Polar RS800CX™

Getting Started Guide

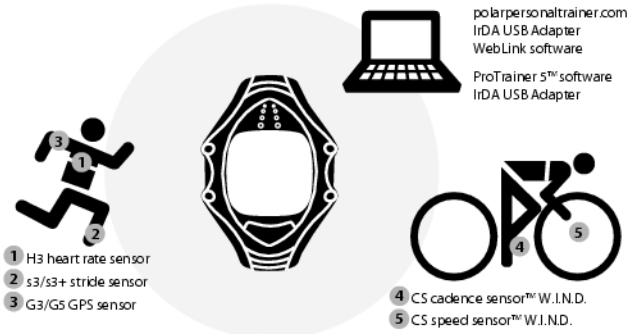
POLAR®

LISTENS TO YOUR BODY

Contents

1. POLAR RS800CX TRAINING COMPUTER PARTS

Congratulations! You have purchased a complete training system tailor-fit to your training needs. This guide will help you along using your new Polar RS800CX training computer. For more detailed instructions, consult the complete user manual on the CD-ROM included in the package.



Download the complete user manual from the CD and read through carefully to make the most out of your training computer. The latest version of the full user manual and this getting started guide can be downloaded at www.polar.com/support.

- Polar RS800CX training computer: displays and records your heart rate and other exercise data during exercise.
- Polar H3 heart rate sensor: sends the heart rate signal to the training computer. Includes a connector and strap.
- CD-ROM: includes the **Polar ProTrainer 5 ™** software and the complete user manual for the RS800CX training computer.

  With the Polar ProTrainer 5 software you can plan your workout in advance with multiple planning options, and transfer the settings to your Polar product. After training, you can analyze the results with versatile graphs which you can customize according to your needs.

  You can also transfer your training data to the polarpersonaltrainer.com web service. Polarpersonaltrainer.com is your online training diary and interactive training community that keeps you motivated.

Optional Accessories

- Polar s3/s3+ stride sensor™ W.I.N.D.: transmits the running speed/pace and distance measurements to your training computer. Also measures running cadence and stride length.
- Polar G3/G5 GPS sensor™: provides speed, distance and location data, as well as track information, in all outdoor sports using Global Positioning System (GPS) technology.

Transfer your track data to Polar ProTrainer 5 software to view in Google Earth or to convert into a GPX file. For more information, see software help.

- Polar Cycling Speed Sensor™ W.I.N.D.: measures speed and distance when cycling.
- Polar Cadence Sensor™ W.I.N.D.: measures cadence, i.e. crank revolutions per minute when cycling.

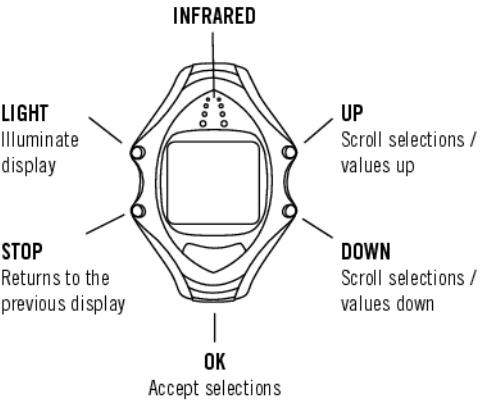
For video tutorials on how to use these accessories, go to www.polar.com/en/polar_community/videos.

2. GETTING STARTED

Before exercising with your training computer, customize the basic settings. Enter as accurate data as possible to ensure correct performance feedback based on your personal metrics.

