ENGLISH

CONTENTS

1. INTRODUCTION

Congratulations on the purchase of your Polar RCX3 training computer! The RCX3 training computer offers you a complete system to guide you in your training.

polarpersonaltrainer.com
Web service

WebSync software

DataLink data transfer unit

Polar WearLink® transmitter
W.I.N.D.

G3 GPS sensor W.I.N.D./
G5 GPS sensor

s3+ stride sensor

CS speed sensor™ W.I.N.D. and
CS cadence sensor™ W.I.N.D.

The full user manual and the latest version of this getting started guide can be downloaded at www.polar.fi/support. For video tutorials, go to http://www.polar.fi/en/support/video_tutorials.

Polar RCX3 Training System

Polar RCX3 training computer receives the data from the sensors and saves it. RCX3 provides you with a complete system to plan, train, analyze, and share your training data.

Comfortable **heart rate sensor** detects your heart rate accurately from heart's electrical signals and sends the data to the training computer in real time.

The heart rate sensor consists of a connector and a strap.

Polarpersonaltrainer.com is your online training diary and interactive training community that keeps you motivated.

You can log your training information using the diary and transfer each training file to automatically create a diary entry. This data can then be stored and viewed either weekly or monthly so you can easily track how well your performance is improving.

Available Polar Accessories

With the help of Polar accessories, you can enhance your training experience and achieve a more complete understanding of your performance.

With the **DataLink data transfer unit** you can transfer all your training data to the polarpersonaltrainer.com web service via **WebSync software**.

s3+ stride sensor transmits the running speed/pace and distance data to your training computer.

G5/ G3 GPS sensor W.I.N.D. provide speed, distance and location data, in outdoor sports using Global Positioning System technology.

CS speed sensor W.I.N.D. wirelessly measures distance and your real-time, average and maximum cycling speeds.

CS cadence sensor W.I.N.D. wirelessly measures your real-time and average cycling cadence, also know as pedaling rate, as revolutions per minute.

Data from all compatible sensors is sent wirelessly to the training computer over the 2.4 GHz W.I.N.D. technology, proprietary to Polar. This eliminates interference during training.

Button Functions and Menu Structure

LIGHT
- Illuminate the display
- **Press and hold** to enter **QUICK MENU**: In time view lock buttons, set alarm or select time zone. During training lock buttons, search sensor, adjust training sounds or set lap view.

BACK
- Exit the menu
- Return to previous level
- Leave settings unchanged
- Cancel selections
- **Press and hold** to return time mode from any other mode.

UP
- Move through selection lists
- Adjust a selected value
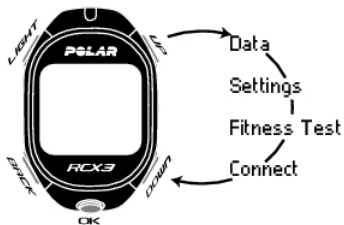- **Press and hold** to change the watch face.

DOWN
- Move through selection lists
- Adjust a selected value
- **Press and hold** to switch between Time 1/ Time 2.

OK (red button)
- Confirm selections
- Start training session
- Take a lap
- **Press and hold** to set zone lock on in training mode.

In time mode press UP to enter **MENU**. Browse the menu structure with UP/DOWN and enter with OK.

- Select **Data** to view all the saved training information.
- Select **Settings** to modify Sport Profiles, heart rate settings, user information, general settings, or watch settings.

- Select **Fitness test** to start the test or view the results. Polar Fitness Test measures your aerobic fitness at rest in five minutes. The result, Polar OwnIndex, evaluates your maximal oxygen uptake (VO_{2max}). Do the test in every 6 weeks and see how you progress.
- Select **Connect** to start synchronizing, set the AutoSync On/Off or Remove pairings between the training computer and the PC/Mac.

2. FIRST STEPS

Enter Basic Settings

Before using your training computer for the first time, customize the basic settings. Enter as accurate data as possible to ensure correct feedback based on your performance.

Activate your training computer by pressing any button.

1. First, select your language. Confirm your selection with OK.
2. **Please enter basic settings** is displayed. Enter your personalized data by using UP/DOWN buttons and confirm your selection with OK.
3. After completing the basic settings, check, and if necessary, adjust your activity level and maximum heart rate at **Settings** > **User information**.

