

POLAR

SPORT TESTER™

Heart Rate Monitor User's Instruction Manual



GBR 175015. A

LIMITED ONE — YEAR WARRANTY

POLAR warrants to the original consumer/purchaser that the product will be free from defects in material or workmanship for one year from date of purchase with the exception of battery and the elastic belt.

- Warranty does not cover damages due to misuse, abuse, or accidents, negligence of the precautions; improper maintenance or commercial use; cracked or broken cases.
- Warranty is voided if repairs are made by persons not authorized by POLAR.
- This warranty gives the purchaser specific legal rights, and the purchaser may also have other rights depending on state law.
- The warranties contained herein are expressly in lieu of any other warranties, including implied warranty of merchantability and/or fitness for purpose.
- During this warranty period (one year), the product will be either repaired or replaced (at POLAR's option) without charge in the country where it was originally purchased.

DISCLAIMER

The material in this manual is for informational purposes only. The product it describes is subject to change without notice. POLAR Electro Oy makes no representations or warranties with respect to this manual or with respect to the product described herein.

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POLAR SPORT TESTER

You have just purchased the essential equipment for scientific training based on today's most advanced athletic concepts — the Polar Sport Tester Heart Rate Monitor. Now, with the most accurate, sophisticated performance monitor available, you are ready to control your training to reach your fullest competitive potential.

Modern athletic training, designed to eliminate hit-or-miss activity and to optimize the time spent, requires precise measurements. The Polar Sport Tester is the preferred measuring technology used by winning world-class international teams in track and field, cross-country skiing, bicycling, triathlon, swimming, and other events.

For today's competitive athlete, a carefully planned personal training program includes, of course, measuring of time: intervals, intermediate and lap times, etc. But added to these now are critical measurements related to testing of baseline physiological functions such as:

- Heart rate
- Efficiency in oxygen use (maximal aerobic capacity — VO₂ max)
- Accumulation of lactic acid (anaerobic threshold — AT)

When these internal stresses are accurately measured, areas for improvement can be identified and this allows for a planned approach to overcoming weaknesses through controlled uses of intensity, duration and frequency in training. For modern interval training, stress levels (work intensity) and recovery levels can be predetermined so you can reach your peak in time for competition, and avoid injury through overstress.

As you develop a long-term plan of training, tapering off, competition and rest, your Polar Sport Tester Heart Rate Monitor will give you an unerring method for controlling your work intensity, precisely tracking, and analysing and storing records of your progress.

You are now the owner of a powerful measuring tool designed to meet all the requirements of the new scientific training for overcoming weaknesses and improving performance. With the Polar Sport Tester you can:

- *Tell time and set alarm
- *Set two different timers to track workout intervals
- *Program two different personal heart rate target zones
- *Measure your heart rate with ECG accuracy
- *Record performance information during training for later analysis
- *Choose between 5-, 15- and 60-second intervals for heart rate recording
- *Measure elapsed time
- *Download performance data into a computer for detailed long-term analysis
- *Record up to 8 different training sessions
- *Record up to 33 hours of training information

If you are a coach or trainer, you will have more control than ever over your team's progress.

This owner's manual is designed to show precisely what the Polar Sport Tester performance monitor can do and how you can use each feature to best accomplish personal, professional or team fitness and performance goals.

Note:
Before participating in this or any other exercise programme please consult your physician if in doubt. If you use a pacemaker, do not use the heart rate monitor before consulting the manufacturer of the pacemaker and/or your doctor.