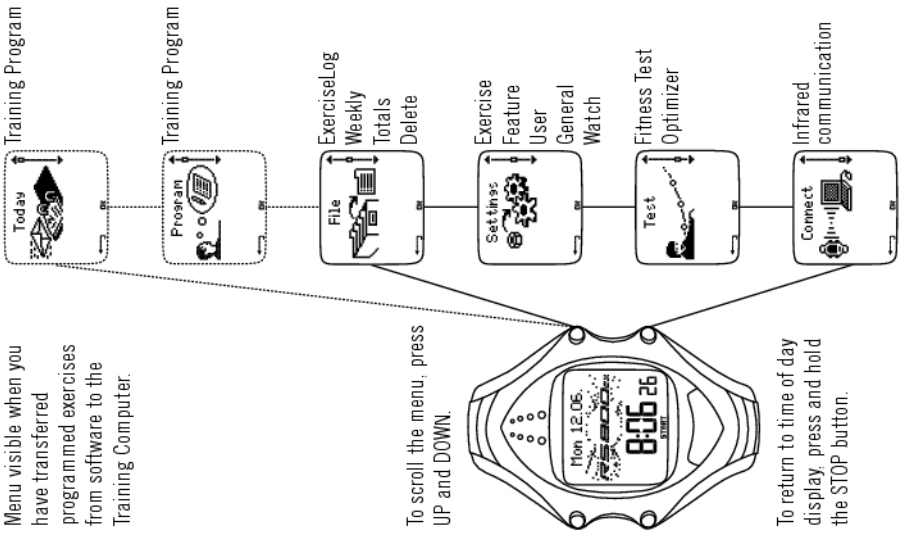
To adjust the data, use UP, DOWN and accept with OK. The values scroll faster if you press and hold UP or DOWN.

1. To activate your training computer, press OK twice.
2. The Polar logo will appear. Press OK.
3. **Language**: Select **English**, **Deutsch**, **Español**, **Français** or **Italiano**.



4. **Start with basic settings** is displayed. Press OK.
5. **Time**: Select **12h** or **24h**. With **12h**, select **AM** or **PM**. Set the local time.
6. **Date**: Set today's date, dd=day, mm=month, yy=year.
7. **Units**: Select metric (kg/cm/km) or imperial (lb/ft/mi) units.
8. **Weight**: Enter your weight. To change units, press and hold LIGHT.
9. **Height**: Enter your height. If you use imperial units, first set feet (ft) then inches (in).
10. **Birthday**: Enter your date of birth, dd=day, mm=month, yy=year.
11. **Sex**: Select **Male** or **Female**.
12. **Settings OK?** is displayed. Select **Yes**: Settings are accepted and saved. The training computer displays the time. Select **No** if settings are incorrect and need to be changed. Press STOP to return to the data you want to change.

Menu Structure



3. PREPARE FOR TRAINING

Plan Your Training

You can utilize the ready-made exercises or create your own using the training computer. Go to **Settings** > **Exercise**. The following exercises are installed on your training computer:

- **Free**: Free exercise with no preset settings.
- **Basic**: Basic training with moderate intensity. Duration around 45 min.
- **Interval**: Basic interval training. Exercise starts with a 15-minute warm-up, followed by a 1km interval and a 3-minute recovery period, repeated 5 times. The session ends with a 15-minute cool-down.
- **OwnZone**: The training computer automatically determines your individual aerobic (cardiovascular) heart rate zone. This is called OwnZone. Suggested duration for the exercise is 45 minutes.
- **Add new**: Create and save your own basic exercise. You can store a total of 10 exercises + 1 Free exercise in your training computer.

For instructions on creating new exercises on your training computer, see *Prepare for Training* in the User Manual.

You can also create more versatile exercises and transfer them to your training computer by using Polar ProTrainer 5 .

Using an Accessory With Your RS800CX Training Computer

Polar RS800CX training computer is compatible with the following Polar W.I.N.D sensors:

The **Polar s3/s3+ Stride Sensor W.I.N.D**, **Polar G3/G5 GPS Sensor**, **Polar Cycling Speed Sensor W.I.N.D** and the **Polar Cadence Sensor W.I.N.D** for a bike.

If you purchase a new sensor, it has to be activated by and introduced to the training computer. This is called teaching and takes only a few seconds. Teaching ensures that your training computer receives signals from your heart rate sensor and sensor only, and enables disturbance-free exercise in a group. For more information, see *Feature Settings* in User Manual.

