Polar MobileLink
to Running

Mobile Application

Polar Electro Oy

Contents

Welcome to, enjoy and utilize Polar MobileLink to Running application!

Polar MobileLink to Running is a versatile tool for managing your exercise regime with your mobile phone.

With **Polar MobileLink** you can:

- transfer your exercises from the Polar S625X running computer to a compatible Nokia mobile phone. You can also transfer exercises from the Polar S725 cycling heart rate monitor.

- get instant feedback on your exercises by viewing the exercise on the mobile display.

- store exercises for later analysis. The large memory capacity of the Nokia mobile phone allows you to save data from training sessions and competitions, and track your performance over time.

- send summary information of an exercise as a text message (SMS), for example, to your coach, your personal trainer or your training friends.

- transfer exercises from the mobile to the Polar Precision Performance exercise analysis software via infrared communication. Polar Precision Performance software is a powerful tool for analyzing your exercises and for keeping an exercise diary.

- send your exercises to the Polar Personal Trainer Web service via the Internet connection.

- optimize your training and recovery by viewing and analyzing Polar OwnOptimizer test results on the mobile phone display.

We recommend that you read through this manual. It is the easiest way to learn how to use the application's versatile features efficiently for your own training or in your job as a trainer.

Note!

A hint on how to effectively use the function in question.

Configuration

Polar MobileLink to Running mobile application is designed for the **Polar S625X** running computer and the **Nokia 5140** mobile phone. Optionally, you can use the **Polar S725** with this application.

Installing Polar MobileLink in your mobile phone

You can download the application from **Nokia Software Market** or from **Handango** directly to your phone over the air (OTA) in GPRS network.

1. Visit www.softwaremarket.nokia.com or www.handango.com and locate the required **Polar MobileLink** application.

2. Proceed with the downloading instructions on the page.

Payment can be made by credit card.

Before downloading the application check that you have the required connectivity settings (WAP/GPRS) in your mobile phone:

1. Select **Settings** – **Connectivity** – **GPRS**. Then select **When needed** or **Always online** depending on whether you want the connection active when you would like use it or on continuously.

2. Select **Services** – **Settings** – **Connection settings** – **Active service settings**. Then select the WAP service you would like to use.

If you do not have the required connectivity settings installed in you mobile phone, you can order them from your Mobile Network Operator, or at www.softwaremarket.nokia.com.

You can check that the GPRS connection is working properly by pressing and holding the zero-key. The GPRS connection should start and the service provider's WAP portal should then open.

Some operators may not support buying the application over the air (OTA). For further assistance, please contact your Mobile Network Operator.

Starting Polar MobileLink application

1. Press the **Menu** button and select **Applications – Collection**.

2. Select **Polar MobileLink** from the collection list and press **Open**.

Alternatively, you can use the shortcut by pressing the **Go to** key:

1. Press the **Go to** key and select **Collection**.

2. Select **Polar MobileLink** from the collection list and press **Open**.

It is a good idea to arrange the feature list so that the most used features are at the top of the list.

- To arrange the feature list, press the **Go to** key and then the **Options** button. Then select **Organise**.

Transferring exercises from wrist unit

Exercises are transferred from the wrist unit to the mobile phone via infrared communication.

Introduction

1. Start **Polar MobileLink** application.

2. Select the CONNECT mode on the wrist unit, for example, by pressing the lower right button.

3. Place the wrist unit and mobile phone so that the infrared windows are pointing towards each other. You can hold the units in your hands or put them on the table.

4. Select **Receive Files**. If you are opening the connection the first time for this session, **Allow connection via: Infrared?** is displayed. Allow connection by pressing the **Yes** key.

The wrist unit turns to the transmission mode and **Infrared COM** is displayed on the wrist unit display. On the mobile phone display, first **Starting Connection** is displayed, then **Receiving Files** and finally **Saving Files**. When the operation is complete, the **Exercise Files** list is displayed.

It is not necessary to continue pointing the infrared windows towards each other when the **Saving Files** phase is in progress.

Polar MobileLink transmits and saves all exercises, your person information and Polar OwnOptimizer test results information.

Only new exercises and test results will be saved.

Analyzing your exercises

### Curve view – Basic graph for exercise analysis

Exercise analysis with **Polar MobileLink** is based on the exercise information transferred from the wrist unit. The main tool is the **Curve** view created from the transferred data.

The main element in the **Curve** view is the heart rate curve. The heart rate curve displays a graphical curve of heart rate behaviour during the exercise. In addition to heart rate information, the **Curve** view may also include altitude, speed, cadence (pedalling speed) and power curves depending on the information transferred from the wrist unit.

You can draw conclusions about a variety of issues related to the success of the exercise from the **Curve** view. For more information on interpreting the **Curve** information see the **Why** section in the Polar Precision Performance software online help.

