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 Red button
Press Red button
Press Red button
Press Red button

Press 2 x Stop

Summary FILE
Duration
HR avg
Limits
In Zone
Cal / Fat%

Time / Date
Duration % / Avg HR / % / Max HR
Limits
In Zone / 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
In Zone
Cal / Fat%

Press Stop
Press Stop
Press Stop
Press Stop

Press Stop

Press Stop

INSTRUCTIONS RAPIDES POLAR RS100

Mode Heure
Mode “Standby” (Pré-exercice)
Mode “Recording” (Enregistrement Exercice)

Visualisez en détail les données de votre dernière séance d'exercice.

Visualisez les données cumulées de toutes vos séances d'exercice.

Changez l’heure, l’alarme et d’autres réglages.

Appuyez sur
Stop
Appuyez sur le bouton Rouge

Appuyez sur le bouton Rouge

Appuyez sur le bouton Rouge

Appuyez sur le bouton Rouge

Appuyez sur le bouton Rouge

Press Stop

Press Stop

Press Stop

Press Stop

Press Stop

Appuyez sur Stop

Appuyez sur Stop

Appuyez sur Stop

Appuyez sur Stop

Appuyez sur Stop

Summary FILE
Duration
HR avg
Limits
In Zone
Cal / Fat%

Time / Date
Duration % / Avg HR / % / Max HR
Limits
In Zone / 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
In Zone
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.

**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!

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 Coded Transmitter
The transmitter sends your heart rate signal to the wrist unit. The electrode areas on the back of the transmitter detect your heart rate.

Elastic Strap
The elastic strap holds the transmitter around your chest.

Polar Web Services
www.PolarRunningCoach.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.

Customer Service, Registration and International Guarantee Information
If your running computer needs repair, send it with the Return Card for service to your Polar Service Center. By completing the Customer Registration Card you help us ensure the quality of customer support and the development of future Polar products and services. The Polar two-year guarantee is issued to the original customer/purchaser of the product. Keep the International Guarantee Card as your proof of purchase.
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.

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 www.PolarRunningCoach.com. For further information, see page 47.

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.

Table: The display reads:

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>Press ↑ or ↓ to set</th>
<th>Press the Red button to accept</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Time Set</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 12h / 24h</td>
<td>↑/↓ select 12h or 24h format</td>
<td>Red button</td>
</tr>
<tr>
<td>• AM / PM (for 12h format)</td>
<td>↑/↓ select AM or PM</td>
<td>Red button</td>
</tr>
<tr>
<td>• Hours</td>
<td>↑/↓ adjust the hours</td>
<td>Red button</td>
</tr>
<tr>
<td>• Minutes</td>
<td>↑/↓ adjust the minutes</td>
<td>Red button</td>
</tr>
</tbody>
</table>

Note: The date will be displayed according to the time format selected (24h: day-month-year / 12h: month-day-year).

4. Date Set

• Day / Month
• Month / Day
• Year

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 www.PolarRunningCoach.com. For further information, see page 47.
The display reads: Press ▲ or ▼ to set Press the Red button to accept

5. Unit  Unit 1 (kg/cm) / Unit 2 (lb/ft)  ▲ / ▼  select the units  Red button
   •  kg / lbs  ▲ / ▼  adjust your weight  Red button

6. Weight  ▲ / ▼  adjust your height  Red button

7. Height  ▲ / ▼  adjust the day (in 24h format) or the month (in 12h format)  Red button
   •  cm / ft  ▲ / ▼  adjust the day (in 24h format) or the month (in 12h format)  Red button
   •  inch (Unit 2)  ▲ / ▼  adjust the year  Red button

8. Birthday  ▲ / ▼  select sex  Red button
   •  Day / Month  ▲ / ▼  adjust the month (in 24h format) or the day (in 12h format)  Red button
   •  Month / Day  ▲ / ▼  adjust the day (in 24h format) or the month (in 12h format)  Red button
   •  Year  ▲ / ▼  adjust the year  Red button

Note: To reselect units, press and hold the Light button in weight or height setting display.

9. Sex  ▲ / ▼  MALE / FEMALE  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.

Note: To reselect units, press and hold the Light button in weight or height setting display.
2. EXERCISING

2.1 WEARING YOUR TRANSMITTER

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

1. Attach one end of 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 the strap to the transmitter.

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 that the Polar logo is in a central, upright position.

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).

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.

