USA

Polar Tempo™
Heart Rate Monitor

User's manual

POLAR®
heart rate monitors

Contents

How Does Polar Tempo Work

POLAR TEMPO PARTS

Your Polar Tempo consists of three parts:

POLAR TEMPO SYMBOLS

The flashing heart: Ongoing heart rate measurement. The heart symbol flashes at the pace of your heart.

Elapsed exercise time. The symbol runs during heart rate measurement.

The middle spot appears after 30 minutes of exercise time which is a recommended daily exercise quota.

The total exercise time in hours and minutes. The heart rate measurement has been stopped.

The total exercise time in hours and minutes. The exercise has lasted more than 30 minutes if the middle spot is displayed.

OFF Heart rate measurement is off.

GETTING GOING

1. Attach the Polar Transmitter to the elastic strap.

2. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, below the chest muscles. Lock the buckle.

3. Raise the transmitter a little off your chest and **wet the grooved electrode areas on the back** of it. It is important that the electrodes are wet during exercise.

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

5. Wear the wrist receiver as you would wear an ordinary watch.

Alternatively, if you go biking, you may attach the wrist receiver to a Polar Bike Mount™.

▶ **Polar Books and accessories**, page 28.

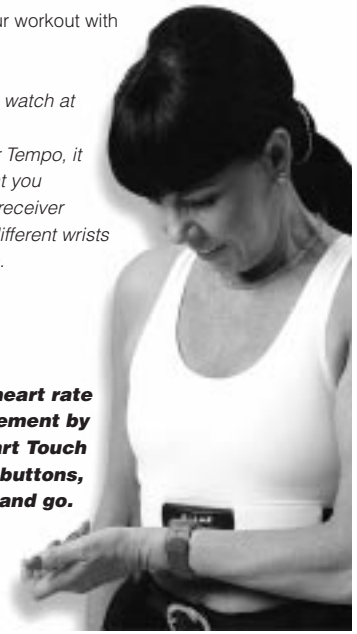
Keep the wrist receiver within the transmission range (3 feet/ 1 meter).

It is recommended that you wear the transmitter against your bare skin to ensure flawless operation. However, if you wish to wear the transmitter over a shirt, moisten the shirt well under the electrodes.

Start the Heart Rate Measurement

1. Wear the Polar Transmitter and the Polar Tempo wrist receiver as described in the chapter **Getting going** on the page 5.
   Remember to wet the electrodes of the transmitter.
2. Bring the face of the wrist receiver up to your chest near the transmitter's Polar logo.
   The elapsing exercise time symbol starts running.
   The exercise time appears in the display.
3. Bring the wrist receiver away from your chest.
   A flashing heart appears in the heart shaped frame in 5 seconds.
   Your heart rate (in beats per minute) appears in the display.
4. You are ready to start your workout with Polar Tempo!

If you wish to wear a watch at the same time when exercising with Polar Tempo, it is recommended that you wear the Polar wrist receiver and your watch on different wrists to avoid interference.



Start the heart rate measurement by the Heart Touch - no buttons, only touch and go.

Functions during Heart Rate Measurement

SEE YOUR HEART RATE

You can see your heart rate in beats per minute. A flashing heart symbol indicates an ongoing heart rate measurement. The inner heart symbol flashes at the pace of your heart.

CHECK ELAPSED EXERCISING TIME

1. Bring the face of the wrist receiver up to your chest near the transmitter's Polar logo
2. Hold the wrist receiver in this position for 2 seconds.
   The elapsed exercise time will be displayed for 5 seconds.

In the beginning of your exercise, when it has lasted less than 10 minutes, the exercise time is displayed in minutes and seconds.

When you have exercised more than 10 minutes, the elapsed time is displayed in hours and minutes.

RESET EXERCISING TIME

Check that there are no other people with heart rate monitors, motor driven exercise equipment, mobile phones, televisions etc. within 5 feet/ 1,5 meter or high voltage power lines nearby you. This kind of electric device may transmit signals which interfere with the reset.

1. Bring the face of the wrist receiver up to your chest near the transmitter's Polar logo.
2. Hold the wrist receiver in this position 15 seconds.

