

ENGLISH

ENGLISH

Contents

1. YOUR POLAR AW200 ACTIVITY WATCH - BENEFITS	4	4. DURING ACTIVITY	12
		Start Action Recording (REC)	12
		Reading Data on Display	13
		Polar Activity Zones.....	14
		Reading Data on Display...continued ...	16
		File view	17
		Altitude Trend Scale	18
		Altitude Difference	19
2. GETTING STARTED	5	5. AFTER ACTIVITY	20
Watch Buttons	5	Files of Saved Activity Data	20
Watch Modes and Menu Structure	6	Viewing Saved Activity Data	21
What to Do First?	7	Delete a File	23
		Delete All Files	23
		Reset Totals File	23
3. BEFORE ACTIVITY	8	6. SETTINGS	24
Daily Use	8		
Altitude Measurement.....	8		
Altitude Calibration	8		
Walking/Hiking Hilly or Flat Terrain.....	9		
Barometer Calibration	10		
Barometric Trend	10		
Temperature	11		

Watch Settings	24		
Daily Alarm On/Off	24		
Time of Day	25		
Date	25		
Sound On/Off	25		
Units (metric/imperial)	26		
ALTI AUTO On/Off	26		
Intro On/Off	27		
User Settings	28		
General Settings	29		
Backlight	29		
Button Lock	29		
7. CUSTOMER SERVICE INFORMATION	30		
Care and Maintenance	30		
Caring for your Activity Watch	30		
Service	31		
Battery	32		
Precautions	34		
Technical Capability	34		
		Minimizing Possible Health Risks During Physical Outdoor Activities	35
		Frequently Asked Questions	36
		Technical Specification	38
		Limited Polar International Guarantee	41
		Polar Disclaimer	43
		INDEX	44

ENGLISH

1. YOUR POLAR AW200 ACTIVITY WATCH - BENEFITS

Once it's on, you don't want to take it off! A gateway to improved wellbeing with a touch of a button!

ACTIVITY - Allow yourself to be inspired in the open air.

Walking slowly or briskly? What's the effect on your fitness? - See live feedback on Activity Zones and intensity. How much of your hiking time has been beneficial to your health? - Check the Active Time vs Total Time

ENVIRONMENT - Enjoy it safely and discover what's really around you.

Want to know which way the weather's heading? - Check barometric trend and be prepared. Want to know how much elevation you have gained since the last stop? - Altitude difference can tell you just that.

BODY - Just press START and move!

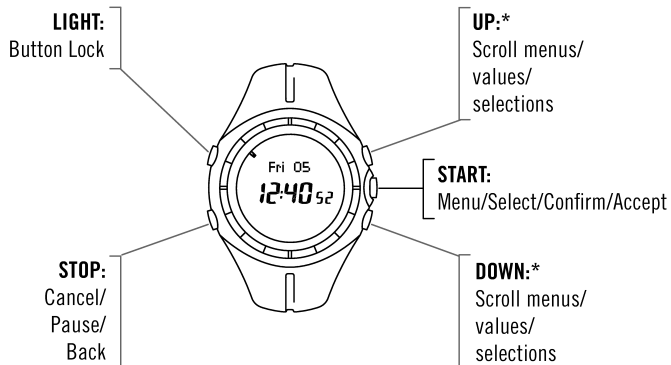
How intensively are you moving? When to have a break and a snack? - One glance to see your work rate and keep you on track without exhausting yourself. How many calories did you burn and how high did you hike? For those and more, check the File after your activity.



