

**POLAR**<sup>®</sup>

## USER MANUAL

Polar F11™ Fitness  
Heart Rate Monitor

## BUTTONS

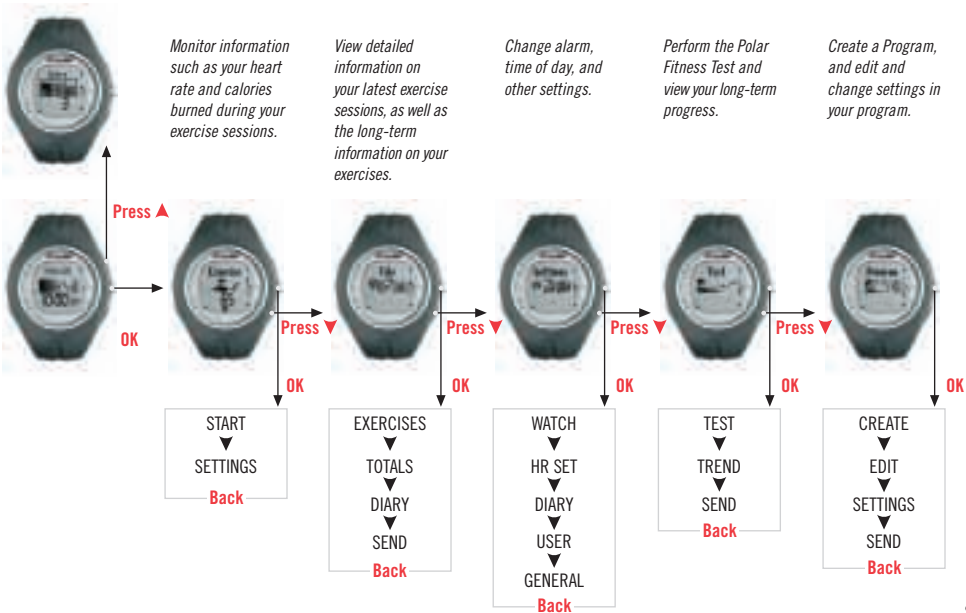


Press **OK** to enter the menu.  
Press the **▲** / **▼** buttons to move forward in the menus.  
Press and hold the **Back** button to return to the Time of Day display.



## POLAR F11 QUICK GUIDE

Compare achieved exercise values against your weekly exercise targets, and see if you are achieving your targets as planned.



**Dear customer,**

Congratulations on your purchase of a new Polar F11™ Fitness Heart Rate Monitor!

The Polar F11 heart rate monitor helps you to achieve your personal fitness goals.

The Polar F11 heart rate monitor includes the Polar Keeps U Fit™ - Own Workout Program, which helps you to create a personalized training program, keep a diary of your exercise sessions, and follow your progress. The Program is based on and personalized by using your current aerobic fitness level, measured with the Polar Fitness Test™. Enter your program choice and the amount of exercise, and the Polar F11 heart rate monitor provides you with an exercise program. Use the Polar heart rate monitor during your exercise sessions and check the recorded data from the electronic Diary after exercising. In the Diary you can compare and chart your progress against your targets. Perform the Fitness Test once or twice a month and see how your fitness level is proceeding over the long-term.

This manual contains the information you need to use and maintain your product. Please read this through to understand how to use the functions and to get the most out of your Polar heart rate monitor.

Please also check our web sites for the best product and training tips and other value added services: [www.PolarFitnessTrainer.com](http://www.PolarFitnessTrainer.com) and [www.polar.fi](http://www.polar.fi)

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# 1. INTRODUCTION TO THE F11 HEART RATE MONITOR

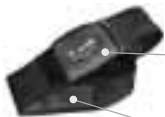
## 1.1 PRODUCT ELEMENTS

The Polar F11 heart rate monitor set consists of the following items:



### Wrist Unit

The wrist unit includes Polar Keeps U Fit workout program. You can create, update, and monitor your Program with the wrist unit.



### Polar WearLink™ Coded Transmitter

The **connector** transmits your heart rate signal to the wrist unit.

The electrode areas of the **strap** detect your heart rate.

### User Manual with Quick Guide

This User Manual contains the necessary information on using your Polar heart rate monitor. For a quick reference, take the function map included in the Quick Guide with you when exercising.

### Polar Web Services

[www.PolarFitnessTrainer.com](http://www.PolarFitnessTrainer.com) is a complete web service tailored to support your exercise goals. Free registration gives you access to the personalized exercise program, diary, useful articles and much more. Moreover, you can get latest product tips and support online at [www.polar.fi/fitness](http://www.polar.fi/fitness).

## 1.2 WRIST UNIT BUTTONS AND SYMBOLS

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

### Light

- Switch the backlight on.

By pressing and holding the Light button, you can:  
• Lock and unlock all the buttons, except the Light button, in the Time of Day display or while recording your exercise. Press and hold the Light button until Buttons Locked or Unlocked is displayed.

### Back

- Exit the displayed menu and return to the previous level.
- Cancel the selection and leave the setting as it was.
- Switch the alarm off.

By pressing and holding the Back button, you can:

- Return to the Time of Day display from any menu.
- Enter the Watch settings from the Time of Day display.



### Heart Touch

In the Exercise mode, you can see the time of day by bringing the wrist unit near the Polar logo on the transmitter.



- Move up in the menus and selection lists.
- Increase the selected flashing value when **+** is on the display.

By pressing and holding the **▲** button you can:

- Change the display in the Time of Day display.
- Change the top row information in the Exercise recording mode.

### OK

- Enter the menu in the Time of Day display.
- Enter the displayed menu.
- Accept your selection.

By pressing and holding the OK button, you can start exercise recording from the Time of Day display.







- Move down in the menus and selection lists.
- Decrease the selected flashing value when **-** is on the display.

By pressing and holding the **▼** button, you can change the time zone in the Time of Day display.


## Symbols





The menu level indicator shows you the number of menu items. When browsing the menus, the  symbol indicates where you are in the current menu level. The  symbol shows you the total number of menu items.

In guided setting sequences the number of  symbols indicates the total number of settings, and the flashing  symbol indicates the setting you are currently adjusting.





 The envelope reminds you to check the exercises from last week or to perform the Polar Fitness Test. For further information, see the section Weekly and Monthly Follow-Up on page 41.


 The battery symbol indicates that the wrist unit battery is low. For further information, see the chapter Care and Maintenance on page 75.

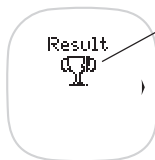
 The alarm symbol indicates that the alarm is switched on. For further information, see the section Watch Settings on page 55.




 The framed heart indicates the coded transmission of your heart rate. For further information, see the section Measuring Your Heart Rate on page 12.

 The recording symbol indicates that exercise recording is on.

 The sound symbol indicates that the heart rate zone alarm is switched on in the Exercise menu. For further information, see the section Functions During Exercising on page 26.



 The trophy indicates that you have achieved your exercise goal for the last week.

## 1.3 BASIC SETTINGS

Start from the Basic Settings mode when you use your product for the first time. You only need to activate the blank wrist unit once. Once activated, the wrist unit cannot be switched off.

Alternatively, you can transfer the Basic Settings to the wrist unit from your computer. For further information, see the chapter Data Transfer on page 74.

*Note: It is important that you be precise with the settings, as they have an impact on the accuracy of the Keeps U Fit workout program.*

1. Activate the wrist unit by pressing any button. The display fills up with digits. Press OK.
2. **WELCOME TO POLAR FITNESS WORLD** is displayed. Press OK to start settings.
3. **Language:** Press the ▲ / ▼ buttons to select **ENGLISH, DEUTSCH, ESPAÑOL, or FRANÇAIS**. Press OK.
4. **START WITH BASIC SETTINGS** is displayed. Press OK to start the Basic Settings.
5. **Time:** Press the ▲ / ▼ buttons to select the **12 H** or **24 H** time mode. Press OK.
  - 12 H:** the time is displayed from 1 to 12 am or pm. In the date and birthday settings, the month is set first and then the day (mm.dd).
    - Press the ▲ / ▼ buttons to select **AM** or **PM**. Press OK.
    - Press the ▲ / ▼ buttons to set the **hours**. Press OK.
    - Press the ▲ / ▼ buttons to set the **minutes**. Press OK.
  - 24 H:** the time is displayed from 0 to 23 hours. In the date and birthday settings, the day is set first and then the month (dd.mm).
    - Press the ▲ / ▼ buttons to set the **hours**. Press OK.
    - Press the ▲ / ▼ buttons to set the **minutes**. Press OK.



6. **Date:** Press the ▲ / ▼ buttons to select the month (**mm**) or day (**dd**). Press OK.
  - Press the ▲ / ▼ buttons to select the day (**dd**) or month (**mm**). Press OK.
  - Press the ▲ / ▼ buttons to select the year (**yy**). Press OK.
7. **Units:** Press the ▲ / ▼ buttons to select kilograms and centimeters (**KG/CM**) or pounds and feet (**LB/FT**). Press OK.  
*Note: The unit selection also affects how the calories are displayed. If you select lb/ft, calories are displayed as Cal. If you select kg/cm, calories are displayed as kcal.*
8. **Weight:** Press the ▲ / ▼ buttons to set your weight. Press OK.  
*Note: If you select the wrong units, you can still change them by pressing and holding the Light button.*
9. **Height:** Press the ▲ / ▼ buttons to set your height. Press OK.  
*Note: If you select lb/ft as your units, you first set feet and then inches.*
10. **Birthday:** Press the ▲ / ▼ buttons to select your birth month (**mm**) or day (**dd**). Press OK.
  - Press the ▲ / ▼ buttons to select the day (**dd**) or month (**mm**). Press OK.
  - Press the ▲ / ▼ buttons to select the year (**yy**). Press OK.
11. **Sex:** Press the ▲ / ▼ buttons to select **MALE** or **FEMALE**. Press OK.
12. **SETTINGS OK?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.  
If you select Yes, your settings are accepted and you can start using your Polar heart rate monitor.  
If you select No, you can change your Basic Settings. Press the Back button until you return to the setting you want to change.

## 1.4 MEASURING YOUR HEART RATE

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

Heart rate coding reduces interference from other heart rate monitors that are close by. To make sure that the code search is successful and ensure trouble-free heart rate monitoring, keep the wrist unit within 3 feet/1 meter of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbances (for further information on interference, see the chapter Precautions on page 77).



1. Moisten the electrode areas of the strap under running water and make sure that they are well moistened.



2. Attach the connector to the strap. Position the letter **L** on the connector next to the word **LEFT** on the strap and snap the fastener.




3. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, just below your chest muscles, and snap the second fastener.



4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central, upright position.



5. Wear the wrist unit as a watch. In the Time of Day display, press OK to enter the menu. **Exercise** is displayed. The wrist unit automatically starts to search for your heart rate. Your heart rate and the framed heart symbol  appears in a maximum of 15 seconds. The frame around the heart symbol indicates that your heart rate is coded. Your heart rate is measured, but not recorded, until you have started to exercise. To record your heart rate and other exercise data, see the chapter Exercising on page 25.

**Note:** If the wrist unit does not receive your heart rate -- /00 is displayed, check that the transmitter electrodes are wet and that the strap is snug enough. Bring the wrist unit up to your chest near the Polar logo on the transmitter. The wrist unit starts to seek the heart rate signal again.

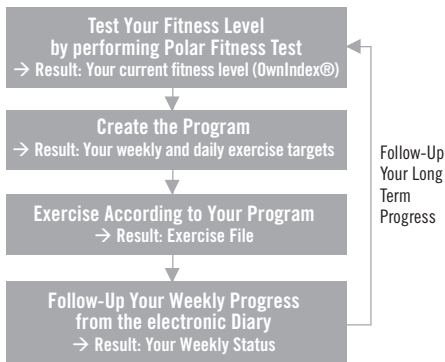
## 2. KEEPS U FIT WORKOUT PROGRAM

The Polar Keeps U Fit - Own Workout Program is based on your current fitness level, giving you guidance on how much you need to exercise to achieve your personal fitness goals.