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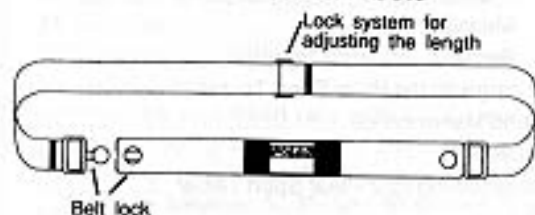
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POLAR SPORT TESTER COMPONENTS

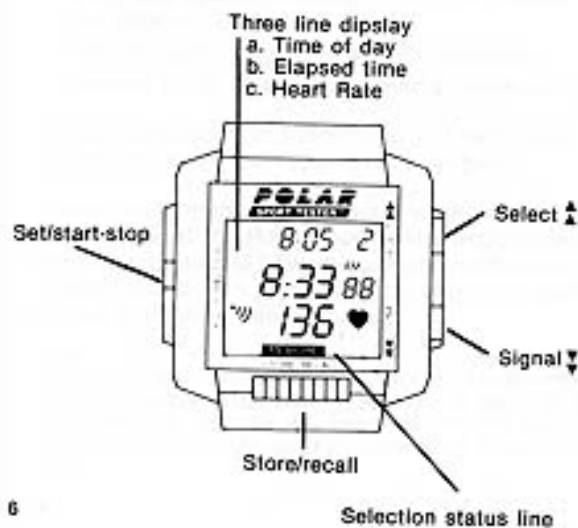
This package includes
ALL NEW POLAR TRANSMITTER

- fully sealed
- lightweight
- ultra slim design
- comfortable to use

Transmitter with elastic belt



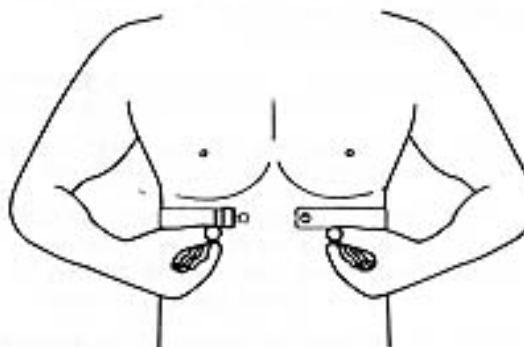
Wrist Monitor



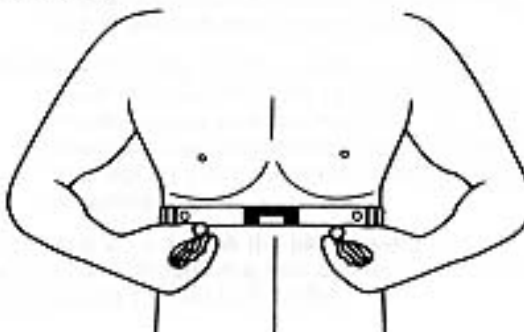
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HOW TO WEAR YOUR SENSOR TRANSMITTER

1. Attach the POLAR Transmitter onto the elastic belt.
2. Adjust the belt length so that the fit is snug but not too tight.
3. With the Transmitter facing outward, and the POLAR-logo in the right position, insert the round end of the belt lock into the buckle to secure the belt around your chest.



4. Center the Transmitter on your chest below the pectoral muscles (breasts) as shown in the illustration.



CORRECT POSITION OF THE LOGO: POLAR

5. Pull the Transmitter away from chest stretching the belt and moisten the conductive electrode strips located on both sides. Using the transmitter against the skin is best. However, if you wish to wear the Transmitter over a shirt, moisten the shirt heavily in the electrode areas.

6. Put the POLAR Wrist Monitor on as you would an ordinary watch.

Note: The Transmitter will switch on automatically when you're wearing it. It will also turn itself off when it's not connected to your body. However, moisture can activate the Transmitter and reduce battery life, so remember to dry it thoroughly after the exercise.



GUIDELINES FOR PROGRAMMING

Your Polar Sport Tester Heart Rate Monitor is a highly sophisticated computer that allows you to get the most from exercising by monitoring your workouts accurately and in great detail. While the Polar Sport Tester is a state-of-the-art instrument it's not complicated to use if you keep the following principles in mind:

Principle 1. Two levels of operations are available to you when you want to program your Sport Tester for workouts: a. Four basic selections; b. Various functions within each selection.

Principle 2. The four basic selections you can access with your sport Tester are:

Time — This selection lets you set the watch to the correct time of day and set an alarm.

Set — You can use this selection to set two different timers to track your workout periods, and you can choose two different heart rate target zones.

