

POLAR®

a5™

Heart Rate Monitor

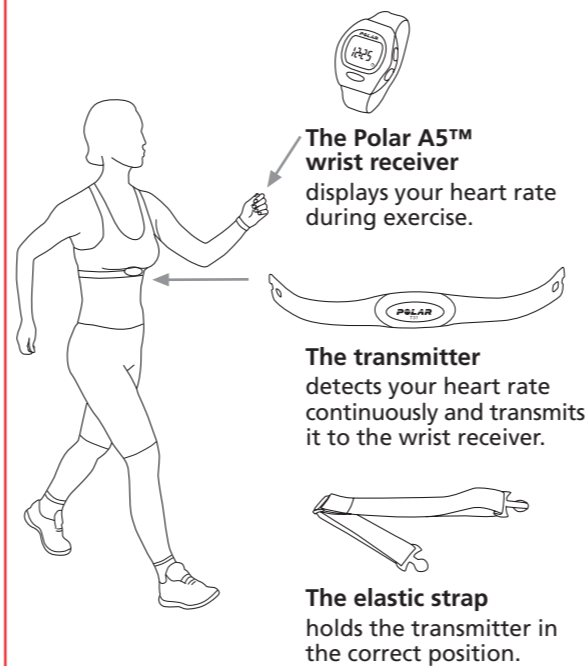
User's Manual
USA/GBR

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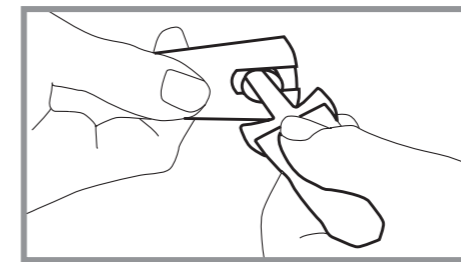
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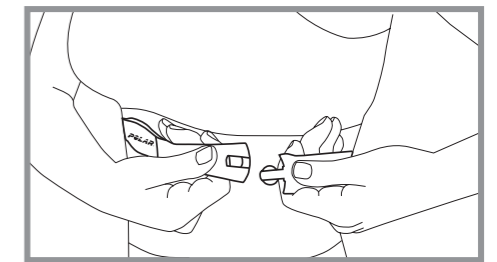
1. How to Put Your Heart Rate Monitor On



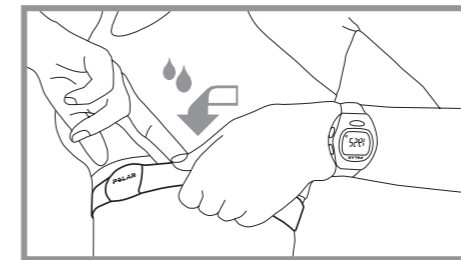
Keep the wrist receiver within 1 meter/ 3 feet of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance.



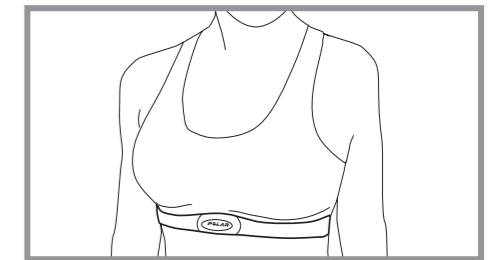
1. Attach the transmitter to the elastic strap.



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

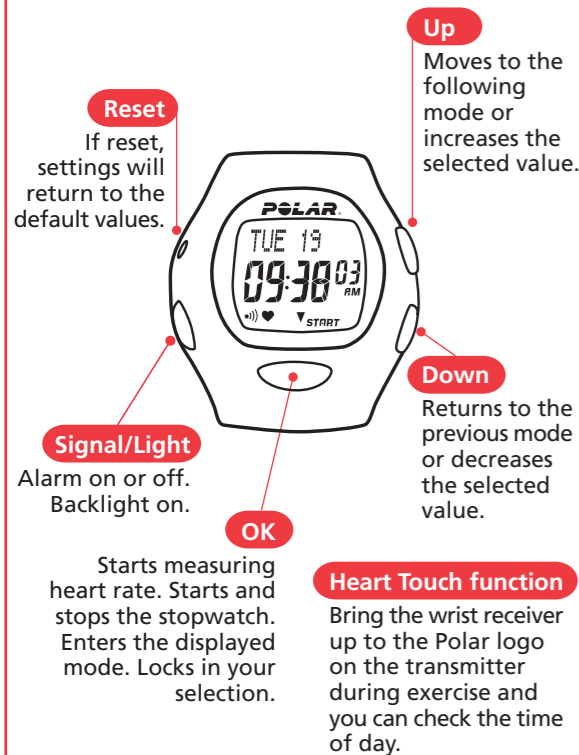


3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.



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

2. Functions and Modes of Polar A5



How to operate the set buttons

- To move forward or back, use Up or Down button.
- To choose the value to begin adjusting, press OK. It will begin blinking.
- Press Up or Down button to adjust the value (The digits run faster if you press and hold the button).
- Wherever you are in the settings, you can return to the Time of day display by pressing and holding OK.

Time of day display mode

- Starting point for all functions
- Shows date and time

Press and hold OK to return to the Time of day display, wherever you are in the Settings or File recalling cycle.

When the alarm is turned on, the symbol appears on the Time of day display. When the alarm comes on it will sound for one minute or you can turn it off by pressing any of the four buttons.