The personalized Keeps U Fit workout program helps you to plan your exercise by recommending total exercise duration, calories, and exercise duration in different intensity zones. The Program takes into account your current fitness level, your personal target and how many times per week you want to exercise. Based on these values, you receive weekly and daily exercise targets. The Program provides you with weekly exercise times and calories, and the number, duration, and intensity of individual exercise sessions.

Use your Polar heart rate monitor while exercising and check the current weeks recorded data in the electronic Diary. In the Diary, you can compare your weekly exercises against your targets and see if you are achieving your weekly targets as planned. In the File menu, you can see more detailed information about your exercise sessions. To monitor your long-term fitness level progress, you can perform the Polar Fitness Test once or twice a month and compare the measured value to your previous values in Fitness Test Trend.

### Overview of Keeps U Fit workout program



## 2.1 CREATING YOUR PROGRAM

This section provides you with step-by-step information on how to create your Keeps U Fit workout program.

Alternatively, you can create a Program with the Polar Fitness Trainer web service and transfer the Program to the wrist unit. For further information, see the chapter Data Transfer on page 74.

To be able to get an accurate exercise program, start by measuring your fitness level as instructed in the chapter Polar Fitness Test - OwnIndex on page 49.

1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons to select **Program**. Press OK.
3. Press the ▲ / ▼ buttons to select **CREATE**. Press OK.

**Note:**

- If you have not performed the Polar Fitness Test before or if it has been more than six months since you last performed it, **OWN INDEX MISSING. DEFAULT USED** is displayed. Return to the Time of Day display by pressing and holding the Back button and perform the Fitness Test, as instructed in the chapter Polar Fitness Test - OwnIndex on page 49. Otherwise, the default OwnIndex value, result of Polar Fitness Test, is used and the recommended amount of exercise at different intensity levels is not accurate for you.
- If **START WITH BASIC SETTINGS** appears, some of the Basic Settings are missing. Press OK to complete all your settings. For further information, see the section Basic Settings on page 10.
- If you have already created a Program, **OVERWRITE CURRENT?** is displayed. Press the ▲ / ▼ buttons to select **YES** to create a new Program or **NO** to cancel the creation of a new Program. Press OK.

4. **OwnIndex:** The determination of your current fitness level affects the amount of exercise at different intensity levels that the Program recommends.
- If you have already performed the Fitness Test, your latest OwnIndex value is displayed.  
If you know your maximal aerobic power ( $VO_{2max}$ , ml/kg/min) from a laboratory measurement or from another fitness test you perform regularly, you can adjust your OwnIndex by pressing the ▲ / ▼ buttons. Press OK.
5. **Target:** Press the ▲ / ▼ buttons to select the Program level according to your target: **MAXIMIZE**, **IMPROVE**, or **MAINTAIN**. Target selection affects your target exercise time. Press OK.

#### Maximize

Select Maximize if your target is to maximize your current aerobic fitness level. Select Maximize if you have been exercising regularly for at least 10-12 weeks and exercising nearly every day is not a problem for you. The Program recommends that you exercise approximately five hours a week, divided into four to six exercise sessions.


#### Improve

Select Improve if your target is to improve your current aerobic fitness level and you are able to exercise regularly. The Program recommends that you exercise approximately three hours a week, divided into three to five exercise sessions.

#### Maintain

Select Maintain if your target is to maintain your current aerobic fitness level. If you have not exercised recently, Maintain is a good start for you and may even improve your fitness. The Program recommends that you exercise approximately one and half-hour per week, divided into two to three exercise sessions.



6. **Exe.Count** (exercise count): Based on your OwnIndex and target selection, the wrist unit recommends how many times a week you should exercise. The  cursor shows you the recommended value.  
If you wish, you can change the value with the ▲ / ▼ buttons. Press OK.
7. The wrist unit displays **YOUR PERSONAL PROGRAM** and your weekly exercise targets in a few seconds.  
If you want to view your targets, continue from the chapter Your Weekly Exercise Targets on page 18. Alternatively, return to the Time of Day display by pressing and holding the Back button.

## 2.2 VIEW AND EDIT YOUR PROGRAM

This section describes how you can view and edit your Program in the Program Edit menu.

1. If you start from the Time of Day display, press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons to select **Program**. Press OK.
3. Press the ▲ / ▼ buttons to select **EDIT**. Press OK.

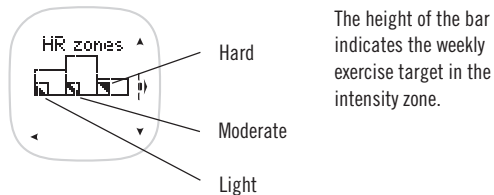
**Note:** If you have not created a Program, **Empty** is displayed. The wrist unit advises you to create a Program first. For further information, see the chapter Keeps U Fit workout program on page 14.

## 2.2.1 YOUR WEEKLY EXERCISE TARGETS



Press the ▼ button to proceed.

**Weekly HR zones:** Your weekly target exercise time is divided into three different intensity zones: **Light**, **Moderate**, and **Hard**, depending on your Program target selection.





### Light

Exercising in the Light\* intensity zone (60-70% HR<sub>max</sub>) is good for improving health and fitness. It also improves basic endurance and helps you to recover from heavier exercise.

### Moderate

Exercising in the Moderate intensity zone (70-80% HR<sub>max</sub>) is effective particularly for improving aerobic fitness. All programs include exercise in this intensity zone.

### Hard

The Hard intensity zone (80-90% HR<sub>max</sub>) is for relatively short exercise at high intensity. Exercising in this zone causes heavy breathing, muscle tiredness, fatigue and increases maximum performance capacity. Only Improve and Maximize Programs include exercise in this intensity zone.

For further information about intensity zones, see the section *Heart Rate Settings* on page 63.

Press OK to view the target exercise durations in different intensity zones.



Intensity zone name

Graphical bar of the intensity zone is highlighted

Target exercise duration in the selected intensity zone

To view the information for the other intensity zones, press the ▲ / ▼ buttons.

Press the Back button to return to the Weekly HR zones view.

Press the ▼ button to proceed.

*\*Polar target heart rate intensity definition is modified from international exercise science authorities' recommendations in which Light intensity can reach lower than 60% HR<sub>max</sub>.*

## 2.2.2 YOUR EXERCISE SESSION TARGETS

If you start from the *Time of Day* display, repeat steps 1-3 on page 17, and press the ▲/▼ buttons until *Weekly Exercises* is displayed.

**Weekly Exercises:** Depending on your exercise count selection, your weekly exercise time is divided into individual exercise sessions of different durations. Exercise sessions are called **SHORT**, **NORMAL**, and **LONG** according to the duration of the exercise.



The **Weekly Exercises** view shows you a summary of your weekly exercise sessions, with the number of exercise sessions displayed by duration. To view your targets per exercise session, press OK.



The **Exercises** view shows you the recommended performance order for your exercise sessions. Select the desired exercise session with the ▲/▼ buttons. Alternatively, select **ADD** to include an extra exercise session in your Program. Press OK.

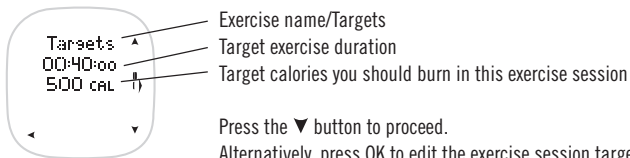
### Adding Exercise Session to Your Program

If you select **ADD**, adjust the exercise **Duration**.

1. Adjust the hours with the ▲/▼ buttons. Press OK.
2. Adjust the minutes with the ▲/▼ buttons. Press OK.
3. The wrist unit displays **EXERCISE CALORIES UPDATED**. Your target exercise calories are automatically calculated and the wrist unit displays targets of the added exercise session.

**Note:** The added exercise session is automatically appended to your weekly exercise targets and the HR zone targets of the added exercise session are calculated according to your weekly HR zone targets.

## Exercise Session Targets:



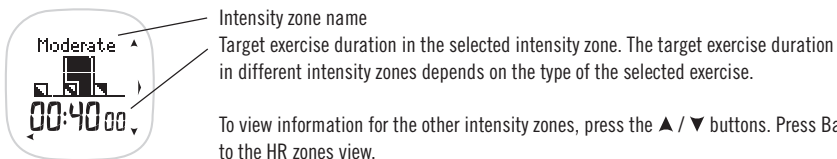
Press the ▼ button to proceed.

Alternatively, press OK to edit the exercise session targets and continue from Editing Exercise Targets on page 22.

Alternatively, press and hold the Light button to delete the exercise session and continue from Deleting Exercise Session on page 22.

**HR Zones Targets:** Each of your individual exercise sessions is divided into three different intensity zones: Light, Moderate, and Hard.

Press OK to view the exercise session targets by intensity zones.



To view information for the other intensity zones, press the ▲ / ▼ buttons. Press Back to return to the HR zones view.

Alternatively, edit the target duration of the intensity zone by pressing the OK button and continue from Editing Exercise Targets on page 22.

## Editing Exercise Targets

1. **EDIT DURATION?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.  
If you select Yes, the hours start to flash. If you select No, the wrist unit returns to the Targets view.
2. Adjust the hours with the ▲ / ▼ buttons. Press OK.
3. Adjust the minutes with the ▲ / ▼ buttons. Press OK.
4. The wrist unit displays **EXERCISE CALORIES UPDATED**. Your target exercise calories are automatically updated and the wrist unit returns to the Targets view.

***Note:** If you change your exercise targets, the wrist unit automatically checks the exercise duration and changes the type of exercise if it has been modified. At the same time your weekly exercise targets are automatically updated.*

## Deleting Exercise Session

You can delete a selected exercise session by pressing and holding the Light button in the Exercise Session Targets view.

1. **DELETE EXERCISE?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.
2. If you select Yes, the wrist unit displays **ARE YOU SURE?** If you do not want to delete the exercise session, select **NO**.  
Select **YES** to delete the file. Press OK. Note! After you delete an exercise session, you cannot restore it.
3. If you select Yes, the wrist unit returns to the Exercises view. Press the Back button to return to the Weekly Exercises view.  
If you have changed your exercise targets or deleted exercise sessions, your weekly targets are automatically updated.  
The wrist unit confirms your Program update and **PROGRAM TARGETS UPDATED** is displayed.

## 2.3 PROGRAM SETTINGS

In the Program Settings menu you can switch the Program on or off and change the settings for Program exercises.

1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons to select **Program**. Press OK.
3. Press the ▲ / ▼ buttons to select **SETTINGS**. Press OK.
4. Press the ▲ / ▼ buttons to select **EXERCISES** or **ON/OFF**. Press OK.

*Note: If you select Exercises and you have not created a Program, **Empty** is displayed. Create a Program first. For further information, see the chapter Keeps U Fit workout program on page 14.*

### Program On or Off Selection

Switch the Program **ON** or **OFF** with the ▲ / ▼ buttons. Press OK. The wrist unit returns to the Program Settings menu.

*Note: If you switch the Program off, the exercise targets are not shown in the Diary view and you cannot select Program exercise sessions in the Exercise menu. Even if you switch the Program off, it remains in the wrist unit memory. Switch the Program on to use it again.*

### Exercise Settings

**Exercises** and Program exercise sessions are displayed. Select the desired exercise session with the ▲ / ▼ buttons. Press OK. Press the ▲ / ▼ buttons to select **HR SET** or **RENAME**. Press OK.