After about 10 seconds, the exercise time starts flashing for 5 seconds.
The exercise time will be reset to 0:00.
When you move the wrist receiver further away from the transmitter the exercise time starts running again from 0:00.

A flashing elapsed time is a pre-warning that you are soon about to reset it. If you bring the wrist receiver further from the transmitter during the flashing, the elapsed time will not be reset.

Stop the Heart Rate Measurement

Remove the transmitter from your chest.

1. *The exercise time and its symbol will continue running a 1-minute-check to ensure the heart rate measurement has been stopped.*
2. *Polar Tempo subtracts the 1-minute-check time from the elapsed time.*
3. *The total exercise time (in hours and minutes) is displayed for 9 minutes.*
4. *The wrist receiver turns itself automatically into the OFF mode after 9 minutes.*

After exercising, to preserve the electrodes and battery life:
1. Wash the transmitter carefully with a mild soap water solution.
2. Rinse it with pure water.
3. Dry the transmitter carefully.

Exercising with Your Polar Heart Rate Monitor

Regular exercise helps you to sustain and improve your health and fitness, as well as feel better. Exercising also has other great benefits. You can reduce stress, learn to know your body's reactions and optimize your training time. Whether you are about to start a regular exercise program or you already do sports training, a Polar Heart Rate Monitor will help you to achieve your personal fitness goals in less time, and with greater safety.

The effect of your exercise program depends on four factors:
- Intensity of exercise
- Duration of exercise
- Frequency of exercise
- Type of activity

INTENSITY OF EXERCISE

Heart rate is proved to be an excellent indicator of exercise intensity. Heart rate tells you the exertion level of your body during physical or mental loading. With the Polar Heart Rate Monitor you are able to follow the intensity of your exercise easily, keep yourself in the right heart rate Target Zone and stay motivated as you see the improvement.

When a person's cardiovascular condition improves, his heart rate stays in a lower level than before when doing similar exercise in a similar time period. Changes in the heart's beating rate can be followed with a Polar Heart Rate Monitor wirelessly, continuously and ECG accurately.

Define your exercise intensity according to your target (e.g. weight loss = lower intensity and higher duration). When you exercise within the defined Target Zone, you ensure the right intensity of your workout.

Any physical activity that increases heart rate above the resting heart rate may provide health benefits. **It is recommended that all people should accumulate at least 30 minutes of endurance-type physical activity every day**, including climbing stairs, brisk walking etc. But only greater increments above resting heart rate are associated with both health and fitness benefits.

Resting heart rate is the heart rate after a person has rested, either sitting or lied down, for 5 - 15 minutes, breathing deeply and relaxing muscles.

If you are a beginner, sedentary or overweight, a recommended target is to exercise at light or light to moderate intensity. At this target, the exercise is easy-paced and causes only slight breathlessness and sweating.

If you aim for improved fitness or exercise for competitive reasons, your exercise intensity is moderate or heavy paced, and it causes clear breathlessness and sweating.

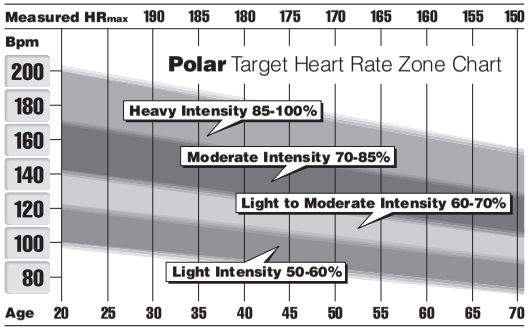
Target zones are typically calculated using the person's maximum heart rate as a reference. The most reliable way to determine your individual Target Zone is to have your maximum heart rate measured at an exercise stress test. For more information on an exercise stress test, consult your physiologist or doctor.

However, according to ACSM most people can estimate their maximum heart rate by the formula:

220 - Age = Maximum Heart Rate

For example a 35-year old person's Maximum Heart Rate would be:
220 - 35 = 185 beats per minute.