4 Your Polar AW200 Activity Watch - Benefits

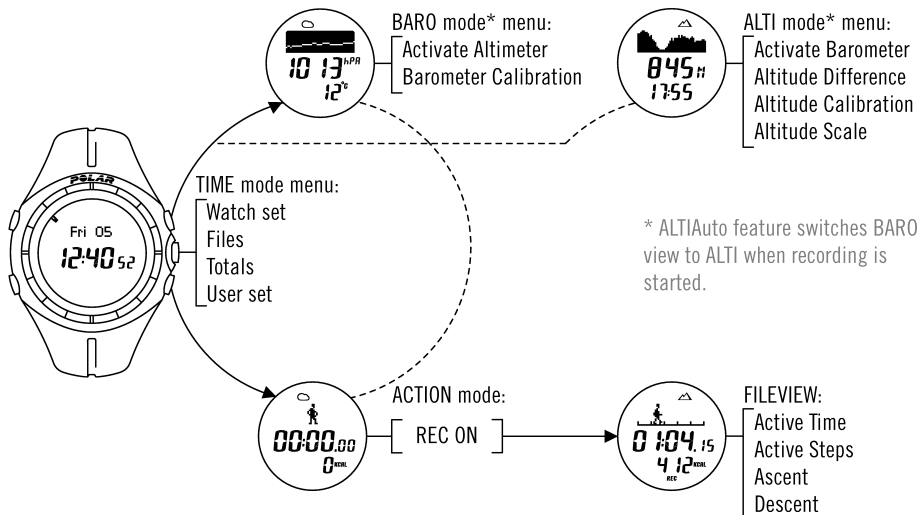
2. GETTING STARTED

Watch Buttons



*Press and hold to scroll values quicker.

Watch Modes and Menu Structure



6 Getting Started

What to Do First?

1. Activate your Polar AW200 Activity Watch by pressing the START button twice, until **Basic SETTINGS** is displayed*.
2. Press START again and follow the instructions on display:
3. **Time:** select either **12h** or **24h**. With **12 h**, select **AM/PM**. Enter correct time.
4. **Date:** DD = days, MM = month, YY = year
5. **Units:** **KILOGRAMS** (meters (M) / hectopascal (hPa)/ Centigrades (°C)) or **POUNDS** (feet (FT) / inches of mercury (inHg) / Fahrenheit (°F)
6. **Settings OK?** is displayed. To change any settings, press the STOP button repeatedly until you see the data you want to change. Once correct, press the START button. The display automatically switches to show the time of day (TIME mode).
7. To record as accurate data as possible during activity, you need to key in some of your personal details. Do this either straight away, or when you start recording your activity. To do so now, press the START button. **Menu WATCH SET** is displayed. Press DOWN once until **Menu USER SET** appears on display. Press START, enter and confirm the required information. Press and hold the STOP button to return to TIME mode. For more detailed description, see 'User Settings'.

Your activity watch is now ready for action!

*If you do not press any buttons for approx. five minutes, the display automatically switches to TIME mode. You will then need to set the correct time, date and units separately. See 'Settings' for details.

3. BEFORE ACTIVITY

Daily Use

Your Polar AW200 Activity Watch can be worn on the wrist at all times. Not only does it tell you the time of day and date, but the surrounding temperature and air pressure trend (BARO), as well, helping you keep track of any changes in the weather.

Altitude Measurement

Altitude measurement relies on a simple principle: atmospheric pressure decreases as elevation increases.

For accurate altitude readings, the device needs to be calibrated first.

Altitude Calibration

To calibrate the altimeter, check your current altitude on a topographic map of your area. Alternatively, calibrate the barometer instead. For this, see 'Barometer Calibration'.

1. Go to ALTIBARO mode. If the display shows BARO mode, press START twice to **Activate ALTIMETER**. If you are already in ALTI mode, proceed to step 2.
2. Press START and UP to go to **Altitude CALIBRATION** and press START. The value on the display starts flashing.
3. Enter the correct altitude (M / FT).
4. **Calibration OK** is displayed for three seconds before the display returns to ALTI mode.

Walking/Hiking Hilly or Flat Terrain

If your aim is to roam around in a landscape where altitude is likely to change a lot, we recommend that you follow the altitude trend graph during your hike. It is activated automatically as you start recording your activity.

However, if you are planning to walk on flat rather than hilly terrain, you may want to follow the changes in the weather instead in which case you should deactivate automatic altitude measurement, **ALTI AUTO**:

Start at TIME mode and select **Menu WATCH SET > Set ALTI AUTO On > OFF**. Return to TIME mode by pressing and holding the STOP button.