Before entering an event, make sure to perform the teaching process at home. This is to prevent interference due to the long-range data transmission.

If you purchased the sensor and training computer together, as a set, the sensor will already have been "taught" to work together with the training computer. In which case you will only need to activate the sensor in your training computer. For more information see *Feature Settings* in the User Manual.

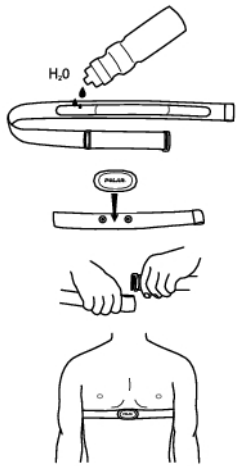
4. TRAINING

Wear the Heart Rate Sensor

Wear the heart rate sensor to measure heart rate.

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

Detach the connector from the strap and rinse the strap under running water after every use. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will reduce the heart rate sensor battery life. For more detailed washing instructions, see Important Information.



Start Training

Wear the heart rate sensor and an optional sensor* as instructed in the sensor's user manual.

1. Start heart rate measurement by pressing OK on the training computer. Within 15 seconds, your heart rate will appear on the display.
2. If you are going to use a shoe or a bike sensor* during training, select the sensor in **Settings** > **Shoes/bikes**. To use a GPS sensor, select **Settings** > **GPS** > **On**.
3. Stand still and wait until the training computer finds the sensor signal (runner/biker /GPS symbol stops flashing).
4. Start exercise recording by pressing OK.

Alternatively, select **Settings** to change or view different settings before exercise. For further information on all the settings available, see the user manual.

*Optional Polar s3/s3+ stride sensor W.I.N.D., Cycling speed sensor W.I.N.D. or cadence sensor W.I.N.D. required.

Information on the Display

Your training computer offers you a simultaneous view of three different lines of exercise information. By pressing UP or DOWN, you can view different displays. The name of the display appears for a few seconds. The name indicates the lower row information. The display varies depending on the sensors you have installed, which features are set **On** and what kind of exercise you are performing.

Default displays while exercising:

Heart rate view
Speed/pace / Calories
Stopwatch
Heart rate

Stopwatch view
Calories
Time
Stopwatch

Lap time view
Zone pointer
Heart rate
Lap time

Speed/pace view
Cadence
Distance
Speed/pace

Distance view
Countdown timer
Zone pointer
Distance / Lap time

Altitude view (displayed only if altitude is activated in **Settings** > **Features**.
Heart rate
Ascent
Altitude

Exercise created with Polar ProTrainer 5
If you have downloaded a program from the software, you can see the details of your exercise session on a separate display. For further information, see Perform Programmed Exercise. You cannot modify this display using the training computer.

Personalize the Display

You can personalize your training computer display to feature whatever information you prefer viewing during training, either by using the training computer or the ProTrainer 5 software. The information available depends on the features that are activated. See *Personalize Training Computer Display* in the user manual for more information.

Combine Exercises

The RS800CX training computer offers you the option of combining consecutive exercises. When you start a new exercise session within an hour of the previous exercise session, **Combine exercises?** is displayed.

To combine your current exercise session with the previous exercise file, select YES. The multisport exercise view is displayed during training. A maximum of ten exercises can be combined.

Multi-sport view
Total distance of combined exercise
Total calorie of combined exercise
Total duration of combined exercise

By using Polar ProTrainer 5 software, you can combine exercises after training and analyze them further. For further information, see Polar ProTrainer 5 help.

5. AFTER TRAINING

Care for your heart rate sensor after exercise. **Detach the heart rate sensor connector from the strap and rinse the strap under running water after every use**. For complete care and maintenance instructions, see Care and Maintenance.

To view basic data on your performance, see **File** on your training computer. For deeper analysis, transfer the data to Polar ProTrainer 5. The software offers you different options to analyze data with.