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.

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

- **Heart rate**
  as beats per minute (bpm)
- **Heart rate**
  as a percentage of your maximum heart rate (%HR)

* 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.
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

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. File is displayed.
2. Press the Red button. Date and Time alternate on the display.
3. Press \A / V to browse through the recorded information.

Recorded exercise file information

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.12.05</td>
<td>10:36-</td>
</tr>
</tbody>
</table>

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
  - 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

Alternation between:
- Time spent
- 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.

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.

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, \textit{No Totals} is displayed.

### 4.1 VIEWING TOTAL VALUES

1. In the Time mode, press the \( \Delta \) or \( \nabla \) button until \textbf{Totals} is displayed.
2. Press the \textbf{Red} button. \textbf{Tot.Time} and the total time are displayed.
3. Use the \( \Delta \) or \( \nabla \) button to browse through the following information:

<table>
<thead>
<tr>
<th>Total values</th>
<th>Tot.Time</th>
<th>Tot.Cal</th>
<th>Tot.Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tot.Time</td>
<td>10:12:05</td>
<td>1783.4</td>
<td>57</td>
</tr>
</tbody>
</table>

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

To exit Total values, press the \textbf{Stop} button.

To return to Time mode, press and hold the \textbf{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

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 www.PolarRunningCoach.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. 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
   \ or \ turn the Timer 1 on or off
   Red button
5. Minutes
   \ or \ adjust the minutes (0-99 minutes)
   Red button
6. Seconds
   \ or \ 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. 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 (HRmax). 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 HRmax) are used.

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

The display reads: Press ▲ or ▼ to set

Press the Red button to accept

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>Press ▲ or ▼ to set</th>
<th>Press the Red button to accept</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. OwnZone / Manual / Off LIM</td>
<td>▲ / ▼</td>
<td>select OwnZone limits Red button</td>
</tr>
<tr>
<td>6. HR / HR %</td>
<td>▲ / ▼</td>
<td>select heart rate format: beats per minute or % of your maximum heart rate Red button</td>
</tr>
</tbody>
</table>

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

1. Start your exercise as described in the section “Exercise Recording” on page 14.

2. OwnZone determination begins and the OwnZone 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.

**OZ** — Walk at a slow pace for 1 min. Keep your heart rate below 100 bpm/50% HRmax 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.

**OZ** — Walk at a normal pace for 1 min. Slowly increase your heart rate by 10-20 bpm/5% HRmax.

**OZ** — Walk at a brisk pace for 1 min. Slowly increase your heart rate by 10-20 bpm/5% HRmax.

**OZ** — Jog at a slow pace for 1 min. Slowly increase your heart rate by 10-20 bpm/5% HRmax.

**OZ** — 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
- **OZ latest**
- AgeBased

<table>
<thead>
<tr>
<th>OwnZone determination method</th>
<th>Reasons for using this method</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OZ latest</strong></td>
<td>previous OwnZone determination based on heart rate variability</td>
</tr>
<tr>
<td>AgeBased</td>
<td>age-based heart rate zone (65-85% of HRmax)</td>
</tr>
</tbody>
</table>

**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 and www.PolarOwnZone.com.
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:

<table>
<thead>
<tr>
<th>Press ▲ or ▼ to set</th>
<th>Press the Red button to accept</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. OwnZone / Manual / Off LIM</td>
<td></td>
</tr>
<tr>
<td>▲ / ▼</td>
<td>select Manual</td>
</tr>
<tr>
<td>6. HR / HR %</td>
<td></td>
</tr>
<tr>
<td>▲ / ▼</td>
<td>select heart rate format: beats per minute or % of your maximum heart rate</td>
</tr>
<tr>
<td>7. HighLimit</td>
<td></td>
</tr>
<tr>
<td>▲ / ▼</td>
<td>adjust the upper limit</td>
</tr>
<tr>
<td>8. LowLimit</td>
<td></td>
</tr>
<tr>
<td>▲ / ▼</td>
<td>adjust the lower limit</td>
</tr>
</tbody>
</table>

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\text{max}) or as beats per minute (bpm). HR\text{max} is the highest number of heartbeats per minute during maximum physical exertion. The wrist unit calculates your HR\text{max} using to your age:

\text{Maximum heart rate} = 220 - \text{age}.