Opening the Curve view

1. Select **Exercise Files** from the feature list. The list of exercises in the mobile phone is displayed.

2. Browse to the desired exercise and press the **Select** key. The **Curve** view is displayed.
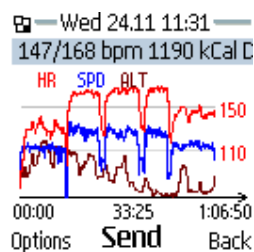
You can light the display by pressing the ⇧# key in the lower right corner of the keypad.

You can save up to 50 exercises in the mobile phone.

Zooming in the Curve

1. To zoom in, press the **arrow up** key. The more times you press the key, the more accurately you can analyze the exercise.

2. To zoom out, press the **arrow down** key. The more times you press the key, the less the zoomed view is displayed.

3. To display the entire curve, press **Zoom off**.

You can move the zoomed view by pressing the **right/left arrow** keys.

Viewing exercise summary

1. In the **Curve** view, press the **Options** key.

2. Select **Exercise Summary**. Detailed exercise information will be listed on the phone display, for example, exercise duration, heart rate information, speed, cadence and power information, altitude and ascent information and energy expenditure. If you have added a note for the exercise, it is also shown in the Exercise Summary.

You can send the information as a text message (SMS) by pressing the **Send** key. For more information, see the chapter <u>Sending exercise information as text message (SMS)</u>.

Selecting elements for the Curve

1. In the **Curve** view, select **Options – Settings**.

2. From the **Show** list you can select which elements are displayed in the **Curve** view.

   - **Heart Rate** – Heart rate curve is displayed.
   - **Altitude** – Altitude curve is displayed.
   - **Speed** – Running/cycling speed curve is displayed.
   - **Cadence** – Cadence (pedalling speed) curve is displayed.
   - **Power** – Cycling power curve (watts) is displayed.
   - **InfoScroll** – Summary of the exercise information scrolls on top of the **Curve** view.
   - **Summary Limits** – Summary limit gridlines are displayed on the **Curve** view.

     In the **Scale** section you can select which scale is displayed in the **Curve** view.

The option is shown if the transferred information includes the information in question.

The settings are saved when you close the application. They are valid when you next open the **Polar MobileLink** application.

Entering a note for an exercise

1. In the **Curve** view, press the **Options** key.

2. Select **Write/Edit Note**.

3. To write or edit the note, press **Edit**.

4. Enter a note (up to 50 characters) and then press **OK**.

5. To save the note, press **OK**.

The note is displayed in the **Exercise Summary** and in the **Info scroll** at the top of the **Curve** view.

Viewing Summary Limit information

Zone Summary graph displays the Summary Limits information in **Polar MobileLink**.

Summary Limits are heart rate or pace limits for exercise analysis. You can set the lower and upper Summary Limit value in the wrist unit. They are valid for the entire exercise.

Summary Limits do not alarm, but are tools for analysis. After the exercise you can view how much time you have spent below, between and above the Summary Limits.

To open the **Zone Summary**:

1. In the **Curve** view, press the **Options** key.

2. Select **Zone Summary**.

   The bar displays time in relation to the Summary Limits. The yellow part of the bar displays time below the lower Summary Limit, the green part between the limits and the red part above the higher limit. The Summary Limits in the wrist unit that are used during the exercise are displayed with bold numbers.

It is a good idea to have your aerobic threshold value as the lower Summary Limit value and the anaerobic threshold as the upper Summary Limit value. With these settings you can easily see the intensity of an exercise. For more information on aerobic and anaerobic thresholds, see the **Why** section in the Polar Precision Performance SW online help.

Deleting exercises

Option 1

1. Select **Exercise Files** from the application main menu.

2. Select the desired exercise and press the **Options** key.

3. Select **Delete**. The application prompts you about the file removal. By pressing the **OK** key, the selected exercise is removed.
   To remove all exercises in the mobile phone, select **Delete All**.

Option 2

1. Open the desired outdoor activity and press the **Options** key.

2. Select **Delete File**. The application prompts you about the file removal. By pressing the **OK** key, the selected action file is removed.

Sending exercise information as text message (SMS)

You can send the exercise summary information as a text message (SMS), for example, to your coach, to your personal trainer, or your training friends as well.

1. Open the desired exercise from the **Exercise Files** list.

2. In the **Curve** view, press the **Send** key.

3. Select **Summary SMS**.

4. If you would like to add extra information, enter an **Additional message** (max 100 characters).

5. Enter the phone number, or find the number from **Contacts** by pressing the **Options** key and then using the **Search** option.

6. Press **Yes** to send the message(s).

You can also send the exercise information as a text message (SMS) in the **Exercise Summary** view.

The exercise information in the message cannot be edited. It will be exactly the same as the recorded exercise in the wrist unit.

Transferring data from mobile to Polar Precision Performance SW

Polar Precision Performance PC software is a versatile tool for analyzing your training and keeping an exercise diary.

With Polar Precision Performance software you can also store your Polar OwnOptimizer results for comprehensive recovery analysis.

You can use the **Mobile Connection** feature on computers running Windows 2000 or Windows XP Home/Professional operating system.

