

ENGLISH

This user manual contains instructions for Polar WearLink®+ Bluetooth transmitter.

Please follow the pictures on the front cover.

Transmitter Parts

1. The electrode areas on the reverse side of the strap detect heart rate. Picture A1.
2. The connector sends the heart rate signal to the wrist unit. Picture A2.

Wear the Transmitter

1. Wet the electrode areas of the strap under running water and make sure that they are well moistened. Picture B1.
2. Attach the connector to the strap. Adjust the strap length to fit snugly and comfortably. Picture B2.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap. Picture B3.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central, upright position. Picture B4.

Detach the transmitter connector from the strap and rinse the strap under running water after every use.



The Polar WearLink Bluetooth connector can be used with specific apparel with built-in soft textile electrodes. Wet the electrodes and clip the connector onto the apparel without the strap, with the Polar logo in an upright position.

Care and Maintenance

The transmitter is a high-tech instrument that should be handled with care. The following instructions will help you fulfill guarantee obligations.

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 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 the transmitter in a cool and dry place. Do not store wet in non-breathing material, such as a sports bag. Sweat and moisture keep the electrodes wet and activated. Do not expose to direct sunlight for extended periods.

Service

Batteries

To change the battery yourself, follow below instructions. See picture C.

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
3. Press the cover back into the connector.
4. Use the coin to turn the cover clockwise to CLOSE.

Open the cover only when changing the battery to ensure a long life, and 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 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.

Caution!

Danger of explosion if the battery is replaced with wrong type

Batteries should be disposed of in compliance with local regulations.

Precautions

For allergy information, see the listed materials in Technical Specifications. Avoid skin reactions by wearing the transmitter over a shirt, moistened under the electrodes.

Keep insect repellent away from the transmitter.



The moisture and abrasion may cause staining on light-colored clothes.

Using Your Transmitter in a Water Environment

Polar WearLink Bluetooth transmitter is water resistant but will not measure heart rate in water.

Technical Specifications

Battery type:	CR 2025 (Panasonic recommended)
Battery sealing ring:	O-ring 20.0 x 1.0 Material FPM
Polar WearLink Bluetooth transmitter battery life:	150 hours or use
Operating temperature:	0 - +50C
Connector material:	Polyamide
Strap material:	35% Polyester, 35% Polyamide, 30% Polyurethane

CE 0537

This product is compliant with the 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.



This marking shows that product is protected against electric shocks.

CANADA Industry Canada (IC) regulatory information
This device complies with RSS-210 of Industry Canada 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. This class [B] digital apparatus complies with Canadian ICES-003.

Avis de conformité à la réglementation d'Industrie Canada
Cet appareil est conforme à la norme CNR-210 du Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes : (1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif. Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada.

USA 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

ENGLISH

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.

Caution! Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Copyright 2008 Polar Electro Oy, FIN-90440
KEMPELE, Finland.

Polar Electro Oy is a ISO 9001:2000 certified company.

All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy. The names and logos marked with a TM symbol 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's manual or in the package of this product are registered trademarks of Polar Electro Oy, except Windows which is a registered trademark of Microsoft Corporation.

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.

This product is protected by the incorporeal rights of Polar Electro Oy as defined by the following documents: FI 110915, EP1361819, US7324841, FI 23471, EU 00046107, USD492783S, USD492784S, USD492999S. Other patents pending.

www.polar.fi