



Polar FT7
User Manual

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1. BENEFITS OF YOUR POLAR FT7 TRAINING COMPUTER



EASINESS OF TRAINING

With Polar FT7™ Training Computer you'll get an easy start to heart rate based training.

MOTIVATION

EnergyPointer motivates you to train in the right, fitness improving or fat burning zone.

ENJOYMENT

WearLink® textile transmitter makes your training session enjoyable.

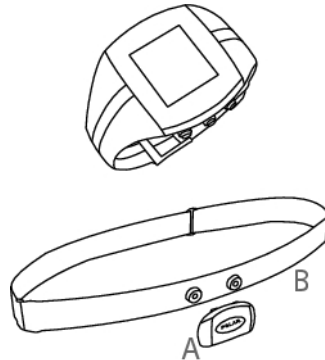
2. GET STARTED

Get to Know Your Polar FT7 Training Computer

Training computer records and displays your heart rate and other data during training.

WearLink® transmitter transmits the heart rate signal to the training computer. The WearLink transmitter consists of a connector (A) and strap (B).

Register your Polar product at <http://register.polar.fi/> to ensure we can keep improving our products and services to better meet your needs.



FT7 Buttons and Menu

▲ UP:

- Enter the menu
- Adjust values
- Move through selection lists
- Change the watch face with a long press in the Time view

● OK:

- Confirm selections
- Select training type or training settings

▼ DOWN:

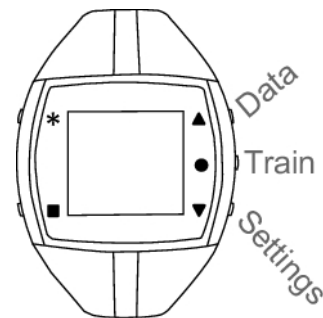
- Enter the menu
- Move through selection lists
- Adjust values

■ BACK:

- Exit the menu
- Return to the previous level
- Cancel selection
- Leave settings unchanged
- Return to Time view with a long press

* LIGHT:

- Illuminate the display
- Enter quick menu in Time view with a long press, to lock buttons, set alarm or select time zone
- During training with a long press switch training sounds **ON/OFF** or lock buttons
- Night Mode during training: Press LIGHT once during recording and the backlight will be activated by pressing any button. Night mode is switched off when the FT7 goes back to Time mode.



Start With Basic Settings

To activate your Polar FT7 training computer, press and hold any button for one second. Once the FT7 is activated, it cannot be switched off.

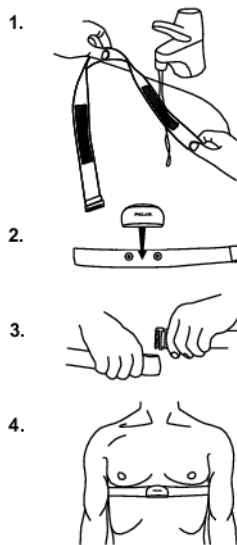
1. **Language:** Select **Deutsch, English, Español, Français, Italiano, Português, Suomi** or **Svenska** with UP/DOWN. Press OK.
2. **Please enter basic settings** is displayed. Press OK.
3. Select **Time format**.
4. Enter **Time**.
5. Enter **Date**.
6. Select **Units**. Set metric (KG, CM) or imperial (LBS, FT). By selecting lbs/ft, calories are displayed as CAL, otherwise they are shown as KCAL. *Calories are measured as kilocalories.*
7. Enter **Weight**.
8. Enter **Height**.
9. Enter **Date of birth**.
10. Select **Sex**.
11. **Settings OK?** is displayed. Confirm and save the settings, select **Yes**. **Basic settings complete** is displayed and the FT7 enters Time view. To change the settings, select **No**. **Please enter basic settings** is displayed. Re-enter your basic settings.

You can modify your user information at a later date. For more information, see Chapter 5 (page 12).

3. TRAINING

Wear the Transmitter

1. Wet the electrode areas of the strap well under running water.
2. Attach the connector to the strap. Adjust the strap length to fit it tightly but comfortably.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.



i Detach the connector from the strap when you are not using it to maximize the transmitter lifetime.

For more detailed information on how to maintain your transmitter, see Washing Instructions for WearLink Transmitter (page 14).

Start Training

1. Wear the transmitter and the training computer.
2. Press OK and select **Start**. Wait until your heart rate is displayed and then press OK to start the recording.