For detailed information on the settings of your training computer, consult the full user manual at www.polar.fi/support.

Take a New Sensor Into Use

Before you can start training you have to activate and introduce all the sensors to your training computer. This is called pairing. It has to be done only once to each sensor and it only takes a few seconds.

Pairing ensures that your training computer receives signals from your sensors only, and enables interference-free training in a group.

Pairing the heart rate sensor with the training computer

Paring the heart rate sensor included in the product package is done automatically and it does not require any special actions from you.

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

1. Wear the training computer and the heart rate sensor. See instructions on chapter Training (page 11).
2. Press OK. **Searching for new heart rate sensor** is displayed.
3. When **Heart rate sensor found** is displayed, you are ready to start your first training session.

Pairing a new optional* sensor with the training computer

1. Press UP to enter **Settings**. Select, for example, **Sport profiles** > **Running** > **Stride sensor** > **Search new**.
2. **Searching for new stride sensor** is displayed. **Stride sensor found** is displayed.
3. If **Stride sensor not found**, **Try again? YES/NO** is displayed, check that your stride sensor is correctly set up and select **YES**. Press BACK to cancel the search.

If **Other sensors interfering. Move further. Try again?** is displayed, move further away from interfering sensors and press OK to start the search again.

*Optional Polar sensors include s3+ stride sensor, G5 / G3 GPS sensor W.I.N.D., CS speed sensor W.I.N.D. and CS cadence sensor W.I.N.D. For more information on setting up the optional sensor, see the user manual of sensor in question.
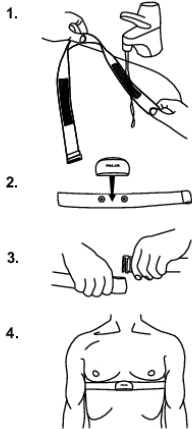
3. TRAINING

Before Training

Wear the heart rate sensor to measure heart rate

1. Wet the electrode areas of the strap 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.

(i) *Detach the connector from the strap after every use, to maximize the battery lifetime. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will reduce the battery life. For more detailed washing instructions, see Important Information (page 17).*

Adjust the Sport Profile

Before starting a training session, select the sport profile you are going to use and modify it's settings to best suit your training.

1. In time mode, press UP to enter **MENU**.
2. Select **Settings** > **Sport Profiles**.
3. Select the sport profile (**Running**, **Cycling 1 (Bike 1)**, **Cycling 2 (Bike 2)**, or **Other sport**) and press OK.
4. Modify the settings. For example, you can turn on the sensors you want to use or adjust the display settings for the training computer.
5. Press BACK to return to time mode.

For more information on the sport profile settings, see the full user manual at www.polar.fi/support.

Start Training

*By using the **ZoneOptimizer** feature during every training session you can make sure you train on the right intensity. The ZoneOptimizer gives you the right heart rate zones (Sport zones) depending on your physiological state at that exact moment.*

Set the ZoneOptimizer on by selecting **MENU** > **Settings** > **Heart rate settings** > **ZoneOptimizer** > **On**.

Wear the training computer, heart rate sensor and optional sensor(s).

1. Start by pressing OK. The training computer enters pre-training mode and starts searching for the sensor signals.

   If a sensor signal is not found, the display will show a triangle with an exclamation mark. The check mark indicates that the sensor signal is found.

2. Select the sport profile you want to use (**Running**, **Cycling 1 (Bike 1)**, **Cycling 2 (Bike 2)** or **Other sport**) by browsing with UP/DOWN.

3. Once all the sensor signals are found, press OK. **Recording started** is displayed, and you can start your training session.

- Change the training view on display by browsing with UP/DOWN.
- Access the **QUICK MENU** by pressing and holding LIGHT for two seconds.
- For further information on functions during training, consult the full user manual at www.polar.fi/support.

To pause your training session, press BACK.

To continue recording your training session, press OK.

To stop training recording completely, press BACK again.

After Training

Detach the connector from the strap and rinse the strap under running water after every use. For complete care and maintenance instructions, see chapter Caring For Your Product (page 17).

After each training session the training computer gives you a textual feedback and a summary of your performance providing that you have trained at least 10 minutes on a sport zone.