- The **Exercise Log** lists a maximum of 99 exercise files.
- The **Weekly** summary displays summaries for the past 16 weeks.
- **Totals** include cumulative values recorded during training sessions.
- **Delete** files. To view exercise data, press OK and scroll UP or DOWN.

For further information on how to review training information and to transfer data to ProTrainer 5 software, consult the User Manual.

6. CUSTOMER SERVICE INFORMATION

Care and Maintenance

Caring for Your Product

Training computer: Keep your training computer clean. Clean it with a mild soap and water solution and rinse it with clean water. Do not immerse the training computer in water. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Connector: Detach the connector from the strap after every use and dry the connector with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material (eg. steel wool or cleaning chemicals).

Strap: Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.

Check the label on your strap to see if it is machine washable. Never put the strap or the connector in a dryer!

Dry and store the strap and the connector separately, to maximize the heart rate sensor battery lifetime. Keep your training computer and heart rate sensor in a cool and dry place. Do not store them 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 them to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.

Service

During the two-year guarantee/warranty period we recommend that you have service, other than battery replacement for the heart rate sensor, 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.

For contact information and all Polar Service Center addresses, visit www.polar.com/support and country-specific websites.

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

To change the batteries of the training computer or heart rate sensor yourself, carefully follow the instructions in the user manual. All batteries are changed the same way. For video tutorials on how to change the batteries, go to www.polar.com/en/polar_community/videos.

If you would prefer Polar to replace the battery, contact an authorized Polar Service Center. The Service will test the sensor after replacing the battery.

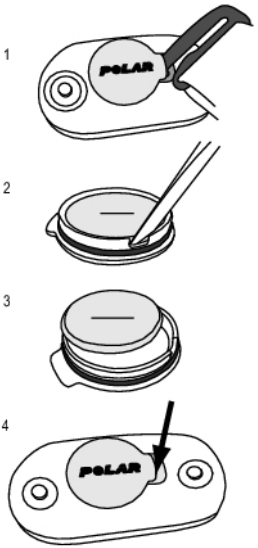
Excessive use of the backlight drains the training computer's battery more rapidly. In cold conditions, the low battery indicator may appear, and disappear again when you return to a warmer environment. To ensure the maximum lifespan of the battery cover, open it only when changing battery. When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one. 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. In the USA, the sealing ring/battery kits are also available at www.shoppolar.com. Go to www.polar.com to find your own country's shoppolar online store.

Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be properly disposed of according to local regulations.

Changing Heart Rate Sensor Battery

1. Lever the battery cover open by using the clip on the strap.
2. Remove the old battery from the battery cover with a suitable sized small ridgid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the battery cover.
3. Insert the battery inside the cover with the negative (-) side outwards. Make sure the sealing ring is in the groove to ensure water resistance.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place. You should hear a snap.

Danger of explosion if the battery is replaced with wrong type.



Precautions

Interference During Exercise

Electromagnetic Interference and Exercise Equipment. Disturbance may occur near microware ovens and computers. Also WLAN base stations may cause interference when exercising with RS800CX. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance.

Exercise equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals. To solve these problems, try the following:

1. Remove the heart rate sensor 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 directly 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 heart rate sensor back on your chest and keep the training computer in this interference-free area as much as possible.

If the training computer still does not work with the exercise equipment, it may be electrically too noisy for wireless heart rate measurement.

Using RS800CX Training Computer in Water. The training computer is water resistant. However, heart rate measurement does not work in water. You can use the training computer under water as a watch but it is not a diving instrument. To maintain water resistance, do not press the buttons of the training computer under water. Using the training computer in excessive rainfall may also cause interference.

Minimizing Risks When Exercising

Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- 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 exercise intensity, medications 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 exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**

Note! If you are using a pacemaker, you can use Polar training computers. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

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 heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.

The combined impact of moisture and intense abrasion may cause a black color to come off the heart rate sensor's surface, possibly staining light-colored clothes. If you use insect repellent on your skin, you must ensure that it does not come into contact with the heart rate sensor.

