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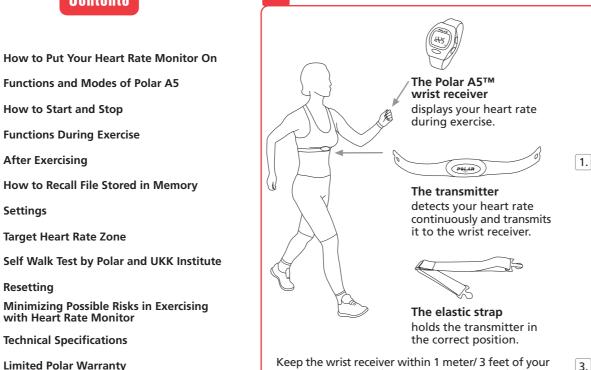
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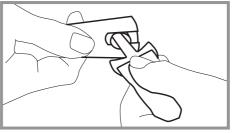
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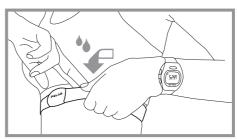
How to Put Your Heart Rate Monitor On



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.



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

Functions and Modes of Polar A5 3 How to Start and Stop Time of day display -> Press Up FILE How to operate the set buttons How to Set up Your New Polar A5 Receiver Up To move forward or back, use Up or ╋ 1.) Press any of the four buttons twice to activate Press Up Down button. Press OK Moves to the To choose the value to begin adjusting, following SETTING press OK. It will begin blinking. Heart rate measuring Rese mode or Press Up or Down button to adjust the If reset, increases the ╺ Press Up value (The digits run faster if you press selected value. settings will Press OK and hold the button). return to the WALK TEST Wherever you are in the settings, you can POLAR Exercise recordin default values. return to the Time of day display by pressing TUE 19 and holding OK. **09:30**° (Time of day display mode) File mode Date • Starting point for all functions • Shows the data recorded during the exercise Down Shows date and time Height Returns to the Setting mode Press and hold OK to return to the Time of day Sex previous mode Signal/Light Set different values display, wherever you are in the Settings or File or decreases - unit measurement; weight, height, time Alarm on or off. the selected recalling cycle. Backlight on. user data value. When the alarm is turned on, the symbol • ОК - target heart rate limits hen the alarm watch functions; alarm, time, date Starts measuring ite or you can Heart Touch function heart rate. Starts and ur buttons. Walk Test mode Bring the wrist receive stops the stopwatch. • Based on 1.24 miles/2 km brisk walk up to the Polar logo Enters the displayed • Measures cardiorespiratory fitness on the transmitter e your heart mode. Locks in your selection. during exercise and ormation in you can check the tim of day. on while the heart rate 4 **Functions During Exercise** 5. After Exercising **1.**) Press Signal/Light to turn the light on. want to view 1.) Carefully wash the transmitter with a mild and water solution.

2.) Press and hold Signal/Light to turn the zone alarm sound on or off. **3.**) Check the time of day by bringing the wrist receiver up to the Polar logo on the transmitter. **4.**) Scroll up to select what values you want to view in the upper row of the display during exercise. 117_₩_153 1. Heart rate in the target zone is displayed a) as absolute heart rate

ч,	as absolute mean trate	\
	or	\leq
b)	as a % of maximum heart rate	(65 _0 _85`
	according to your lower row selection.	
2.	Fitness bullets	•Tz

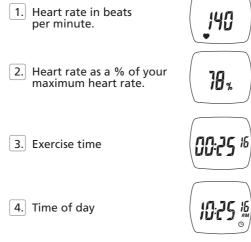
2.	Fitness bullets	ſ	-	_		-		Tz	
	For every 10 minutes in TZ, a # appears.								
2	Caloria expanditura	ſ	K	CF	ìL		15	56	

The calorie calculation starts when your heart rate reaches

3. Calorie expenditure

100 bpm.

n	comes on it will sound for one minut turn it off by pressing any of the fou
er	Exercise recording mode
ne	 In the Exercise mode you measure rate and record your exercise info a file
-	You can view different information heart rate monitor is measuring heart rate.
	5. Scroll down to select what you with the lower row of the display.
	1. Heart rate in beats



6.) You can pause the stopwatch by pressing OK. Repressing OK will restart the stopwatch.

After restart you will see heart rate in the lower row.

the receiver. Unit is displayed. LBS/INCH is flashing. 2. 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.