Measure — This selection allows you to choose the time intervals at which your heart rate will be recorded during exercise. You can also see how much memory you have left, erase files and activate the measuring, recording, and Stopwatch functions in Measure.

Recall — Use this selection either to manually recall the recorded data to the display for reviewing your previous workouts, or download the recorded data through a Polar Interface to a computer for further results analysing.

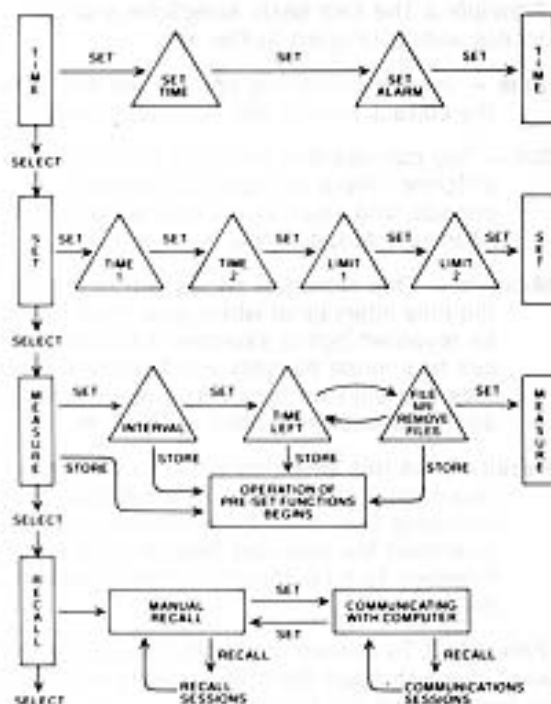
Principle 3. To access the basic selection you want, cycle through the four available selections by pressing the SELECT button.

Principle 4. To enter a basic selection, and use its various functions, press the SET/START-STOP button to move from function to function within each of the four selections.

Principle 5. Once you have entered a selection, using the SET button, the SELECT button assumes a different role — and you can't get back to the selection cycle by simply pushing that button again (if not done immediately).

Instead, you must cycle through all the features of the selection, using the SET button. When you come to the last function in a particular selection, you can get back to the selection cycle using the SELECT button again.

The diagram below provides a "road map" for basic Sport Tester programming.



PROGRAMMING YOUR POLAR SPORT TESTER HRM

TIME

What the selection does: Allows you to set the watch to the correct time and to set an alarm.

Why you might use this selection: To set the correct time when you begin using the Wrist Monitor, or to change the time if you travel to other time zones. You may use the alarm function to time your total workout, to wake you up, or as a reminder. You can also use the Polar Sport Tester as a wristwatch.

Step-by-step instructions for setting the time

1. When the time is displayed on the face of the watch, press the SET/START-STOP button. The word TIME should now appear at the top of the display and the AM or PM indicator will be flashing.



2. Press the SELECT button to select AM or PM.
3. When the correct choice appears on the display, press the STORE/RECALL button to lock in your selection.

4. At this point, the first two digits (representing the hours) will be flashing.

5. Set the correct hour by moving up with the SELECT \uparrow button or down with the SIGNAL \downarrow button.

6. When the correct hour is displayed, press the STORE/RECALL button to lock in your selection.

7. The first minutes digit should now be flashing. Again use the SELECT \uparrow button to move up or the SIGNAL \downarrow button to move down.

8. When the correct number is displayed, press the STORE/RECALL button to lock in your selection.

9. The next minutes digit should now be flashing. Again use the SELECT \uparrow button to move up or the SIGNAL \downarrow button to move down.

10. When the number you want is displayed, press the STORE/RECALL button to lock in your selection.

11. The two digits representing seconds will now be flashing. To set them precisely, listen for a radio or telephone timing tone or watch the sweep hand of your clock; when it reaches 12 or you hear the tone, press the STORE/RECALL button. You'll see the seconds start counting.