Technical Specifications

Training computer

Battery life:	Average 1 year (1h/day, 7 days/week)
Battery type:	CR2032
Battery sealing ring:	O-Ring 20.0 x 1.1, material silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Wrist band and buckle material:	Polyurethane, stainless steel
Back cover:	Polyamide, 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 with the skin.
Watch accuracy:	Better than ± 0.5 seconds / day at 25 °C / 77 °F temperature.
Accuracy of heart rate monitor:	± 1% or 1 bpm, whichever larger. Definition applies to stable conditions.
Heart rate measuring range:	15-240
Current speed display range:	Stride sensor: 0-36 km/h or 0-22,3 mph, cadence 0-255 rpm G3/G5 GPS sensor: 0-250 km/h or 0-155,3 mph Speed sensor: 0-127 km/h or 0-78,9 mph Cadence sensor: 15-200 rpm
Altitude display range:	-550 m … +9000 m / -1800 ft … +29500 ft The Polar wrist unit calculates altitude by using the standard average altitude at defined air pressures according to ISO 2533.
Ascent/Descent resolution:	5 m / 20 ft

Training computer limit values

Maximum files:	99
Maximum time:	99 h 59 min 59 s
Maximum manual laps:	99
Maximum automatic laps:	99
Shoes 1/2/3 total distance:	999 999 km / 621370 mi
Bike 1/2/3 total distance:	999 999 km / 621370 mi
Total Shoes / Total GPS / Total Bikes distance	999 999 km / 621370 mi
Total distance:	999 999 km / 621370 mi
Total duration:	9999h 59min 59s
Total calories:	999 999 kcal
Total exercise count:	9999
Total ascent:	304795 m / 999980 ft
Total odometer:	999 999 km / 621370 mi

Heart Rate Sensor

Battery life:	1600 h
Battery type:	CR2025
Battery sealing ring:	O-ring 20.0 x 0.90 material silicone
Operating temperature:	-10 °C to +40 °C / 14 °F to 104 °F
Connector material:	Polyamide
Strap material:	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

Polar ProTrainer 5™

System Requirements:	PC Windows® 2000/XP (32bit), Vista IrDA compatible port (an external IrDA device or an internal IR port) Additionally, for the software your PC must have a Pentium II 200 MHz processor or faster, SVGA or higher resolution monitor, 50 MB hard disk space and a CD-ROM drive.

Polar WebLink using IrDA Communication

System Requirements:	PC Windows® 2000/XP/Vista 32/64-bit or Windows 7 32/64-bit IrDA compatible port (an external IrDA device or an internal IR port)

The Polar training computer is designed to indicate the level of physiological strain and recovery during and after an exercise session. It displays performance indicators and environmental conditions such as altitude and temperature. It also measures speed and distance when used with s3/s3+ stride sensor/bike speed sensor/G3/G5 GPS sensor, running cadence when used with s3/s3+ stride sensor, cycling cadence when used with a cadence sensor and location data when used with G3/G5 GPS sensor. No other use is intended or implied.

The Polar training computer should not be used for obtaining environmental measurements that require professional or industrial precision. Furthermore, the device should not be used to obtain measurements when engaged in airborne or underwater activities.

The water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three different 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)

*These characteristics also apply to Polar H3 heart rate sensors marked Water resistant 30m.

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, armband, 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.

The names and logos in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy. Windows is a registered trademark of Microsoft Corporation and Mac OS is a registered trademark of Apple Inc.

Polar Electro Oy is a ISO 9001:2008 certified company.

CE 0537

This product is compliant with Directives 93/42/EEC, 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at www.polar.com/support.

This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.

This marking shows that the product is protected against electric shocks.

Compliance Statement

Canada

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approué aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

Industry Canada (IC) regulatory information

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Industrie Canada

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Class B digital device notice

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/ TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits forth for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.

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

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POLAR®
LISTENS TO YOUR BODY