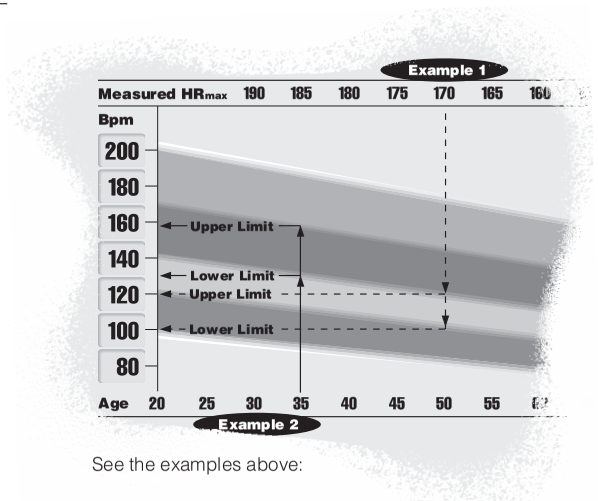
The following Target Range Chart helps you find the right Target Zone for your needs. The percentages for the Target Zones are counted from the maximum heart rate (measured or predicted).



How to find your Target Zone ?

If you have had your maximum heart rate measured, use the upper axis for measured HR_{max}. This gives you the precise values for your Target Zone. In case you do not know your exact maximum heart rate, use the lower axis for age.

1. Locate one of the four intensity targets, which would be most suitable for you. Each target is shaded differently.
2. Locate your age on the down axis or your measured maximum heart rate on the upper axis.
3. Read up from your age / read down from your measured maximum heart rate to the target you chose.
4. Draw a straight line from the upper edge of the target to the left and you will find the upper limit of your Target Zone.
5. Then draw another straight line from the lower edge of the target to the left and you will find the lower limit for your Target Zone.
6. You have now found your Target Zone. As you exercise, make sure that your heart rate stays within the Target Zone (between the lower and the upper limit) to get the maximum benefit from your workout.



See the examples above:

Example 1: A person, whose maximum heart rate has been measured at an exercise stress test. His HR_{max} is 170 bpm and his goal is to exercise for health at Light to Moderate Intensity. The Target Zone limits are 102 - 119 bpm.

Example 2: A person, who does not know his $HR_{max.}$ He is 35 years old and his goal is to improve fitness at Moderate Intensity. The Target Zone limits are 130 - 157 bpm.

FREQUENCY OF TRAINING

It is recommended that you exercise 3-5 times a week. You can improve your performance by increasing the frequency of training. Remember to let your body recover properly between the training sessions.

TYPE OF ACTIVITY

Select activities that you enjoy and vary your exercise modes. Recommended activities are all activities which use large muscle groups. To build a solid base for your aerobic conditioning, choose continuous activities such as jogging, running, walking, swimming, bicycling, rowing and cross-country skiing.

To improve your muscular endurance and strength as well as flexibility, resistance training can play an important part.

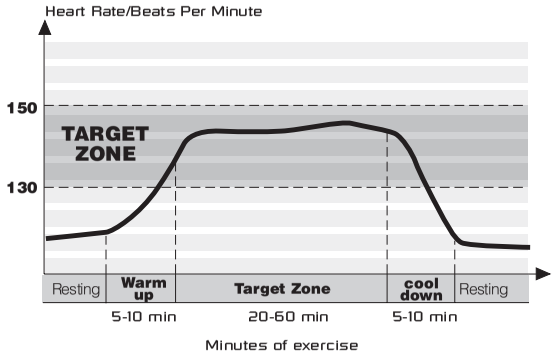
It is vital in helping to build lean muscle mass and increase cardiovascular exercise benefits. Other intermittent activities such as tennis or aerobics can also be recommended.

STRUCTURE OF AN EXERCISE SESSION

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

Remain in your Target Zone for the desired time. After that, gradually reduce the intensity of your exercise and let your heart rate fall below the Target Zone with a 5 minute cool-down period. Remember to stretch your muscles after the exercise session.

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



It is recommended by ACSM that the exercise session would last 20-60 minutes in the aerobic zone.

REFERENCES

American College of Sports Medicine. Position Stand. The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness in Healthy Adults. Med Sci Sports Exerc 22: 265-274, 1990.

American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. Williams & Wilkins, 1995.

Jackson, A.S., Blair, S.N., Mahar, M.T., Wier, L.T., Ross, R.M. and Stuteville, J.E. Prediction of functional aerobic capacity without exercise testing. Med Sci Sports Exerc 22: 863-870, 1990.

