



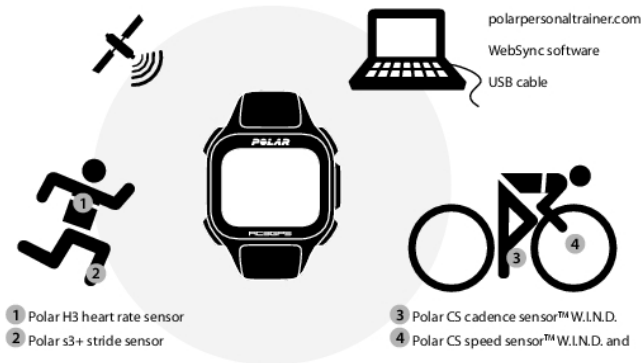
ENGLISH

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1. INTRODUCTION

Congratulations on the purchase of your Polar RC3 GPS training computer! The RC3 GPS offers you an all-in-one system to guide you in your training.



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/polar_community/videos.

The Training System



With an integrated GPS unit the **Polar RC3 GPS training computer** provides speed and distance data, as well as route information at the polarpersonaltrainer.com web service, in all outdoor sports using Global Positioning System (GPS) technology.



If you purchased a set which does not include a heart rate sensor, turn it off in the Sport Profile settings. For instructions, see Preparing.

Connect the Polar RC3 GPS training computer to your computer with a **USB cable** to charge the battery and to transfer data between the training computer and the polarpersonaltrainer.com web service.

Polarpersonaltrainer.com is your online training diary and interactive training community that keeps you motivated. For a deeper analysis of your training, transfer the training data to the polarpersonaltrainer.com web service using the USB cable and WebSync software.

Available Polar Accessories

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



Comfortable heart rate sensor **Polar H3** detects your heart rate accurately from the 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.

s3+ stride sensor transmits running speed/pace and distance data to the training computer. It also measures running cadence and stride length.

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

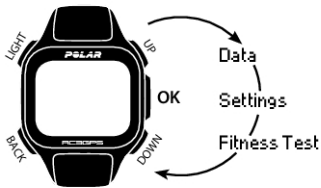
CS cadence sensor W.I.N.D. wirelessly measures your real-time, average and maximum cycling cadence as revolutions per minute.



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.

Menu Structure and Button Functions

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



- 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}). Perform the test in every 6 weeks and see how you progress.
- Select **Data** to view all the saved training information.
- Select **Settings** to modify sport profiles, heart rate settings, user information, general settings, and watch settings.

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, set automatic lap on/off, show GPS info or show zone limits.

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.

OK (*red button*)

- Confirm selections
- Start training session
- Take a lap
- **Press and hold** to set zone lock on/off in training mode.

DOWN

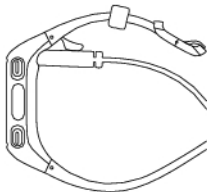
- Move through selection lists
- Adjust a selected value
- **Press and hold** to switch between Time 1/Time 2.

2. PREPARING

Charge the Battery

The RC3 GPS has an internal, rechargeable battery. Charge the RC3 GPS via a USB connection on your computer by using the USB cable that comes with the product set. If you want to plug the USB connector to a wall outlet, use a USB power adapter (not included in the product set).

1. Plug the micro USB connector into the USB port in the RC3 GPS.
2. Plug the USB connector into a computer USB port. It is recommended not to use USB hubs because a USB hub may not supply enough power for the RC3 GPS.
3. The charging animation appears on the display. Fully charging the battery takes up to two hours.
4. When the RC3 GPS is fully charged, **Charging complete** is displayed. Disconnect the cable.



The RC3 GPS goes to basic settings after the first charge. To enter the basic settings during the charge, press any button.



Use a USB 1.1/2.0 compliant cable included in the set package. The charging time may be prolonged if you charge from a USB hub.

Enter Basic Settings

Enter as accurate data as possible to ensure correct feedback based on your performance.