For more accurate measurement of your HR\text{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 www.PolarRunningCoach.com.
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 \[ \text{or} \] to set Press the Red button to accept

5. OwnZone / Manual / Off LIM \[ \text{or} \] select Off Red button

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

The table below contains target heart rate zones in beats per minute (bpm) estimated by age in 5-year intervals. Calculate your own HRmax, write down your own target heart rate zones and select the ones suitable for your training.

<table>
<thead>
<tr>
<th>Age</th>
<th>HRmax</th>
<th>50-60% of HRmax</th>
<th>60-70% of HRmax</th>
<th>70-80% of HRmax</th>
<th>80-90% of HRmax</th>
<th>90-100% of HRmax</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>200</td>
<td>100-120</td>
<td>120-140</td>
<td>140-160</td>
<td>160-180</td>
<td>180-200</td>
</tr>
<tr>
<td>30</td>
<td>190</td>
<td>95-114</td>
<td>114-133</td>
<td>133-152</td>
<td>152-171</td>
<td>171-190</td>
</tr>
<tr>
<td>35</td>
<td>185</td>
<td>93-111</td>
<td>111-130</td>
<td>130-148</td>
<td>148-167</td>
<td>167-185</td>
</tr>
<tr>
<td>40</td>
<td>180</td>
<td>90-108</td>
<td>108-126</td>
<td>126-144</td>
<td>144-162</td>
<td>162-180</td>
</tr>
<tr>
<td>45</td>
<td>175</td>
<td>88-105</td>
<td>105-123</td>
<td>123-140</td>
<td>140-158</td>
<td>158-175</td>
</tr>
<tr>
<td>55</td>
<td>165</td>
<td>83-99</td>
<td>99-116</td>
<td>116-132</td>
<td>132-149</td>
<td>149-165</td>
</tr>
<tr>
<td>60</td>
<td>160</td>
<td>80-96</td>
<td>96-112</td>
<td>112-128</td>
<td>128-144</td>
<td>144-160</td>
</tr>
<tr>
<td>65</td>
<td>155</td>
<td>78-93</td>
<td>93-109</td>
<td>109-124</td>
<td>124-140</td>
<td>140-155</td>
</tr>
</tbody>
</table>
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:

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>Press ▲ or ▼ to set</th>
<th>Press the Red button to accept</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Alarm</td>
<td>▲ / ▼</td>
<td>Red button</td>
</tr>
<tr>
<td>Once / Mon-Fri / Daily / Off</td>
<td>select Alarm mode</td>
<td>(Skip step 6 for 24h format)</td>
</tr>
<tr>
<td>6. AM / PM (for 12h format)</td>
<td>▲ / ▼</td>
<td>Red button</td>
</tr>
<tr>
<td>7. Hours</td>
<td>▲ / ▼</td>
<td>Red button</td>
</tr>
<tr>
<td>8. Minutes</td>
<td>▲ / ▼</td>
<td>Red button</td>
</tr>
</tbody>
</table>

- 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 \( \downarrow \). **Settings** is displayed.
2. Press the **Red** button. **Timer SET** is displayed.
3. Press **A** / **Y** until **Watch SET** is displayed.
4. Continue by pressing the **Red** button until **TIME** is displayed and follow the steps below:

<table>
<thead>
<tr>
<th>Display reads:</th>
<th>Press A or Y to set</th>
<th>Press the Red button to accept</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Time</td>
<td>12h / 24h</td>
<td>A / Y</td>
</tr>
<tr>
<td>6. AM / PM (for 12h format)</td>
<td>A / Y</td>
<td>select AM or PM</td>
</tr>
<tr>
<td>7. Hours</td>
<td>A / Y</td>
<td>adjust the hours</td>
</tr>
<tr>
<td>8. Minutes</td>
<td>A / Y</td>
<td>adjust the minutes</td>
</tr>
</tbody>
</table>

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

### 5.3.3 DATE SETTING

1. In Time mode, press \( \downarrow \). **Settings** is displayed.
2. Press the **Red** button. **Timer SET** is displayed.
3. Press **A** / **Y** 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).