Transferring an exercise to a PC

1. POLAR MOBILELINK:
    Select the desired exercise from the **Exercise Files** list and open the **Curve** view by pressing the **Select** key.

2. POLAR PRECISION PERFORMANCE SW:
    Select **Tools – Mobile Connection**. Alternatively, you can click the **Mobile Connection** button on the toolbar.

    Polar Precision Performance opens the transmission window and turns into the data waiting mode from the mobile phone.

3. POLAR MOBILELINK:
    Point the infrared window towards the computer's infrared window.

4. POLAR MOBILELINK:
    Press the **Send** key and then select **File to PC**. If you are opening the connection for the first time this session, **Allow connection via: Infrared?** is displayed. Allow connection by pressing the **Yes** key.

5. POLAR PRECISION PERFORMANCE SW:
    In the **Exercise Files** dialog, click the **Save** button.

The target exercise is transferred and stored automatically to the right day in the Diary. Polar OwnOptimizer test results are also transferred at the same time.

You can switch the person and edit/enter the exercise information in the **Exercise Files** dialog before saving the exercise.

If the **Mobile Connection** function does not exist in the menu or on the toolbar of the Polar Precision Performance software, select **Options – Preferences** and open the **Hardware** page. Then check the **Mobile Connection** box.

Polar IR Interface (serial/USB) can not be used.

Transferring exercises to Polar Web service

You should register yourself with the Polar Personal Trainer Web service before sending exercises.

To use the feature, you need to have the GPRS Service Agreement with your Mobile Network Operator.

At first...

1. Select **Web Settings** from the **Polar MobileLink** application main menu.
2. Click the **Edit** button and enter your Polar Personal Trainer Web Service **user name** and **password**.

The user name and the password should be the same as for the Polar Personal Trainer Web service.

Transferring the exercise

1. Select the desired exercise from the **Exercise Files** list and open the **Curve** view.
2. Press the **Send** key and then select **File to Web**. If you have not set your Web service user name and password you are prompted to enter them.

   The selected exercise is transferred and stored automatically to the right day in the Polar Personal Trainer Web service.

Optimizing your training

By transferring Polar OwnOptimizer test results to the **Polar MobileLink** application you can perform more detailed analysis of your training state.

🔺 You can use the Polar OwnOptimizer feature with the Polar S625X running computer.

Transferring Polar OwnOptimizer test results

- If you have performed the **Polar OwnOptimizer** test with your wrist unit, OwnOptimizer test results are transferred and the test result list is updated automatically every time you transfer exercises to the application.
- If a result already exists, it will not be replaced with a new one.

🔺 It is not necessary to transfer test results every time you perform the test. The wrist unit can store 14 test results, and all missing ones will be transferred and added to the list when you transfer exercises next time.

Viewing test results

- Select **OwnOptimizer** from the application main menu. The option is not shown if there are no test results.

  The coloured ball indicates your training state. The green ball indicates "no problem", the yellow one "beware" and the red one "trouble". The number inside the ball is the training state number (1-9).

- To see the detailed interpretation for the desired test and training advice, select the test from the list and then press the **Select** key.

Viewing test heart rates

1. Select the desired test and press the **Select** key. The test interpretation is displayed.
2. Press the **HR** key. The list displays the average heart rate in the lying position, the maximum heart rate of the standing up and the average heart rate during the standing phase.

Sending the latest test result as text message (SMS)

1. Open the test result list.
2. Press the **Options** key and select **Send Latest**.
3. If you would like to add extra information, enter an **Additional Message** (max 100 characters).
4. Enter the phone number, or find the number from **Contacts** by pressing the **Options** key and then using the **Search** option.
5. Press **Yes** to send the message(s).

The test information in the message cannot be edited. It will be exactly the same as the measured test result.

Clearing the test result list

1. Open the test result list.

2. Press the **Options** key and select **Delete All**.

You can have a maximum of 30 OwnOptimizer test results in the mobile phone. When you have the maximum number of test results in the phone's memory, it is not necessary to clear the list. It will not be full, but the oldest test result(s) will be removed automatically when new one(s) are transferred to the phone.

You can find complete Polar OwnOptimizer test interpretations and training advice from the **How to** section in the Polar Precision Performance software online help and in the Polar Personal Trainer Web service.

Frequently asked questions

Does the mobile application work with other mobile phones?

- So far the application works only with the Nokia 5140 since exercise data transmission via infrared communication is enabled only with the Nokia 5140. However, you can send a summary of exercise information from the Nokia 5140 as a text message to all mobile phones.

How many exercises can be stored in the Nokia 5140 mobile phone?

- You can have a maximum of 50 exercises in your mobile phone.

What are the transmission speeds between system elements?

- From the Polar wrist unit to the mobile phone: 9,6 kB/s

- From the mobile phone to the PC: 115 kB/s

- From the mobile phone to the Polar Personal Trainer Web service: depends on the speed of your mobile operator's service