1. First, select your language. Confirm your selection with OK.
2. **Please enter basic settings** is displayed. Press OK and start entering your personal data by using the UP/DOWN buttons and confirm your selections with OK.
3. After completing the basic settings,

adjust your activity level and maximum heart rate at **Settings** > **User information**, if necessary.



It is important that you are precise with the Basic Settings, especially when setting your weight, height, date of birth and sex, as they have an impact on the accuracy of the measuring values, such as the heart rate limits and calorie expenditure.

For detailed information on the settings of RC3 GPS, consult the full user manual at www.polar.fi/support.

Adjust the Sport Profile Settings

The **Sport Profile** feature helps you start your training session with ease. The RC3 GPS provides five sport profiles; one for running, two for cycling and two for other sports.

Adjust the settings for the sport profiles to suit your training needs in **MENU > Settings > Sport Profiles**. You can, for example, activate the sensors you want to use in the sport. Then when you start a training session using the sport profile, the RC3 GPS detects the needed sensors automatically.



*The heart rate sensor is on by default in every sport. Due to this, the RC3 GPS will automatically start searching for the heart rate sensor signal once you press OK in time view. If you purchased a set which does not include a heart rate sensor, turn it off in **MENU > Settings > Sport Profiles > Running > Heart rate sensor > Off**.*


When you activate an optional sensor (s3+ stride sensor, CS speed sensor W.I.N.D. or CS cadence sensor W.I.N.D.) for the first time, it needs to be paired with the RC3 GPS. For more information on the sport profile settings and pairing a sensor with the RC3 GPS, see the full user manual at www.polar.fi/support.

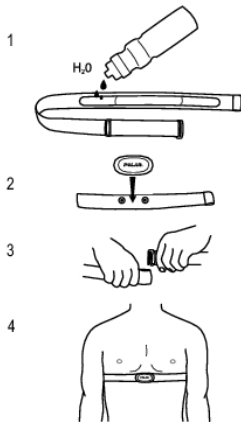
3. TRAINING

Wear the Heart Rate Sensor

Wear the heart rate sensor to measure heart rate.

1. Moisten the electrode area of the strap.
2. Attach the connector to the strap.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Adjust the strap length to fit tightly but comfortably. Check that the moist 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 and rinse the strap under running water after every use. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will reduce the heart rate sensor battery life. For more detailed washing instructions, see Important Information.*



Start a Training Session

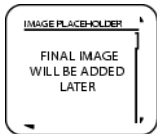
Start a training session by pressing OK.



If you purchased a set which does not include a heart rate sensor, and you have set the heart rate sensor off in the Sport Profile settings, skip points 1 and 2 and go straight to point 3.



1. Wearing the RC3 GPS and the heart rate sensor, start by pressing OK. **Searching for new heart rate sensor** is displayed. The RC3 GPS searches for a heart rate sensor signal.



2. **Heart rate sensor found** is displayed, once the RC3 GPS finds the signal. This action is called pairing and is performed only once to the heart rate sensor. Pairing ensures that your RC3 GPS receives signal from your heart rate sensor only, and enables interference-free training when there are other training computer's around.



3. The RC3 GPS enters the pre-training mode. Select the sport profile you want to use by browsing with UP/DOWN.

If you have activated the GPS function and/or an optional sensor in this sport profile, the RC3 GPS will automatically start searching for the signal.

To catch satellite signals, go outdoors and away from tall buildings and trees. In good conditions, acquiring satellite signals for the first time typically takes 30-60 seconds. RC3 GPS will find the signals faster if you keep it immobile during the search.

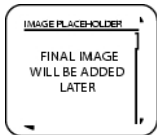


4. The check mark indicates that the signal is found. In this image the RC3 GPS has found the heart rate sensor signal and the GPS signal. If the RC3 GPS does not find the signal, the display shows a triangle with an exclamation mark.

Once the RC3 GPS has found all the signals, press OK.

Recording started is displayed, and you can start recording your training session.

