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POLAR
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MIC

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Polar FlowLink CFT: RCPRSRXX-XXX

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APPROVED

Polar FlowLink

Complies with
IDA Standards
DA104315

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Polar FlowLink

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Product name
Manual name

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POLAR
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Contents

1. INTRODUCTION

Welcome to the polarpersonaltrainer.com web service. This is for you who want to train right, follow your progress and have fun with friends.

In MY TRAINING - , the DIARY is all yours and it is up to you how to use it. You can either transfer training data from your compatible Polar product into your DIARY, or manually enter and edit your training data in Diary.

MY PROGRESS enables you to analyze and follow your development to the finest detail. Optimize the way you train by putting the Polar PROGRAMS into good use. If the gym environment takes your fancy, STRENGTH TRAINING EXERCISES can guide you or be used to create workouts.

COMMUNITY - NEW!: You can easily find new or keep in touch with your existing CONTACTS and even create or take part in CHALLENGES. Exchanging favourite training sessions or finding a free slot in your calendar with your coach or a mate is no longer a headache.

At Polar FORUM you can swap opinions on sports and products.

2. REGISTRATION

Registering in this service free of charge. Just click Register on the login page.

Fill in the required information and read through the Polar Privacy Policy.

Additional information: Some additional information can be given already here at the registration page. This in not required information, but some of these values might asked later on, to give you correct training data.

(i) *Your email address or your nick name is your user name. If you have forgotten your password, click the link Forgot your password? then enter your e-mail address, and we'll e-mail your password right away. Before requesting new password, please check that your e-mail spam filter is not blocking e-mails from Polar. If you would like to change your e-mail address, it is possible to do it in Poiar Account / My Profile section.*

3. DATA TRANSFER

The way you can transfer data from your Polar training computer into polarpersonaltrainer.com web service, depends on the Polar product you have.

Polar WebSync™ - FlowLink Driver software

With Polar WebSync™ - FlowLink Driver software you can transfer data between your Polar activity or training computer and polarpersonaltrainer.com web service.

Polar WebSync is easy to download from Applications/ Downloads and you can do it free of charge. Click -> Windows 98/Windows 2000/XP and WebSync and the installation wizard guides you through the installation.

For data transfer you will also need a Polar Flowlink™ accessory. Polar FlowLink accessory is sold as a part of the FT80 set or it can be bought separately as an accessory for the Polar FA20 activity computer and Polar FT40 and FT60 trainng computers .

Please follow the instructions below:

WELCOME

Plug in your FlowLink in the USB port of the computer. Set your activity/ training computer face down on the on the FlowLink plate as shown in the picture.

The ALIGN symbol in FlowLink will turn green, when the training computer is correctly aligned.

The DATA symbol turns to yellow when FlowLink is connected to your PC.

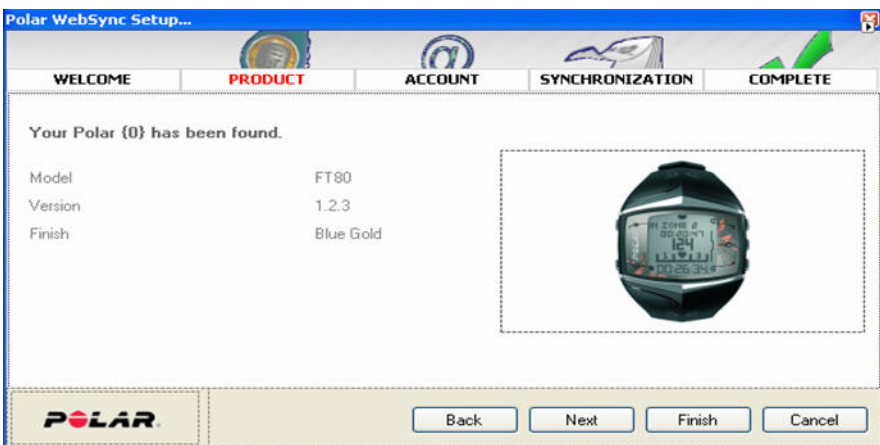The yellow DATA symbol flahses when data transfer is in process.

PRODUCT

The WebSync informs when it has defined your training computer.

