346, FI 68734, DE 3439238, GB 2149514, HK 812/ 1989, US 4625733, FI 100924.





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**Heart Rate
Monitor**