Training Functions



Training in **Polar sport zones** is an easy way to follow your intensity during training. The **Zonepointer** feature shows the sport zone you are currently training in with a heart symbol that moves on the scale according to your heart rate.

You can lock your target sport zone for a training session. When your heart rate goes below or above the target sport zone, the RC3 GPS gives a visual and audible alarm.



*By using the heartrate-variability based **ZoneOptimizer feature** at the beginning of every training session you can make sure you train at the right intensity. The ZoneOptimizer adjusts the sport zones depending on your physiological state at that exact moment.*



The **Back to starting point** feature guides the way back to your starting point. When you start a training session, the training computer saves your location as your starting point. When it is time to return to your starting point, do the following:

- Browse to the BACK TO START-view.
- Keep the RC3 GPS in a horizontal position in front of you ("POLAR" logo facing forward).
- Keep moving in order for the RC3 GPS to determine which direction you are going. An arrow will point in the direction of your starting point.
- When the arrow does not point forward, turn in the direction of the arrow.
- The RC3 GPS also shows your current coordinates and the direct distance (beeline) between you and the starting point.



Always keep a map handy in case the RC3 GPS loses the satellite signal or the battery runs out.

See the full user manual at www.polar.fi/support for detailed instructions on using **Polar sport zones**, **ZoneOptimizer** and **Back to starting point** feature.

Button functions

- Change the training view on display by browsing with UP/DOWN.
- Access the **QUICK MENU** by pressing and holding LIGHT for two seconds.
- Record a lap by pressing OK.
- Lock a zone by pressing and holding OK.
- Pause your training session by pressing BACK.
- Stop training recording completely by pressing BACK twice.

For further information on functions during training, consult the full user manual at www.polar.fi/support.

4. ANALYZING

The **Training Benefit feature** helps you better understand the effectiveness of your training. This feature requires the use of the heart rate sensor. After each training session you get textual feedback and a summary of your performance providing that you have trained at least a total of 10 minutes in the sport zones.



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

For a deeper analysis of your training, transfer the training data to the polarpersonaltrainer.com web service using the USB cable and WebSync software.

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

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

- see your training route
- share your training result as your status update in a social network
- challenge your friends to virtual sports competitions
- get more detailed information on your training feedback
- store your training files and follow up your progress, and
- follow your training load and recovery in the training diary.

For more information on the functions in the polarpersonaltrainer.com web service, consult the online help for polarpersonaltrainer.com.

With **WebSync software** you can

- synchronize and transfer data between your RC3 GPS and polarpersonaltrainer.com,
- adjust your RC3 GPS settings, and
- customize your RC3 GPS display for example with your own logo.

For more information on data transfer and other functions in the WebSync software, consult the full user manual at www.polar.fi/support or the online help for WebSync.

5. IMPORTANT INFORMATION

Caring for Your Product

RC3 GPS training computer: Keep your training computer clean. Clean it with a mild soap and water solution and rinse them with clean water. Do not immerse the training computer in water. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Connector: Detach the connector from the strap after every use and dry the connector with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material (eg. steel wool or cleaning chemicals).

Strap: Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.



Never put the strap or the connector in a washing machine or dryer!

Dry and store the strap and the connector separately, to maximize the heart rate sensor battery lifetime. Keep your training computer and heart rate sensor in a cool and dry place. Do not store 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 them 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 for the heart rate sensor, 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.

Battery Information

Training Computer

The training computer contains a rechargeable battery. Polar encourages you to minimize possible effects of waste on the environment and human health by following local waste disposal regulations and, where possible, utilizing separate collection of electronic devices at the end of the working life of the product. Do not dispose of this product as unsorted municipal waste.

Rechargeable batteries have a limited number of charge cycles. You can charge and discharge the battery over 300 times before a notable decrease in its capacity. The number of charge cycles also varies by use and operating conditions. The battery will be 70-80% full after one hour of charging. Charging the battery fully takes up to two hours.