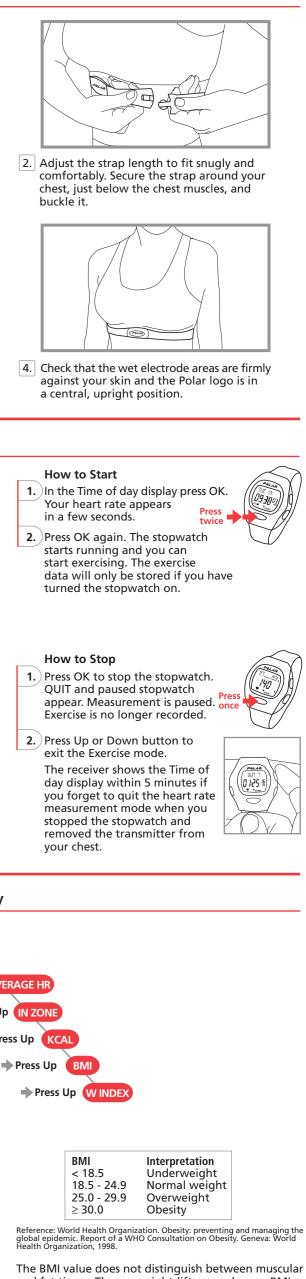
- Set the following: Measuring units Ibs/inch or kg/cm
- 12h or 24h time mode Time of day
- Weight
- Birthday

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.

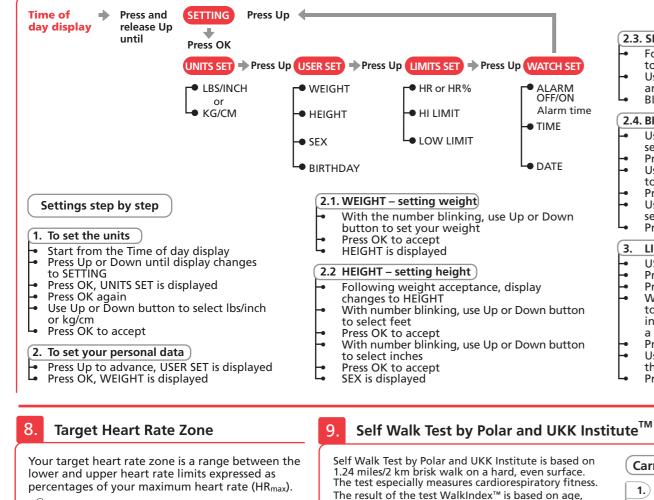
5.	After Exercising	6.	How to Recall File Stored in Memory
2.	Carefully wash the transmitter with a mild soap and water solution. Rinse it with pure water. Dry the transmitter carefully with a soft towel.		me of day Press Up FILE Press OK EXE. TIME Press Up AV
4.	Keep the wrist receiver clean and wipe off		Press U
5.	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.	2. 3.	While in the Time of day display mode press Jp or Down until FILE is displayed. Press OK. Scroll up or down to recall the exercise nformation: EXE. TIME Total exercise time
!	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.		AVERAGE HR Average heart rate of the exercise N ZONE Time spent in target zone (CAL Calories expended during the exercise BMI Body mass index N INDEX WalkIndex, the result of the walking test
		pers BMI amo	most convenient way to determine whether a son is overweight is to use the Body Mass Index, . The body mass index does not describe the punt of fat tissue but merely serves as a means for paring adult persons in terms of overweight or

underweight.



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.

Settings



When your heart beats at 50-60% of your HR_{max}, you're in the light intensity zone. This kind of exercise is easy; ex. daily activities

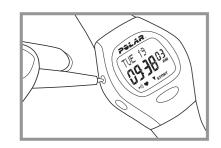
A and light chores. It delivers some health benefits. R Push on to 60-70% of your HR_{max} and you're in the light to moderate intensity zone. This is good for improving health, fitness and for

weight loss. It also improves endurance. 70-85% of your At 70-85% of your HR_{max}, 4R you've moved into the **moderate to heavy** intensity zone. This is harder work, but aff effective for strengthening aerobic fitness and endurance especially for people exercising more regularly.

You can set your target limits in beats per minute or as percentages of your maximum heart rate. The percentage limits can not be set if you have not set vour birthday

When you set your birthday, the watch automatically calculates the limits, which are 65-85% of your estimated maximum heart rate (220 - age). For an accurate measure of your maximum and exercise heart rates, visit your doctor for an exercise stress test.

10. Resetting



Resetting clears the settings which return to the default values.

If there are no reactions to any buttons. reset the receiver.

1. Press Reset button with a pen tip. Display becomes full of digits.

- 2. Press any of the four buttons once. If you don't press any button after resetting, within one minute the wrist receiver goes to the battery saving mode.
 - Wake up by pressing any of the buttons twice.