12. At this point, the AM/PM indicator will begin flashing again. Now, you can move to the next function, which is setting the alarm. If you wish to change anything you've just set, begin again at Step 1.

Step-by-step instructions for setting the alarm

1. Once you have set the time, press the SET button. If first time, the letters ALM and the time, 10:00 AM, will appear on the display, as shown.



2. The AM indicator should now be flashing.

3. At this point, select AM or PM as you did above, by pressing the SELECT \uparrow button.

4. Press STORE/RECALL to lock in your choice.

5. At this point, the two first digits, representing the hours, will be flashing.

6. Set the correct hour by moving up with the SELECT \uparrow button or down with the SIGNAL \downarrow button.

7. When the correct hour is displayed, press the STORE/RECALL button to lock in your selection.

8. The first minutes digit should now be flashing. again, use the SELECT \uparrow button to move up, or the SIGNAL \downarrow button to move down.

9. When the correct number is displayed, press the STORE/RECALL button to lock in your selection.

10. The next minutes digit should now be flashing. Again, use the SELECT \uparrow button to move up or the SIGNAL \downarrow button to move down.

11. When the correct number is displayed, press the STORE/RECALL button to lock in your choice.

12. The alarm symbol should now be flashing. To activate the alarm, press the SIGNAL ∇ button twice until the alarm symbol appears without flashing. To turn the alarm off, press the SIGNAL ∇ button until the alarm symbol disappears.

13. At this point, you are ready to leave the alarm function. Press SET to return to the time display.

Note: The alarm will sound for one minute, but you can turn it off by pressing the STORE/RECALL button.

SET

What the selection does: Allows you to set two different timers to track your workout periods, and to choose two sets of different heart rate target zones.

Why you might use this selection: The two timers allow you to segment your exercise periods.

Example 1 — Warm Up and Cool Down:

You could set Timer 1 to sound at 10 minutes for your warm-up period, Timer 2 at 20 minutes for full-strength exercising, and then use the 10-minute timer again for your cooldown period.

Example 2 — Interval Training:

You could set Timer 1 to sound at 1-minute intervals for all-out running and Timer 2 to sound at 2-minute intervals for rest periods.

The two sets of heart rate target zones allow you to monitor your heart rate and compare it against two different scales. The two heart rate target zones also can let you monitor your heart rate in two different athletic activities.

Step-by-step instructions for setting the timers

1. With the time of day appearing on the screen, press the SELECT \blacktriangle button once. The word SET should appear on the selection status line, and the display will be cycling (at 1.6 second intervals) through TIME 1, LIM 1 and LIM 2, as shown below:



Note: Timer 2 may also be displayed at this point, if Timer 1 has already been set.

2. At any point, you can press the SET button and the word TIME 1 will remain on the display.

3. The first minute's digit should now be flashing. As in the TIME selection, use the SELECT \uparrow button to move up, or the SIGNAL \downarrow button to move down.

4. When the number you want is displayed, press the STORE/RECALL button to lock in your selection.

5. The next minute's digit should now be flashing. Again, use the SELECT \uparrow button to move up, or the SIGNAL \downarrow button to move down.

6. When the correct number is displayed, press the STORE/RECALL button to lock in your choice.

7. The first digit representing the seconds should now be flashing. Move up \uparrow or down \downarrow to select the desired number.

8. When the correct number is displayed, press the STORE/RECALL button to lock in your choice.

9. The last digit representing the seconds should now be flashing. Move up \uparrow or down \downarrow to select the desired number.

10. When the correct number is displayed, press the STORE/RECALL button to lock in your choice.

11. You have now set Timer 1, and the first digit will be flashing again. At this point you can access Timer 2 by pressing the SET button. The phrase TIME 2 will appear on the screen.

12. If you wish to program in a second timer, repeat steps 3 through 10 again, programming in the desired times.

13. If you do not wish to program a second timer now, or to change the existing programming of Timer 2, simply press the SET button.

Note: If Timer 2 is programmed to 00:00, it is inactive.

