



Polar Move
User Manual

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1. GET STARTED


Get to Know Polar Move Heart Rate Monitor

Heart rate monitor records and displays your heart rate and other data during training.



WearLink® transmitter transmits the heart rate signal to the training computer. The WearLink consists of a connector (A) and strap (B).



-  • The latest version of this user manual can be downloaded at www.polar.fi/support.
- For video tutorials, go to www.polar.fi/en/support/video_tutorials.

Button Functions




 LOCK:

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- Illuminate the display. During exercise press the button once, after this the backlight is lit when pressing any button.
- Press and hold to enter the quick menu:
 - *In time view*: Lock buttons, set alarm or select time zone.
 - *During exercise*: Adjust exercise sounds or lock buttons.


RED:

- Exit the menu and return to the previous level.
- Cancel selections and leave settings unchanged.
- Press and hold to return to the time view from any view.
- Stop recording an exercise.

 UP: Move through the menu and selection lists, and adjust values.

GREEN:

- Confirm selections.
- Start recording an exercise.

 DOWN: Move through the menu and selection lists, and adjust values.

 *If you do not know where you are in the menu, press and hold the RED button until the time is displayed.*

Enter Settings

To activate your Polar Move, press and hold any button for one second. Once the heart rate monitor is activated, it cannot be switched off.

For the activity feedback to be accurate, all user information must be valid.

1. Before you use the Polar Active for the first time, enter the basic settings.
2. Before changing the user, enter the correct user information.

Use the UP and DOWN buttons to move through selection lists and to adjust values. Confirm selections with the GREEN button.

Using the Polar Move for the First Time

If you do not have student data available, go through steps 1-6 and skip the **User information** by pressing and holding the RED button for two seconds.

1. **Language**: Select **English, Español, Français, Italiano, Português, Suomi, Svenska** or **Deutsch**.
2. **Please enter basic settings** is displayed.
3. **TIME FORM.** (time format): Select **24 hours** or **12 hours**.
4. **TIME**: Set the time of day. In the 24 hour format, set **Hours** first and then **Minutes**. In the 12 hour format, start by setting **AM** or **PM**, and then hours and minutes.
5. **DATE**: Set **Day, Month, Year**. If you select the 12 h format, set **Month, Day, Year**.
6. **UNITS**: Set **Imperial units (LBS, FT)** or **Metric units (KG, CM)**. By selecting lbs/ft, calories are displayed as Cal, otherwise they are shown as kcal. Calories are measured as kilocalories.

If you skip adjusting the user information, default settings will be used.

7. **Weight**: Enter your weight.
8. **Height**: Enter your height.
9. Date of birth: In the 24 hours format, set first **Day of birth**, in 12 the hours format start with **Month of birth**.
10. **Sex**: Select **Female/Male**.

Settings OK? is displayed. Press UP or DOWN to select and confirm with the GREEN button.

- **YES:** Settings are accepted and saved, and the Polar Active enters the time view.
- **NO:** Start entering the basic settings from the beginning.

Changing User

In the time view, press DOWN and select **Settings > User Information**. See User Information (page 11).

2. EXERCISE

Target Heart Rate Zones

The best way to achieve goals and see results is to exercise at the right intensity. Exercising in different heart rate zones has different benefits. Alternating between different zones improves fitness and brings variation to exercising. Heart rate zones are calculated as percentages of the maximum heart rate.