2.3. SEX – setting gender

- Following height acceptance, display changes to SEX; MALE or FEMALE blinks
- Use Up or Down button to make your selection
- and press OK BIRTHDAY/MONTH is displayed

2.4. BIRTHDAY – setting your date of birth

- Use Up or Down button to select the correct month
- Press OK
- 24h time display Use Up or Down button
- to select the correct day . DAY ->MONTH ->YEAR Press OK

- Use Up or Down button to select the correct year Press OK, USER SET is displayed
- LIMITS setting target heart rate zone limits
- USER SET is displayed Press Up to advance, LIMITS SET is displayed Press OK With HR or HR% blinking use Up or Down
- to select whether you want to set the limits in beats per minute or as a percentage of a maximum heart rate Press OK to accept, HI LIMIT is displayed
- Use Up or Down button to determine
- the upper limit Press OK, LO LIMIT is displayed

- Use Up or Down button to determine the lower limit (the lower limit cannot be set above the upper limit)
- Press OK, LIMITS SET is displayed
- 4. WATCH time and day determination

Alarm

- Use Up button to advance from LIMITS display to WATCH SET, press OK (or in the Time of day display press and hold Signal/Light button -> WATCH SET)
- ALARM ON or OFF blinks
- Select alarm on or off
- Press OK
- If you set the alarm on: set the alarm time In 12h time mode, select AM/PM, press OK
- Hours blink on the display, use Up or Down button to select the correct hour, press OK
- Minutes blink on the display, use Up or Down button to select the correct minutes

Time

- TIME is displayed Press Up or Down button to select 12 h or
- 24 h time display

Press OK

WOMEN

Age

(vears)

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-65

MEN-

Age

(years)

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-65

Very poor

< 27

< 26

< 25

< 24

< 22

< 21

< 19

< 18

< 16

Very poo

< 32

< 31

< 29

< 28

< 26

< 25

< 24

< 22

< 21

Press OK In 12 h time mode, select AM/PM with Up or

Poor

27-31

26-30

25-29

24-27

22-25

21-23

19-22

18-20

16-18

Poor

32-37

31-35

29-34

28-32

26-31

25-29

24-27

22-26

21-24

Fair

32-36

31-35

30-33

28-31

26-29

24-27

23-25

21-23

19-21

Fair

38-43

36-42

35-40

33-38

32-35

30-34

28-32

27-30

25-28

Average

37-41

36-40

34-37

32-35

30-33

28-31

26-29

24-27

22-24

Average

44-50

43-48

41-45

39-43

36-41

35-39

33-36

31-34

29-32

Down button, press OK TIME and blinking hours are displayed

The result of the test WalkIndex[™] is based on age, body mass index, walking time and your heart rate at the end of the walk. It tells how fit you are compared to others your age and gender. WalkIndex corresponds

to VO_{2max} (ml/kg/min). The test has been designed for healthy persons between the ages of 20 and 65. It does not give dependable results for people outside this age range or for those who are highly fit.

The Self Walk Test has been designed to be performed after a supervised test in order to get the most reliable result. Anyone who participates in this test does so at his or her own risk

Check your suitability to be tested by

answering the following questions:	yes	no
 Do you have a heart defect or suffer from heart disease? 	0	0
2. Are your joints sore, inflamed or swollen?	$ \circ $	$ \circ$
3. Do you experience tightness, burning sensations or pressure in your chest when you walk?	0	0
		\frown

- **4.** Do you feel faint or dizzy when you walk?
- **5.** Do you feel excessively tired?
- **6.**)Are you on medication?
- If you answered 'no' to all of the above questions, you can perform the Self Walk Test safely.
- If you answered one or more questions with 'yes',
- consult your doctor before carrying out the test.

11. Minimizing Possible Risks in Exercising

with Heart Rate Monitor

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 to consult a doctor before starting an exercise program.

- Have you not exercised 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, blood pressure, psyche, asthma, breathing etc. as well as some energy drinks, alcohol and nicotine, can affect heart rate.

If you are allergic to any substance that comes into contact with the skin, check the Polar heart rate monitor materials from the Technical specifications' chapter. 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.

Notice to persons with pacemakers, defibrillator or other implanted electronic device. 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.

Carrying out the Test

- 1. On the Time of day display, scroll up or down until WALKTEST is displayed. Press OK. The receiver guides you through the necessary settings unless you have done them earlier. 2.) Press OK to start the 5 minute warm up. At the
- end of the warm up you will hear an alarm sound. In case you already warmed up, you can skip the warm up by pressing OK.
- 3. When START is displayed after the warm up, start the test by pressing OK. The heart rate appears on the display in few seconds.
- 4.) Walk exactly 1.24 miles/2 km on a hard, even surface (road or track) as fast as you can and at an **even pace**. If your heart rate decreases under the lower limit, WALK FASTER appears and the receiver begins beeping. Increase the walking speed

5.) Press OK at the end of the test.

