

Polar Equine RS800CX G3

- Quick start guide -

The Polar RS800CX G3 Equine is the most complete training system for horses available. It is an evolution of the "human" RS800CX training system and requires a good understanding of the user manual to use all its capacities fully. If you just bought this training system and want to try it immediately, the following quick start guide is what you need!

1. Contents of the set

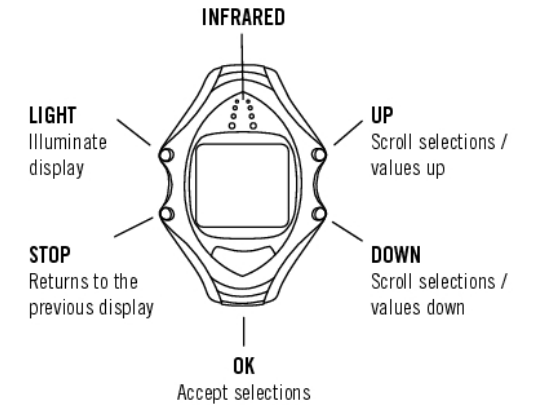
- A. **A RS800CX receiver:** receives displays and records all the data measured by the T56H transmitter and the G3 sensor.
- B. **A G3 GPS sensor with its battery:** measures speed and distance in real time.
- C. **A T56H transmitter :** measures the horse's heart rate in real time.
- D. **A ProTrainer 5 Equine edition software:** displays a training log, graphs, tables and reports on your PC to further analyse the data recorded during training.
- E. **(In option, an IRDA USB adapter:** uses infrared connexion to transfer the recorded data from receiver to PC.)



2. How to use the RS800CX receiver

The RS800CX receiver has 5 navigation buttons and an infrared window to communicate with the PC via the IRDA adapter.

- Use **UP** and **DOWN** to scroll through the different menus and adjust values (a bit like + and - buttons).
- Use **OK** to enter a menu, to validate a value and to start the stopwatch.
- Use **STOP** to exit a menu, to return to the previous display (when you made a mistake while adjusting a value) and to stop the stopwatch.
- Press **LIGHT** once and the backlight is activated for 5 seconds when you press any other button. You can also lock the buttons by pressing and holding the **LIGHT** button for 2 seconds.



3. Starting the RS800CX

By default, the RS800CX receiver is switched off to save the battery.

Press **UP** or **DOWN** to select english as the language to be used.

The following settings must be done, even though they don't concern the horse.

Use the **UP** and **DOWN** buttons to customize the following basic settings. Press **OK** to validate your settings.

If your settings are good, select Yes.

Once the settings are done, the RS800CX returns automatically to the time display.

2 x Press **OK** twice to activate it.

Press **OK** to validate.

If you don't do these basic settings, the RS800CX will remind you set them before every exercise.

- Time display (24h/12h)
- Time
- Date (day/month/year or month/day/year)
- Units (kg/cm/km or lb/ft/mi)
- Weight (of the rider)
- Height (of the rider)
- Birthday (day/month/year or month/day/year) of the rider
- Sex (of the rider)

If you got wrong somewhere, press **STOP** to return to the previous setting.

Press **OK** to validate.

It is now ready for use!

4. Starting the G3

The G3 sensor uses GPS (Global Positioning System) technology to measure speed and distance in real time. In ideal conditions of use, its precision can reach one meter.

The battery of the G3 has an average of 10h of use. The G3 is waterproof and its solid design makes it resistant to most shocks and scratches.

The buckle located in the back of the G3 allows you either to wear the G3 on your arm using the strap provided or to fix it on a belt or loop.

Open the G3 buckle and pass the strap through the loop (Velcro on the inside).

Pull in enough strap so your arm can fit through it.

To ensure good detection of the GPS signals, the G3 shouldn't be covered and should be placed with the Polar logo in an upright position. We also recommend wearing it on the same arm as the RS800 receiver.

Press the button 2 seconds to start (or stop) the G3. A green light indicating battery status (**B**) flashes for a few seconds. Following this, a red light indicating detection status (**A**) appears and shows that the G3 is searching for GPS signals.

Use a coin to unscrew and open the metal battery cover. Place the LR6 battery as indicated and screw the metal cover back into place.

To ensure a good detection of the GPS signals, the G3 should not be covered or worn under clothes.

Then adjust the size of the strap so the G3 can't move once placed on your arm.

Your G3 is now ready for use!

Don't move. Once the GPS signals have been found (after 1 minute in average), this light (**A**) becomes green.

Note: The light indicating battery status (**B**) becomes red when the battery is flat.

5. How to attach the T56H transmitter on the horse

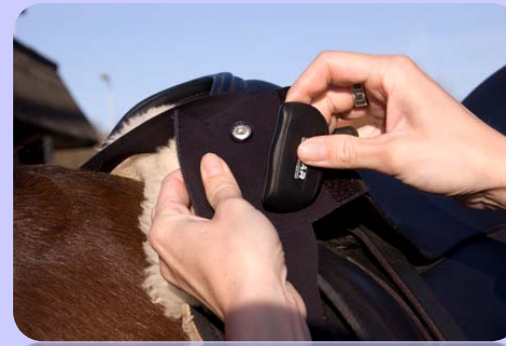
First of all, **identify the 2 electrode pads** on each side of the transmitter. **The electrode with velcro on the back is the positive electrode** and logically the other electrode is the negative electrode. In the middle, you'll find the WearLink transmitter pocket.