Model > Your Polar training computer model i.e. FT80

Version > The version of you Polar training computer

ACCOUNT

To transfer data on the polarpersonaltrainer.com, you need to be registered there. If you have not registered yet, you can also do it from here, by clicking the >>Register here link.

If you wish that the FlowLink automatically identifies your training computer each time you set it on the FlowLink plate, you can tick the box ..... (oikea teksti tähän kun saan kuvat Simolta).
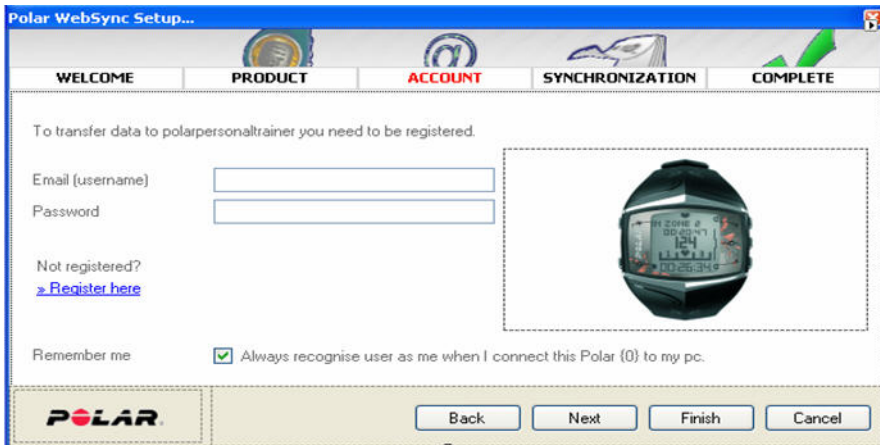
SYNCHRONIZATION

The Auto Synchronization has been set as a default, but if you wish, you can deactivate it here and select manual synchronization.
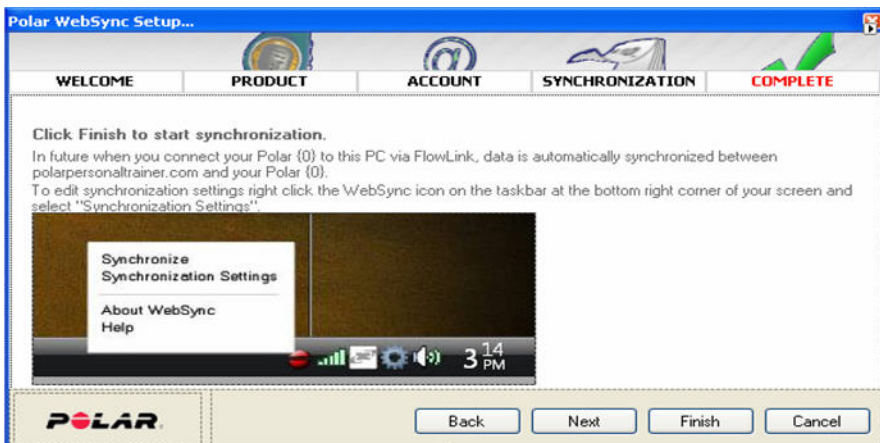
If you select to have the manual synchronization, the WebSync asks you define each time which data you want to transfer to polarpersonaltrainer.com.

Synchronization settings can be edited by clicking the Edit Synchronization Settings link.
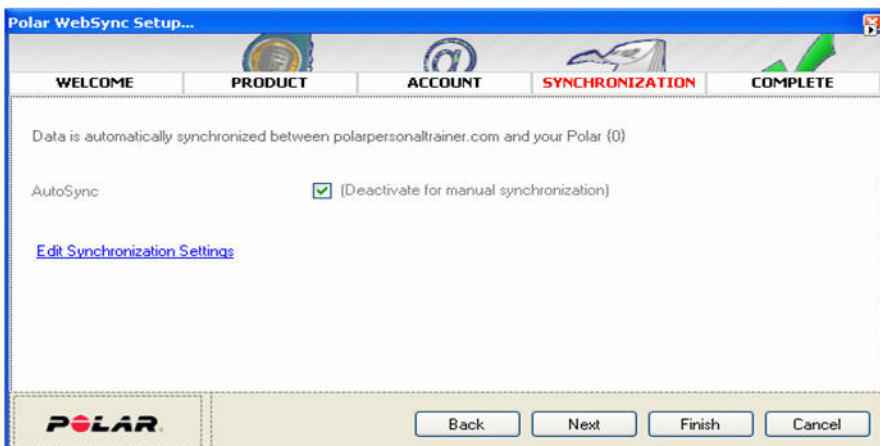
COMPLETE

When all the data has been transferred, COMPLETE turns to red. Click **Finish**.