U.S. Department of Health and Human Services. Physical Activity and Health: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996, 147.

Developing a Personal Exercise Program

Before beginning, you should ask yourself two key questions:

- How much time do I spend today participating in physical activity?
- What are my goals?

The following steps help you answer the two key questions, get the most out of your Polar Heart Rate Monitor, and achieve your personal exercise goals.

1. CLASSIFY YOURSELF BY LEVEL OF ACTIVITY

You may have a clear understanding of your present physical condition. In this case you can move to the next step to specify your goals. You can also define the amount of your physical activity by answering the questionnaire which is modified from the "Code for Physical Activity" developed by NASA/Johnson Space Center (Jackson et al. 1990).

The questionnaire is an easy and quick way to define weather you are a beginner, a moderate exerciser, an active exerciser or a serious exerciser. It is recommended to review the questionnaire every 1-2 months and revise if the amount of your physical activity has changed.

Which alternative best describes your general **activity level** for the **previous month?**

A beginner who does not participate regularly in programmed recreational sports or heavy physical activity.

❑ Avoid walking or exertion whenever possible.
❑ Walk for pleasure, routinely use stairs, occasionally exercise sufficiently to cause heavy breathing or perspiration.

A moderate exerciser who participates regularly in recreation or work requiring modest physical activity, such as golf, gymnastics or yard work.

❑ 10 to 60 min. a week
❑ Over one hour a week

An active exerciser who participates regularly in heavy physical exercise such as jogging, swimming, cycling or engages in vigorous aerobic activity type exercise such as tennis.

❑ Run less than 1 mile a week or spend less than 30 min. a week in comparable physical activity.
❑ Run 1 to 5 miles a week or spend 30 to 60 min. a week in comparable physical activity.

A serious exerciser who participates in a regimented workout program consisting of heavy physical exercise.

❑ Run 5 to 10 miles a week or spend 1 to 3 hours a week in comparable physical activity.
❑ Run over 10 miles a week or spend over 3 hours a week in comparable physical activity.

2. DETERMINE YOUR EXERCISE GOALS

It is easier to stay motivated when you determine your reason for exercising and establish a goal. That is why you should define your personal exercise goal very clearly. Your goal may be one of these:

- Get used to regular physical exercise
- Lose or maintain weight
- Maintain or improve health
- Maintain or improve fitness
- Compete with yourself
- Achieve competitive results

3. EXAMPLES OF EXERCISE RECOMMENDATIONS

Recommendation for a **beginner**:

Goal	Duration in Target Zone	Times a week	Intensity
Improve fitness	15-40 min. at a time	2-4	Light
		1	Light to moderate

Recommendations for a **moderate exerciser**:

Goal	Duration in Target Zone	Times a week	Intensity
Maintain fitness	20-40 min. at a time	2-4	Light to moderate
		1	Moderate
Improve fitness and lose weight	30-60 min. at a time	2-4	Light to moderate
		1	Moderate

Recommendations for an **active exerciser**:

Goal	Duration in Target Zone	Times a week	Intensity
Maintain fitness	30-60 min. at a time	2-4	Moderate
		1	Heavy
Improve fitness	60-90 min. at a time	2-4	Moderate
		2	Heavy

Recommendation for a **serious exerciser**:

Have your maximum heart rate measured at an exercise stress test and find your personal Target Zone to get the maximum benefit from your training sessions. For more information on heart rate monitoring
▶ **Polar Books and Accessories**, on page 28.

Exercise may include some risk, especially for those who have been sedentary. To minimize possible risks consider the following advice.

Before beginning a regular exercise program consult your doctor
- if you are over 35 years of age and have not been following a regular exercise program during the past 5 years
- if you smoke
- if you have high blood pressure
- if you have high blood cholesterol
- if you have any signs or symptoms of any disease
- if you are recovering from a serious illness or a medical treatment e.g. surgery
- if you use a pacemaker or another implanted electronic device.

Note also that the heart rate can be affected by, amongst others, heart, circulation (particularly high blood pressure) and asthma medications, as well as some medicines used as sprays for the breathing system and also some medical plasters and chewing gum containing nicotine.

Care and Maintenance

Your Polar Heart Rate Monitor is a high-tech instrument of superior design and workmanship and should be treated with care. The suggestions below will help you fulfill the warranty obligations and enjoy this product for many years to come.

