

Polar FT1™ Polar FT2™

Getting Started Guide

POLAR®

LISTEN TO YOUR BODY

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1. GET STARTED

Training computer displays the time, heart rate and other data during training.

Transmitter sends the ECG accurate heart rate signal to the training computer.

In this Getting Started Guide you can find basic information on using Polar FT1/FT2 training computer.

The full user manual and the latest version of this getting started guide can be downloaded at www.polar.fi/support.

Register your Polar product at <http://register.polar.fi/> to ensure we can keep improving our products and services to better meet your needs.

Menu Structure

Press the button in the **Time display** (showing the time of day, date and weekday) to enter different modes:

- x 1 **EXE** (exercise) to measure your heart rate
- x 2 **FILE** to view your training information
- x 3 **ZONE** to set your target heart rate limits manually
- x 4 **TIME** to set the time
- x 5 **DATE** to set the date
- x 6 **USER** to set your age*

* Applies only to Polar FT2 training computer.

Button Functions

With the button you enter different modes. In addition, you:

- move to the next display in **FILE**
- increase a value when the + symbol is displayed
- decrease a value when the - symbol is displayed. The decrease symbol is displayed two seconds after you have increased a value.
- confirm your selection/desired value when **OK?** is displayed.

Enter Settings

1. Select the desired setting/mode with the button.
2. Wait until the option/value is displayed and starts flashing.
3. Select the option/adjust the value by pressing the button.
4. When **OK?** is displayed, confirm your selection by pressing the button.

Setting/Mode	Option/Value		
ZONE	BEEP ON/OFF (target heart rate zone alarm on/off)	HIGH (upper heart rate limit)	LOW (lower heart rate limit)
TIME	12h/24h	AM/PM	hours and minutes
DATE	month and day/day and month	weekday	
USER*	AGE in years	* Applies only to Polar FT2 training computer	

2. TRAINING

Wear the Transmitter

1. Fasten one end of the transmitter to the elastic strap.
2. Adjust the transmitter's strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and fasten the strap to the transmitter.
3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back. Check that the wet electrode areas are firmly against your skin, and that the text on the transmitter is in an upright position and in the centre of your chest.

For more information on how to maintain your transmitter, see *Caring for Your Training Computer*.



Start Training

Before you start training, wear the transmitter and the training computer. There should be no other training computers within a one-meter/three-foot radius from you to avoid interference.

1. Start recording your training session by pressing the button once. **EXE** (Exercise) is displayed.
2. The stopwatch starts running in a few seconds. The outline of the heart symbol flashes until your heart rate is detected (this should not take more than 15 seconds).
3. Your heart rate is displayed. A flashing heart symbol indicates an ongoing heart rate measurement. The symbol flashes at the pace of your heart.
4. To stop training recording, press the button. **STOP** is displayed and the training computer returns to the Time display.



HeartTouch: Change the display information (Heart rate / Duration / Time) during the training session by bringing the training computer close to the transmitter's Polar logo. Keep the training computer close to the transmitter until you hear a beep and the desired information is displayed.

3. IMPORTANT INFORMATION

Caring for Your Training Computer

Wrist Unit and Transmitter: Keep in a cool and dry place. Do not store in a damp environment, in non-breathable material (a plastic bag or a sports bag) or with conductive material (a wet towel). Do not expose to direct sunlight for extended periods. Clean with a mild soap and water solution, dry with towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals). Do not bend or stretch the transmitter. This may damage the electrodes. Do not press the button of your training computer under running water.

Elastic Strap: Rinse with water after every use. Wash after swimming. If used regularly, wash at least once every three weeks in a washing machine at 40°C / 104°F. Use a washing pouch. Do not soak, and use neither detergent with bleach nor fabric softener. Do not dry-clean, spin-dry or iron.

Battery

Transmitter Battery: If you suspect that the transmitter battery has discharged, contact your authorized Polar Service Center for a replacement transmitter. Polar recycles used transmitters.

Training Computer Battery: Do not open the training computer yourself. We recommend that you have the battery replaced by an authorized Polar Service Center. They test your training computer for water resistance after battery replacement.

- The low battery indicator is displayed when 10-15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.

- The backlight and sound are automatically turned off when the low battery indicator is displayed.

Precautions

Your training computer is designed to help you achieve your personal fitness goals and indicate the level of physiological strain and intensity during a training session. No other use is intended nor implied.

Minimizing Possible Risks

Training may include some risk. Before beginning a regular training program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any training program.

- Have you been physically inactive for the past five years?
- Do you have high blood pressure or high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- 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?

Note that in addition to training intensity, medication 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 training. If you feel unexpected pain or excessive fatigue when training, stop the exercise or continue at a lighter intensity.

If you have a pacemaker, defibrillator or other implanted electronic device, you use the Polar FT1/FT2 at your own risk. Before starting use, take a maximal training stress test under the supervision of a physician. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar FT1/FT2.

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 transmitter, wear it over a shirt. Moisten the shirt well under the electrodes to ensure flawless operation. If you use insect repellent on your skin, make sure that it does not come into contact with the wrist unit or the transmitter.

Technical Specification

Wrist Unit

Battery type	CR 2025
Battery life	Average 2 years (1 h/day, 7 days/week exercise)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Wrist strap material	Thermoplastic Polyurethane
Back cover, buckle and tongue	Stainless steel complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.
Watch accuracy	Better than ± 2.0 seconds/day at 25 °C / 77 °F temperature.
Accuracy of heart rate measurement	$\pm 1\%$ or ± 1 bpm, whichever larger, definition applies to steady state conditions.
Water resistance	30 m (suitable for bathing and swimming)

Transmitter

Battery life	Average 2500 hours
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Transmitter material	Polyurethane
Strap material	Buckle: Polyurethane, Fabric: Nylon 46 %, polyester 32%, natural rubber (latex) 22%
Water resistance	30 m (suitable for bathing and swimming)

Water resistance of Polar FT1/FT2

To maintain water resistance, do not press the button under water. Water resistance of this product is tested according to International Standard ISO 2281. Please note that these definitions do not necessarily apply to products of other manufacturers. For more information on water resistance, visit <http://www.polar.fi/support>.

Guarantee and Disclaimer

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, 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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CE 0537

This product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at www.support.polar.fi/declaration_of_conformity.



This marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC (WEEE). Products and batteries and accumulators used in products are in the scope of Directive 2006/66/EC and should thus be disposed of separately in EU countries and also in the countries outside the EU by following local waste disposal regulations.



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