To modify training sound, heart rate view, heart touch or zone limits before starting the recording of the training session, select **Settings** > **Training Settings**. For more information, see Training Settings (page 12).

i Your training file is saved only when the recording has lasted for more than one minute.

Exercise duration timer

The FT7 has an exercise duration timer, which enables you to just record exercise time without using the transmitter.

1. To time your exercise press OK twice **Started** is displayed.
2. Press DOWN until you can see the **DURATION** / **TIME OF DAY** display.
3. You can follow the elapsed time. When **Check heart rate transmitter!** appears, press OK to continue timing.
4. To stop the timing, press BACK twice.
5. The summary will follow and you can check the elapsed time.

Burn Fat or Improve Fitness

While training, the Polar FT7 displays your optimal training intensity for burning fat and improving fitness. These intensities may vary depending on your daily physical and mental condition. When you start recording a training session, the FT7 analyses your current condition and, if necessary, will adjust the

intensities accordingly.

This intelligent training computer can detect your body's daily state from your heart rate and heart rate variability. When your body is recovered from previous training sessions and is not tired or stressed, then you are prepared for more intensive training.

The effect of your training is displayed on the wrist unit in real time. The fat-burning and fitness intensity zones are separated by a vertical dotted line. This line is automatically detected by the FT7, and shifted according to your current condition.



EFFECT on the display will change to **FATBURN** or **FITNESS** depending on which zone you are in.

1. Your current heart rate
2. Limit heart rate value between fat-burning and fitness intensity zones.
~ disappears as the FT7 adjusts the intensity zones to correspond to your current condition when necessary.



FATBURN (heart symbol is on the left side of the line)

In fatburn zone, training intensity is lower, and the source of energy is mainly fat. Therefore, fat burns efficiently and your metabolism, mainly fat oxidation, increases.



FITNESS (heart symbol is on the right side of the line)

In fitness zone, training intensity is higher and you are improving your cardiovascular fitness i.e. strengthening your heart and increasing blood circulation to muscles and lungs. The main energy source is carbohydrates.

You can lock into the Fatburn or Fitness zones, depending on your goal for that particular training session.



While in the desired zone, press OK for one second to lock. Fat burning zone locked or Fitness zone locked is displayed. The wrist unit gives a sound if you are training too hard or too light. For instance, fatburn zone is locked in this image. To unlock a zone, press OK for one second.

During Training

The following information is displayed during training recording. Press UP/DOWN to change the view.



HEART RATE

Your current heart rate



CALORIES

Calories burnt during the training session.



DURATION

The duration of your training session

TIME OF DAY

Time of day.



Fitness (heart symbol is on the right side of the line)

Your current heart rate. You are exercising on a fitness improving zone.

i FT7 has a display memory function which remembers the last display (for example the calorie display) you have used during your training session. Next time when you start a training session, the display will automatically select the calorie display.

Heart Touch™



By bringing the training computer near the transmitter connector during training the time of day displayed. The backlight also lights up, providing that you have pressed the LIGHT button during the training session. Set the HeartTouch function **On/Off** in **Settings > Training Settings > HeartTouch**.

Pause/Stop Training

1. To pause your training session recording, press BACK, **Continue/ Exit** is displayed. To continue recording press OK.
If you have not continued recording in five minutes, the FT7 will automatically remind you to do so by a sound. You will hear the sound every ten minutes until session recording is either continued or stopped.
Note: If the sound is off mode then display remains in pause mode until user makes the next selection, puts FT7 onto FlowLink or the battery runs out.
2. To stop the recording, press BACK once more. **Stopped** is displayed.

See Training Summary (page 9) for information on training session feedback.

i Training session feedback will be shown only if the recording has lasted more than ten minutes.

Detach the transmitter connector from the strap and rinse the strap under running water after every use. Wash the strap regularly in a washing machine at 40°C/104°F at least after every fifth use. For more information on caring the transmitter, see Washing Instructions for WearLink Transmitter (page 14

4. AFTER TRAINING

Training Summary

The Polar FT7 displays a training summary after each training session:

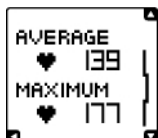


DURATION

The duration of your training session

CALORIES

The amount of burnt calories during the training session.



AVERAGE

Your average heart rate of the training session

MAXIMUM

Your maximum heart rate of the training session



FAT BURN

Time spent in the fat burning zone

FITNESS

Time spent in the fitness improving zone

Review Training Data

To review your training data, select **MENU > Data**. Then select **Training files**, **Week summaries**, **Totals since xx.xx.xx**, **Delete files** or **Reset totals**.