TAKING CARE OF YOUR POLAR HEART RATE MONITOR

- Wash the Polar Transmitter regularly after use with a mild soap and water solution. Dry it carefully after washing.
- Never store the transmitter wet. Sweat and moisture can keep its electrodes wet and the transmitter activated, which shortens the battery life.
- Store your Polar Heart Rate Monitor in a cool and dry place. Do not store it in any kind of non-breathing material, such as a plastic bag or a sports bag, **if it is wet**.
- Do not bend or stretch the transmitter. This may damage the electrodes.
- Keep your Polar Heart Rate Monitor out of extreme cold (below 14 ^{O}F/ -10 ^{O}C) and heat (above 122 ^{O}F/ 50 ^{O}C).
- Do not expose the Polar Heart Rate Monitor to direct sunlight for extended periods, such as by leaving it in a car.
- Don't dry the transmitter in any other way than with a towel. Hard-handed handling may damage the electrodes.

BATTERIES

POLAR TRANSMITTER
The estimated average battery life of the Polar Transmitter is 2500 hours of use. Contact Polar authorized Service Center for a transmitter replacement.

▶ **Service** on the page 29 for detailed instructions.

Polar recycles used transmitters.

POLAR TEMPO RECEIVER
The estimated average battery life of the Polar Tempo wrist receiver is 1 year in normal use (2h/day, 7 days a week). However, because the battery is inserted at the factory, the actual life of your first battery once in your possession may be less than the estimated battery life.

It is not recommended to open the Polar wrist receiver yourself. To ensure the water resistance properties and the use of qualified components, the wrist receiver battery should be replaced only by a Polar authorized Service Center. At the same time a full periodic check of the Polar Heart Rate Monitor will be done. Contact Polar Electro Inc.

▶ **Service** on the page 29 for detailed instructions.

Precautions

POLAR HEART RATE MONITOR IN A WATER ENVIRONMENT

Polar Heart Rate Monitors are water resistant to 20 meters. To maintain the water resistance, it is strongly recommended to have all service done by an authorized Polar Service Center.

Heart rate measurement in a water environment is technically demanding for the following reasons:

- Pool water with a high chlorine content and seawater may be very conductive and the electrodes of Polar Transmitter may get short circuited and ECG signals cannot be detected by the transmitter unit.
- Jumping into the 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 signal.
- The ECG signal strength varies depending on the individual's tissue composition and the percentage of people who have problems in heart rate measuring is considerably higher in a water environment than in other use.

POLAR HEART RATE MONITOR AND INTERFERENCE

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.

If you stay in close proximity to a source of electromagnetic interference for longer than one minute, the heart rate measurement may stop and time registration will be interrupted. In this case go further from the source of interference and restart the measurement. Before restarting, note the elapsed time in the display, because the time registration will restart from 0:00.

CROSSTALK
The non-coded Polar wrist receiver picks up transmitter signals within 3 feet/1 meter. Therefore, when you are using your Polar Heart Rate Monitor, make sure no other transmitter is within that range. Signals from more than one transmitter picked up simultaneously can cause an incorrect readout.

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 Polar wrist receiver as follows:

1. Remove the transmitter from your chest and use the exercise equipment as you would normally.
2. Move the wrist receiver around until you find an area in which it displays no stray reading or flashing of 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 the chest and keep the wrist receiver in this interference free area.
4. If the Polar Heart Rate Monitor still does not work with the exercise equipment, that piece of equipment may be electrically too noisy for wireless heart rate measurement.

Notice for persons with pacemakers
Persons who have a pacemaker use the Polar Heart Rate Monitor at their own risk. Before starting use, we always recommend an exercise test under doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the heart rate monitor.

Frequently Asked Questions

WHAT SHOULD I DO IF ...

... THERE IS NO HEART RATE READING?

1. Check that the elastic strap is snug enough.
2. Check that the electrodes of the transmitter are moistened and that you are wearing it as instructed.
3. Check that you have kept the transmitter clean.
   ▶ **Care and maintenance**, page 19.
4. Check that there are no sources of electromagnetic radiation in the close vicinity of the Polar wrist receiver, such as TV sets, cellular phones, CRT monitors etc.
   ▶ **Precautions**, page 21.
5. Have you had a cardiac event which may have altered your ECG waveform? In this case consult your physician.