1. **HR SET:** Exercise settings are combined in HR Sets. You can link one HR Set to each exercise session. For further information on HR Sets, see the section Heart Rate Settings on page 63.
  - Press the ▲ / ▼ buttons to select **OWNZONE**, **GENERAL**, or **SILENT**. Press OK.
  - Select the HR set by choosing **SELECT** or edit the set by choosing **EDIT** with the ▲ / ▼ buttons. Press OK.

- If you select Select, the HR Set is linked to the exercise session.
- If you select Edit, **HR ALARM**, **HR LIMITS**, **HR VIEW**, and **RENAME** are displayed.
- Press the ▲ / ▼ buttons to select Alarm, Limits, View, or Rename. Press OK.

**HR alarm:** Select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF** with the ▲ / ▼ buttons. Press OK.

**HR limits:** Select **OWNZONE**, **AUTOMATIC**, **MANUAL**, or limits **OFF** with the ▲ / ▼ buttons. Press OK.

- If you select OwnZone or Automatic HR limits, press the ▲ / ▼ buttons to select **HARD**, **MODERATE**, **LIGHT**, or **BASIC**. Press OK. Your target heart rate limits are displayed for a moment.
- Alternatively, if you select Manual HR limits, press the ▲ / ▼ buttons to set the upper limit. Press OK. Press the ▲ / ▼ buttons to set the lower limit. Press OK.

**HR view:** Select **HR** (beats per minute) or **HR%** (percentage of your maximum heart rate) with the ▲ / ▼ buttons. Press OK.

**Rename:** You can rename each HR set with eight letters. The available digits are: 0-9, space, A-Z, a-z, - % / ( ) \* + . : ?

- The adjustable letter is underlined and blinking. Press the ▲ / ▼ buttons to change the letter.
- Press OK to accept the selected letter.
- Press Back to move to a letter you have previously set.
- Press and hold OK to skip editing the rest of the letters.
- After editing the last letter, press OK to return to the HR Set view.

2. **RENAME:** You can rename the exercise session the same way as HR set instructed above.

Press and hold the Back button to return to the Time of Day display.

## 3. EXERCISING

In the Exercise menu you can view and record your exercise information, such as your heart rate, exercise time, and energy expenditure.

- If you want to exercise according to your Program starting from the first exercise session, start according to the section Starting Exercise Recording on this page.
- However, if you do not want to follow the order of Program exercise sessions, select your exercise session in Exercise Settings, see page 32.
- Alternatively, if you want to exercise and not include it in your Program, select manual exercise in Exercise Settings, see page 32. In the Exercise Settings you can also view your exercise session information before you start, and change the exercise settings.

### 3.1 STARTING EXERCISE RECORDING

1. Wear the transmitter as described in the section Measuring Your Heart Rate on page 12. When you wear your transmitter during an exercise session the wrist unit automatically calculates the number of calories you have burned, as well as the other exercise information based on your heart rate.
2. Start from the Time of Day display. Press OK.
3. **Exercise** is displayed. The wrist unit automatically starts to search for your heart rate. Press OK.
4. **Exercise** and the name of the next exercise session alternate in the top row. Press the ▲ / ▼ buttons to select **START**. Press OK to start recording your exercise session. Exercise time starts running.

- If **OwnZone** is displayed, see the section OwnZone on page 34.
- If you want to skip the OwnZone® determination and use the previously determined OwnZone, press OK. In this case, if you have not determined your OwnZone before, your age-based heart rate limits are used.
- The OwnZone determination is automatically on, if you do not want to determine your OwnZone, change the HR limits setting in Exercise Settings, page 32, before starting to exercise.
- If **START WITH BASIC SETTINGS** appears, some of the Basic Settings are missing. Press OK to complete all your settings. For further information, see the section Basic Settings on page 10.

## 3.2 FUNCTIONS DURING EXERCISE

*Note:* Your exercise information is saved only if the stopwatch has been on for more than one minute.

### Checking the Time of Day

Bring the wrist unit near the Polar logo on the transmitter. The time of day and your current heart rate are displayed.

### Checking Exercise Duration, Calories, Target HR Zones, and Program Exercise Targets

Press the ▲ / ▼ buttons to view the following options:



#### Exercise

Exercise duration

Heart rate as beats per minute (bpm) or as a percentage of your maximum heart rate (%HR<sub>max</sub>), depending on your settings.

The arrow symbols beside the ❤️ symbol indicate that you are below ⏏ or above ⏏ your target heart rate zone.





**Calories** (displayed as Cal/kcal, depending on your units settings)  
The calories you have burned until now.

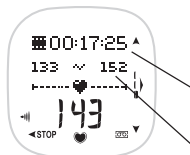
*Polar calorie calculation shows your energy expenditure while exercising. You can use the feature to set daily and weekly exercise goals in terms of calories (Cal/kcal) regardless of the Program. Monitor your energy expenditure by following the calories of one exercise session, accumulated weekly calories, or your total calories for as many exercise sessions as you choose.*








**HR zones** (displayed if Program exercise is selected)  
The intensity zone time is running, if you are within your target heart rate zone.  
The intensity zone symbol shows you the zone you are at the moment.  
The target intensity zone bar is highlighted, if you are within your target heart rate zone.



**Exercise Targets** (displayed if Program exercise is selected)  
Exercise name  
Target exercise duration  
Target calories



**In Zone** (displayed if Manual exercise is selected and HR limits are on)  
Exercise duration between target heart rate limits  
Target heart rate limits as bpm or as %HR<sub>max</sub>, depending on your settings

The  symbol moves left or right according to your heart rate. If the  symbol is not visible, it means your heart rate is either below  or above  your target heart rate limits. The alarm sounds, provided the zone alarm  is switched on.

## Changing the Displayed Exercise Information

In the Exercise and Calories display, you can change the upper row information to personalize the display by pressing and holding the ▲ button.



Exercise duration



Calories



Time of Day



Time of Day



Calories



Exercise duration



Fitness bullets - a bullet appears for every 10 minutes in the target heart rate zone equaling one hour in total if all the bullets appear.



Fitness bullets

### Switching the Backlight On

Press the Light button and the display is illuminated for a few seconds.



After you have illuminated the display once while exercising night mode symbol (🌙) appears in the display. The display automatically illuminates each time you press any button or bring the wrist unit near the Polar logo on the transmitter, until you stop recording the exercise.

### Switching Keylock 🔒 On or Off

Press and hold the Light button to lock and unlock all the buttons, except the Light button. **BUTTONS LOCKED** or **BUTTONS UNLOCKED** is displayed.

### Pausing the Exercise

You can pause your exercise recording while taking a break to drink water or some other activity.

1. Press the Back button. Your current heart rate is displayed. The recording of the exercise is paused.  instead of  is displayed.
2. Select **CONTINUE** by pressing the ▲ / ▼ buttons. Press OK to continue recording your exercise.

## Changing Settings During Exercise

You can change the settings while recording your exercise or you can pause the exercise recording while modifying your settings.

1. If you want to change the settings without pausing the exercise recording, press and hold OK.  
Alternatively, if you want to pause the exercise recording, press the Back button and select **SETTINGS** with the ▲ / ▼ buttons. Press OK.
2. **HR ALARM**, **HR LIMITS**, and **HR VIEW** are displayed. Press the ▲ / ▼ buttons to select Alarm, Limits, or View. Press OK.

**HR alarm:** Select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF** with the ▲ / ▼ buttons. Press OK.

**HR limits:** If you are using OwnZone or Automatic HR limits, select **HARD**, **MODERATE**, **LIGHT**, or **BASIC** with the ▲ / ▼ buttons. Press OK. Your limits are displayed for a few seconds.

Alternatively, if you are using Manual limits, your target heart rate limits are displayed for a few seconds.

**HR view:** Select **HR** (beats per minute) or **HR%** (percentage of your maximum heart rate) with the ▲ / ▼ buttons. Press OK.  
When you have modified the settings, the wrist unit returns to either Exercise mode or Exercise pause mode.

For further information, see the section Heart Rate Settings on page 63.

***Note:** The wrist unit shows the exercise or exercise pause mode if you do not press any of the buttons within one minute.*

## Stopping the Exercise and Viewing Exercise Summary

1. Press the Back button. Your current heart rate is displayed. Exercise recording is paused.  is displayed.
2. Select **EXIT** with the ▲ / ▼ buttons and press OK.

**Summary** of your exercise is displayed.



Exercise duration (hh.mm.ss)

Calories burned during the exercise (Cal/kcal)

The maximum (max) and average (avg) heart rate of the exercise session (bpm/%HR<sub>max</sub>) alternate.

3. Press OK to enter the Exercise menu or press and hold the Back button to return to the Time of Day display.

**Note:**

- The wrist unit shows the Time of Day display after five minutes if you forget to stop the heart rate measurement after you pause the exercise recording and remove the transmitter from your chest.
- To check how to take care of your transmitter after exercising, see the chapter Care and Maintenance on page 75.

### 3.3 EXERCISE SETTINGS

In the Exercise Settings menu you can view and select your exercise session and HR Set for the exercise.

Exercise settings are combined in HR Sets. Edit the HR Sets and you do not need to modify each setting when starting to exercise. For more information about HR Set editing see the section Heart Rate Settings on page 63.

1. Start from the Time of Day display. Press OK.
2. **Exercise** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **SETTINGS**. Press OK. Exercise and HR Set alternate with your current exercise settings.
4. Press the ▲ / ▼ buttons to select **EXERCISE** or **HR SET**. Press OK.

*Note: If you have switched the Program off you can only edit the HR Set. Activate the Program in Program Settings, see page 23.*

#### Selecting Exercise

5. **Exercises** and Program exercise sessions are displayed in the recommended order.  
Press the ▲ / ▼ buttons to choose one of the Program exercise sessions or select Manual exercise. Press OK.
6. Select the exercise by choosing **SELECT** or view the exercise session targets by choosing **VIEW**. Press OK.  
If you select Select, the exercise is taken into use and the wrist unit returns to the Exercise menu.  
In the View menu you can view the exercise information with the ▲ / ▼ buttons.

## Selecting HR Set

You can link one HR Set to each exercise session. For further information on HR Sets, see the section Heart Rate Settings on page 63.

5. **HR Set** and **OWNZONE**, **GENERAL**, and **SILENT** are displayed. Press the ▲ / ▼ buttons to choose one of the HR sets. Press OK.
6. Select HR Set by choosing **SELECT** or edit the set by choosing **EDIT** with the ▲ / ▼ buttons. Press OK.

If you select Select, the HR Set is linked to the exercise session and the wrist unit returns to the Exercise Settings menu.

If you select Edit, **HR ALARM**, **HR LIMITS**, **HR VIEW**, and **RENAME** are displayed. Press the ▲ / ▼ buttons to select Alarm, Limits, View, or Rename. Press OK.

**HR alarm:** Select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF** with the ▲ / ▼ buttons. Press OK.

**HR limits:** Select **OWNZONE**, **AUTOMATIC**, **MANUAL**, or limits **OFF** with the ▲ / ▼ buttons. Press OK.

- If you select OwnZone or Automatic HR limits, press the ▲ / ▼ buttons to select **HARD**, **MODERATE**, **LIGHT**, or **BASIC**. Press OK. Your target heart rate limits are displayed for a moment.
- Alternatively, if you select Manual HR limits, press the ▲ / ▼ buttons to set the upper limit. Press OK. Press the ▲ / ▼ buttons to set the lower limit. Press OK.

**HR view:** Select **HR** (beats per minute) or **HR%** (percentage of your maximum heart rate) with the ▲ / ▼ buttons. Press OK.



**Rename:** You can rename each HR set with eight letters. The available digits are: 0-9, space, A-Z, a-z, - % / ( ) \* + . : ?

- The adjustable letter is underlined and blinking. Press the ▲ / ▼ buttons to change the letter.
- Press OK to accept the selected letter.
- Press Back to move to a letter you have previously set.
- Press and hold OK to skip editing the rest of the letters.
- After editing the last letter, press OK to return to the HR Set view.