To activate barometric measurement, go to **ALTI** mode and select **Activate BAROMETER**. **Barometer ACTIVATED** is visible for a few seconds before the display returns to BARO mode.

Once you start recording, the barometric trend graph instead of the altitude trend graph will appear on the display.

ENGLISH

Barometer Calibration

As barometric and altitude measurements are both based on air pressure, calibrating the barometer will automatically calibrate the altimeter. This is practical in case you don't know the altitude but have access to the internet or can call a local weather station for current barometric information.

To calibrate barometer,

1. Go to ALTI/BARO mode. If the display shows ALTI mode, press START twice to **Activate BAROMETER**. If you are already in BARO mode, proceed to step 2.
2. Press START and UP to go to **Barometer CALIBRATION** and press START. The **Sea level PRESSURE** value starts flashing on the display.
3. Enter the correct value (hPa / inHg).
4. **Calibration OK** is displayed for three seconds before the display returns to BARO mode.

Barometric Trend

By using the barometer to predict possible weather changes you can be better prepared and make your outdoor activity more enjoyable and safer.

If the barometric trend is rising, the weather is likely to get clearer but in cold climates, even colder weather is likely to be on its way.

If the trend is dropping, the weather is likely to get cloudier. The steeper or more rapid the drop, the greater the chance of a storm. 1hPa/hour (or 0.03 inHg) drop in pressure can already signal deteriorating weather. The graph is updated every 30 minutes and displays the changes in air pressure over a rolling 24 hour period.

10 Before Activity

Temperature

You can view the surrounding temperature in both, **BARO** and **ALTI** modes.

In ALTI mode, press and hold the DOWN button to switch the bottom row view between the time of day and temperature.

Your body heat can affect the temperature reading so it is advisable to either wear the activity watch over your sleeve or take it off the wrist for approximately 10 minutes to get the actual temperature of the surrounding.

4. DURING ACTIVITY

Start Action Recording (REC)

Starting from TIME mode, either

- a) press and hold the START button or
- b) press DOWN to go to **ACTION** mode and press START.

Your Polar AW200 Activity Watch starts recording total time of your walk/hike. To pause recording, press STOP button once. Press it twice to stop recording.

If you have not keyed in the user settings, **User set MISSING** is displayed. Follow the instructions on how to enter them and then, once in ACTION mode, press START to record your activity. If incorrect or no user settings are entered, default settings will be used.



For the first 30 seconds of recording, the device will detect your movement. Therefore the zone pointer (animation) will not be moving on the display. Action data will start accumulating in the file after one minute of activity.

Reading Data on Display

During action recording, you can switch the view on the screen with the UP/DOWN buttons between the following modes; TIME, ACTION or ALTI/BARO:



TIME mode:

Date / Polar logo (press and hold UP button to switch view)
Time of Day



ACTION mode 1st view:

The Zone Pointer moves within the activity zones and mirrors the speed of your walking or running activity. If you move too slow, it stops. It is visible only during action recording.

Total Time is the cumulative time since you started recording your activity.

KCAL = Cumulative kilocalories burned since the beginning of recording.



ACTION mode 2nd view:






Bottom row: Press and hold DOWN button to see the work rate of the exercise

KCAL/H = Kilocalories burned per hour.

ENGLISH

Polar Activity Zones

Based on walking and running speeds, Polar divides activity into five zones. The following chart displays the zones and their effects on your health and fitness:

 Slow walking	 Walking	 Brisk walking	 Running	 Fast running
Long slow walks maintain overall health and promote recreation.	Regular walking in a comfortable speed improves health and fitness in less fit persons.	Brisk walking allows health benefits for all and improves fitness in most individuals.	Regular running is a recommended activity for advanced fitness.	Running fast even in short sessions improves performance and increases race speed.

Regular walking can improve fitness depending on your current fitness level. For example, if a less fit person walks daily for 30 minutes or more at comfortable pace, fitness improves. For more experienced walker brisk walking will improve fitness. A good recommendation is to walk briskly at least 30 minutes 3-5 times a week. This recommendation applies also to running.