Step-by-step instructions for setting limits

1. The phrase LIM 1 will now appear and the upper position heart rate limit will be flashing. Set your desired maximum heart rate at the top of your "target zone" for this limit by using the SELECT \uparrow and SIGNAL \downarrow buttons to move up or down in increments of 5.

2. When your desired maximum heart rate appears on the display, press the STORE/RECALL button to lock in your choice.

3. The lower heart rate limit will now be flashing. Set your desired minimum heart rate by using the SELECT \uparrow and SIGNAL \downarrow buttons to move up or down in increments of 5.

4. When your desired minimum heart rate appears on the display, press the STORE/RECALL button to lock in your choice.

5. The top number will again start flashing. At this point you are ready to leave the Limit 1 function by pressing the SET button.

6. The phrase LIM 2 will now appear and the upper position heart rate limit will be flashing.

7. If you wish to program in a second target zone, repeat steps 1 through 4 again, programming in the desired limits.

8. If you do not wish to program a second target zone now, simply press the SET/START-STOP button. The selection functions will start cycling again at 1.6 second intervals (TIME 1, TIME 2, LIM 1, LIM 2, TIME 1 . . .) At this point you are back in the selection cycle and you can use the SELECT \uparrow button to access the next selection, MEASURE.

MEASURE

What the selection does: Allows you to measure your heart rate and set the interval at which your heart rate will be recorded during exercise for playback in the Recall selection. It also permits you to see how much time you have left in memory for recording information and lets you remove files, if you wish to make more room in memory.

Why you might use this selection: Your heart rate can be recorded during exercise for playback in the Recall selection, at intervals of 5, 15 or 60 seconds. If you select 60 seconds, you will have more hours of memory for recording, since more memory capacity is used when data is being entered at faster rates. This selection allows you to choose the desired recording interval.

Each time you start the stopwatch, you create a new memory file. MEASURE also keeps track of how many different files you have created (up to 8) and how much memory is left. If you find you have too little memory left to record your next exercise period, you may wish to remove some files from memory to increase capacity. You can do that in the MEASURE selection.

Step-by-step instructions

1. If you have just finished using the SET selection, you need only to press the SELECT \uparrow button once, and the word MEASURE appears on the selection status line. The display will begin cycling (at 1.8 second intervals) through INT, LFT and FLE, as shown below:



Note: If you wish to access the MEASURE selection, and you have not just finished the SET selection, you can do so by pressing the SELECT \uparrow button twice when the time of day appears on the screen.

2. At any point you can press the SET/START-STOP button and the letters INT will remain on the display.

3. You will also see one of three numbers on the screen: 05, 15 or 60. These represent 5, 15 and 60 seconds recording intervals. You may choose to have your heart rate information recorded at any of these intervals. The shorter the interval, the more memory each workout will use, so the interval you select will affect the training sessions you can store in memory.

4. To select the interval you want, press the SELECT \blacktriangle button to cycle through the three possible choices.

5. When the desired interval appears, press SET/START-STOP button to verify how much memory is left. At this point, LFT, (representing the time left in memory) will cycle alternately with FLE. (This shows the number of the next file you will create when you begin recording. So, if the number 8 appears, it means you have seven files already in memory and will be recording into file 8 in your next session).

6. You can look at the time left and decide whether or not you wish to remove any files at this point to make room for recording your next workout.

7. If you wish to remove a file or files, simply press the SIGNAL \blacktriangledown button for each file you want to erase. The highest file number will always be shown, and the Sport Tester's computer will remove the last file in line each time you press the SIGNAL \blacktriangledown button. So, if the number 8 is displayed (representing the next file you'll record into), the first file you'll remove by pressing the SIGNAL \blacktriangledown button is the previously recorded file 7, then file 6, and so on.

8. If you do not wish to erase any files at this time, you can press the SET/START-STOP button to return to the beginning of the Measure selection or press STORE/RECALL to start measuring your heart rate. Remember that recording begins automatically when you activate the stopwatch.

Note: For instructions on activating stop watch and using measuring operations please refer to page 25, Exercising with Polar Sport Tester.