Press and hold the Back button to return to the Time of Day display.

## 3.4 OWNZONE

Polar F11 heart rate monitor is able to determine your individual aerobic exercise heart rate zone automatically. This is called OwnZone (OZ) and it can be determined during a warm-up period lasting 1-5 minutes by walking or jogging. You can also determine your OwnZone in other exercise modes. The main idea is that you start exercising slowly at a light intensity. You then gradually increase the intensity of your exercise to raise your heart rate. Using OwnZone makes exercise easier and more enjoyable. You do not have to worry about calculations or guesswork for your exercise intensity determination.

You can use OwnZone to adjust the training zones of your Program or for effective and versatile training. There are four different exercise intensity zones, which you can select in the Settings for the OwnZone function: OwnZone Light, Moderate, Hard, and Basic. For further information, see the section Heart Rate Settings on page 63.

The OwnZone method ensures that you get versatile training. OwnZone is based on measuring changes in heart rate variability during your warm-up for exercise. Heart rate variability reflects changes in your body's physiology. If your heart rate variability decreases either too slowly or too fast or if your heart rate exceeds the safety limit during the OwnZone determination, the wrist unit selects your most recent OwnZone. Alternatively, if there is no previous OwnZone determination in memory and your OwnZone determination fails; your age-based heart rate zone is used.

### 3.4.1 DETERMINING YOUR OWNZONE HEART RATE LIMITS

Check the following before you start to determine your OwnZone:

- You have set your user information correctly.
- You have switched the OwnZone function on. Each time you start saving exercise information and have the OwnZone function on, the wrist unit starts finding your OwnZone. For further information, see the section Heart Rate Settings on page 63.



You should always redefine your OwnZone:

- When changing your exercise environment or exercise mode.
- If you feel unusual; for example you are stressed or ill, about the physical state of your body when starting to exercise.
- After changing your settings.

1. If you start from the Time of Day display, press OK.

2. **Exercise** is displayed. Press OK.

3. Press the ▲ / ▼ buttons to select **START** and press OK. **OwnZone** appears in the display.

If you want to skip OwnZone determination and use the previously determined OwnZone, press OK and go to a step 5.

4. OwnZone determination starts. You determine your OwnZone in five stages.

0Z▶ \_\_\_\_\_ Walk at a slow pace for 1 min. Keep your heart rate below 100 bpm during this first stage. After each stage you 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.

0Z▶▶ \_\_\_\_\_ Walk at a normal pace for 1 min. Smoothly increase your heart rate by 10-20 bpm.

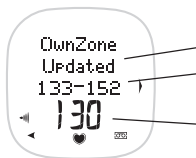
0Z▶▶▶ \_\_\_\_ Walk at a brisk pace for 1 min. Smoothly increase your heart rate by 10-20 bpm.

0Z▶▶▶▶ \_ Jog at a slow pace for 1 min. Smoothly increase your heart rate by 10-20 bpm.

0Z▶▶▶▶▶ Jog at brisk pace or run for 1 min.

5. At some point during stages 1-5, you hear two beeps. Your OwnZone has been determined.

If the OwnZone determination succeeds, the following information is displayed:



OwnZone Updated

OwnZone heart rate limits as beats per minute (bpm) or as a percentage of your maximum heart rate (%HR<sub>max</sub>) depending on your settings

Your current heart rate




If the OwnZone determination did not succeed, **OwnZone Limits** and your previously determined OwnZone limits (bpm/%HR<sub>max</sub>), are displayed. If you have not determined your OwnZone before, your age-base limits are used.

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

## 4. MONITORING YOUR PROGRESS

This chapter describes how to monitor your progress with your Polar heart rate monitor.

With the help of electronic Diary, you can compare your targets to the values you have achieved and see if you are reaching your exercise targets as planned. For further information, see the chapter Diary on this page.

The envelope  on the display automatically reminds you to check the Diary weekly and perform the Fitness Test monthly. For further information, see the section Weekly And Monthly Follow-Up on page 41.

### 4.1 DIARY

This section describes how to compare your exercise duration, count, calories, and duration in different intensity zones, and your self-defined value targets to the values you have achieved. This way you have reliable information on your progress immediately and you know if you are reaching your goal as planned.

Diary includes follow-up information for the current calendar week.

Your exercise information is saved in the Diary if the exercise session has lasted at least ten minutes.



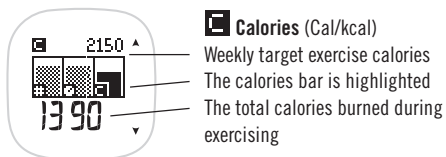
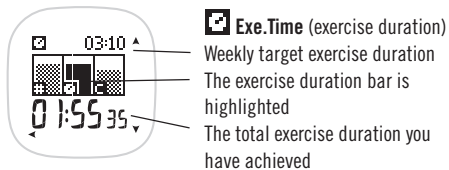
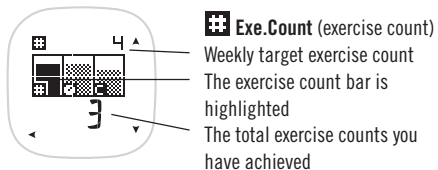
1. Start from the Time of Day display and press the ▲ button.
2. Press the ▲ / ▼ buttons to move between diaries.
3. Press OK to enter the view. Press the ▲ / ▼ buttons to scroll through the values.

**Note:**

- If you have not created a Program, or you have switched the Program off, only the values you have achieved are displayed.
- The wrist unit automatically resets the Diary and HR zones views to zero between Sunday and Monday at midnight. At the same time, the previous Diary week is saved in the Diary File.

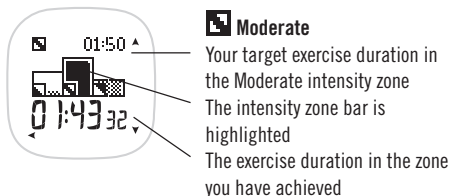
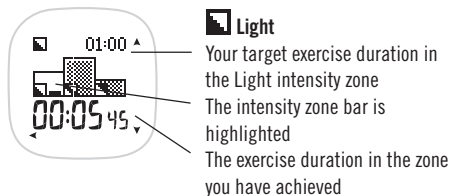
*\*Extra Diary is available after you have switched Extra Diary on in the Settings menu.*

#### 4.1.1 DIARY



Press Back to return to the Diary view and press the ▼ button to proceed to the HR zones view. Press OK. Alternatively, press and hold Back to return to the Time of Day display.

#### 4.1.2 HR ZONES





### Hard

- Your target exercise duration in the Hard intensity zone
- The intensity zone bar is highlighted
- The exercise duration in the zone you have achieved

Press Back to return to the HR zones view and press the ▼ button to proceed to the Extra view. Press OK. Alternatively, press and hold Back to return to the Time of Day display.

### Changing the Default Diary View



- Press Back to return to the Diary or HR zones view, and the previously viewed value will be set as a default value.
- Next time you enter the Diary or HR zones view the default value will be displayed.
- Default value

### 4.1.3 EXTRA DIARY

Extra Diary is available after you have switched Extra Diary on in the Settings menu.

In Extra Diary, you can define your own target, which you can monitor daily or weekly. This target could be your weight or something else you choose. You can set the targets and change the updating frequency in the Settings menu. For further information, see the section Diary Settings on page 67.



- Your target value
- Your current value

- If you have selected Weekly reset, the wrist unit automatically resets the value to zero between Sunday and Monday at midnight.
- If you have selected Manual reset, you can reset the value yourself when you want.

## How to Update Your Extra Diary Value

1. If you start from the Time of Day display, press the ▲ button.
2. Press the ▲ / ▼ buttons to select **Extra**. Press OK.
3. Adjust the current value with the ▲ / ▼ buttons. Press OK.

Press and hold the Back button to return to the Time of Day display.

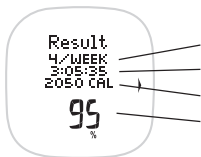
## 4.2 WEEKLY AND MONTHLY FOLLOW-UP

### 4.2.1 WEEKLY FOLLOW-UP

The weekly follow-up function automatically reviews your progress and reminds you to check the previous week's exercises. The reminder appears between Sunday and Monday at midnight.




1. Press the ▲ button to open the reminder .
2. **CHECKING YOUR WEEKLY EXERCISES** is displayed. Press OK to check the previous week's exercises or press and hold Back to return to the Time of Day display.



**Result** and the following information is displayed:

- Total exercise count of the last week
- Total exercise duration
- Total calories burned while exercising (Cal/kcal)
- Percentage of the weekly target reached




A trophy  alternates with the Result display, if more than 75 % of the target exercise calories has been reached.

3. Return to the Time of Day display by pressing OK.

**Note:** In the Time of Day display, the trophy remains as an alternative image for the next week. You can change the image by pressing and holding the ▲ button.

#### 4.2.2 MONTHLY FOLLOW-UP

The wrist unit automatically reminds you to perform the Fitness Test on the first day of the month, if you have not performed the Fitness Test for one month.

1. Press the ▲ button to open the reminder .
2. **TEST YOUR OWNINDEX** is displayed. Press OK to enter to the Fitness Test menu. If you do not want to perform the Fitness Test, press and hold the Back button to return to the Time of Day display. For further information on Fitness Test, see the section Polar Fitness Test - OwnIndex on page 49.



## 5. CHECKING SAVED INFORMATION - FILE

File includes information on your recorded exercise sessions. The Exercise File includes information on your 24 most recent exercise sessions.

- In the **Exercise File** you can view detailed exercise information on the exercise sessions of the current week, such as exercise duration, calories burned, maximum and average heart rate and exercise time in different intensity zones.
- In the **Diary File** you can view your weekly total values from the twelve most recent weeks.
- In the **Totals File** you can view your total cumulative values, exercise count, time, and calories burned in several exercises, starting from the previous reset.

When the File becomes full, the oldest File information is replaced by the most recent. If you want to save the exercise data for a longer period, transfer the File to the Polar Fitness Trainer web service by using the File Send menu. For further information, see the chapter Data Transfer on page 74.

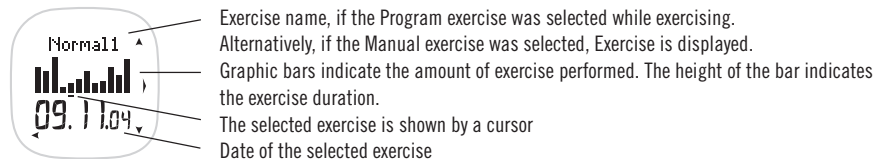


1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **File** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **EXERCISES**, **TOTALS**, **DIARY**, or **SEND**. Press OK.

**Note:** If **Empty** is displayed, no exercise information has been recorded in the File.

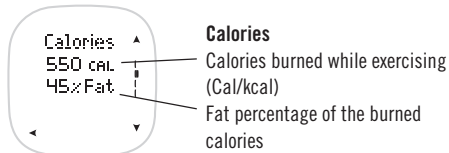
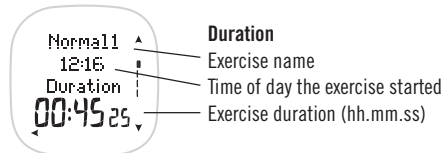
## 5.1 EXERCISE FILE

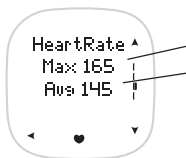
The following information is displayed:



Select the exercise with the ▲ / ▼ buttons. Press OK.

Scroll through the following information with the ▲ / ▼ buttons.





### Heart Rate

Maximum (Max) and average (Avg) heart rate in beats per minute alternate with the percentage of maximum heart rate reading.



### HR zones (displayed if the

Program exercise was selected while exercising)

Press OK to view information for the Light, Moderate, and Hard intensity zones.