...HEART SYMBOL FLASHES IRREGULARLY?

1. Check that your Polar wrist receiver is inside the transmission range and not further that 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).
   ▶ **Precautions/Crosstalk**, page 22.
5. Cardiac arrhythmia may cause irregular readings. In this case consult your physician.

... HEART RATE READING BECOMES ERRATIC OR EXTREMELY HIGH?

You may have come within range of strong electromagnetic signals which cause erratic readings on the wrist receiver display. Check your surroundings and move further away from the source of disturbance. ▶ **Precautions**, page 21.

... THE DISPLAY IS BLANK OR FADING?

Have the batteries checked. ▶ **Service**, page 29.

... IF THE BATTERY OF THE WRIST RECEIVER MUST BE REPLACED?

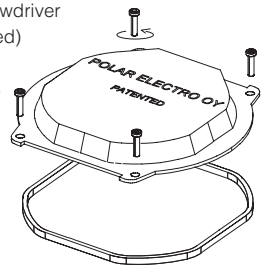
We recommend having all service done by an authorized Polar Service Center. However, if you wish to use a local watch shop or battery replacement center or to change the battery yourself, please follow these instructions.

Water resistance cannot be guaranteed after an unauthorized service.

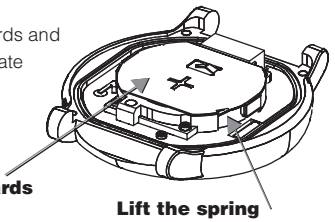
You need the following equipment:

- Battery type: Panasonic CR 2032, 3V
- Piece of dust-free pad
- Small Phillips or standard screwdriver
- Plastic tweezers (recommended)

1. Put the unit on a clean, dust-free pad on an even table surface and open the back cover by removing all four screws counterclockwise with a small screwdriver.



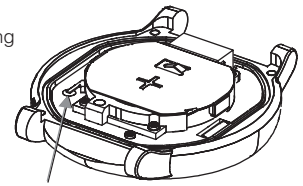
2. Lift the spring gently upwards and simultaneously drag the plate slightly downwards in a clockwise direction.



3. Put a new battery in the battery housing + side up, using plastic tweezers. Do not use metal tweezers because they may shortcircuit the battery. Note also that bare fingers cause grease and dirty the battery which weakens the contact.

4. Assemble the plate back by turning it slightly counterclockwise until the spring locks the battery in its proper position.

5. Reset the receiver by pressing the reset spring against the round golden pad for 1 second. Be sure that the spring touches the pad.


Press the spring against the pad

6. Check the display.

♡OFF *is displayed.*

7. Make sure that the sealing ring is not damaged and it is in its groove the flat side against the front cover all the way around the housing.

8. Put the back cover in its place. The Polar text on the outside of the back cover is in the upright position with respect to the buckle side of the wrist strap. Push the back cover with your finger to make sure that it is correctly in place.

9. Put the screws in their holes and tighten them slightly from opposite corners. Do not tighten them completely to ensure even closing of the cover. Do not force the screws or damage the existing threads.

10. After having checked that the back cover is firmly in its place, tighten the screws securely from opposite corners.

11. Test the functioning. Mount the Polar Transmitter and wet its electrodes. Start heart rate measurement by touching the transmitter's Polar logo with the face of the Polar Tempo wrist receiver.
    Heart rate measurement begins.

In case the heart rate measurement does not start or all segments do not appear normally, reopen the case and reset the receiver again. ▶ **Point 5**.

There is a spare screw attached to the PCBA to be used in case one of the backcover screws gets lost. Do not mix the spare screw with the four smaller screws which hold the battery button!

Technical Specifications

Polar Heart Rate Monitor is designed to indicate the level of physiological strain and intensity in sports and exercise. No other use is intended or implied. Heart rate is displayed as number of heart beats per minute (bpm).