RECALL

What the selection does: It allows you to view and analyze (either manually or via a computer interface) the data on:

- * heart rate target zones
- * starting time
- * sampling intervals
- * heart rates at each interval
- * intermediate times
- * finishing time

Why you might use this selection: To review your heart rates recorded during exercise and to analyze and compare them against previous exercise periods, also stored in memory. The Polar Sport Tester Heart Rate Monitor gives you ample high-quality data, precisely measured and recorded by state-of-the-art technology. Analyzing this information can show you when you are exercising most efficiently, and how you can improve your workouts. Such information is invaluable — both to athletes training for competition, and to athletes who want to learn how to maximize the value of their time spent exercising.

Step-by-step instructions

1. Cycle through the selections using the SELECT \uparrow button until the word **RECALL** appears on the selection status line. The letter **MA** should also be at the top of the screen.



Note: If the word **END** appears at the top of the screen, it means that you have no recorded files in memory at this time.

2. You do not need the SET/START-STOP button to enter the selection at this point. You are already in the Manual Recall selection, and can press the STORE/RECALL button to review the files you have recorded during workouts.

3. When you press the STORE/RECALL button, the number of the file you recorded most recently will appear on the display.



4. You can look at this file or review others by pressing the SELECT \uparrow button or the SIGNAL \downarrow button.

5. When the number of the file you wish to review appears on the display, press STORE/RECALL.

6. The LIM 1 setting during that workout will now be displayed.

7. Pressing the STORE/RECALL button again, will display LIM 2.

8. If you press the STORE/RECALL button again, you will see the time of day at which you began exercising and your starting heart rate.

9. Pressing STORE/RECALL again will display your heart rate after first recording interval that will be displayed as well, and successive use of the STORE/RECALL button will show your heart rate at each interval, any intermediate or lap times you marked (designated by letters INT for intermediate) and any switching you may have done between LIM 1 and LIM 2 during exercise.

10. When you have reviewed all the information in the file, the word **END** will appear at the top of the display, along with your finishing time and heart rate.

11. At this point you can press the STORE/RECALL button to return to the top of the RECALL selection with **MA** appearing on the display.

12. If you wish to review more files, repeat steps 4 through 10.

13. If you wish to scroll quickly through a file, press the STORE/RECALL button when the number of the file you want to review appears on the display. LIM 1 will appear on the display. Then, or later, press the SIGNAL \downarrow button and hold it down. The Sport Tester will cycle quickly through the file data.

TRANSFERRING INFORMATION TO A COMPUTER

With the Polar Sport Tester Heart Rate Monitor you can download your exercise data directly into a computer for further analysis, using the Polar Interface. To access the computer communications function, simply enter the Recall selection as described in Step 1 above, and then press the SET button. The letters **COM** will appear on the display. Then follow the instructions included with the Polar Interface.

EXERCISING WITH THE POLAR SPORT TESTER

After you've programmed in the heart rate limits and timers, you're ready to use your Polar Sport Tester Heart Rate Monitor to monitor your exercise periods.

Step-by-step instructions

1. Put on the Wrist Monitor and Chest Band as described on pages 8 and 9.

2. With the time of day appearing on the screen, access the Measure selection by pressing the SELECT \uparrow button twice. The word MEASURE should appear on the selection status line. The display will begin cycling (at 1.6 second intervals) through INT, LFT and FLE.

3. At any point you may press the STORE/RECALL button and the display will change to as shown beside.

At this point your heart rate may be displayed without being recorded.



4. To begin the stop watch and recording functions, press the SET/START-STOP button. The stopwatch on the middle line will begin counting and your heart rate will be shown on the bottom line of the display.

5. If you hear a beeping sound, and it occurs easily, it means that you are exercising above or below your target zone. Limit 1 or Limit 2 is displayed in the upper right-hand corner blinking next to the time of day display.

6. At various points during exercise, if you hear a chirping sound, a single chirp indicates that Timer 1 has sounded and a double chirp indicates Timer 2.

During recording, if you want to . . .