Training Files

To review your past training data, select **MENU > Data > Training files**. Then select the date and time you want to view.



File creation day: xx.xx.xx

File creation time: xx:xx

Each bar represents one training session file. Select the training session you want to view

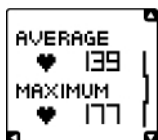


DURATION

Duration of your training session

CALORIES

The amount of burnt calories during the training session



AVERAGE

Average heart rate of the training session

MAXIMUM

Maximum heart rate of the training session



FAT BURN

Time spent in the fat burning zone

FITNESS

Time spent in the fitness improving zone

Delete Files

The maximum number of training files is 99. When the **Training files** memory becomes full, the oldest training file is overwritten by the most most recent one. To save the training file for a longer period of time, transfer it to Polar web service at www.polarpersonaltrainer.com.

- To delete a training file, select **Data > Delete > Training file > OK**.
- Select the file you want to delete, press OK.
- **Delete file?** is displayed. Select **Yes**.
- **Remove from totals?** is displayed. To remove the file from totals, select **Yes**.

Delete all files

- Select **Data > Delete > All files > OK**.
- **Delete all files?** is displayed. Select **Yes, All files deleted** is displayed.

 *To cancel file deletion, press BACK until Time of day view is displayed.*

Week Summaries

To review your weekly training summary select **MENU > Data > Week summaries**



WEEK
Week start date and end date
File browser



DURATION
The duration of your training sessions
SESSIONS
The number of training sessions during the selected week.



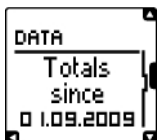
CALORIES
The amount of calories burnt during the week

Reset Week Summaries

To reset week summaries select **Data > Reset week summaries > OK**. **Reset weeks?** is displayed. Select **Yes** to reset week summaries.

Totals

To review your training totals select **MENU > Data > Totals since xx.xx.xxxx**



DATA
Totals since 01.09.2009

**DURATION**

The total duration of training sessions

SESSIONS

The total number of training sessions

**CALORIES**

The total amount of calories burnt during your training sessions

Reset Totals

To reset totals, select **Data > Reset totals** and **Yes**.

Transfer Data

For a long-term follow-up, store all your training files at polarpersonaltrainer.com web service. There you can view detailed information of your training data and get a better understanding of your training. With Polar FlowLink* it is easy to transfer training files to the web service. Alternatively you can transfer your training data manually to polarpersonaltrainer.com.

How to set your PC for data transmission

1. Register at polarpersonaltrainer.com
2. Download and install the Polar WebSync software on your computer at polarpersonaltrainer.com.
3. WebSync software is automatically activated when the box "Launch the Polar WebSync" is ticked at the end of the installation.
4. Plug in your FlowLink in the USB port of the computer. The DATA symbol turns to yellow when FlowLink is connected to your PC. Place your training computer onto FlowLink, display facing down.
5. Follow the data transfer process and the instructions for downloading the data, from the WebSync Software on your computer screen. For further instructions on data transfer, see polarpersonaltrainer.com "Help".

 *To transfer data in the future follow the points 4 and 5 as instructed above.*

* Optional Polar FlowLink required.


5. SETTINGS

Watch Settings

Select the value you want to change and press OK. Adjust the values with UP/DOWN and confirm with OK.

Select **Settings > Watch, time and date** .


- **Alarm:** Set alarm **Off** or **On**. If you select **On**, set the hours and minutes. Press BACK to stop the alarm or UP/DOWN/OK to snooze for 10 minutes. The alarm cannot be used during training.
- **Time:** Select **Time 1** and set the time format, hours and minutes. Select **Time 2** to set time for another time zone by adding or subtracting hours. In the Time view, you can quickly change from **Time 1** to **Time 2** by pressing and holding DOWN. When **Time 2** is selected, **2** is displayed at the bottom right corner of the display.
- **Time zone:** Select time zone 1 or 2.
- **Date:** Set the date.
- **Watch face:** Select **Time only**, **Time and logo** or **Birthday logo** (Selectable only on birthday). To change the Watch face quickly, press and hold UP, **Watch face changed** is displayed.