Press the ▲ / ▼ buttons to move between intensities.



Target exercise duration in the selected intensity zone

The intensity zone bar is highlighted

Exercise duration in the zone  
Press Back to return to the HR zones view.



**Time in Zone** (displayed if the Manual exercise was selected while exercising and HR limits were on)

Heart rate limits

Exercise duration between heart rate limits

Press the Back button to return to the Exercise File.

Alternatively, press and hold the Back button to return to the Time of Day display.

### Deleting File

1. In the Duration display, press and hold the Light button until **DELETE FILE?** is displayed.
2. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.
3. If you select Yes, the wrist unit displays **ARE YOU SURE?** If you do not want to delete the file, select **NO**. Select **YES** to delete the file. Press OK. Note! After deleting the file you cannot restore it.

## 5.2 TOTALS FILE

In the Totals File you can view your total cumulative exercise count, duration, and burned calories in several exercises, starting from the previous reset.

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **File** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **TOTALS**. Press OK

**Note:** If **Empty** is displayed no exercise information has been recorded in the File.

Scroll through the following information with the ▲ / ▼ buttons.



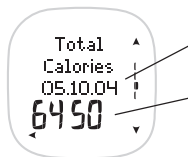
**Total Exe.Count** (exercise count)  
The last reset date of the total cumulative count.  
Total cumulative exercise count, starting from the previous reset.

**Note:** When you have recorded 65 535 exercise sessions, the total cumulative exercise count is automatically reset to zero.



**Total Duration**  
The last reset date of the total cumulative exercise duration.  
Total cumulative exercise duration for several exercise sessions, starting from the previous reset.

**Note:** Your total exercise duration is displayed in hours and minutes until you reach 99 hours and 59 minutes. After this, your cumulative exercise duration is displayed in hours until 9999 hours is reached and the total exercise duration is automatically reset to zero.



**Total Calories**  
The last reset date of the total cumulative calories.  
Total cumulative calories burned during several exercise sessions, starting from the previous reset.

**Note:** When you have burned 999 999 Cal/kcal, the total cumulative calories are automatically reset to zero.

## Resetting Total Counters



1. **Reset Total Counters?** is displayed. Press OK.
2. Press the ▲ / ▼ buttons to select reset **ALL** (all total counters), **EXE.COUNT** (total count), **DURATION** (total duration), or **CALORIES** (total Cal/kcal). Press OK.
3. **ARE YOU SURE?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.

Press and hold the Back button to return to the Time of Day display.

## 5.3 DIARY FILE

You can check the automatically saved weekly Diary information in the Diary File. The Diary File includes information for the 12 most recent weeks. When the Diary File becomes full, the next week's information replaces the oldest. The Diary week is saved in the Diary File on Sunday at midnight. At the same time, the current Diary is reset.

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **File** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **DIARY**. Press OK
4. Press the ▲ / ▼ buttons to select **EXE.COUNT** (exercise count), **EXE.TIME** (exercise duration), **CALORIES**, **HR ZONES**, or **EXTRA**. Press OK.

*Note: If **Empty** is displayed, no exercise information has been recorded in the File.*

Scroll through the saved information with the ▲ / ▼ buttons. The black cursor moves according to the week. Press Back to return to the Diary view.



**Exe.Count** (exercise count)  
 The last day of the selected week (Sunday)  
 Cumulative exercise count



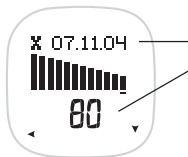
**Exe.Time** (exercise duration)  
 The last day of the selected week  
 Cumulative exercise duration (hh.mm.ss)



**Calories**  
 The last day of the selected week  
 Cumulative exercise calories (Cal/kcal)



**HR Zones**  
 The last day of the selected week  
 Cumulative exercise duration in the Moderate intensity zone  
 Press OK to view the exercise duration in different intensity zones.  
 Press the ▲ / ▼ buttons to move between intensities. Press Back to return to the HR zones view.



**Extra**  
 The last day of the selected week  
 The exact value entered that week

**Note:** Extra Diary is displayed only if you have switched the Diary view on in the Settings menu. If you select manual Extra Diary reset, your values are not saved in the Diary File.

## 6. POLAR FITNESS TEST - OWNINDEX

OwnIndex is a result of the Polar Fitness Test that is an easy, safe and quick way to estimate your aerobic fitness. The OwnIndex is based on your heart rate and heart rate variability at rest as well as on your gender, height, body weight, and self assessed physical activity. OwnIndex is a score, which is comparable to  $VO_{2max}$  (ml/kg/min), a commonly used descriptor of aerobic fitness.

Aerobic (cardiovascular) fitness relates to how well your cardiovascular system works to transport oxygen to your body. The better your aerobic fitness, the stronger and more efficient your heart is. Good aerobic fitness has many health benefits. For example, it decreases your risk of cardiovascular diseases, stroke and high blood pressure. If you want to improve your aerobic fitness, it takes a minimum of six weeks of regular training to see a noticeable change in your OwnIndex. Less fit individuals see progress even more rapidly. More active individuals require more time.

Aerobic fitness is best improved by exercise types that use large muscle groups. Such activities include for example, walking, running, cycling, rowing, swimming, skating, and cross-country skiing.

To be able to determine your current fitness level, start by measuring your OwnIndex a couple of times over the first two weeks to get a reliable baseline value. Thereafter, repeat the test once or twice a month in order to follow your fitness progress.

The Polar Fitness Test is targeted to healthy adults.

*For further information, see the Polar Exercise Guide.*

## 6.1 PERFORMING THE FITNESS TEST

**Note:** Before you can perform the Polar Fitness Test, you need to enter your personal user information and long-term physical activity level in the User Settings (see page 68) and to wear your transmitter (see page 12).

It takes 3-5 minutes to perform the test.

To get reliable test results, the following basic requirements apply:

- The test can take place anywhere - at home, in the office, and at a health club - as long as the test environment is peaceful. There should be no disturbing noises (for example, television, radio or telephone), or other people talking to you.
- Keep the test place, time of day and environment the same every time the test is repeated.
- You should be relaxed and calm.
- Avoid eating a heavy meal or smoking 2-3 hours prior to testing.
- Avoid heavy physical effort, alcoholic beverages or pharmacological stimulants on the test day and the day before.
- **Lie down and relax** for 1-3 minutes before starting the test.

1. In the Time of Day display press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Test** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **TEST**. Press OK.





The test begins with **Fitness Test** and your heart rate being displayed. The increasing number of arrows indicates that the test is in progress. Stay relaxed. Keep your hands beside your body and limit body movements and communication with other people.

**Note:**

- If you have not set your long-term physical activity level in **User Settings**, **Activity** is displayed. Press the ▲ / ▼ buttons to select **TOP**, **HIGH**, **MODERATE**, or **LOW**. For further information on activity levels, see page 69.
- If **USER SETTINGS MISSING** appears, some of the user settings are missing. Press OK to complete all your settings. For further information, see the section **User Settings** on page 68.
- You can stop the test at anytime by pressing the Back button. **Fitness Test Failed** is displayed for a few seconds. Your most recent OwnIndex value is not replaced.
- If the wrist unit does not receive your heart rate at the beginning or during the test, the test fails. Check that the transmitter electrodes are wet and that the textile strap is snug enough.

When the test is over, the following information is displayed.



- Your current OwnIndex (VO<sub>2max</sub>, ml/kg/min)
- Your fitness classification (for further information, see the chapter **Fitness Classes** on page 53)
- Test date

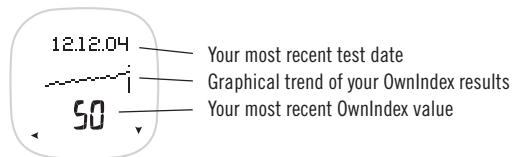
4. Press OK. **UPDATE USER SET?** is displayed.
5. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK. Select No only if you know your laboratory-measured VO<sub>2max</sub> value and it differs more than one Fitness class (see page 53) from the OwnIndex result. In this case, your OwnIndex value is saved only to the **Fitness Test Trend**.  
If you select Yes, your OwnIndex value is saved to your user settings and **Fitness Test Trend**.
6. Continue by viewing **Fitness Test Trend** (step 3, page 52), or press and hold the Back button to return to the **Time of Day** display.

## 6.2 FITNESS TEST TREND

Fitness Test Trend contains your OwnIndex results. In the Fitness Test Trend you can view your 47 most recent OwnIndex results. When the trend view becomes full, the next OwnIndex result replaces the oldest. If you want to save the data for a longer period, transfer the Fitness Test Trend to the Polar Fitness Trainer web service by using the Test Send menu. For further information, see the chapter Data Transfer on page 74.

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **Test** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **TREND**. Press OK.

The following information is displayed:



Press the ▲ / ▼ buttons to view the tested values.

Press and hold the Back button to return to the Time of Day display, or continue from Deleting OwnIndex Value.

### Deleting OwnIndex Value

1. Press and hold the Light button to start deleting the selected value.
2. **DELETE VALUE?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**.
3. Press OK. The wrist unit returns to the Fitness Test Trend view.

## 6.2.1 FITNESS CLASSES

The Polar Fitness Test result, your OwnIndex, is most meaningful when comparing your individual values and changes in them. OwnIndex can also be interpreted according to your gender and age. Locate your OwnIndex on the table to find your current cardiovascular fitness classification, compare it with those who are of the same age and gender.

	Age	1	2	3	4	5	6	7
	YEARS	VERY LOW	LOW	FAIR	MODERATE	GOOD	VERY GOOD	ELITE
<b>MEN</b>	20-24	< 32	32-37	38-43	44-50	51-56	57-62	>62
	25-29	< 31	31-35	36-42	43-48	49-53	54-59	>59
	30-34	< 29	29-34	35-40	41-45	46-51	52-56	>56
	35-39	< 28	28-32	33-38	39-43	44-48	49-54	>54
	40-44	< 26	26-31	32-35	36-41	42-46	47-51	>51
	45-49	< 25	25-29	30-34	35-39	40-43	44-48	>48
	50-54	< 24	24-27	28-32	33-36	37-41	42-46	>46
	55-59	< 22	22-26	27-30	31-34	35-39	40-43	>43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	>40	
<b>WOMEN</b>	20-24	< 27	27-31	32-36	37-41	42-46	47-51	>51
	25-29	< 26	26-30	31-35	36-40	41-44	45-49	>49
	30-34	< 25	25-29	30-33	34-37	38-42	43-46	>46
	35-39	< 24	24-27	28-31	32-35	36-40	41-44	>44
	40-44	< 22	22-25	26-29	30-33	34-37	38-41	>41
	45-49	< 21	21-23	24-27	28-31	32-35	36-38	>38
	50-54	< 19	19-22	23-25	26-29	30-32	33-36	>36
	55-59	< 18	18-20	21-23	24-27	28-30	31-33	>33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	>30	

*This classification is based on a literature review of 62 studies where  $VO_{2max}$  was measured directly in healthy adult subjects in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC: Aerobic fitness norms for males and females aged 6 to 75 years: a review. Aviat Space Environ Med; 61:3-11, 1990.*

## 7. UPDATE YOUR PROGRAM

There are two ways you can change your Program: editing the exercise sessions of your current Program and creating an entirely new Program.

If you feel from the beginning that some of the exercise sessions are too hard or too easy for you, you can change the exercise session targets. For further information, see the section *View and Edit Your Program* on page 17.