 $|\bigcirc$

- Your WalkIndex, its interpretation and the date 6.) are displayed. Fitness category compares your WalkIndex with respect to others in the same age group (20 - 65 years). The latest WalkIndex is automatically updated to the file after the test.
- 7.) Press OK to return to the Time of day display.

All Polar heart rate monitors are 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 heartbeats 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 Material: Polyurethane Waterproof

Fabric material: Nylon, polyester and natural rubber including a small amount of latex

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 Water resistance: to 100 feet/30 meters, OK button can be pressed in water

In water Wrist strap: Polyurethane Wrist strap buckle: Polyoxymethylene Back cover: Stainless steel complying with the EU Directive 94/27/EU and its amendment 1999/C 205/05 on the release of nickel from

products intended to come into direct and prolonged contact

whichever larger, definition applies to steady state conditions

.OFF .On

160 80

.23 h 59 min 59 s

..30 – 199 bpm ..99 h 59 min 59 s ..20 – 65

.7 – 25 min .1900 – 1999

Accuracy of heart rate measurement: \pm 1% or \pm 1 bpm

8. Stretch out after the test.

12. Technical Specifications

Elastic Strap Buckle material: Polyurethane

with the skin

Default settings

Time of day . Alarm clock .

Zone alarm.

Upper Limit Lower Limit

Limit values

Total time

Heart rate limits.

Birthday year range

Total time Age range for Self Walk Test ... Time range for Self Walk Test ...

- If you do not want to have the sound signal on during the test, press and hold Signal/Light button. i)) disappears from the display.
 You can interrupt the test anytime during the test
- by pressing OK.

13. Limited Polar Warranty

- This limited Polar warranty is issued by Polar Electro Inc. for the consumers who have purchased this heart rate monitor in the USA or Canada. This limited Polar warranty is issued by Polar Electro Oy for the consumers who have purchased this heart rate monitor in other
- countries. Polar Electro Inc. / Polar Electro Oy 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
- In the USA and Canada the Polar transmitter is covered by a two-year maintenance free warranty. In the other countries the Polar transmitter is covered by a one-year maintenance free warranty. Please keep the receipt which is your proof of purchase! Warranty does not cover receiver battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases.
- Warranty does not cover any damage, direct or incidential, consequential or special damage, caused by service not authorized by Polar Electro Inc. / Polar Electro Oy.
- Inc. / Polar Electro Oy. During the warranty period the product will be either repaired or replaced at an authorized service center free of charge. This warranty 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. Please check the packaging material for possible country-specific
- additional warranty.

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- Use Up or Down button to select correct time,
- press OK TIME and blinking minutes are displayed Use Up or Down button to select correct time, press OK
- Date
- MONTH and blinking month
- are displayed Use Up or Down button to select the correct month
- Press OK
- DAY and the blinking day of the month are displayed
- Use Up or Down button
- to select the correct day
- Press OK
- YEAR and the blinking number are displayed Use Up or Down button
- to select the correct year Press OK, press and hold OK to return to the Time of day display

24h time display DAY ->MONTH ->YEAR

WalkIndex and Fitness Categories (VO_{2max}, ml/kg/min)

			Very poor - fair:
Good 42-46	Very good 47-51	Excellent >51	Increase exercise for health and fitness benefits.
41-44	45-49	>49	Average:
38-42 36-40 34-37 32-35 30-32 28-30	43-46 41-44 38-41 36-38 33-36 31-33	>46 >44 >41 >38 >36 >33	Maintain current exercise habits to ensure good health. Exercise increase is recommended for fitness improvement.
28-30	28-30	>33	Good - exellent:
			Maintain current exercise habits for good health and fitness.
Good	Very good	Excellent	References:
51-56	57-62	>62	Shvartz E, Reibold RC: Aerobic fitness
49-53	54-59	>59	norms for males and females aged 6 to 75 years: Aviat. Space Environ. Med.
46-51 44-48	52-56 49-54	>56 >54	61:3-11, 1990.
44-46	49-54	>54 >51	 Guide for The UKK Institute 2-km Walking Test. UKK Institute 1993.
40-43	44-48	>48	Laukkanen R. Development and
37-41	42-46	>46	evaluation of a 2-km walking test for
35-39	40-43	>43	assessing maximal aerobic power of adults in field conditions. Doctoral
33-36	37-40	>40	

14. 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

D. Medical Sciences 23. Kuopio 1993.

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