14 During Activity

In addition to walking and running speeds, ascents and descents will also affect intensity, energy expenditure, and muscle fitness. For example, walking uphill slowly can burn as many calories as walking briskly on a flat terrain. Walking or running technique, carrying a backpack and the quality of the surface also have an effect on intensity. This is seen in the amount of expended calories.

Below typical calorie expenditures per hour (kcal/h) for a person weighing 75 kg. If you weigh less, fewer calories are expended; if more, a greater amount of calories are expended.

Slow Walking	Walking	Brisk walking	Running	Fast running
300 kcal	400 kcal	500 kcal	700 kcal	800 kcal

 *For more information on the activity measurement, visit our Article Library; <http://articles.polar.fi>.*

ENGLISH

Reading Data on Display...continued



ALTI mode (= mountain symbol)

Altitude Trend graph shows altitude changes of passed track, or Altitude Difference (press and hold the UP button to switch view)

Your current altitude

Time of day or Temperature (press and hold the DOWN button to switch view).



BARO mode (= cloud symbol)

Barometric Trend shows the changes in air pressure.

Current air pressure measured at sea level

Temperature or Time of day (press and hold DOWN button to switch view)

ALTI and BARO mode cannot be active simultaneously. This means that while the altitude trend is displayed, no changes in air pressure are being recorded and vice versa.

16 During Activity

File view

During action recording or when recording is paused, the display will automatically scroll through the following cumulative values if you press and hold the START button:

ACTIVE TIME = The duration of truly active body movement since you started recording. Compare the active time with the total time and find out how long you have been moving on an intensity level that improves fitness. This time excludes the time you have spent on stops and breaks during your walk. If your activity watch does not detect any motion for over an hour, the activity recording will pause until you start it again manually.

ACT(IVE) STEPS = Instead of counting single steps, Polar AW200 Activity Watch counts only the steps that are based on continuous motion of the whole body. The active steps improve fitness more efficiently than the steps taken on a very low intensity.

ASCENT = The total vertical elevation you have gained since you started recording.

DESCENT = The total vertical drop you have completed since you started recording your action.

You can stop the automatic scrolling by pressing either UP or DOWN at any time.



Your Polar AW200 Activity Watch is designed to be worn on your wrist. Hanging it for example on your backpack can cause inaccurate activity measurements or no data recording at all.

ENGLISH

Altitude Trend Scale

Select the scale for the altitude graph to appear on the display. See our recommendation below:

Walking/Hiking	Scale	On Altitude Trend Scale, one pixel equals	On Altitude Trend Scale, total altitude axis equals
Level to moderate terrain	1	1 m / 3 ft	15 m / 45 ft
Moderate to steep terrain	10	10 m / 30 ft	150 m / 450 ft

To set the scale for altitude measurement, go to ALTI mode and select **Altitude SCALE > 1** or **10**.

The altitude trend is updated every 30 seconds during action recording and every 15 minutes at other times.

18 During Activity

Altitude Difference

For the altitude difference between two points during a hike, when you are at the point you want to start the measurement from,

1. Go to ALTI mode and select **Altitude DIFFERENCE**, press START and select **Difference RESET?**
2. To reset, press START . To cancel and to return to previous menu, press STOP.
3. At arrival to your destination point, in ALTI mode, press and hold the UP button to see the altitude difference since your last reset.

Please note that start of action recording resets the altitude difference measurement automatically.

ENGLISH

5. AFTER ACTIVITY

Files of Saved Activity Data

As soon as you start recording your activity and start moving, the wrist unit begins to save data on your activity. To view this information on file, start in TIME mode and select **Menu FILES**.

Your Polar AW200 Activity Watch can store up to nine files, the latest file being presented first. Once all nine files have been used, a new file automatically replaces the oldest one.



File Info View

File order number/Total number of files on record

Weekday file was created

Date file was created i.e. when action recording took place.

Time file was created i.e. time when action recording was started.