You can create a new Program, if:

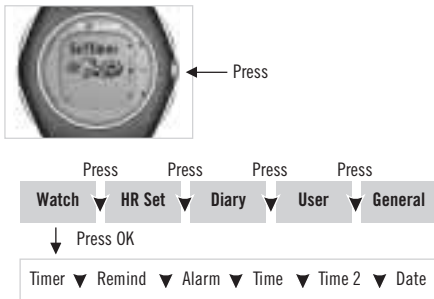
- you have been able to carry out the Program as planned and you have improved at least to the next Fitness class (see page 53)
- the Program you have created does not improve your fitness
- the Program you have created feels too easy or too hard
- you have some other problems in carrying out the Program or your situation has changed. For example, you can use more time to exercise and you want to improve your fitness instead of maintaining it

## 8. SETTINGS

In the Settings menu, you can view or change the information you have set earlier, such as the time of day and date, or you can set information, such as heart rate limits, volume, and alarm settings.

### 8.1 WATCH SETTINGS

Note that there are two ways that the time and date can be presented. Select the presentation mode when setting the 12 h (date: month, day, year) or 24 h (date: day, month, year) time.



1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **TIMER, REMIND, ALARM, TIME, TIME 2, or DATE** settings. Press OK to enter the desired settings.

**Note:**

- You can return to the Time of Day display from any menu by pressing and holding the Back button.
- You can also enter the Watch settings by pressing and holding the Back button in the Time of Day display.
- You can skip the time and date settings and accept them as they are by pressing and holding the OK button.

### 8.1.1 TIMER SETTING

You can set the countdown timer to sound an alarm once after a set time.

- Set the **hours** with the ▲ / ▼ buttons. Press OK.
- Set the **minutes** with the ▲ / ▼ buttons. Press OK. The countdown timer starts running and **Timer** is displayed.

While the timer is running, you can restart the timer by pressing and holding OK, or you can stop the timer by pressing Back. You can change the display view by pressing and holding the ▲ button. The timer is still running even if it is not on the display.

#### Switching the Timer Alarm Off

When **Timer** blinks in the display and the alarm sounds, press the Back button to stop the alarm. When the alarm is stopped, the display automatically illuminates and the wrist unit returns to the Time of Day display. If you do not stop the alarm, it sounds for one minute and the wrist unit returns to the Time of Day display.

**Note:**

- *The timer alarm will be activated in all menus except the Exercise menu. When the alarm sounds and you are in some of the other menus, the wrist unit displays the Timer Alarm view.*
- *If the buttons are locked and the alarm sounds, the buttons will function normally.*

## 8.1.2 REMINDER SETTINGS

You can set seven different reminders to tell you about important events, or to remind you to exercise at a specific time. You can edit the reminder text, date, time, alarm, repeat period, and link an exercise session to a reminder.

### Adding a Reminder

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **REMIND**. Press OK.
5. If you have not set a reminder before only **ADD** is displayed. Press OK to set the first reminder.  
After you have set the first reminder, it is added to the list. Choose the reminder to edit it.

### Reminder Date:

6. Press the ▲ / ▼ buttons to set the month (**mm**) or day (**dd**). Press OK.
7. Press the ▲ / ▼ buttons to set the day (**dd**) or month (**mm**). Press OK.
8. Press the ▲ / ▼ buttons to set the year (**yy**). Press OK.

### Reminder Time:

9. If you are using 12 hours mode: select **AM** or **PM** with the ▲ / ▼ buttons. Press OK.
10. Press the ▲ / ▼ buttons to set **hours**. Press OK.
11. Press the ▲ / ▼ buttons to set **minutes**. Press OK.

### Alarm:

12. Press the ▲ / ▼ buttons to select a reminder alarm. Depending on your selection, the reminder alarm is activated **1 DAY**, **1 HOUR, 30 MIN**, or **10 MIN** before or at the reminder time (**ON TIME**). Press OK.

### Repeat:

13. Press the ▲ / ▼ buttons to select a repetition time. The reminder will be activated at the same time **YEARLY**, **MONTHLY**, **WEEKLY**, **DAILY**, or **HOURLY** or you can set the reminder to activate only **ONCE** or turn the reminder **OFF**. Press OK.

*Note: If you switch the reminder off, you can activate it later by selecting the repetition time.*

### Exercise:

14. Press the ▲ / ▼ buttons to select an exercise to be linked to the reminder, or **NONE** if you do not want to link the reminder to an exercise session. Press OK.

*Note: If you have not created a Program, you cannot link an exercise session to the reminder, only NONE is available.*

### Reminder Text Editing:



You can rename reminders with eight letters. The available digits are: 0-9, space, A-Z, a-z, - % / ( ) \* + . : ?

- The adjustable letter is underlined and blinking. Press the ▲ / ▼ buttons to change the letter.
- Press OK to accept the selected letter.
- Press Back to move a letter you have previously set.
- Press and hold OK to skip editing the rest of the letters.
- After editing the last letter, press OK. The wrist unit returns to the reminder selection menu.

Continue Viewing and Editing reminders, or return to the Time of Day display by pressing and holding Back.

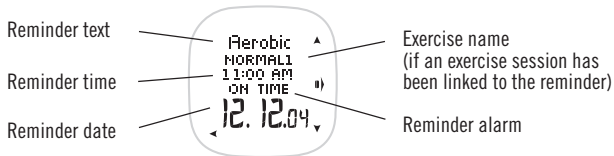


## Viewing and Editing Reminders

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **REMIND**. Press OK.

Select the desired reminder with the ▲ / ▼ buttons. Press OK.

The following information is displayed:



5. Press OK to edit the reminder.  
Alternatively, press Back to return to the Reminder Selection menu.  
Alternatively, view the other reminders by pressing and holding the ▲ / ▼ buttons.
6. Press the ▲ / ▼ buttons to select **EXERCISE**, **TIME**, **ALARM**, **DATE**, **REPEAT**, or **TEXT** for editing, or choose **DELETE** to delete the reminder. Press OK.

7. Edit the selected value as instructed in the section Adding a Reminder on page 57.  
Alternatively, if you select Delete, the wrist unit displays **DELETE REMINDER?** Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK. Note! After you delete the reminder, you cannot restore it.

### Switching the Reminder Alarm Off

When **SNOOZE?** and the reminder information is displayed and the alarm sounds, press the Light button to stop the alarm sound. Reminder text stays in the display. Press the Back button to exit the reminder view. When you exit the reminder view, the display automatically illuminates and the wrist unit returns to the Time of Day display. Press the OK button to snooze the alarm for 10 minutes and to start the countdown timer. If you do not stop the alarm, it sounds for one minute and the wrist unit returns to the Time of Day display. You can change the display view by pressing and holding the ▲ button.

#### **Note:**

- The reminder alarm will be activated in all menus except the Exercise menu. When the alarm goes on and you are in some of the other menus, the wrist unit displays the Reminder Alarm view.
- Only one reminder alarm can sound at time, if two or more reminders have the same alarm date and time, the first set reminder sounds.
- If the buttons are locked and the alarm sounds, the buttons will function normally.

### 8.1.3 ALARM SETTING

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **ALARM**. Press OK.

5. Press the ▲ / ▼ buttons to select alarm **DAILY**, **MON-FRI**, or **OFF**. Press OK.  
If you select off, press OK and continue from following setting.  
If you are using 12 hours mode: select **AM** or **PM** with the ▲ / ▼ buttons. Press OK.
6. Set the **hours** with the ▲ / ▼ buttons. Press OK.
7. Set the **minutes** with the ▲ / ▼ buttons. Press OK.

### Switching the Alarm Off

When **SNOOZE?** is displayed, the alarm sounds and backlight blinks, press the Back button to stop the alarm. When the alarm is stopped, the display automatically illuminates and the wrist unit returns to the Time of Day display. Press OK, or the ▲ / ▼ buttons to snooze the alarm for 10 minutes and to start the countdown timer. If you do not stop the alarm, it sounds for one minute and the wrist unit returns to the Time of Day display.

**Note:**

- *The alarm will be activated in all menus except the Exercise menu. When the alarm sounds and you are in some of the other menus, the wrist unit displays the Alarm view.*
- *If the buttons are locked and the alarm sounds, the buttons will function normally.*

#### 8.1.4 TIME SETTING

*If you start from the Time of Day display, repeat steps 1-3, page 60.*

4. Press the ▲ / ▼ buttons to select **TIME**. Press OK.
5. Press the ▲ / ▼ buttons to select **12 H** or **24 H** time mode. Press OK.  
If you chose 12 h mode, select **AM** or **PM** with the ▲ / ▼ buttons. Press OK.
6. Set the **hours** with the ▲ / ▼ buttons. Press OK.
7. Set the **minutes** with the ▲ / ▼ buttons. Press OK.

#### 8.1.5 TIME 2 SETTING

*If you start from the Time of Day display, repeat steps 1-3, page 60.*

4. Press the ▲ / ▼ buttons to select **TIME2**. Press OK.
5. Press the ▲ / ▼ buttons to set the time difference (hh.mm). The time changes in 30 minutes steps. Press OK.

**Note:** *In the Time of Day display you can change the time zone by pressing and holding the ▼ button.*

#### 8.1.6 DATE SETTING

*If you start from the Time of Day display, repeat steps 1-3, page 60.*

4. Press the ▲ / ▼ buttons to select **DATE**. Press OK.
5. Press the ▲ / ▼ buttons to select the month (**mm**) or day (**dd**). Press OK.
6. Press the ▲ / ▼ buttons to select the day (**dd**) or month (**mm**). Press OK.
7. Press the ▲ / ▼ buttons to select the year (**yy**). Press OK.

Press and hold the Back button to return to the Time of Day display.

## 8.2 HEART RATE SETTINGS

In the HR (Heart Rate) Set menu, you can edit the settings used during exercise sessions. Exercise settings, heart rate limits, alarm settings, and the view mode are combined in HR Sets. With HR Sets, you can easily use your desired exercise settings and do not need to set each setting separately.



← Press



↓ Press OK



↓ Press OK



1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **HR SET**. Press OK.
4. Press the ▲ / ▼ buttons to select the desired HR Set: **OWNZONE**, **GENERAL**, or **SILENT**. Press OK.
5. Press the ▲ / ▼ buttons to set the **HR ALARM**, **HR LIMITS**, **HR VIEW**, or **RENAME** for the heart rate set. Press OK.

HR Sets default settings:

Name	HR Limits	HR Alarm	View
OwnZone	OwnZone	Vol 2	HR
General	Automatic	Vol 2	HR
Silent	Automatic	Off	HR

*For example, you can use the OwnZone HR Set when exercising outdoors if you want to exercise according to OwnZone determined heart rate limits. General is suitable for exercising outdoors if you do not want to use OwnZone. Silent HR Set is excellent for an aerobics session when you do not want to bother other people with beeping sounds.*

## 1. HR Alarm Volume Setting

Press the ▲ / ▼ buttons to select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF**. Press OK.

## 2. HR Limits Setting

Press the ▲ / ▼ buttons to select **OWNZONE**, **AUTOMATIC**, **MANUAL**, or **OFF**. Press OK.

**OWNZONE:** Press the ▲ / ▼ buttons to select **HARD**, **MODERATE**, **LIGHT**, or **BASIC** limits for OwnZone. Press OK. The wrist unit displays your previously determined OwnZone limits in the selected zone. If you have not performed the OwnZone, your age-based limits are displayed. These limits are used if your next OwnZone determination fails. Press OK to return to the HR Set view. For further information on how to determine your OwnZone limits, see the section OwnZone on page 34.

**AUTOMATIC:** Automatically calculated age-based heart rate limits. Press the ▲ / ▼ buttons to select **HARD**, **MODERATE**, **LIGHT**, or **BASIC**. Press OK. The wrist unit displays the heart rate limits based on the birth date you have entered. Press OK to return to the HR Set view.