&#160

When transferring the data next time, depending on your Synchronization Settings, WebSync transfers all the data automatically or your can go through all the steps manually.

Polar WebLink™

Polar WebLink is a software used to transfer information from Polar products to the polarpersonaltrainer.com, the online training diary, for further analysis and storage.

You can transfer data via SonicLink or IR communication. Polar WebLink is compatible with the following Polar products:AXN500, AXN700, CS200, CS300, CS400, CS600, F6, F7, F11, F55, RS200, RS400, RS800, RS800CX, S410, S510, S520, S610, S610i, S625X, S710, S710i, S720i, S725, S725X, S810 and S810i.

Before you can send any training information to polarpersonaltrainer.com, you need to register there. To install the WebLink, go to Applicatons/ Download section in polarpersonaltrainer.com.

How to use Polar WebLink after installation:

1. Double click the WebLink icon on your PC screen to open the software.
2. Enter your polarpersonaltrainer.com web service username and password in the Settings page.
3. Select the Polar product model that you use.

    (i) *Check your model from the back plate of your training computer.*

4. Select the communication port for your training computer.
5. Save settings by clicking **OK** from the Settings page.
6. Click **Continue** and set your unit to start the transmission. The files will be automatically transferred to the web service.
7. After the transfer, the software informs you how many new training sessions were sent to your diary in the web service.

    (i) *The same training sessions will not be saved in your diary twice.*

8. After training data transfer, you can click **Go to Web** to get to www.polarpersonaltrainer.com.
9. The Polar WebLink software can be closed by clicking **Close** on the right top corner of the window.

    (i) *You will find comprehensive instructions in the Help function of the Polar WebLink software once you have installed it to your PC.*

4. HOME

Challenge Status

Check out the Challenge Status at Home page.

See if you have received any new challenge invitations. Click **Create a challenge** and start creating a new challenge or click **View challenges** to see all the latest about the challenges you are involved with.

Training Programs

Click **Training Programs** and create your own Polar Training Program.

If you have already created yourself a Polar training program you can see the status of your current trining program on Home page.

My Events

Check out the dates of the local sports events, of which you have saved as your events in the Diary.

5. MY TRAINING

My Diary

How to Make the Most of the Diary

Weekly and monthly overview

My Diary is a personal training log that displays your training sessions. In weekly and monthly views, you can easily compare results with targets. The number of sessions, duration, distance, and calories are all displayed together. You can also choose a list view to manage your training sessions.

Operating the Diary in the Future

Creating Training Targets

Planning your training is easy. You can create a personal training program and all the training targets are automatically transferred into your diary.

You can also create your own training targets. Click on future and select Training Target. You can edit your training sessions, select sport, fill in duration and heart rate zone.

Creating Strength Training Target

You can either create you own strength training workout by adding exercises (click **Add Exercises**) or use the ready-made basic exercise list (click the link **Create basic strength training list**).

When you want to add strength training exercises, click **Add Exercises**. **Select Exercises** page opens and you can now select the exercises, you want to add. Click **Select** and the exercises appear in your Workout list. Fill in sets, repetitions, weight and % of 1RM.

One repetition maximum (1RM) is the maximum weight one can lift in a single repetition for a given exercise. One repetition maximum can be used for determining an individual's maximum strength. It can also be used as an upper limit in order to determine the desired load for an exercise. For example, 10- RM is maximum weight that can be lifted 10 times. To calculate your 1 RM go to Applications / Calculators / One Repetition Maximum.

Adding Favorite Training Sessions

You can also name the training session and save it as a favorite (**Add to favorites**). The session will be listed as Favorite Training Session and can easily be dragged and dropped into you diary. This way, you can always select the training session that you enjoy the most.