20 After Activity

Viewing Saved Activity Data

To view the information available in each file, in file info view, press START and then scroll the data with UP/DOWN buttons:

- **Total time hh:mm:ss** = Total duration of the recorded time of action.
- **Active time hh:mm:ss** = Time you were moving actively.
- **Act. steps** (Active steps) are related to the **Active Time** feature. Active steps are accumulated when action recording is switched on and you are moving actively.
- **Calories xx kcal** = Cumulative expended energy measured during action recording.
- **Ascent** = Cumulative vertical ascent (m or ft) gained during action recording.
- **Descent** = Cumulative vertical descent (m or ft) reached during action recording.
- **Altitude MAX xx m / ft** = The maximum altitude (m or ft) reached during action recording.

- **Activity ZONES.** Press START to see vertical bars indicating the time you spent in each zone during your action recording:



- **File x DELETE?** = Once deleted, the file cannot be retrieved.

After Activity 21

ENGLISH

To see cumulative totals, start in TIME mode, press START and select **Menu TOTALS**. Scroll the info with UP/DOWN buttons:

- **Active time dd.mm.yy** = Total, cumulative active time recorded since the date shown.
- **Act. steps dd.mm.yy** = Total active steps during action recordings since the date shown.
- **Calories dd.mm.yy** = Total burned calories during action recordings since the date shown.
- **Ascent dd.mm.yy** = Total ascent during action recordings since the date shown.
- **Descent dd.mm.yy** = Total descent during action recordings since the date shown.
- **Zones dd.mm.yy** = Press START and you will see the time spent in each zone since the date shown.
- **Reset TOTALS?** = Note that reset values cannot be retrieved.

22 After Activity

Delete a File

You can delete an unwanted file, but note that deleted files cannot be retrieved.

To delete a file, start in TIME mode, then select **FILES**.

Scroll to and select the file you want to delete.

File x DELETE? > Are you sure? is displayed.

To delete, press START. To return to the previous view, press STOP.

Delete All Files

You can delete all files simultaneously. Please note that deleted files cannot be retrieved.

Start from TIME mode and select **Menu FILES**.

Scroll to **Delete ALL FILES? Are you sure?** is displayed.

To delete all files, press START. To return to the previous view, press STOP.

Reset Totals File

Start in TIME mode and select **Menu TOTALS > Reset TOTALS? > Are you SURE?**

To accept, press START. To return to the previous menu, press STOP.

6. SETTINGS

Watch Settings

To access the watch settings **Alarm, Time, Date, Sound, Units, ALti Auto & Intro**, start in TIME mode, press START and select **Menu WATCH SET**. Scroll **UP** and select the setting you want to change.

To return to the previous menu at any stage of the settings, press STOP. To return to TIME mode, press and HOLD the STOP button.

Daily Alarm On/Off

Start in TIME mode and select

Menu Watch Set > Set ALARM hh:mm On/OFF > Alarm SET .

To change the flashing value (**On/OFF, AM/PM, HOURS, MIN**), press UP/DOWN buttons. To accept the flashing value, press START.

When the alarm is turned on, you should see an alarm symbol on the display.

When the alarm goes off, **Daily Alarm!** appears in the display. It sounds for one minute unless turned off by pressing STOP.

To snooze 10 minutes, press any button on the right side of the wrist unit.

Press STOP to cancel snoozing time.

Unless you deactivate the alarm feature in **Menu Watch Set**, the alarm will go off daily at the set time.

Time of Day

To set Time 1, start in TIME mode and select **Menu WATCH SET > Set TIME > Set TIME 1***.

Change the flashing value (**12/24h, AM/PM, HOURS, MIN**) with UP/DOWN.

*To set Time 2, press UP to **Set TIME 2**, then START and UP/DOWN to enter the time difference measured from Time 1.

To accept the flashing value, press START.

To change the view between Time 1 and Time 2, in TIME mode press and hold DOWN.

Date

To set the date, start in TIME mode and select **Menu WATCH SET > Set DATE**.