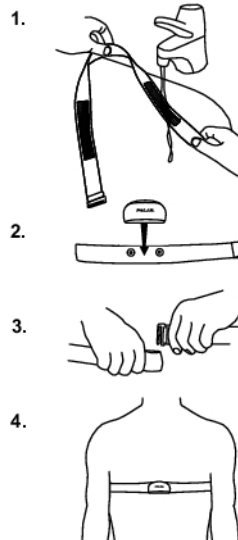
Heart rate zones for children (under 20-year-old):

HEART RATE ZONE	FEELS LIKE	EXAMPLE ACTIVITIES	BENEFITS
PERFORMANCE 90-100%	VIGOROUS TO VIGOROUS+ <ul style="list-style-type: none"> • Very exhausting • Fast breathing • Muscles may feel tired 	<ul style="list-style-type: none"> • Short sprints • Soccer • Basketball 	Develops maximum performance and speed.
HEALTHY HEART 70-90%	MODERATE TO VIGOROUS <ul style="list-style-type: none"> • Easy to heavy breathing • Light muscular strain • Average sweating 	<ul style="list-style-type: none"> • Games • Jogging • Cycling • Dancing 	Improves aerobic fitness and performance capacity.
ACTIVE 60-70%	EASY TO MODERATE <ul style="list-style-type: none"> • Easy, comfortable breathing • Low muscle load • Light sweating 	<ul style="list-style-type: none"> • Warm-up and cool-down • Brisk walking • Playing catch • Volleyball 	Improves basic endurance and muscle tone.

Wear the Transmitter

Before starting exercise recording, you need to wear the transmitter.

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



i *Detach the connector from the strap when you are not using it to maximize the transmitter lifetime. See detailed washing instructions in Customer Service Information.*

For more information on how to maintain your transmitter, see Washing Instructions for WearLink

Transmitter (page 13)

Start Exercise Recording

 Preferably, there should be no other heart rate monitors nearby (within 1m / 3ft) to avoid interference when starting the exercise recording. The frame around the heart symbol on the display's top row indicates that the heart rate transmission is coded, and thus protected against interferences.

1. Wear the transmitter and the heart rate monitor.
Start heart rate measurement by pressing the GREEN button.
2. Wait until your heart rate is displayed, and then press the GREEN button again to start the recording.
Your exercise file is saved when the recording has lasted for more than one minute.

To modify training sounds, heart rate view, heart touch or zone limits before starting the recording of the exercise session, select **Settings** > **Training Settings**. For more information, see Training Settings (page ?).

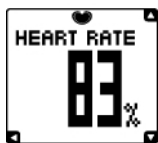
During Exercise

The following information is displayed during training recording. Press UP/DOWN to change the view.



IN ZONE

The heart rate monitor informs if you are exercising in the target zone.
If your heart rate is not within the designated zone limits, **NOT IN ZONE** is displayed.



HEART RATE

Your current heart rate.



CALORIES

Calories consumed during the exercise session.



DURATION

The duration of your exercise session.

IN ZONE


The time you have spent in the target zone.

HeartTouch™

To see the time of day, bring the heart rate monitor near the Polar logo on the transmitter. The backlight is also lit, providing that you have pressed the LOCK button earlier.

Pause/Stop Exercise Recording

To **pause the recording** of your exercise session, press the RED button. To continue exercise recording, press the GREEN button.

 If you have not continued recording in five minutes, and the training sounds are on, the heart rate monitor will automatically remind you to continue with a beep every ten minutes.

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To stop the recording, press the RED button twice. **Stopped** is displayed. A summary of your exercise session appears. See Training Summary (page 9) for information on the summary.

3. AFTER EXERCISE

Training Summary

The Polar Move displays an exercise summary after each exercise session:

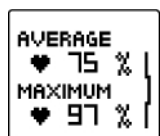


DURATION

The duration of your exercise session.

IN ZONE

The time you have spent in the target zone during your exercise session.



AVERAGE

Your average heart rate during the exercise session.

MAXIMUM

Your maximum heart rate during the exercise session.



CALORIES

Calories you consumed during the exercise session.

Review Exercise Data

To review your training data, select **MENU > Data**. Then select **Training files**, **Totals since xx.xx.xx**, **Delete files** or **Reset totals**.

Exercise Files

To review your past exercise data, select **Menu > Data > Training files**. Then select the date and time you want to view.

The maximum number of exercise files is 10. When the **Training files** memory becomes full, the oldest exercise file is overwritten by the most recent one.