Limits	Exercise
<b>HARD</b>	The Hard intensity zone (80-90% HR <sub>max</sub> ) is for relatively short exercise at high intensity. Exercising in this zone causes heavy breathing, muscle tiredness, fatigue and increases maximum performance capacity.
<b>MODERATE</b>	Exercising in the Moderate intensity zone (70-80% HR <sub>max</sub> ) is effective particularly for improving aerobic fitness. It is recommended for people exercising regularly.
<b>LIGHT</b>	Exercising in the Light intensity zone (60-70% HR <sub>max</sub> ) is good for improving health and fitness. It also improves basic endurance and helps you to recover from heavier exercise.
<b>BASIC</b>	Limits for basic exercise (65-85% HR <sub>max</sub> ). This intensity zone is suitable for aerobic intensity exercise.

**MANUAL:** Instead of determining your target heart rate zone by using OwnZone or Automatic limits, you can determine your target heart rate limits manually 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<sub>max</sub>) or as beats per minute (bpm). HR<sub>max</sub> is the highest number of heartbeats per minute during maximum physical exertion. The wrist unit calculates your HR<sub>max</sub> according to your age: Maximum heart rate = 220–age. For more accurate measurement of your HR<sub>max</sub>, visit your doctor or exercise physiologist for an exercise stress test.

The wrist unit displays your previously determined heart rate limits. Alternatively, if you have not determined the manual limits before your age-based limits are displayed.

Press the ▲ / ▼ buttons to set the **upper** limit. Press OK.

Press the ▲ / ▼ buttons to set the **lower** limit. Press OK.

**OFF:** The function is switched off and there are no target heart rate limits during the exercise session.

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

Age	$HR_{max}$ ( $220 - \text{age}$ )	Light* Intensity 60-70% of $HR_{max}$	Moderate Intensity 70-80% of $HR_{max}$	Hard Intensity 80-90% of $HR_{max}$
20	200	120-140	140-160	160-180
25	195	117-137	137-156	156-176
30	190	114-133	133-152	152-171
35	185	111-130	130-148	148-167
40	180	108-126	126-144	144-162
45	175	105-123	123-140	140-158
50	170	102-119	119-136	136-153
55	165	99-116	116-132	132-149
60	160	96-112	112-128	128-144
65	155	93-109	109-124	124-140

*\*Polar target heart rate intensity definition is modified from international exercise science authorities' recommendations in which Light intensity can reach lower than  $60\%HR_{max}$ .*



### 3. HR View Setting

Press the ▲ / ▼ buttons to select **HR** (beats per minute), or **HR%** (a percentage of you maximum heart rate). Press OK.



### 4. HR Set Renaming

You can rename each HR set with eight letters. The available digits are: 0-9, space, A-Z, a-z, - % / ( ) \* + . : ?

- The adjustable letter is underlined and blinking. Press the ▲ / ▼ buttons to change the letter.
- Press OK to accept the selected letter.
- Press Back to move to a letter you have set previously.
- Press and hold OK to skip editing the rest of the letters.
- After editing the last letter, press OK to return to the HR Set view.

## 8.3 DIARY SETTINGS

In the Diary Settings you can edit the settings for the Extra Diary.

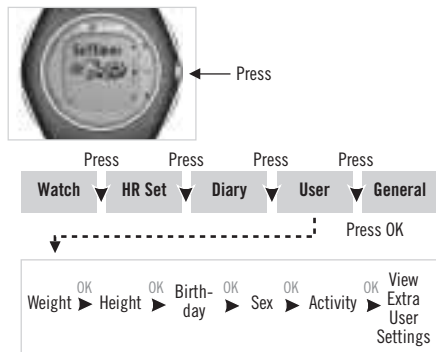
The Extra Diary can be used for following a value that you define yourself. For example, this value could be your weight or some other personal measurement you choose.

1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **DIARY**. Press OK.
4. **Extra view**: Press the ▲ / ▼ buttons to switch the Extra view **ON** or **OFF**. Press OK.  
If you select off, Extra view is not accessible in Diary, skip steps 5-7.

- Increase:** Press the ▲ / ▼ buttons to set the accuracy of your definable value (1, 0.5 or 0.1). This accuracy is used when you update the Extra Diary value. Press OK.
- Target:** Press the ▲ / ▼ buttons to set the target value you want to reach. Press OK.
- Reset:** Press the ▲ / ▼ buttons to set how often you want the wrist unit to reset your value to zero. Select **WEEKLY** and the wrist unit resets the value automatically every week. Select **MANUAL** to do it yourself. Press OK.
- Press and hold the Back button to return to the Time of Day display.

## 8.4 USER SETTINGS

In the User Settings menu, you can edit your personal data, weight, height, birthday, gender, activity level, and extra user settings.



- Start from the Time of Day display. Press OK. **Exercise** is displayed.
- Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
- Press the ▲ / ▼ buttons to select **USER**. Press OK.
- Weight:** Adjust the weight with the ▲ / ▼ buttons. Press OK.
- Height:** Adjust the height with the ▲ / ▼ buttons. Press OK.
- Birthday:** Adjust the month (mm) or day (dd) with the ▲ / ▼ buttons. Press OK.

***Note:** You can skip the date of birth date setting and accept it as it is by pressing and holding OK.*

7. Adjust the day (**dd**) or month (**mm**) with the ▲ / ▼ buttons. Press OK.
8. Adjust the year (**yy**) with the ▲ / ▼ buttons. Press OK.
9. **Sex:** Select **MALE** or **FEMALE** with the ▲ / ▼ buttons. Press OK.
10. **Activity:** Select your long-term physical activity level **TOP**, **HIGH**, **MODERATE**, or **LOW** with the ▲ / ▼ buttons. Press OK.  
Do not change your activity level description if your regular exercise habits have changed in the last three months.

Activity Level	Description
<b>TOP</b>	You participate regularly in heavy physical exercise at least five times per week. For example, you exercise to improve performance for competitive purposes.
<b>HIGH</b>	Exercise is an inseparable part of your life. You exercise regularly at least three times a week at a heavy intensity. Exercise causes clear breathlessness and sweating. For example, you run 10 miles/16 km a week or spend more than 1.5-2 hours at a comparable physical activity.
<b>MODERATE</b>	You participate regularly in recreational sports. For example, you run 5 miles/8 km a week or spend 30-60 minutes a week at a comparable physical activity. Alternatively, your work requires modest physical activity.
<b>LOW</b>	Exercise is not a regular part of your life. You walk only for pleasure or occasionally exercise sufficiently to cause heavy breathing or perspiration.

- 11. View Extra User Settings:** It is recommended that you change the following settings ( $HR_{max}$ ,  $HR_{sit}$ ,  $VO_{2max}$ ) only if you know your **laboratory-measured value**. Press OK to enter Extra User Settings. Alternatively, press and hold the Back button to return to the Time of Day display.
- 12. Maximum heart rate value ( $HR_{max}$ ):** Press the ▲ / ▼ buttons to set your maximum heart rate. Press OK.

$HR_{max}$  is the highest number of heartbeats per minute (bpm) during maximum physical exertion. The most accurate way of determining your individual  $HR_{max}$  is to perform a maximal exercise stress test in a laboratory.  $HR_{max}$  is a useful tool for determining the intensity of exercise.  $HR_{max}$  is used in the estimation of energy expenditure.

- 13. Heart rate value in a sitting position ( $HR_{sit}$ ):** Press the ▲ / ▼ buttons to set your heart rate value in a sitting position. Press OK.

$HR_{sit}$  should be your typical heart rate when you are not doing any physical activity (while sitting).  $HR_{sit}$  is used in the estimation of energy expenditure. To easily determine your  $HR_{sit}$ , sit down and put on your wrist unit and transmitter. Start the measurement to show your heart rate value on the display. Look at your wrist unit after 2 to 3 minutes. This is your  $HR_{sit}$ . To more precisely calculate your  $HR_{sit}$ , wear your Polar heart rate monitor for one normal day. Occasionally when you sit and do not engage in any physical activity for 2-3 minutes, write down your heart rate value. In the evening, calculate the average value.

14. **Maximal oxygen uptake value ( $VO_{2max}$ , ml/kg/min):** Press the ▲ / ▼ buttons to set your maximal oxygen uptake value. Press OK.

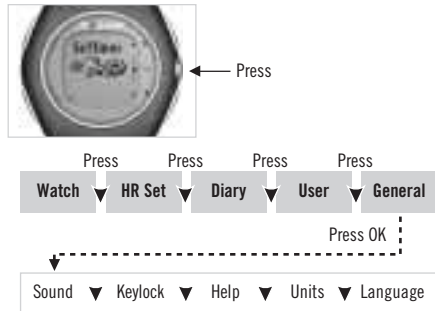
$VO_{2max}$  is the maximum capacity for oxygen consumption by your body during maximum exertion. This is also known as aerobic power or maximal oxygen intake/consumption.  $VO_{2max}$  is a commonly used determinant of aerobic (cardiovascular) fitness. The most accurate way of determining your individual  $VO_{2max}$  is to perform a maximal exercise stress test in a laboratory. Aerobic fitness relates to how well your cardiovascular system works to transport and utilize oxygen in your body.  $VO_{2max}$  is used in the estimation of energy expenditure.

**Note:**

- $VO_{2max}$  is used in Program creation. If you do not know this value, you can determine a comparable value, your OwnIndex, by performing the Polar Fitness Test. For further information, see the section Polar Fitness Test - OwnIndex on page 49.
- If you have accidentally changed the Extra User Settings, you can return to the default settings by pressing and holding the Light button. **RESTORE DEFAULT?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.

## 8.5 GENERAL SETTINGS

In the General Settings menu, you can edit general settings for the wrist unit. The general settings include volume, keylock, help, units, and language settings.



1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **GENERAL**. Press OK.
4. Press the ▲ / ▼ buttons to select **SOUND**, **KEYLOCK**, **HELP**, **UNITS**, or **LANGUAGE** settings. Press OK.

### 1. Volume for Sounds

Press the ▲ / ▼ buttons to select **VOL 2** (loud), **VOL 1** (quiet), or sounds **OFF**. Press OK.

If you change the Vol 2 or Vol 1 setting, the following wrist unit tones are not affected: HR alarm, watch, timer, and reminder alarms.


If you select sounds off, the button and activity sounds are switched off. The alarm sounds can be switched on or off in the Watch Settings, page 55. The heart rate zone alarms can also be switched on or off in the Exercise Settings and during your exercise session.

### 2. Button Lock Setting (🔒 Keylock)

Button lock can be activated in the Time of Day display and during exercise recording.

*If you start from the Time of Day display, repeat steps 1-4.* Press the ▲ / ▼ buttons to select **MANUAL** or **AUTOMATIC**. Press OK.

**Automatic** The wrist unit automatically locks all the buttons, except the Light button, if you do not press any button within one minute. You can switch the button lock off by pressing and holding the Light button until **BUTTONS UNLOCKED** is displayed.

**Manual** You can switch the button lock on or off by pressing and holding the Light button until  is displayed or disappears.

### 3. Help Settings

If you switch Help-texts On, texts guide you in the Exercise and Diary modes.

*If you start from the Time of Day display, repeat steps 1-4, page 72.*

Press the ▲ / ▼ buttons to switch the Help-texts **ON** or **OFF**. Press OK.

### 4. Units Settings

*If you start from the Time of Day display, repeat steps 1-4, page 72.*

Press the ▲ / ▼ buttons to select **KG/CM** or **LB/FT**. Press OK.

	lb/ft	kg/cm
Weight	Pounds	Kilograms
Height	Feet/inches	Centimeters
Calories	Cal	kcal

### 5. Language Settings

*If you start from the Time of Day display, repeat steps 1-4, page 72.*

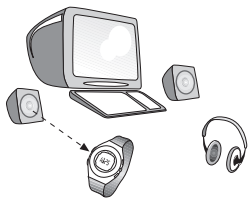
Press the ▲ / ▼ buttons to select **ENGLISH, DEUTSCH, ESPAÑOL**, or **FRANÇAIS**. Press OK.

**ARE YOU SURE?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.

Press and hold the Back button to return to the Time of Day display.