Change the flashing value (**DD, MM, YY**) with UP/DOWN.

To accept the flashing value, press START.

Sound On/Off

The sound settings (**ON/OFF**) do not affect the alarms.

Start in TIME mode and select **Menu WATCH SET > Set SOUND ON/OFF**.

To select **ON** or **OFF**, press UP/DOWN.

ENGLISH

Units (metric/imperial)

Selecting units determines the way following data is displayed: weight, height, altitude, barometric pressure, and temperature.

Start in TIME mode and select

Menu WATCH SET > Set UNITS.

To select either option, use UP/DOWN.

ALTI AUTO On/Off

The ALTI AUTO feature, when activated, starts recording the changes in altitude as soon as you start recording your action. When you stop recording, the feature starts tracking the changes in air pressure.

To switch the automatic altitude measurement **ON** or **OFF**:

Start in TIME mode and select

Menu WATCH SET > Set ALTI AUTO ON/OFF.

To select either **ON** or **OFF**, use UP/DOWN.

Intro On/Off

When browsing the main modes (TIME, ALTI/BARO or ACTION), each mode can show a 3-second introductory animation before returning to the standard view.

To switch the animation **ON** or **OFF**, start in TIME mode and select

Menu WATCH SET > Set INTRO OFF/ON .

To select either **ON** or **OFF**, use UP/DOWN.

ENGLISH

User Settings

To enter user settings, **weight, height, date of birth**, and **gender**, start in TIME mode, press START and select **Menu USER SET**.

> **Weight KILOGRAMS/POUNDS** > enter your weight.

> **Height CM** or **FT/INCH** > enter your height.

> **Birthday DD.MM.YY** or **MM.DD.YY** > enter your date of birth.

> **Set SEX**. Select **MALE** or **FEMALE**.

> **User set COMPLETED** is visible for a few seconds before the display returns to the previous menu.

To go back to a previous menu at any time, press STOP.

To return to TIME mode at any time, press and hold the STOP button.

To edit any of the user settings after selecting **Menu USER SET**, scroll to the setting you wish to change, select it and edit the flashing value.

28 Settings

General Settings

Backlight

To switch the backlight on at any time, press LIGHT.

- While the backlight is on in any mode, pressing any of the buttons will keep the light on for another six seconds.
- Pressing and holding the UP or DOWN button keeps the display illuminated until you release the button.
- During activity recording, if you press the LIGHT button, the light comes on every time you press any of the buttons during the same activity recording session.

Stopping the recording and returning to TIME mode switches the backlight off.

Button Lock

Button lock prevents the buttons from being pressed accidentally.

To switch the button lock **ON** or **OFF**, press and hold the LIGHT button until the text **Hold to LOCK/UNLOCK** changes into **Buttons LOCKED/UNLOCKED**.

7. CUSTOMER SERVICE INFORMATION

Care and Maintenance

Caring for your Activity Watch

Like any electronic device, your Polar AW200 Activity Watch should be treated with care. The suggestions below will help you fulfill the guarantee obligations and enjoy this product for many years to come.

Keep your unit clean. Clean it with a mild soap and water solution. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

The operating temperature of your activity watch is -10 °C to +60 °C / +14 °F to +140 °F and the storage temperature is -20 °C to +70 °C / -4 °F to +158 °F.

Store your activity watch in a cool and dry place.

Do not expose the activity watch to direct sunlight for extended periods, such as by leaving it in a car.

Keep the air pressure sensor channels (small holes on the back cover of your activity watch) clean to make sure that the altitude and temperature measurements work. However, do not insert any objects into the sensor channels.

The activity watch is water resistant, so you can wear it as a watch while doing underwater activity. However, as it is not a diving instrument, neither altitude nor barometric pressure can be measured under water. Any activity data recorded under water can also be inaccurate. To maintain water resistance, do not press any buttons under water.

Do not store the activity watch in a damp environment, in non-breathable material (i.e. a plastic bag) or with conductive material such as a wet towel.