<table>
<thead>
<tr>
<th>Display reads:</th>
<th>Press A or Y to set</th>
<th>Press the Red button to accept</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Day / Month</td>
<td>A / Y</td>
<td>adjust the day (in 24h format) or the month (in 12h format)</td>
</tr>
<tr>
<td>6. Month / Day</td>
<td>A / Y</td>
<td>adjust the month (in 24h format) or the day (in 12h format)</td>
</tr>
<tr>
<td>7. Year</td>
<td>A / Y</td>
<td>adjust the year</td>
</tr>
</tbody>
</table>

- 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 \( \uparrow \). Settings is displayed.
2. Press the Red button until Timer SET is displayed.
3. Press \( \Delta \) / \( \nabla \) until User SET is displayed.
4. Press the Red button to specify the user information settings and follow the steps below:

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>Press ( \Delta ) or ( \nabla ) to set</th>
<th>Press the Red button to accept</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Weight</td>
<td>( \Delta ) / ( \nabla )</td>
<td>Red button</td>
</tr>
<tr>
<td>( \text{kg} / \text{lbs} )</td>
<td>( \Delta ) / ( \nabla ) adjust your weight</td>
<td>Red button</td>
</tr>
</tbody>
</table>

Note:
- 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.
- To change your settings, press Stop and return to step 4.

<table>
<thead>
<tr>
<th>The display reads:</th>
<th>Press ( \Delta ) or ( \nabla ) to set</th>
<th>Press the Red button to accept</th>
</tr>
</thead>
<tbody>
<tr>
<td>6. Height</td>
<td>( \Delta ) / ( \nabla )</td>
<td>Red button</td>
</tr>
<tr>
<td>( \text{cm} / \text{ft} )</td>
<td>( \Delta ) / ( \nabla ) adjust your height</td>
<td>Red button</td>
</tr>
<tr>
<td>( \text{inch} ) (for Unit 2)</td>
<td>( \Delta ) / ( \nabla )</td>
<td>Red button</td>
</tr>
</tbody>
</table>

7. Birthday
- Day / Month \( \Delta \) / \( \nabla \) adjust the day (in 24h format) or the month (in 12h format) Red button
- Month / Day \( \Delta \) / \( \nabla \) adjust the month (in 24h format) or the day (in 12h format) Red button
- Year \( \Delta \) / \( \nabla \) adjust the year Red button

8. Sex
- MALE / FEMALE \( \Delta \) / \( \nabla \) select gender Red button
To return to Time mode, press and hold the Stop button.

Maximum heart rate value (HR\textsubscript{max})

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

Heart rate value in a sitting position (HR\textsubscript{sit})

HR\textsubscript{sit} is used to estimate energy expenditure. To determine your HR\textsubscript{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\textsubscript{sit}.

To calculate your HR\textsubscript{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 \( \mathbf{\text{V}} \). Settings is displayed.
2. Press the Red button until Timer SET is displayed.
3. Press \( \mathbf{\text{\text{/}}} \) until General SET is displayed.
4. Press the Red button and follow the steps below:

The display reads: Press \( \mathbf{\text{\text{/}}} \) or \( \mathbf{\text{\text{/}}} \) to set Press the Red button to accept

5. Sound

On / OFF

\( \mathbf{\text{\text{/}}} \) 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 \( \mathbf{\text{\text{/}}} \) 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 \( \uparrow \). Settings is displayed.
2. Press the Red button until Timer SET is displayed.
3. Press \( \uparrow / \downarrow \) until General SET is displayed.
4. Press the Red button twice and follow the steps below:

The display reads: Press \( \uparrow / \downarrow \) to set Press the Red button to accept

5. Unit kg/cm / Unit lb/ft
   1 / 2
   \( \uparrow / \downarrow \) select unit Red button

Note: The Unit setting affects 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.

6. CARE AND MAINTENANCE

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

Taking Care of Your Running Computer

- Store your wrist unit and transmitter in a cool and dry place. Do not store them in a damp environment, in non-breathable material (such as a plastic bag or a sports bag) or with conductive material such as a wet towel. Sweat and moisture can keep the transmitter electrodes wet and the transmitter activated, shortening battery life.
- Keep your unit clean. Clean it with a mild soap and water solution. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.
- The operating temperatures are -10 °C to +50 °C / +14 °F to +122 °F.
- Do not expose the running computer to direct sunlight for extended periods, such as by leaving it in a car.
- Do not bend or stretch the transmitter. This may damage the electrodes.
- Do not dry the transmitter in any other way than with a towel. Mishandling may damage the electrodes.

Service

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

Transmitter Battery

Contact your authorized Polar Service Center for a replacement transmitter. Polar recycles used transmitters. See your Customer Care and Registration Card for detailed instructions.