The transmitter picks up very small electrical impulses emitted by the heart and for the transmitter to read the heart rate properly, we need to insure a good contact to the horse's skin. Make sure you wet the electrodes properly, the integrated sponge will keep up some moisture, but you still need to wet to horse's coat, especially as your horse is not yet sweating. If your horse has a thick winter coat, you can shave the spot where you will place the electrodes, this will greatly improve the heart rate signal quality.

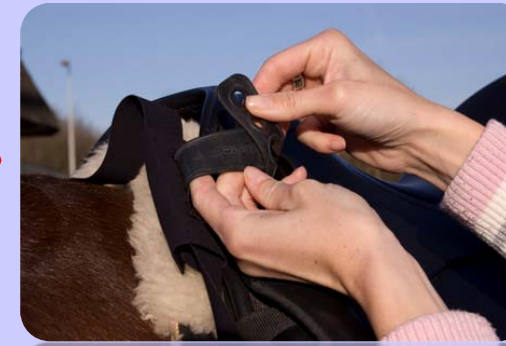
Place the positive electrode on the left or right side of the withers under the saddle. Ensure that the electrode is flat against the horse's skin. The rider's weight will keep the electrode in place.



Attach the WearLink transmitter into the transmitter pocket and close it. This pocket protects your transmitter from shocks and scratches and prevents it from falling off transmitter.



Attach the transmitter to the saddle with one of the rubber straps



Attach the negative electrode to the girth using a rubber strap and tighten the girth. If you are riding with a loose girth, you might want to place a sponge behind the negative electrode to insure contact with the skin.



Using contact gel on the electrodes of the T56H transmitter is highly recommended. It ensures a better detection of the horse's heart rate.

The hypo-allergenic and chloride-free electrode gels ensure a better conductivity. Non-thinning formula will not break down or irritate after lengthy contact.

Here is an example of conductive gel recommended by the biggest electrodes manufacturers, to be used on multifunctional electrodes.

Frequently Asked Questions

The Heart Rate Seems to be Wrong?

- Make sure that the positions of the electrodes are correct.
- Make sure that the horse's coat under the electrodes is thoroughly moistened.
- Accumulated sweat and dirt may interfere with the measurement of the signal from the heart to the transmitter. Check if the electrodes need cleaning.
- Make sure that the transmitter is firmly attached to the electrode set.
- In some cases, (at about 120 bpm) a double pulse can occur at each heart beat (R + T waves). This problem disappears when the intensity increases.

- A lot of use can cause oxidization of the electrodes. Wash the electrodes with water and soap solution, and then dry them carefully after each use. If you see the silver colored fibers on the electrode fading, your textile electrode set needs to be replaced. Ask your retailer for part # 93037106 Polar Equine Electrodes for WearLink transmitter.

The Watch Receiver Display is Blank or Fading?

- Have the battery checked by the appointed Polar Distributors - Polar authorized service center.

Care and Maintenance of the Transmitter

- The Polar equine T56H transmitter is active only when the electrodes are in contact with the horse's coat and the transmitter attached to the electrode set.
- Sweat and moisture can keep the electrodes wet and the transmitter activated, which shortens the battery life. Therefore, clean the electrodes and let them dry after use and **detach the transmitter from the electrode set**.
- Make sure that the electrodes (conductive) are not in contact.

- Dirt on the electrodes weakens the contact between a horse's body and the electrodes. To ensure good operation, wash the electrodes regularly with a mild soap and water solution. **However, never use alcohol or any abrasives such as steel wool or cleaning chemicals.** They will cause permanent damage to the electrodes.
- The material used for electrodes and strap is very soft and comfortable; take care of these parts to prevent any damage. Electrodes should be replaced by an authorized Polar service personnel.
- For details, contact your dealer or distributor.

6. Starting training

You are now ready to start. Starting from the time display, press **OK** twice.



The stopwatch starts, a heart symbol blinks and the horse's heart rate is displayed in the bottom of the screen. From now on, the RS800CX is recording your exercise.

Each display shows 3 rows of data and is named after the bottom row.



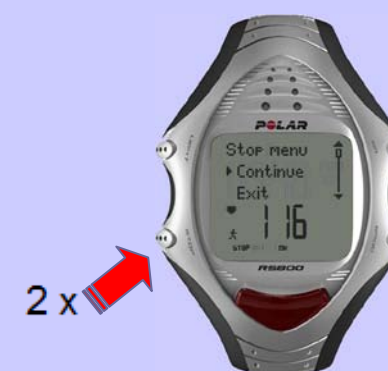
To check the data you are most interested in, change display by pressing **UP** or **DOWN**. (6 different displays are set by default but can be customized – see user manual)

You can also zoom on a data to make it larger on the display.



Press and hold **UP** for 2 seconds to zoom in the data of the top row, or **DOWN** for 2 seconds to zoom in the data of the bottom row. Press and hold the same button for 2 seconds to zoom out.

To stop the exercise, press **STOP** twice. The RS800CX returns to time display.



All the data has been recorded and can be retrieved in the file. To access the file, press **UP** once from time display and then validate by pressing **OK**.

For more detailed information on how the RS800CX G3 Equine works, please check the user manual included in the box.

For more tips of use, training advices and more information on Polar Equine products, visit www.polar-equine.com

For more information on Polar products, visit www.polar.fi

Enjoy your ride!

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