You can see details on your training sessions by selecting **MENU** > **Data** > **Training Files**.

For a deeper analyzis about your training, upload it to polarpersonaltrainer.com web service or see the full user manual at www.polar.fi/support.

If you have used an optional sensor during your training session you will get more data of your training session, for example *Running Index** and speed and distance data.

**Running Index is based on heart rate and speed data measured during the run. It gives daily information about your performance level, both aerobic fitness and running economy. Improvement in running efficiency indicates improved economy of running performance.*

Transfer Your Training Data to Polarpersonaltrainer.com

Transfer the training data to polarpersonaltrainer.com web service manually or with the optional DataLink data transfer unit and the WebSync software.

You can download WebSync from www.polarpersonaltrainer.com after you have registered to the web service. Using polarpersonaltrainer.com is free of charge.

With **polarpersonaltrainer.com web service** you can

• share your training information in social media,
• get more detailed information on your training feedback
• store your training files and follow up your progress
• see your training route (optional Polar G5/ G3 GPS sensor W.I.N.D. needed)

• analyze training intensity and needed recovery time using the Training Load feature, and
• challenge your friends to virtual sports competitions.

With **Polar WebSync software** you can

• synchronize and transfer data between your training computer and polarpersonaltrainer.com,
• fine-tune your training computer settings and set the Power Save mode on/off, and
• personalize your RCX3 training computer display for example with your own logo.

> ⓘ *For more information on data transfer, consult the full user manual at www.polar.fi/support or the online help for polarpersonaltrainer.com and WebSync.*

4. IMPORTANT INFORMATION

Caring For Your Product

Detach the transmitter connector from the strap after every use. Rinse the strap under running water. 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 40ºC/104ºF 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 to maximize the transmitter battery lifetime. 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 heart rate sensor 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 the training computer 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, 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.fi/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.

Batteries

The RCX3 training computer and the Polar WearLink heart rate sensor both have a user changeable battery.

When changing the heart rate sensor 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.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneous from both sides, with metal or electrically conducting tools, like tweezers. This may short-circuit the battery causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but it may decrease the capacity and lifetime of the battery.

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

Power save mode: To maximize the battery lifetime of the RCX3 training computer, there is a power save mode, which can be activated from WebSync software. For more information, on the power save mode settings, see WebSync Help.

*The power save mode will not be enabled during training session recording.*

Changing Training Computer Batteries

1. Use the battery cap tool to open the battery cover. Position the tool so that it fits in correctly on the top of the back cover and turn it from CLOSE to OPEN. Remove the battery cover.
2. Lift the battery out carefully. Be careful not to damage the metal sound element (*) or the grooves. Insert a new battery with the positive (+) side outwards.
3. Close the cover with the battery cap tool and re-enter the basic settings.

Changing Heart Rate Sensor Batteries

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery inside the cover with the negative (-) side outwards. 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.
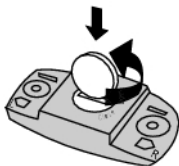
⚠
Danger of explosion if the battery is replaced with wrong type.

Precautions

The RCX3 training computer shows your performance indicators. It indicates the level of physiological strain and intensity during your exercise. It measures heart rate, speed and distance when cycling with a Polar CS speed sensor W.I.N.D. It also measures speed and distance when running with a Polar s3+ stride sensor or with a Polar G5/ G3 GPS sensor W.I.N.D. The Polar CS cadence sensor W.I.N.D. is designed to measure cadence when cycling. No other use is intended or implied.

The Polar RCX3 training computer should not be used for obtaining environmental measurements that require professional or industrial precision.

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?

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.

(i) 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 perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training computer or the heart rate sensor.

If you train in cold conditions (-20 °C to -10 °C / -4 °F to 14 °F) we recommend that you wear the training computer under the sleeve of your jacket, directly on your skin.

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with training computer. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance. For further information, see www.polar.fi/support.

Using RCX3 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.