Wrist Unit Battery

The estimated average battery life of the wrist unit is two years in normal use (1h/day, 7 days/week). Excessive use of the backlight drains the wrist unit’s battery more rapidly. The low battery indicator \( \bullet \) is displayed when 10-15% of the wrist unit battery capacity is left and the battery should be replaced. Do not open the wrist unit yourself. To ensure water resistance properties and the use of qualified components, the wrist unit battery should be replaced by an authorized Polar Service Center only. At the same time, a full periodic check of the running computer will be done.

Note:

- The backlight and wrist unit sounds are automatically deactivated when \( \bullet \) is displayed. However, the Watch Alarm sound works once, if you have activated the Watch Alarm before the \( \bullet \) symbol appears. The Alarm symbol \( \bullet \) will also disappear from the display.
- In cold conditions the low battery indicator \( \bullet \) may appear, but the indicator disappears when you return to a normal temperature.
- Water resistance cannot be guaranteed after unauthorized service.
- After a battery change re-enter time and date settings in Basic Settings. For further information, see page 8.
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, cell 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 tackle these problems, try the following:

1. Remove the transmitter from your chest and use the exercise 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.
4. If the running computer still does not work with the exercise equipment, this piece of equipment may be electrically too noisy for wireless heart rate measurement.

Minimizing Possible Risks When Exercising
Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor 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.

Crosstalk
When in non-coded mode the wrist unit picks up transmitter signals within 3 feet/1 meter. Simultaneous non-coded signals from more than one transmitter can cause an incorrect readout.

Using the Polar Running Computer in a Water Environment
Your running computer is water resistant and can be worn when swimming. The running computer is not, however, a diving instrument. To maintain water resistance, do not press the buttons of the wrist unit under water. When measuring heart rate in water you may experience interference for the following reasons:

- Pool water with high chloride content and seawater are very conductive. The electrodes of a transmitter may short-circuit, preventing ECG signals from being detected by the transmitter.
- Jumping into water or a strenuous muscle movement during competitive swimming may cause water resistance that shifts the transmitter to a location on the body where it ECG signals cannot be picked up.
- The ECG signal strength depends on the individual, and varies depending on the individual’s tissue composition. The occurrence of problems when measuring heart rate is considerably higher in water.

Please note:
- Minimizing Possible Risks When Exercising
- Using the Polar Running Computer in a Water Environment
- Crosstalk

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.

The combined impact of moisture and intense abrasion may cause a black color to come off the transmitter’s surface, which might stain light-colored clothes.
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 simultane-
ously 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.

…the heart rate 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.

…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.
• A cardiac event may have altered your ECG waveform. In this case, consult your physician.

…another person with a running computer or a heart rate moni-
tor 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).

…the battery of the wrist unit must be replaced?
We recommend having all service done by an authorized Polar Service Center. This is especially necessary to ensure that the guarantee remains valid and is not affected by incorrect repair procedures performed by an unauthorized agent. Polar Service will test your wrist unit for water resistance after battery replacement and make a full periodic check of the complete running computer set.
9. TECHNICAL SPECIFICATIONS

The Polar Running 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.

Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three different categories according to their water resistance. Check the water resistance category of your Polar product from the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

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

**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/EG 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.

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

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

**Heart Rate Monitor**
- **Accuracy:** ± 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

<table>
<thead>
<tr>
<th>Water resistant 50m</th>
<th>Water resistant 100m</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water resistant</td>
<td>X</td>
</tr>
<tr>
<td>Water resistant 50m</td>
<td>X</td>
</tr>
<tr>
<td>Water resistant 100m</td>
<td>X</td>
</tr>
</tbody>
</table>

**Water resistant characteristics**

- **Wash splashes, sweat, raindrops etc.**
- **X**
- **Bathing and swimming**
- **X**
- **Skin diving with snorkel (no air tanks)**
- **X**
- **SCUBA diving (with air tanks)**
- **X**
- **Water resistant characteristics**
- **X**
- **Water resistant 50m**
- **X**
- **Water resistant 100m**
- **X**

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

**File**
- **Maximum Tot.Time:** 9999 h
- **Maximum Tot.Cal.:** 999 999
- **Maximum Tot.Count:** 999 999
10. 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 Oy/Polar Electro Inc. guarantees to the original consumer/purchaser of this device 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. This 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.

Polar Electro Oy is a ISO 9001:2000 certified company.

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11. POLAR DISCLAIMER

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