File creation day: xx.xx.xxxx

File creation time: xx:xx

Each bar represents one exercise session file. Select the exercise session you want to view.

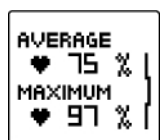


DURATION

Duration of your exercise session

CALORIES

The amount of burnt calories during the exercise session



AVERAGE

Average heart rate during the exercise session

MAXIMUM

Maximum heart rate during the exercise session



IN ZONE
The total time spent in the fitness improving zone

Delete an exercise file

1. To delete an exercise file, select **Data > Delete files > Training file**.
2. Select the file you want to delete, and press the GREEN button.
3. **Delete file?** is displayed. Select **Yes**.
4. **Remove from total?** is displayed. To remove the file from totals, select **Yes**.

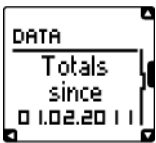
Delete all exercise files

1. To delete all exercise files, select **Data > Delete files > All files**.
2. **Delete all files?** is displayed. Select **Yes**.

 *To cancel file deletion, press the RED button until Time of day is displayed.*

Total Exercise Count

To review your exercise totals, select **Menu > Data > Totals since xx.xx.xxxx**



DATA
Total exercise count since xx.xx.xxxx.



DURATION
The total duration of your exercise sessions.
SESSIONS
The total number of your exercise sessions.




CALORIES
The total number of calories consumed during your exercise sessions.

Reset total exercise count

1. To reset the total exercise count, select **Data > Reset totals**.
2. **Reset totals?** is displayed. Select **Yes**.


4. SETTINGS

Watch Settings

 Select and adjust the values you want to change with the UP/DOWN buttons, and confirm with the GREEN button.

Select **Settings** > **Watch, time and date** .

- **Alarm:**
Set alarm **Off** or **On**. If you select **On**, set the hours and minutes.
Stop the alarm with the RED button or snooze for 10 minutes with UP/DOWN/GREEN buttons.
The alarm cannot be used during exercise.
- **Time:**
Select **Time 1** and set the time format, hours and minutes.
Select **Time 2** to set the time for another time zone by adding or subtracting hours.

 In Time view, you can quickly change from **Time 1** to **Time 2** by pressing and holding DOWN. When **Time 2** is selected, **2** is displayed in the bottom right corner of the display.

Time zone: Select time zone 1 or 2.

- **Date:** Set the date.

Training Settings


Select **Settings** > **Training settings** .

- **Training sounds:** Select **Off** or **On**.
- **Heart rate view:** Set the heart rate monitor to display your heart rate as **Beats per minute** (bpm) or as **Percent of maximum** (% of max).
- **HeartTouch:** Select **On** or **Off**. To see the time of day during an exercise session, bring the heart rate monitor near the Polar logo on the transmitter. The backlight is also lit, providing that you have pressed the LOCK button earlier.
- **Zone limits** help you train within your personal target heart rate zone. The default limits are based on your age or your maximum heart rate (HR_{max}). Changing these values changes the displayed heart rate zone accordingly.

User Information

Select **Settings** > **User Information** and press the GREEN button.

- **Weight:** Enter your weight.
- **Height:** Enter your height.
- **Date of birth:** Enter your date of birth.
- **Sex:** Select **MALE** or **FEMALE**.
- **Maximum heart rate** is the highest number of heartbeats per minute (bpm) during maximum physical exertion. The value the heart rate monitor automatically gives you is based on your age.

 During childhood and adolescence, the maximum heart rate values are 200 ± 7 beats per minute, average HR_{max} is 200. Exercising at a high intensity and near maximum is natural for children.

General Settings

Select **Settings** > **General settings** .

- **Button sounds:** Turn button sounds **On** or **Off**.
- **Units:** Select **Metric (kg/km)** or **Imperial (lb/ft)**. By selecting lb/ft, calories are displayed as Cal,

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otherwise they are shown as kcal. Calories are measured as kilocalories.

