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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.

- Polar RS800CX training computer: displays and records your heart rate and other exercise data during exercise.
- Polar WearLink® W.I.N.D. transmitter: 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.



Download the complete user manual from the CD and read through carefully to make the most out of your training computer.

Optional Accessories

- Polar 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 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.

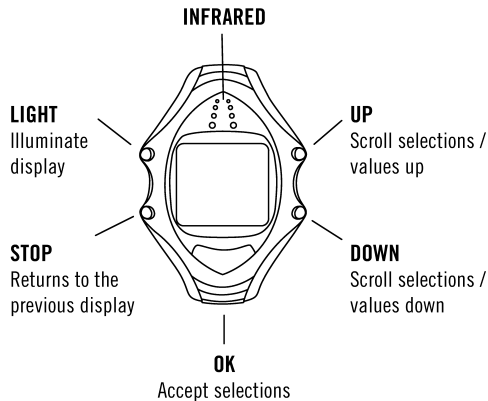
- Polar Cycling Speed Sensor™ W.I.N.D.: measures speed and distance when cycling.
- Polar Cadence Sensor™ W.I.N.D.: measures cadence, i.e. crank revolutions per minute when cycling.

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.

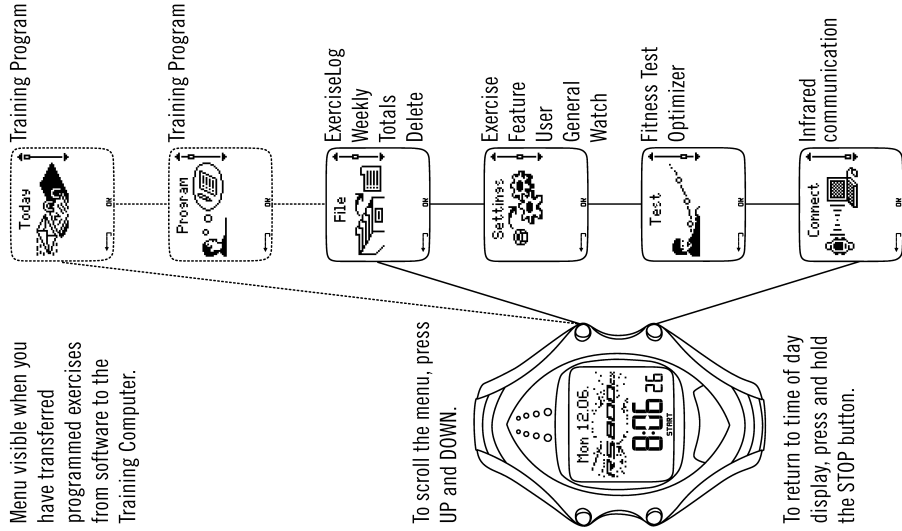
1. To activate your training computer, press OK twice.
2. The Polar logo will appear. Press OK.
3. **Language:** Select **English**, **Deutsch**, **Español**, **Français** or **Italiano**.



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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 Stride Sensor W.I.N.D**, **Polar G3 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 transmitter 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.

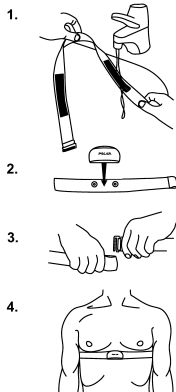
4. TRAINING

Wear the Transmitter

Before starting training recording, you need to wear the WearLink.

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 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.

Detach the connector from the strap when you are not using it to maximize the transmitter lifetime. See detailed washing instructions in Care and Maintenance.



Start Training

Wear the transmitter 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 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

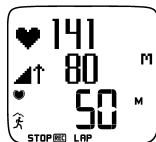


Distance view

Countdown timer

Zone pointer

Distance / Lap time

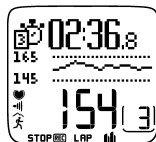


Altitude view (displayed only if altitude is activated in **Settings** > **Features** .

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 calories 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.

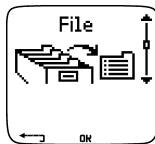
5. AFTER TRAINING

Care for your transmitter after exercise. **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 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 of Your Product

Like any electronic device, the Polar training computer should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

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.

Keep your training computer and transmitter in a cool and dry place. Do not keep 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 to direct sunlight for extended periods.

Operating temperatures are -10 °C to +50 °C / +14 °F to +122 °F.

Service

During the two-year guarantee/warranty period, we recommend that you service the product at an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For further information, see "Limited International Polar Guarantee".

Changing Batteries

To change the batteries of the training computer or transmitter yourself, carefully follow the instructions in the user manual. All batteries are changed the same way.

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. Battery kits with sealing rings are available at well-equipped Polar retailers and authorized Polar Service Centers. In the USA and Canada, sealing rings are available at authorized Polar Service Centers only.



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

Precautions

Interference During Exercise

Electromagnetic Interference and Exercise Equipment.

Disturbance may occur near microwave 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 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 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 transmitter 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.

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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.**

Notice to individuals with pacemakers, defibrillators or other implanted electronic devices. Individuals who have a pacemaker use the Polar training computer at their own risk. Before starting use, we always recommend a maximal exercise stress test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar training computer.

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, 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 transmitter'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 transmitter.

Technical Specifications

Training computer

Battery life:	Class 1 Laser Product
Battery type:	Average 1 year (1h/day, 7 days/week)
Battery sealing ring:	CR2032
Operating temperature:	O-Ring 20.0 x 1.1, material silicone
Wrist band and buckle material:	-10 °C to +50 °C / 14 °F to 122 °F
Back cover:	Polyurethane, stainless steel
	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:	$\pm 1\%$ or 1 bpm, whichever larger.
Heart rate measuring range:	Definition applies to stable conditions. 15-240

Current speed display range:

Stride sensor: 0-36 km/h or 0-22,3 mph,
cadence 0-255 rpm
G3 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 /	999 999 km / 621370 mi
Total Bikes distance	
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

Transmitter

Battery life of WearLink W.I.N.D. transmitter:	Average 2 years (3h/day, 7 days/week)
Battery type:	CR2025
Battery sealing ring:	O-ring 20.0 x 1.0, material silicone
Operating temperature:	-10 °C to +40 °C / 14 °F to 104 °F
Connector material:	Polyamide
Strap material:	Polyurethane/ Polyamide/ Polyester/ Elastane/ Nylon

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.
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Polar WebLink using IrDA Communication

System Requirements:	PC Windows® 98/98SE/ME/2000/XP IrDA compatible port (an external IrDA device or an internal IR port)
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The Polar training computer indicates the level of physiological strain and exercise intensity. It displays performance indicators and environmental conditions such as altitude and temperature. It also measures speed and distance when used with s3 stride sensor/bike speed sensor/G3 GPS sensor, running cadence when used with s3 stride sensor, cycling cadence when used with a cadence sensor and location data when used with G3 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 WearLink W.I.N.D. transmitters marked Water resistant 30m.

Guarantee and Disclaimer

Limited International Polar Guarantee

- 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 years from the date of purchase.
- **Please keep the receipt or stamped Polar Customer Service Card, which is your proof of purchase!**
- The guarantee does not cover the battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases and elastic strap.
- 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. During the guarantee period, the product will be repaired or replaced at an authorized Service Center free of charge.
- 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.

CE 0537

This product is compliant with Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.html.



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). These products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.

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