 *You can create a logo with a picture editing program and transfer it to your Polar FT7 Training Computer by using the Polar WebSync software. For more information go to polar.fi/support*

Training Settings

Select **Settings > Training settings**

- **Training sounds:** Select **Off** or **On**.
- **Heart rate view:** Set the FT7 to display your heart rate as **Beats per minute (BPM)** or as **Percent of maximum (% OF MAX)**.

 ***BPM:** The measurement of the work your heart does, expressed as the number of beats per minute.
% OF MAX: The measurement of the work your heart does, expressed as % of your heart rate reserve.*

- **HeartTouch:** Select **On** or **Off**. By bringing the training computer near the transmitter connector during training the time of day displayed. The backlight also lits up, providing that you have pressed the LIGHT button during the training session.
- **Heart rate upper limit** helps you to train within your personal target heart rate zone (e.g. advised by a doctor). Set upper heart rate limit **On** and adjust the limit with UP/DOWN and press OK.

User Information

Select **Settings > User Information**

- **Weight:** Enter your weight.
- **Height:** Enter your height.
- **Date of birth:** Enter your date of birth
- **Sex:** Select **MALE** or **FEMALE**.
- **Maximum heart rate** is the highest number of heartbeats per minute (bpm) during maximum physical exertion. Change the default value only if you know your laboratory-measured value.

General Settings

Select **Settings > General settings** .

- **Button sounds:** Select button sounds **On** or **Off**.
- **Units:** Select **Metric (kg/km)** or **Imperial (lb/ft)**. By selecting lb/ft, calories are displayed as Cal, otherwise they are shown as kcal. Calories are measured as kilocalories.
- **Week's start day:** Select the starting day of the week **Monday**, **Saturday** or **Sunday**.

- **Language:** Select **Deutsch**, **English**, **Español**, **Français**, **Italiano**, **Português**, **Suomi** or **Svenska**.

6. CUSTOMER SERVICE INFORMATION

Caring for Your FT7 Training Computer

Training computer: Clean with a mild soap and water solution, dry with towel. Do not press buttons under water. Never use alcohol or any abrasive material (steel wool or cleaning chemicals). Keep in a cool and dry place. Do not store in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose to direct sunlight for extended periods.

Washing Instructions for WearLink Transmitter

WearLink transmitter: Detach the transmitter connector from the strap and rinse the strap under running water after every use. Dry the connector with a soft towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals).

Wash the strap regularly in a washing machine at 40°C/104°F or at least after every fifth use. This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the transmitter connector in the washing machine or drier!

Dry and store the strap and the transmitter connector separately. Wash the strap in a washing machine before long-term storage and always after use in pool water with high chlorine content.

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.

Please see the separate Polar Customer Service Card for details.

Register your Polar product at <http://register.polar.fi/> to ensure we can keep improving our products and services to better meet your needs.

Changing Batteries

Avoid opening the sealed battery cover during the guarantee period. We recommend that you have the battery replaced by an authorized Polar Service Center. They test your Polar FT7 for water resistance after battery replacement and make a full periodic check. Please note the following:

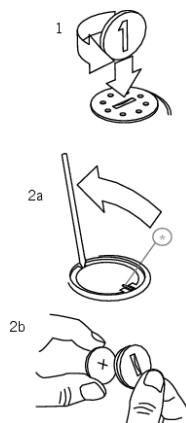
- The low battery indicator is displayed when 10-15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.
- The backlight and sound are automatically turned off when the low battery indicator is displayed. Any alarms set prior to the appearance of the low battery indicator will remain active.

To change the battery yourself:

Change the sealing ring of the battery cover every time you change the battery. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers only. Keep the batteries away from children. If swallowed, contact a doctor immediately. Batteries should be disposed of properly according to local regulations.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneously from both sides, with metal or electrically conducting tools, like tweezers. This may short circuit the battery, causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but may decrease the capacity and thus the lifetime of the battery.

1. Open the battery cover with a coin by turning it from CLOSE to OPEN.
2.
 - When changing training computer battery (2a), remove the battery cover and lift the battery out carefully with a suitable sized small rigid stick or bar, for instance, a toothpick. However, prefer a non-metal tool for wrenching the battery out. Be careful not to damage the metal sound element (*) or the grooves. Insert a new battery inside the cover with the positive (+) side facing the cover.
 - When changing transmitter battery (2b), place the battery inside the cover with the positive (+) side facing the cover.
3. Replace the old sealing ring with a new one, fitting it snugly in the cover groove to ensure water resistance.
4. Put the cover back on and turn it clockwise to CLOSE.
5. Re-enter the basic settings if you changed the training computer batteries.