Adding Event

You can set an important event date for yourself. Click on future and **Events**. Set the date, time and name the event or select an event from the drop down event menu.

Making a Note

Make a note for yourself.

Operating the Diary in the Past

Merging a target and result

Training results can be saved by transferring data with the Polar WebSync or WebLink software, and merging it with your training target. To merge, drag and drop the transferred exercise onto the target training session. Alternatively, you can manually insert the data into the planned training module. Comparing the target with the actual result is easy.

Adding Fitness Data

You can add new fitness data and also some Additional data of your choise. Development of the data can be followed in My Progress. Additional fitness data can be for example BMI or blood pressure.

Making a Note

Make a note for yourself.

Diary Symbols

Diary symbols

	Training target
	Training result
	Merged training data
	Strength training target
	Strength training data
	Merged strength training data
	Event
	Note

My Progress

In My Progress you can monitor your progress in different time periods (4 or 12 weeks, half or 1 year), or select a variety of totals like training sessions count, duration, or heart rate comparison. You can select either a graph or a list view. Compare your current fitness values i.e. weight, OwnIndex, or resting heart rate with the previous ones.

Training Programs

polarpersonaltrainer.com offers a variety of training programs for fitness, running, cycling, and outdoor sports. Just click on the program link to get a training program customized to suit your needs. Fill in the required information about your fitness level and goals - it only takes a couple of minutes. Once you confirm your choices, the training program will automatically appear in your diary. The training targets will be added in the Diary for the following week and each of them will give you more precise training instructions.

STAR Training Program is new, personalized Fitness program included in the Polar FT60 and FT80 Training Computers. You can activate the program in your training computer and then transfer it into your Diary.

STAR Traning Program can only be created in the FT60 and FT80 Training Computers. The program cannot be created in the polarpersonaltrainer.com.

The Polar Keeps You Fit - Own Workout Program (KUF) can be created and transferred into your Polar F55 training computer.

Strength Training Exercises

Strength training workouts can be transferred to Polar FT80 trainng computers, when saved as a favorite.

To create strength training workout, click **Create Workout**. Create your own strength training workout by adding exercises or use the ready-made basic exercise list. Add it to your Favorites, and you can easily drag and drop it into your Diary or just save it in your Diary.

To learn more about the exercise, click the exercise and learn more about it. To see how the exercise should be performed, click the picture. The demonstrations help you perform the different exercises correctly.

You can also add your own exercises, by clicking **Add Exercise**. Name the exercise and select the muscle group from the drop down menu. You can also add an image of your exercise. The size of the image should be no larger than 356x410 pixels and the format should be either .jpg, .png or .gif.

Favorites

Name and save some of your training sessions as a Favorite. This enables you to drag and drop them in your diary easily.

Also if you save your strength training session as a Favorite, you can transfer the workout onto your Polar FT80 training computer and have the workout guiding handy with you when working out in the gym.

6. COMMUNITY

Challenges

Find out the status of the challenge you have either created or taken part in. You may also receive invitations from other polarpersonaltrainer.com users to take part in the challenges they have created.

Create Challenge

To create a new challenge start by clicking the **Create Challenge**.

Select challenge

- **Type** can be either

  Individual - All the members competer individually on reaching the target or

  Team - members try to reach the target as a team.
- **Goal** can be either

  Measure - Distance - quickest accumulation of the certain distance.

  Measure - Calories - quickest accumulation of the certain amount of calories.

  Time - Distance - most accumulated distance in certain time frame.

  Time - Calories - most accumulated calories in certain time frame.
- **Starting**

  If you are not sure of the starting date, you can define it later on Challenge page.
- **Finishing**

  Depending on what goal you set, define the amount of kilometers, calories or days to the challenge completion.

Then click **Next** and define the challenge

- Name
- Description of the challenge
- Publicity, whether it is private (visible only for the members invited in the challenge) or public (to be shown on Polar Forum). If you select the challenge to be public, you have to define how many members can join in.
- You can also set the Autostart on, which means you have to define the amount of members needed, for the challenge to start automatically.

Editing Challenge

If you would like to edit the challenge you have created, click the challenge name and challenge information page opens up. Click **Edit Challenge** on the bottom left hand corner and edit the challenge; invite more members or remove invitees. Challenge can also be started here manually, if you have not set the starting date yet.