Turn of the heart rate beep:

Press the SIGNAL \downarrow button.

Change from Limit 1 to Limit 2:

Press the SELECT \uparrow button.

Mark a lap while exercising or enter an intermediate time:

Press the STORE/RECALL button.

Stop the recording operations:

Press the SET/START-STOP button.

Exit the selection and return to the selection cycle:

After you have stopped the recording operations with the SET/START-STOP button, press the SELECT \uparrow button. The RECALL selection will now appear. You can enter the RECALL selection or cycle through to the others by repeatedly pressing the SELECT \uparrow button.

CARE AND MAINTENANCE

The Wrist Monitor

Water Resistance: Due to the many variables involved, water resistance cannot be regarded as a permanent characteristic of any Monitor. We do recommend that the Wrist Monitor is tested for water resistance every 1—2 years (depending on use) to check for natural deterioration of lubricants and seals as well as possible damage to glass and case which may impair the optimum water resistance characteristics. This is particularly important if you are using your POLAR Wrist Monitor for swimming. It is also important to be careful not to operate the buttons while under water, as the pressure can cause the Wrist Monitor to leak.

The Transmitter

The Transmitter automatically activates when it is attached to your chest and will shut off when it is removed from your skin. However sweat and moisture can keep it activated so it is important to wipe off and dry the Transmitter when taking it off. To maximize the life of the Transmitter it is also important to clean it with mild soap and water regularly to remove any buildup that could weaken its strength. Be sure not to use any abrasives or chemicals such as steel wool or alcohol, they can cause permanent damage to the electrodes.

Important: Do not stretch or bend the electrode strips of the Transmitter, especially when storing it, this can damage their conductivity.

The Batteries

Should your HRM need battery replacement or service we strongly recommend it be done by a POLAR authorized center only in order to make sure that the unit is adequately tested for water resistance. This is particularly important when the unit is used under heavy sweat conditions or for swimming. **If you service the unit yourself, you will void the warranty.** The rubber gasket that insures water resistance will deteriorate over time and needs to be replaced every time the seal is broken.

To conserve battery life, the Wrist Monitor is programmed to automatically return to the TIME selection after ten minutes when no buttons have been pushed and no pulse has been received from the Transmitter.

The transmitter battery is not replaceable, however it is estimated to last 2500 hours of use when handled according to this care and maintenance instruction. Do not throw out your old Transmitter, it is a recycleable item. Return it to POLAR when purchasing new.

PRECAUTIONS

To lengthen the useful life of your Polar Sport Tester Heart Rate Monitor, keep the following in mind:

- Your Polar Sport Tester is water resistant but not waterproof. You can wear it for swimming, go off a diving board with it on, wear it in a rainstorm, or perspire heavily while exercising without damaging it. You should not, however, wear it underwater at any great depth; if you go deepsea diving, leave your Polar Sport Tester behind.
- If your Polar Sport Tester does get wet, it is important to dry it thoroughly before putting it away. (Never put a wet Polar Sport Tester into an athletic bag or a locker).
- The Polar Sport Tester needs to "breathe". Never store it in any kind of "nonbreathing" material, such as a plastic bag, where moisture from humid air might become trapped. Put it in its store case, and leave it in a warm and dry place.
- The Polar Sport Tester Wrist Monitor picks up transmitter signals within 90 to 110 cm. Therefore, when you are using your Wrist Monitor, make sure no other Transmitter is within that range. Signals from more than one Transmitter picked up simultaneously can cause an incorrect readout.

- When your Transmitter and Wrist Monitor are in use, strong electromagnetic sources such as television sets, electric motors, vehicles, radio and TV antennas and high voltage power lines can cause erratic heart rate reception. This can also happen if you attempt to use the heart rate monitor aboard an aircraft.
- Avoid exposing your Polar Sport Tester to extremes of hot and cold, and keep it out of direct sunlight.
- Don't pull clothing on or off over your Polar Sport Tester Wrist Monitor. Movement of cloth over the monitor may cause static electricity which can interfere with its performance.