Precautions

Your Polar FT7 training computer is designed to help you achieve personal fitness goals and indicate the level of physiological strain and intensity during training sessions. No other use is intended or implied.

Minimizing Possible Risks

Training may include some risk. Before beginning a regular training program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any training program.

- Have you been physically inactive for the past five years?
- Do you have high blood pressure or 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 other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to training intensity, medication for heart conditions/blood pressure/psychological conditions/asthma/breathing/etc, as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during training. If you feel unexpected pain or excessive fatigue when training, stop the exercise or continue at a lighter intensity.

If you have a pacemaker, defibrillator or other implanted electronic device, you use the Polar FT7 at your own risk. Before starting use, take a maximal training stress test under the supervision of a physician. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar FT7.

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 Technical Specifications. To avoid any skin reaction to the transmitter, wear it over a shirt. Moisten the shirt well under the electrodes to ensure flawless operation. If you use insect repellent on your skin, make sure that it does not come into contact with the training computer or the transmitter.

ENGLISH

Exercise equipment with electronic components may cause interfering stray signals.

To tackle these problems, try the following:

1. Remove the transmitter from your chest and use the exercise equipment as you would normally.
2. Move the training computer 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 training computer in this interference-free area as much as possible.

If the Polar FT7 still does not work, the piece of equipment may be electrically too noisy for wireless heart rate measurement.

Water Resistance of the Polar FT7 Training Computer

Polar FT7 may be worn when swimming. To maintain water resistance, do not press buttons under water. For more information, visit <http://www.polar.fi/support>. Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on case back	Water resistant characteristics
Water resistant	Protected against wash splashes, sweat, raindrops etc. Not suitable for swimming.
Water resistant 30 m/50 m	Suitable for bathing and swimming
Water resistant 100 m	Suitable for swimming and snorkeling (without air tanks)

Troubleshooting

If you don't know where you are in the menu, press and hold BACK until the time of day is displayed.

If there are no reactions to any buttons or the FT7 displays unusual readings, reset the training computer by pressing four buttons (UP, DOWN, BACK and LIGHT) simultaneously for four seconds. The display will go blank for a moment. Press OK and **Please enter basic settings** will shortly be displayed. Enter time and date. With long press BACK the display returns to time of day view. All other settings except time and date will be saved.

If the heart rate reading becomes erratic, extremely high or shows nil (00), make sure that there are no other heart rate transmitters within 1 m/3 ft and that the transmitter strap/the textile electrodes fit snugly and are moistened, clean and undamaged.

If the heart rate measurement does not work with the sports apparel, try using the strap. If it works, the problem is most probably in the apparel. Check that the electrode areas of the apparel are clean. Before washing the apparel, check the washing instructions. If the heart rate measurement still does not work, please contact the apparel retailer/manufacturer.

Strong electromagnetic signals can cause erratic readings. Electromagnetic 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 training equipment, cellular phones, or at electric security gates. To avoid erratic readings, move away from possible sources of disturbance.

If the abnormal reading continues despite moving away from the source of disturbance, slow down and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.

If heart rate measurement does not work despite the actions mentioned previously, the battery of your transmitter may be empty.

A cardiac event may have altered your ECG waveform so that the transmitter is not able to detect it. In this

case, consult your physician.

Technical Specifications

FT7 Training Computer

Battery type	CR1632
Battery life	Average 12 months (training 0.5 h/day, 7 days/week)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
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 ± 0.5 seconds/day at 25 °C / 77 °F temperature.
Accuracy of heart rate measurement	$\pm 1\%$ or ± 1 bpm, whichever larger, definition applies to steady state conditions.

WearLink 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	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	Polyamide
Strap material	35% Polyester, 35% Polyamide, 30% Polyurethane

Limit Values

Chronometer	23 h 59 min 59 s
Heart rate	15 - 240 bpm
Total time	0 - 9999 h 59 min 59 s
Total calories	0 - 999999 kcal/Cal
Total exercise count	65 535
Year of birth	1921 - 2020

System Requirements

Polar WebSync Software and Polar FlowLink:	PC MS Windows (2000/XP/Vista) 32 bit
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Limited International Polar Guarantee

- 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 limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, elastic strap and Polar apparel.
- The 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.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

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Manufactured by Polar Electro Oy, Professorintie 5, FIN-90440 KEMPELE, Tel +358 8 5202 100, Fax +358 8 5202 300, www.polar.fi

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