POLAR TRANSMITTER

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

POLAR WRIST RECEIVER

Battery type:	CR 2032
Battery life:	Average 1 year (2h/day, 7 days/week)
Operating temperature:	14 °F to 122 °F / -10 °C to +50°C
Accuracy of heart rate measurement:	± 1% or ± 1 beats per minute, whichever larger, definition applies to steady state conditions
Water resistance:	to 20 meters

Polar books and accessories

POLAR BOOKS AND BOOKLETS:

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

POLAR ACCESSORIES

- Polar Bike Mount for all bikes and Polar Heart Rate Monitors
- Elastic straps of different lengths
- Extra transmitter for other family members
- Polar Heart Bra for women

POLAR HEART RATE MONITORS

Several models of heart rate monitors by Polar are readily available for different needs of measuring the physical activity.

Ask your local dealer or Polar Electro Inc. for more details.

Service

To ensure continuous improvement of Polar products, please complete and mail the enclosed Warranty Registration Card within two weeks of the date of purchase.

Polar Service will help you get the most out of your Polar Heart Rate Monitor. Should your Polar Heart Rate Monitor need service, please follow the instructions below.

CHECK LIST

Before you return your Polar Heart Rate Monitor for service, please check the following:

1. IS THE TRANSMITTER BEING WORN CORRECTLY?
   The Polar logo should be right side up and the transmitter flat against the skin. The elastic strap should be adjusted for a snug and comfortable fit.

2. ARE THE ELECTRODES MOIST ON THE TRANSMITTER?
   It is important that the electrodes are wet during the heart rate measurement. If water does not ensure the flawless transmission, you can use moisturizing cream instead.

3. IS THE TRANSMITTER CLEAN?
   Regular washing with mild soap and water solution and thorough dry afterwards will ensure good conductivity.

4. ARE YOU HAVING DISTURBANCES CAUSED BY OTHER PEOPLE WITH HEART RATE MONITORS OR MOTOR DRIVEN EXERCISE EQUIPMENT?
   ▶ **Precautions / Polar Heart Rate Monitor and Interference**, page 21 for more details.

SENDING INSTRUCTIONS

1. Pack the product carefully to avoid damage. For contact address, see the back cover of this manual or the Customer Care Charter.
2. Include all parts of the Polar Heart Rate Monitor. A full periodic check will be done on the whole product.
3. Include proof of purchase (a receipt or its photocopy) if the product is under warranty.
4. Include a detailed description of the problem. Indicate if the receiver battery should be replaced.
5. Include your name, return address and daytime telephone number.
6. Include $ 7.50 check or money order for return shipping and handling.
7. Prepay mail postage to Polar Electro Inc.
8. It is recommended to ship the package back so that it can be traced if a problem occurs (i.e. UPS, Fed Ex, Priority Mail).

POLAR'S SERVICE PROCEDURE

Any service is recommended to be done by an authorized Polar Service Center. Our standard test and check procedure will be performed on all Polar Heart Rate Monitors. The test includes the following elements:

POLAR TRANSMITTER
1. Visual inspection.
2. Check of the transmission range.
3. Check of electrode conductivity.
4. Cleaning of electrodes if necessary.

POLAR WRIST RECEIVER
1. Visual inspection.
2. Check of battery voltage.
3. Re-assembly, including seal renewal if necessary.
4. Water resistancy test.
5. Operational test.

Limited Polar Warranty

- Polar Electro Inc. warrants to the original consumer/ purchaser of this heart rate monitor that the product will be free from defects in material or workmanship for one year from the date of purchase. **Please keep the receipt which is your proof of purchase!**
- **Polar transmitter is covered by a two year maintenance free warranty.**
- Warranty does not cover receiver battery, damage due to misuse, abuse, accidents or negligence of the precautions; improper maintenance, commercial use, cracked or broken cases.
- Warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro Inc.
- During the warranty period the product will be either repaired or replaced at an authorized service center free of charge.
- For more details, please see the warranty card.

CE 0537

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

This product is protected by one or several of the following patents: FI 88223, BRD 4215549, FR 92.06120, GB 2257523, HK 113/1996, SG 9591671-4, US 5491474, FI 88972, FR 92.09150, GB 2258587, HK 306/ 1996, SG 9592117-7, US 5486818, FI 96380, US 5611346, FI 68734, BRD 3439238, GB 2149514, HK 812/1989, US 4625733.

Disclaimer

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

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

Notes

Notes