TROUBLESHOOTING YOUR POLAR SPORT TESTER

What if there is any irregularity in the performance of your Polar Sport Tester?

In case of any irregularity in performance, to begin troubleshooting your Polar Sport Tester, push all four of the Polar Sport Tester buttons at once and start programming the Wrist Monitor from scratch.

This is called Global Clear. When a three-line display appears, press the STORE/RECALL button, and 10 o'clock will appear. Start the programming cycle here with TIME setting.



Note: Global Clear clears all memory.

The Global Clear setting is also very useful if for any reason, you want to start from a zero state to enter information into the Wrist Monitor's memory.

What if the heart rate symbol is not flashing?

Check to see that the elastic belt is tight enough. The belt should be adjusted so that the electrodes are flat against your skin and the tightness is correct, when without stretching, the ends of the belt are about 15 cm apart from each others. You may have to move the belt one

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way or another to find the best position for the Transmitter. Make sure that the POLAR-logo on the Transmitter is in the correct position.

Check that the electrode strips are thoroughly moistened. The Transmitter will not function properly without moisture to make good electrical contact.

Accumulated sweat and dirt may interfere with clear reception of the signal from the skin to the Transmitter. Check to see if your Transmitter needs washing.

What if the heart flashes become irregular?

Check to see if your Wrist Monitor is outside the 90 to 110 cm (three and a half foot) range of heart rate transmission from the Transmitter.

Make sure the elastic belt has not loosened during exercise.

If you are wearing the Transmitter over a shirt, make sure there is moisture to make the needed contact with the electrodes.

Check your surroundings by taking off your Transmitter and checking if the heart symbol is still flashing. If it is, you are in a electromagnetic field created by other equipment (such as a radio or television set), move away. If you are near another person using a heart monitor, move away.

If none of the above mentioned situations is valid, consult your physician, because it may be your heart causing the irregularities.

What do I do if the unit goes blank?

Try to cross-check both the Transmitter and Wrist Monitor to locate the reason. Contact your dealer or distributor for further actions.

SERVICE

- Should your Polar Sport Tester need service during or after the warranty period, we highly recommend that you send it to your dealer or distributor for repair. If you service the unit yourself, you will void the warranty.
- Carefully pack the Polar Sport Tester Transmitter and Wrist Monitor in a shipping carton so it will not be damaged.
- Enclose proof of purchase (or a photocopy).
- Please include a statement stating why the unit is being returned for repair.
- Mail postage prepaid to your dealer or distributor.

ACCESSORIES

The following Polar accessories are available for use in conjunction with Polar Sport Tester:

- Computer Interface/Software
- Bike mount
- POLAR Transmitter with the elastic belt
- Separate Transmitter for use with disposable electrodes
- "Heart Rate Monitoring Book" by Sally Edwards
- "Training, Lactate, Heart Rate" book by Dr. Peter G.J.M Janssen

POLAR SPORT TESTER TECHNICAL SPECIFICATIONS

Transmitter:

Operating temperature: -10° to $+50^{\circ}$ C
(14° to 122° F)

Battery: Estimated average battery life: 2500 hours of use when handled according to the care and maintenance instructions.

Receiver/Monitor Microcomputer

Type: CMOS 4 bit.
Display: LCD 10 digits + 18 symbols
Case: 47 mm x 43 mm x 11 mm
($1\frac{1}{2}$ " x $1\frac{1}{8}$ " x $\frac{1}{2}$ ")
Operating temperature: -20° to $+50^{\circ}$ C
(-4° to $+122^{\circ}$ F)
Power consumption: 5μ A (TIME) min
 70μ A (HR) max
Battery: 160 mAh Lithium battery (BR 2325)

Expected battery life in average use: more than 1 year*
Memory/Capacity: H.R. Interval Capacity
5 seconds 2h 40 min
15 seconds 8h 20 min
60 seconds 33h 40 min
Number of files: 8 max

* Average use; Two hours of day, 7 days a week, one computer recall operation per workout, normal use of sound signal.

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