**Note:** *If you have accidentally changed the language and you do not know how to return to your language. Reset the wrist unit by pressing all the buttons except the Light button at the same time until the display is filled with digits. Press OK. **START WITH BASIC SETTINGS** is displayed. Press the Back button and select the language by pressing the ▲ / ▼ buttons. Continue from Basic Settings on page 10. If you have already set the Basic Settings once, you can skip them after setting the date by pressing and holding the Back button.*

## 9. DATA TRANSFER



Polar Fitness Trainer is a complete web service tailored to support your exercise goals. Free registration gives you access to a personalized exercise program, diary, tests, calculators, useful articles and much more. You can gain access and start the registration process for the web service at [www.PolarFitnessTrainer.com](http://www.PolarFitnessTrainer.com).

Your Polar F11 heart rate monitor offers you the option of transferring all the settings easily from your PC to your wrist unit via Polar UpLink™, and correspondingly information such as exercise data from your wrist unit to the Polar Fitness Trainer web service via SonicLink™. In order to be able to use the UpLink feature, you need a computer with sound card and dynamic loudspeakers or headphones and correspondingly for the SonicLink feature you need a microphone.

See [www.polar.fi/fitness](http://www.polar.fi/fitness) for further instructions.



## 10. CARE AND MAINTENANCE

Your Polar heart rate monitor is a high-tech instrument and should be treated with care. The suggestions below will help you fulfill the guarantee obligations.

Store your heart rate monitor in a cool and dry place. Do not store them in a damp environment, in non-breathable material (i.e. plastic bag) or with conductive material such as a wet towel.


### Service

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



### Taking Care of Your Heart Rate Monitor

- 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.
- Keep your heart rate monitor out of extreme cold and heat. The operating temperatures are 14 °F to 122 °F/ -10 °C to 50 °C.
- Do not expose the heart rate monitor to direct sunlight for extended periods, such as by leaving it in a car.

### Wrist Unit Battery

The estimated average battery life of the wrist unit is one and half year in normal use. Please note that excessive use of the backlight and the alarm signals drain the battery more rapidly. The  symbol indicates low battery and that the battery should be replaced. Do not open the wrist unit yourself. To ensure the 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 Polar heart rate monitor will be done.

### Note:

- If the  symbol is displayed and you have switched the alarm on, the alarm will still activate one more time. After that the alarm symbol  disappears. If you try to reset the alarm, the wrist unit displays Battery Low. You cannot reset the alarm until the battery is changed.
- In cold conditions the low battery indicator may appear, but the indicator is deactivated when you return to a normal temperature.
- Water resistance cannot be guaranteed after unauthorized service.

### Taking Care of Your WearLink Transmitter

Detach the connector from the strap when not in use.

If you use insect repellent on your skin, you must ensure that it does not come into contact with the transmitter.

### WearLink Connector

- Clean the connector regularly after use with a mild soap and water solution.
- Never use alcohol or any abrasive material such as steel wool or cleaning chemicals on any part of the transmitter.
- Do not dry the connector in any other way than with a towel. Mishandling may damage it.
- Never put the connector in a washing machine or a drier!

### WearLink Strap

- The strap can be washed in a washing machine at 104 °F/ 40 °C. We recommend that you use a washing pouch.
- We recommend that you wash the strap after each time you have used it in pool water with a high chlorine content.
- Do not spin-dry the strap or put the strap in a drier!
- Do not iron the strap!

### WearLink Transmitter Battery

The estimated average battery lifespan of the transmitter is 2 years (usage: 1h/day, 7 days/week). If your transmitter stops working, it might be due to the battery running out.

To change the battery, you need a coin, sealing ring and battery (CR 2025).



1. Open the battery cover of the connector by turning it counter clockwise with a coin from the CLOSE position to the OPEN position.

2. Remove the battery cover, lift the battery and replace it with a new battery.
3. Remove the sealing ring of the battery cover and replace it with a new ring.
4. Place the negative (-) side of the battery against the bottom and the positive (+) side against the cover.
5. Put the cover on so that the arrow points to the OPEN position. Make sure that the cover's sealing ring is placed correctly in its groove.
6. Gently press the cover deep enough so that its exterior surface is on the same level as the connector's surface.
7. Turn the cover with the coin clockwise so that the arrow on the cover turns from OPEN to CLOSE. Make sure that the cover is closed properly!

### Note:

- *In order to ensure the maximum life span of the connector's battery cover, open it only when you need to change the battery. We recommend that you change the sealing ring of the battery cover every time you change the battery. You can get the sealing ring/battery kits from well-equipped Polar retailers and authorized Polar Services. In the USA and Canada: Additional sealing rings are available from an authorized Polar Service Center only.*
- *Keep the batteries away from children. If swallowed, contact a doctor immediately.*
- *Batteries should be disposed of properly according to local regulations.*

## 11. PRECAUTIONS

### 11.1 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, cellular 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 try to tackle these problems, relocate the wrist unit as follows:

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 far as it is possible.
4. If the Polar heart rate monitor still does not work with the exercise equipment, this piece of equipment may be electrically too noisy for wireless heart rate measurement.

#### 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 Heart Rate Monitor in a Water Environment

Your Polar heart rate monitor is water resistant to 100 feet/30 meters. To maintain the water resistance, do not press the buttons of the wrist unit under water.

Users measuring their heart rate in water may experience interference for the following reasons:

- Pool water with a high chlorine content and seawater are very conductive. The electrodes of a transmitter may short-circuit, which prevents ECG signals from being detected by the transmitter.
- Jumping into water or strenuous muscle movement during competitive swimming may cause water resistance that shifts the transmitter on the body to a location where it is not possible to pick up ECG signals.
- The ECG signal strength depends on the individual and also varies depending on an individual's tissue composition. The percentage of people who have problems in heart rate measuring is considerably higher in water than in other use.

## 11.2 MINIMIZING POSSIBLE RISKS WHEN EXERCISING

Exercise may include some risk, especially for those who have been sedentary.

Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answer is yes to any of the questions, we recommend that you consult a doctor before starting an exercise program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure?
- Do you have 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 problems, blood pressure, psychical conditions, asthma and breathing, as well as some energy drinks, alcohol, and nicotine, can affect heart rate.

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

**Notice to persons with pacemakers, defibrillators, or other implanted electronic devices.** Individuals who have a pacemaker use the Polar heart rate monitor at their own risk. Before use, we always recommend an exercise test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the heart rate monitor.

**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 the Technical Specifications chapter, page 81. To avoid any skin reaction risk with the transmitter, wear it over a shirt. However, moisten the shirt well under the electrodes to ensure flawless operation.

## 12. FREQUENTLY ASKED QUESTIONS

### What should I do if...

#### ...I don't know where I am in the menu?

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

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

1. Check that the electrodes of the transmitter are moistened and that you are wearing it as instructed.
2. Check that you have kept the transmitter clean.
3. Check that there are no sources of electromagnetic radiation in close vicinity to the Polar wrist unit, such as TV sets, cellular phones, CRT monitors etc.
4. Have you had a cardiac event that may have altered your ECG waveform? In this case, consult your physician.

#### ...heart symbol flashes irregularly?

1. Check that your wrist unit is inside the transmission range and not further than 3 feet/1 meter from the Polar transmitter you are wearing.
2. Check that the elastic strap has not become loose during exercise.
3. Make sure that the electrodes of the transmitter are moistened.
4. Make sure that there is no other heart rate transmitter within the reception range (3 feet/1 meter).
5. Cardiac arrhythmia may cause irregular readings. In this case, consult your physician.

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

You may have come within range of strong electromagnetic signals, which can cause erratic readings on the wrist unit display. Check your surroundings and move further away from the source of the disturbance.

#### ...the display is blank?

The Polar heart rate monitor is in battery saving mode when it is dispatched from the factory. To activate it, press any of the buttons twice. **WELCOME TO POLAR FITNESS WORLD** is displayed. See the section, Basic Settings on page 10.

#### ...the display is fading?

Usually the first sign of an expired battery is the fading of the digits when using the backlight or the low battery indicator . Have the batteries checked.

### **...the wrist unit battery needs to be changed?**

We recommend that all service should be done by an authorized Polar Service Center. The 2-year International Guarantee does not cover damage or consequential damage caused by service not authorized by Polar Electro. The Polar Service Center will test your wrist unit for water resistance after battery replacement and makes a full periodic check of your complete Polar heart rate monitor.

### **...someone else starts using my wrist unit?**

Each time the user changes, the new user should enter her or his user information settings first and then create a new Program. Changing the user information or creating a new Program does not delete the saved data from the Exercise, Totals, and Diary Files.



### **...the buttons do not react?**

Reset the wrist unit. Resetting clears the date and time settings.

Press all buttons except the Light button at the same time until the display is filled with digits. Press OK. For further information, see the section Basic Settings on page 10. If you have already set the Basic Settings once, you can skip them after setting the date by pressing and holding the Back button. If you do not press any button after you reset the wrist unit, within one minute the wrist unit goes to the Time of Day display. If this does not work, have the batteries checked.

### **...the Updated OwnZone limits vary a lot?**

Heart rate variability reacts sensitively to all changes taking place in your body and environment. The OwnZone heart rate limits are affected by, amongst other things, your state of fitness, the time of day of the OwnZone determination, the type of exercise and your state of mind. The lower limit of the OwnZone can vary for the same person by 5-10 beats but as much as 30 beats is possible. However it is important that the exercise carried out in the OwnZone feels light or moderate. For example, if you raise your heart rate too rapidly after the first stage, you may receive OwnZone heart rate limits that are too high. If the OwnZone limits seem to be too high, we recommend that the OwnZone determination be repeated.

## 13. TECHNICAL SPECIFICATION

The Polar F11 heart rate monitor is designed to

- to help users to achieve their personal fitness goals
- to indicate the level of physiological strain and intensity during an exercise session

No other use is intended or implied.

### WRIST UNIT

Battery type:	CR 2032
Battery life:	Average 1.5 years (1 h/day, 7 days/week exercise)
Operating temperature:	14 °F to 122 °F/ -10 °C to +50 °C
Water resistance:	to 100 feet/30 meters
Wrist strap material:	Polyurethane
Back cover and 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 $\pm 0.5$ seconds/day at 77 °F/ 25 °C temperature.
Accuracy of heart rate measurement:	$\pm 1\%$ or $\pm 1$ bpm, whichever larger, definition applies to steady state conditions

### TRANSMITTER

Battery type:	CR 2025
Battery life:	Average 2 years (1 h/day, 7 days/week)
Battery sealing ring:	O-ring 20.0 x 1.0 Material FPM
Operating temperature:	14 °F to 122 °F/ -10 °C to +50 °C
Water resistance:	to 100 feet/30 meters
Connector material:	Polyamide
Elastic strap material:	Polyurethane, nylon, polyamide, polyester, and elasthane

### LIMIT VALUES

Chronometer	23 h 59 min 59 s
Heart rate limits	30 - 199 bpm
Total time	0 - 9999 h 59 min 59 s
Total calories	0 - 999999 kcal
Total exercise count	65 535
Birthday	1921 - 2020

## 14. 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 Inc. / Polar Electro Oy guarantees to the original consumer/purchaser of this product 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, which is your proof of purchase!**
- Guarantee does not cover 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.  
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## 15. DISCLAIMER

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

WO 96/20640, US 6104947, US 6277080, WO 97/33512, GB 2326240, HK 1016857, US 6361502, US 6418394, US 6537227, US 5719825, US 5848027, EP 1055158, FI 68734, DE 3439238, GB 2149514, HK 812/1989, US 4625733, FI 88972, FR 92.09150, GB 2258587, HK 306/1996, SG 9592117-7, US 5486818, FI 96380, US 5611346, EP 665947, DE 69414362, FI 110915.

Other patents pending.

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