Technical Specifications

Training computer

Battery life:	Average 8-11 months (if you train on average 1h/day, 7 days/week)
Battery type:	CR 2025
Battery sealing ring:	Silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Training computer materials:	PMMA lens with hard coating in top surface, training computer body ABS+GF metal parts stainless steel
Wrist strap and buckle materials:	Polyurethane (TPU) and stainless steel
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 bpm
Current speed display range:	0-127 km/h or 0-75 mph
Water resistance:	30 m

Training computer limit values

Maximum number of files:	99
Maximum time recorded to file:	99 h 59 min 59 s
Maximum number of laps:	99 (per exercise)
Maximum number of autolaps:	99 (per exercise)
Total distance:	99999,99 km / 99999,99 mi
Total duration:	9999 h 59 min 59 s
Total calories:	999 999 kcal
Total exercise count:	65535

Heart rate sensor

Battery life:	Average 2 years (3h/day, 7 days/week)
Battery type:	CR2025
Battery sealing ring:	O-ring 20.0 x 1.0 Material FPM
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Connector material:	Polyamide
Strap material:	Polyurethane / Polyamide / Polyester / Elastane / Nylon
Water resistance:	30 m

System Requirements for Polar WebSync Software and Polar DataLink

Operating system: Microsoft Windows XP/Vista/7 or Intel Mac OS X 10.5 or newer

Internet connection

Free USB port for DataLink

Patented Technologies

The Polar RCX3 training computer applies the following patented technologies, among others:

OwnIndex® technology for fitness test.

OwnCal® personal calorie calculation.

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.

To see the RCX3 specific certification and compliance markings go to **MENU** > **Settings** > **General settings** and press LIGHT -button long.

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.

English

This product is compliant with the Directive 1999/5/EC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.html.

Deutsch

Dieses Produkt ist konform mit der Richtlinie 1999/5/EC. Die zugehörige Konformitätserklärung ist erhältlich unter www.support.polar.fi/declaration_of_conformity.html.

Français

Ce produit est conforme à la Directive 1999/5/EC.La Déclaration de Conformité correspondante est disponible sur le lien www.support.polar.fi/declaration_of_conformity.html.

Ελληνικά

Το πρϊόν αυτο είναι συμβατό με την Ευρωπαϊκή Οδηγία 1999/5/EC. Η σχετική Δήλωση συμμόρφωσης είναι διαιθέσιμη στην ηλετρονική διεύθυνση www.support.polar.fi/declaration_of_conformity.html.

Nederlands

Dit product voldoet aan de richtlijn 1999/5/EC.De desbetreffende overeenkomstigheidsverklaring is beschikbaar op www.support.polar.fi/declaration_of_conformity.html.

Italiano

Questo prodotto è conforme alla Direttiva 1999/5/EC. La Dichiarazione di conformità rilevante è visionabile sul sito Web: www.support.polar.fi/ declaration_of_conformity.html.

Español

Este producto cumple con la Directiva 1999/5/EC. La Declaración de conformidad correspondiente está disponible en www.support.polar.fi/declaration_of_conformity.html.

Português

Este produto está conforme à Directiva 1999/5/EC. A respectiva Declaração de Conformidade está disponível em www.support.polar.fi/declaration_of_conformity.html.

Suomi

Tämä tuote on direktiivin 1999/5/EC mukainen. Asiaankuuluva Vaatimusten-mukaisuusvakuutus löytyy osoitteesta www.support.polar.fi/declaration_of_conformity.html.

Svenska

Denna produkt uppfyller kraven i EUdirektiv 1999/5/EC. Tillämplig försäkran om överensstämmelse finns tillgänglig på www.support.polar.fi / declaration_of_conformity.html.

Dansk

Dette produkt er i overensstemmelse med direktiv 1999/5/EC. Den relevante Erklæring om overensstemmelse fi ndes på adressen www.support.polar.fi/declaration_of_conformity.html.

Norsk

Dette produktet er i overenstemmelse med EU-direktiv 1999/5/EC. De relevante overenstemmelseserklæringene fi nner du på www.support.polar.fi/ declaration_of_conformity.html

CANADA

Industry Canada (IC) regulatory information

This device complies with ICES-003 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.

Avis de conformité à la réglementation d'Industrie Canada

Cet appareil est conform à la norme NMB-003 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.

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 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 and IC radio frequency exposure limits. This equipment complies with FCC and IC 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.

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

POLAR®
LISTEN TO YOUR BODY