Exercise recording mode

- In the Exercise mode you measure your heart rate and record your exercise information in a file
- You can view different information while the heart rate monitor is measuring heart rate



File mode

- Shows the data recorded during the exercise

Setting mode

- Set different values
 - unit measurement; weight, height, time
 - user data
 - target heart rate limits
 - watch functions; alarm, time, date

Walk Test mode

- Based on 1.24 miles/2 km brisk walk
- Measures cardiorespiratory fitness

3. How to Start and Stop

How to Set up Your New Polar A5 Receiver

- Press any of the four buttons twice to activate the receiver. Unit is displayed. LBS/INCH is flashing.
- Once awakened, the receiver will guide you through the necessary settings. Scroll up or down to set the right values. Press OK to lock your selection.

Set the following:
 Measuring units – lbs/inch or kg/cm
 12h or 24h time mode
 Time of day
 Date
 Weight
 Height
 Sex
 Birthday

After setting your birthday, your target heart rate zone based on your age is automatically calculated.

After the settings are complete, the receiver automatically goes to the Time of day display.

You can cancel the setting by pressing and holding OK, but you can not start measuring the heart rate before you have completed the settings.

How to Start

- In the Time of day display press OK. Your heart rate appears in a few seconds.
- Press OK again. The stopwatch starts running and you can start exercising. The exercise data will only be stored if you have turned the stopwatch on.



How to Stop

- Press OK to stop the stopwatch. QUIT and paused stopwatch appear. Measurement is paused. Exercise is no longer recorded.



- Press Up or Down button to exit the Exercise mode. The receiver shows the Time of day display within 5 minutes if you forget to quit the heart rate measurement mode when you stopped the stopwatch and removed the transmitter from your chest.



4. Functions During Exercise

- Press Signal/Light to turn the light on.
- Press and hold Signal/Light to turn the zone alarm sound on or off.
- Check the time of day by bringing the wrist receiver up to the Polar logo on the transmitter.
- Scroll up to select what values you want to view in the upper row of the display during exercise.
 - Heart rate in the target zone is displayed
 - a) as absolute heart rate
 - or
 - b) as a % of maximum heart rate
 according to your lower row selection.
 - Fitness bullets
 - For every 10 minutes in TZ, a # appears.
 - Calorie expenditure
 - The calorie calculation starts when your heart rate reaches 100 bpm.

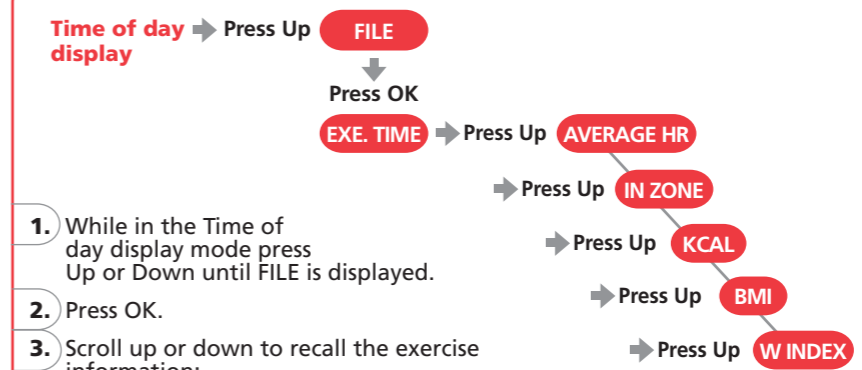
- Scroll down to select what you want to view in the lower row of the display.
 - Heart rate in beats per minute.
 - Heart rate as a % of your maximum heart rate.
 - Exercise time.
 - Time of day.
- You can pause the stopwatch by pressing OK. Repeating OK will restart the stopwatch. After restart you will see heart rate in the lower row.

5. After Exercising

- Carefully wash the transmitter with a mild soap and water solution.
- Rinse it with pure water.
- Dry the transmitter carefully with a soft towel.
- Keep the wrist receiver clean and wipe off any moisture.
- Store the heart rate monitor in a clean and dry place. Dirt impairs the elasticity and functioning of the transmitter. Sweat and moisture can keep the electrodes wet and the transmitter activated, which shortens battery life.

The combined impact of moisture and intense abrasion may cause a black color, which might stain light-colored clothes especially, to come off the transmitter's surface.

6. How to Recall File Stored in Memory



- While in the Time of day display mode press Up or Down until FILE is displayed.
- Press OK.
- Scroll up or down to recall the exercise information:
 - EXE. TIME Total exercise time
 - AVERAGE HR Average heart rate of the exercise
 - IN ZONE Time spent in target zone
 - KCAL Calories expended during the exercise
 - BMI Body mass index
 - W INDEX WalkIndex, the result of the walking test

The most convenient way to determine whether a person is overweight is to use the Body Mass Index, BMI. The body mass index does not describe the amount of fat tissue but merely serves as a means for comparing adult persons in terms of overweight or underweight.

BMI	Interpretation
< 18.5	Underweight
18.5 - 24.9	Normal weight
25.0 - 29.9	Overweight
≥ 30.0	Obesity

Reference: World Health Organization. Obesity: preventing and managing the global epidemic. Report of a WHO Consultation on Obesity. Geneva: World Health Organization, 1998.

The BMI value does not distinguish between muscular and fat tissue. Thus, a weight-lifter may have a BMI value which indicates obesity although the person only has large muscles and little fat tissue.