Challenge Start

Challenge will start at 00:00 on the day you have set it to start. You can also start challenge later manually on challenge page.

Challenge Finishing

Challenge that have a finishing date will end at 24:00 on the day set to the finishing day. Challenges that have a cetain value (kilometers or calories) as a target to be reached will end when the desired amount of kilometers or calories has been reached. After challenge is finished it stays active for two weeks before archiving. Discussion will be denied after challenge is archived.

Browse Public Challenges

If you are looking for a challenge to join in, click **Browse Public Challenges** and you will arrive on forum.polar.fi page. You can now start searching for a suitable challenge for yourself.

My Messages

You can check out all the messages you have recived and sent.

My Contacts

In My Contacts you can add and manage your contacts. You can give, for example, to your personal trainer or your coach an access to your diary and this way make it easier to transfer and edit your training targets.

	User, you have given an access to your diary.
	User that has given your an access to their diary.
	This is a user you have blocked and he/she cannot see you public profile nor send you messages or invitations to join in challenges.

Polar Forum

At Polar Forum you can join in the conversations and also look for the challllenges to join in. If you, for example, select your challenge to be public, it will be shown at Polar Forum.

User Search

If you want to look for other polarpersonaltrainer.com users, go to User Search. Fill in the the required information and click **Search**.

7. APPLICATIONS

Calculators

Click the calculator link and fill in the requiered information and you'll get the results in seconds.

Downloads

Get the latest downloads, Polar WebSync™ or Polar Weblink™ for transferring your training data in to and from polarpersonaltrainer.com. For complete instructions consult Data Transfer chapter.

8. POLAR ACCOUNT

My Profile

In My Profile you can edit you contact information. You can also add some Physical information, such as your date of birth, gender, weight, height and so forth.

You can, if you so wish, also delete your whole Polar Account by clicking **Delete Polar Account**.

(i) *Please note that deleting your account means that all your registration data, including training data, will be permanently deleted from polarpersonaltrainer.com and polar.fi web services and cannot be recovered.*

My Sports

In My Sports you can add and name your different sports. When creating a training target in you Diary, it is easy to select a certain sport from the list and add it to your Favorite Trainings list. Start by clicking the **Add sport**. Give the sport name and click **Save**. To exit, click **Close**.

General Settings

Add and edit general settings, like units, heart rate presentation and time and date.

Product Registration

Register your Polar Produt here. Note that you can register more than product, but need to verify here which product you are currently using.

My Public Profile

In My Public Profile you can select the information that is shown in your public profile. You can view and edit your public profile by clicking **View My Public Profile**.

Delete Polar Account

You can, if you so wish, also delete your Polar Account. Go to Polar Account/ My Profile and click **Delete Polar Account**.

(i) *Please note that deleting your account means that all your registration data, including training data, will be permanently deleted from polarpersonaltrainer.com and polar.fi web services and cannot be recovered. it is possible to register again later.*

9. ARTICLES

Polar Training Articles offer you useful information you need to improve your health and fitness.

Whether you're taking your first steps to fitness, working out at the gym three times a week, or an athlete who wants to push your body to physical extremes, we can create a program to suit your needs. Take a look through our training articles section and you'll find all the information you need to improve your health and fitness. From training tips to setting goals, you'll discover how heart rate and activity monitoring can combine with Polar training computers to help you achieve your goals.

10. SYSTEM REQUIREMENTS

polarpersonaltrainer.com

To access the polarpersonaltrainer.com web service you need a network connection and a web browser (Internet Explorer 6 or higher, Mozilla Firefox 2 or higher or Safari 2 or higher) with Macromedia Flash Player, version 9 (not mandatory). Java, cookies and SSL 3.0 enabled in browser settings.

Polar WebSync and Polar FlowLink

PC MS Windows (2000/XP/Vista), 64/32 bit

WebLink

To be able to run Polar WebLink you need a PC with Windows 98, 98SE, ME, NT4, 2000, XP or 2003. To transfer training data via SonicLink, you'll need a sound card and a microphone. For infrared communication you need an IrDA port or an external IrDA device.