- **Language:** Select **Deutsch, English, Español, Français, Italiano, Português, Suomi** or **Svenska**.

5. IMPORTANT INFORMATION

Caring for Your Heart Rate Monitor

Clean with a mild soap and water solution, dry with towel. Do not press buttons under water. Never use alcohol or any abrasive material (steel wool or cleaning chemicals). Keep in a cool and dry place. Do not store in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose to direct sunlight for extended periods.

Washing Instructions for WearLink Transmitter

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

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

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

Service

During the one-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For further information, see Limited Polar International Guarantee (page ?)


 *For contact information and all Polar Service Center addresses, visit www.polar.fi/support [<http://www.polar.fi/support>] and country specific websites. Register your Polar product at <http://register.polar.fi/> to ensure we can keep improving our products and services to better meet your needs.*

Changing Batteries

The Polar Move heart rate monitor and the WearLink® transmitter both have a user changeable battery.

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

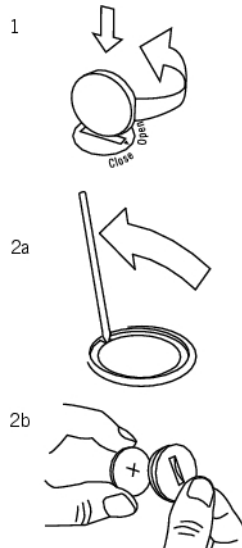
- The low battery indicator is displayed when 10-15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.
- The backlight and sound are automatically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

 *Keep the batteries away from children. If swallowed, contact a doctor immediately. Batteries should be properly disposed of according to local regulations.*

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

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1. Open the battery cover with a coin by turning it from CLOSE to OPEN.
2. Remove the battery cover and lift the battery out carefully with a suitable sized small rigid stick or bar. Insert a new battery inside the cover with the positive (+) side facing the cover.
3. Replace the old sealing ring with a new one, fitting it snugly in the cover groove to ensure water resistance.
4. Put the cover back on and turn it clockwise to CLOSE.
5. Re-enter the basic settings to the heart rate monitor.



Precautions

- i** • *Your **Polar Move** heart rate monitor is designed to help you achieve personal fitness goals and indicate the level of physiological strain and intensity during exercise sessions. No other use is intended or implied.*
- **Medical devices in professional use** sets high standards for the manufacturer, distributor and user of a medical device. Polar offers user instructions and training for professional users in order to ensure the safe use of Polar devices.
- *We recommend teachers to obtain written consent from the students' parents for using the heart rate monitoring equipment.*

Minimizing Risks When Training

Minimizing Possible Risks

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

Children:

- Have you been physically inactive?
- Do you have symptoms of any disease?
- Are you taking heart or any other 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 other implanted electronic device?

Adolescents and adults:

- Have you been physically inactive for the past five 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 other implanted electronic device?


- Do you smoke?
- Are you pregnant?

Note that in addition to training intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

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

Notice to individuals with pacemakers, defibrillators or other implanted electronic devices. Individuals who have a pacemaker use the Polar training computer at their own risk. Before starting use, we always recommend a maximal training 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 training 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 in Technical Specifications (page 16). The materials of this product have been tested and should not contain allergens or substances hazardous to health. However, if symptoms do appear, stop using the product immediately. To avoid any skin reaction to the transmitter, wear it over a shirt, but 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, possibly staining light-colored clothes. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training computer or the transmitter.*

Interference During Training

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with the training computer. To avoid erratic reading or misbehavior, move away from possible sources of disturbance.

Training equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals. To solve these problems, try the following:

1. Remove the transmitter from your chest and use the training equipment as you would normally.
2. Move the training computer around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst directly 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 training computer in this interference-free area as much as possible.

If the training computer still does not work with the training equipment, it may be electrically too noisy for wireless heart rate measurement.

For further information, see www.polar.fi/support.