Service

If your activity watch requires service during the first two-year guarantee/warranty period, we recommend the service to be carried out by authorized Polar Service Centers only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

Please see the separate Polar Customer Service Card for details.

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

ENGLISH

Battery

Avoid opening the sealed battery cover during the guarantee period. We recommend that you have the battery replaced by an authorized Polar Service Center. They will test your activity watch for water resistance after battery replacement, and will make a full periodic check.

However, if you decide to change the battery yourself anyway, please note the following:

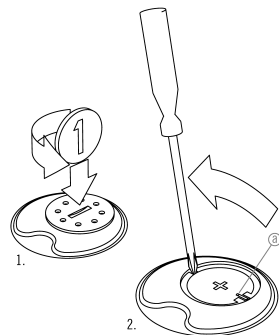
- The low battery indicator is displayed when 10-15% of the battery capacity is left.
- Excessive use of the backlight and altimeter drain the battery more rapidly.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.
- The backlight and sound are automatically turned off when the low battery indicator is displayed. Any alarms set prior to the appearance of the low battery indicator will remain active.

Open the battery cover only when the battery needs changing. We recommend that you change the sealing ring of the battery cover every time you change the battery. Additional sealing rings are available at authorized Polar Service Centers only.

32 Customer Service Information

To change the battery:

1. Open the battery cover with a coin by turning it from CLOSE to OPEN.
2. Remove the battery cover and lift the battery (CR2032) out carefully with a suitably sized screwdriver. Be careful not to damage the metal sound element (a) or the grooves.
3. Insert a new battery with the positive (+) side outwards.
4. Replace the old sealing ring with a new one, fitting it snugly in the cover groove to ensure water resistance.
5. Put the cover back on and turn it clockwise to CLOSE.
6. Re-enter the basic settings. For further information, see the chapter What to Do First.



It is recommended that the altimeter or barometer is calibrated after battery replacement.

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

ENGLISH

Precautions

Technical Capability

The Polar AW200 Activity Watch shows environmental conditions such as altitude, barometric pressure, and the surrounding temperature.

It indicates the rate of activity intensity as energy expenditure, and measures active steps during walking and running types of actions. Such activities include hiking, Nordic walking, and trekking. No other use is intended or implied.

The Polar AW200 Activity Watch should not be used for obtaining environmental measurements that require professional or industrial precision. Furthermore, the device should not be used to obtain measurements when engaged in airborne or underwater activities.

34 Customer Service Information

Minimizing Possible Health Risks During Physical Outdoor Activities

Physical activity always includes some risk. Before starting regular outdoor activity, 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 activity.

- 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 another implanted electronic device?
- Do you smoke?
- Are you pregnant?

It is important to be sensitive to your body's reactions during activity. If you feel unexpected pain or excessive fatigue during activity, it is recommended that you stop or continue at a lighter intensity.

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 under 'Technical Specifications'.

Frequently Asked Questions

What should I do if...

...there are no reactions to any buttons?

- You need to reset the wrist unit. Resetting only clears the date and daily alarms, not the recorded files. The altimeter and barometer calibration values return to their default values (standard sea level pressure 1013 hPa/29.90 inHg). To reset the wrist unit, press the UP, DOWN, LIGHT and STOP buttons down simultaneously. If you do not press any buttons for approx. one minute after resetting the wrist unit, the display goes to TIME mode.

...the animation on the display is not moving although I am?

- First, make sure you are recording, see 'Start Action Recording'. Then move effectively and fast enough for a minimum of 30 seconds for the zone pointer (animation) to move. Too slow or too careful (e.g. tiptoeing) movement may also stop the animation, as such movement is not considered beneficial enough.

...the altitude reading changes even though I stay at the same altitude?

- Altitude measurement is based on barometric pressure. Changes in altitude or weather cause changes in the pressure. For example, if you stay at the same altitude but the weather and pressure change, the altimeter interprets the pressure change as a change in altitude.

...the barometric pressure readings are inaccurate?