Battery operating time

- in continuous use when recording a training session with the GPS function ON: up to 13 hours
- when you train on average 1h/day, 7 days/week:
 - with the GPS function ON: up to 11 days
 - with the GPS function OFF: up to 4 months
- when only the time view is used: up to 4 months

The operating time varies depending on operating conditions (e.g. high or low temperatures) and battery aging. The operating time is significantly reduced in temperatures well below freezing. Wearing RC3 GPS under your overcoat helps to keep it warmer and to increase the operating time.

To learn when to recharge the battery, see the full user manual at www.polar.fi/support.

Heart Rate Sensor

The Polar heart rate sensor has a user changeable battery.

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one to ensure the water resistance of the connector.

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.

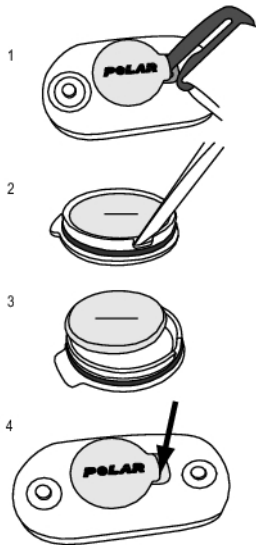
To change the battery:

1. Lever the battery cover open by using the bracket on the strap.
2. Remove the old battery from the battery cover with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the battery cover.
3. Insert a new battery (CR 2025) inside the cover with the negative (-) side outwards.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into its place. You should hear a snap.

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



Danger of explosion if the battery is replaced with wrong type.



Precautions

The Polar RC3 GPS training computer shows your performance indicators. The RC3 GPS is designed to indicate the level of physiological strain and recovery during and after an exercise session. It measures heart rate, speed and distance. It also measures running cadence when used with s3+ stride sensor and cycling cadence when used with a CS cadence sensor W.I.N.D.. No other use is intended or implied.

The RC3 GPS 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.



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 Polar training computer. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance. For further information, see www.polar.fi/support.

Technical Specifications

Training computer

Battery type:	250 mAh Li-Pol rechargeable battery
Operating time:	up to 13 hours in continuous use
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)+TPU / (PC+ABS)+GF / (TPU+PC) +TPU / ABS+PC / Aluminium / 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
GPS accuracy	distance $\pm 2\%$, speed ± 2 km/h
Sample rate	1 sample/sec
Accuracy of heart rate monitor:	$\pm 1\%$ 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:	Water proof IPX7 Not suitable for bathing or swimming. Protected against wash splashes and raindrops.
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Training computer limit values

Maximum number of files:	99
Maximum time recorded to file:	99 h 59 min 59 s
Maximum number of laps recorded in one training session:	99 (per exercise)
Maximum number of automatic laps recorded in one training session:	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:	1600 hours of use
Battery type:	CR2025
Battery sealing ring:	O-ring 20.0 x 0.90 Material Silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Connector material:	ABS
Strap material:	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester
Water resistance:	30 m Polar heart rate sensor is water resistant but will not measure heart rate in water due to its transmission frequency.

System Requirements for Polar WebSync Software

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

Internet connection

Patented Technologies

The Polar RC3 GPS training computer applies the following patented technologies, among others:

OwnIndex® technology for the 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.

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Polar Electro Oy is a ISO 9001:2008 certified company.

CE 0537

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



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) and batteries and accumulators used in products are in the scope of Directive

2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.



This marking shows that the product is protected against electric shocks.

Regulatory information is available at www.polar.fi/support.

To see the RC3 GPS 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.

This product is covered by the following patent documents: FI 111514B, DE19781642T1, GB2326240, HK1016857, US6277080, US20070082789, EP1795128, US20090278734, EP2116862, FI114202, US6537227, EP1147790, HK1040065, FI115289, EP1127544, US6540686, HK1041188, FI 110303, US6104947, EP0748185, JP3831410, FI20105796, US20120010478, EP2407217, EP08879081.1, US13/139541,

WO2010072883, US6584344, US2011021419, EP2280770. Other patents pending.

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