Troubleshooting

If you don't know where you are in the menu, press and hold the RED button until the time of day is displayed.

If there are no reactions to any buttons or the Polar Move displays unusual readings, reset the heart rate monitor by pressing four buttons (UP, DOWN, RED and LOCK) simultaneously for four seconds. The display will go blank for a moment. Press the GREEN and **Please enter basic settings** will shortly be displayed. Enter time and date. With long press RED the display returns to time of day view. All other settings except time and date will be saved.

If the heart rate reading becomes erratic, extremely high or shows nil (00), make sure that there are no other heart rate transmitters within 1 m/3 ft and that the transmitter strap/the textile electrodes fit snugly

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and are moistened, clean and undamaged.

Strong electromagnetic signals can cause erratic readings. Electromagnetic 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 training equipment, cellular phones, or at electric security gates. To avoid erratic readings, move away from possible sources of disturbance.

If the abnormal reading continues despite moving away from the source of disturbance, slow down and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.

If heart rate measurement does not work despite the actions mentioned previously, the battery of your transmitter may be empty.

A cardiac event may have altered your ECG waveform so that the transmitter is not able to detect it. In this case, consult your physician.

Technical Specifications

Polar Move Heart Rate Monitor

Battery type	CR 1632
Battery life	Average 6 months (exercising 6h/day, 5 days/week)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Back cover	Polyamide
Wrist strap	Polyurethane
Wrist strap buckle	Stainless steel complying with the EU Directive 94/27/EU and 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.
Accuracy of heart rate measurement	$\pm 1\%$ or ± 1 bpm, whichever larger, definition applies to steady state conditions.
Water resistance	30 m (Suitable for bathing and swimming)

WearLink Transmitter

Battery type	CR 2025
Battery life	Average 7 months (exercising 6 h/day, 5 days/week)
Battery sealing ring	O-ring 20.0 x 1.0 Material FPM
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	Polyamide
Strap material	35% Polyester, 35% Polyamide, 30% Polyurethane
Water resistance	30m (Suitable for bathing and swimming)

Limit Values

Chronometer	23 h 59 min 59 s
Heart rate	15 - 240 bpm
Total time	0 - 9999 h 59 min 59 s
Total calories	0 - 999999 kcal/Cal
Total exercise count	65 535
Year of birth	1921 - 2020

Water Resistance

Polar Move may be worn when swimming. To maintain water resistance, do not press buttons under water. For more information, visit www.polar.fi/support. Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on case back	Water resistant characteristics
Water resistant	Protected against wash splashes, sweat, raindrops etc. Not suitable for swimming.
Water resistant 30 m/50 m (WR 30M/ WR 50M)	Suitable for bathing and swimming
Water resistant 100 m (WR 100M)	Suitable for swimming and snorkeling (without air tanks)

Limited Polar International Guarantee

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for one (1) year from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the one (1) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

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

CE 0537

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



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices for products, and battery and accumulator collection for batteries and accumulators.



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

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The materials of Polar Move have been chosen and tested to comply with relevant standards and authority requirements, including CPSIA (Consumer Product Safety Information Act/Children's Product).

Polar Electro Oy is a ISO 9001:2008 certified company.

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Disclaimer

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
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- Polar Electro Inc./Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

This product is protected by the incorporeal rights of Polar Electro Oy as defined by the following documents: FI 88972, DE4223657.6 A, FR 92.09150, GB 2258587, HK 306/1996, SG 9592117-7, US 5486818, FI114202, US6537227, EP1147790, HK1040065, FI115289, EP1127544, US6540686, HK1041188, FI110915, US7324841, EP1361819, FI 96380, EP0665947, US5611346, JP3568954, FI23471, US D492999SS, EU0046107-002, EU0046107-003. Other patents pending.

The Polar Move heart rate monitor applies the following patented technologies, among others: OwnCal® personal calorie calculation; WearLink® technology for heart rate measurement.

Manufactured by:
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