- Your barometer may show faulty barometric pressure if it is exposed to external interference like strong wind or air conditioning. It is also important that you stay at the same altitude when using the barometer. If the readings are constantly inaccurate, dirt may be blocking the air pressure channels. In this case, send the activity watch to a Polar Service Center.

...the battery of the wrist unit must be replaced?

- We recommend having all service done by an authorized Polar Service Center. This is especially necessary to ensure that the guarantee remains valid and is not affected by incorrect repair procedures performed by an unauthorized agent. Polar Service will test your wrist unit for water resistance after battery replacement, and will make a full check of the activity watch.

...the display is blank?

- The activity watch is in battery saving mode when it is dispatched from the factory. To activate it, press the START button twice. See 'What to Do First'.

...the low battery symbol is visible?

- Usually this means the battery has expired. For further information, see 'Care and Maintenance'.

ENGLISH

Technical Specification

Wrist Unit

Battery life	Average two years in normal use
Battery type	CR 2032
Battery cap sealing ring	O-ring 23.0 x 0.60
Operation temperature	-10 °C to +60 °C / +14 °F to +140 °F
Storage temperature	-20 °C to +70 °C / -4 °F to +158 °F
Wrist strap material	Thermoplastic Polyurethane and glass fiber strengthened ABS
Wrist strap buckle, case and case back material	Stainless steel complying with the EU Directive 94/27/EU and its amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.

Time

Accuracy	better than ± 0.5 seconds / day at 25 °C / 77 °F temperature.
----------	---

Altimeter

Measurement	The activity watch measures altitude by using the standard average altitude at defined air pressures according to ISO 2533.
Display range	-550 m to +9000 m / -1800 ft to +29500 ft
Resolution	1 m / 5 ft
Ascent/Descent resolution	5 m / 20 ft
Accuracy	Temperature compensated

38 Customer Service Information

Barometer

Display range	Sea level pressure 800 hPa to 1100 hPa / 23.60 inHg to 32.50 inHg
Resolution	1 hPa / 0.05 inHg

Thermometer

Display range	-20 °C to +60 °C / -4 °F to 140 °F
Resolution	1 °C / 1 °F

File

Amount of files saved	maximum 9 files
Total time saved	maximum 99 h 59 min 59 s

KCAL/H

Resolution	50 kcal
------------	---------

ENGLISH

Water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on the case back	Wash splashes, sweat, raindrops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant	x	-	-	-	Splashes, raindrops etc.
Water resistant 50m	x	x	-	-	Minimum for bathing and swimming
Water resistant 100m	x	x	x	-	For frequent use in water but not SCUBA diving

Limited Polar International Guarantee

- This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.
- Polar Electro Inc. / Polar Electro Oy guarantees to the original consumer/ purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.
- **Please keep the receipt or stamped Polar Customer Service Card, which is your proof of purchase!**
- The guarantee does not cover the battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases.
- 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. During the guarantee period the product will be either repaired or replaced at an authorized service center free of charge.
- 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.

ENGLISH

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.



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. Copyright © 2006

Copyright © 2006 Polar Electro Oy, FIN-90440 KEMPELE, Finland.

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 manual or in the package of this product are registered trademarks of Polar Electro Oy.

42 Customer Service Information

Polar 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 of the products described herein.

This product is protected by one or several of the following patents: EP 0984719, US 6361502, EP 1405594, US 6418394, EP 1124483, FI 111801. Other patents pending.

Manufactured by:
Polar Electro Oy
Professorintie 5
FIN-90440 KEMPELE
Tel +358 8 5202 100
Fax +358 8 5202 300
www.polar.fi

ENGLISH

INDEX

ACTION Mode	6, 13
Active Steps	17
Active Time	17
ALTI AUTO	9, 26
ALTI Mode	6, 16
Altitude Difference	19
Altitude Measurement	8
Altitude Trend	18
Ascent	21
Barometer Calibration	10
Barometric Trend	10
BARO Mode	6, 16
Descent	21
File	20
File View	6, 17
Intro	27
Polar Activity Zones	21
Recording (REC)	12
TIME Mode	6
WATCH SET	24
Zone Pointer	12

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>