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# 1. THE BENEFITS OF YOUR POLAR FA20™

## A MORE ENERGETIC YOU

Being active boosts energy and improves well-being. With your FA20, you can make sure you are active enough during the day.

## A MORE ACTIVE AND HEALTHIER YOU

The FA20 counts the daily physical activity that is truly beneficial to your health.



## A FITTER YOU

Set distance or calorie target, and record your training session. Advanced feedback helps keep you on track to better fitness!

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## 2. GET STARTED

### FA20 Buttons

▲ UP: Move through menu and selection lists, and adjust values.

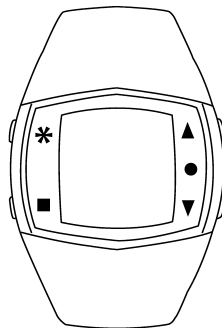
● OK: Enter the menu and confirm selections. In Time mode start recording a training session by pressing it twice or with one long press.

▼ DOWN: Move through menu and selection lists, and adjust values.

■ BACK: Exit menu and return to previous level. Cancel selection and leave setting unchanged. Press and hold to return to Time mode from any mode.

\* LIGHT: Activate backlight.

- **QUICK MENU** in Time mode: Press and hold LIGHT to turn Button lock on or off, or to adjust the Alarm and Time zone.
- **QUICK MENU** in Training mode: Press and hold LIGHT to turn the Button lock on or off, or to adjust Training sounds.
- **Night Mode** during training: Press LIGHT once during recording and the backlight will be activated by pressing any button. Night mode is switched off when the FA20 goes back to Time mode.



### 4 Get Started

## Basic Settings

Before taking the Polar FA20 in use, you need to personalize it. For activity feedback to be accurate, all user information must be correct.

1. To activate your FA20, press any button for one second. Once activated, it cannot be switched off.
2. **Language:** Select **Deutsch, English, Español, Français** or **Italiano** with UP/DOWN. Press OK.
3. **Please enter basic settings** is displayed. Press OK.
4. **Time form.:** Select **12 hours** or **24 hours** and press OK. Set time. If you select 12h, set **AM/PM** first and then time.
5. **Date:** Set **Day, Month, Year**. If you select the 12 h format, set **Month, Day, Year**.
6. **Units:** Set metric (**KG, CM**) or imperial (**LBS, FT**). By selecting lbs/ft, calories are displayed as **CAL**, otherwise they are shown as **KCAL**. *Calories are measured as kilocalories.*
7. **Weight:** Enter your weight.
8. **Height:** Enter your height. In imperial format, first enter feet then inches.
9. **Day of birth:** Enter your date of birth.
10. **Sex:** Select **Male** or **Female**.
11. **Settings OK?** is displayed. Select with UP and DOWN. **YES:** settings are accepted and saved. The display returns to Time mode. **NO:** Basic settings can still be changed. Press BACK to return to the data you want to change.

After saving the basic settings, the FA20 enters Time mode.



*You can modify your user information in Settings afterwards. For more information, see Settings.*

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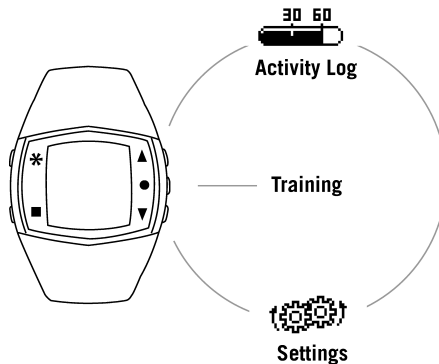
### Menu Structure

**Time mode:** Displays current date and time.

**Activity log:** See your daily active time and the number of burnt calories, and receive feedback on your activity level.

**Training:** Record and receive advanced feedback on your training sessions.

**Settings:** Change settings and operate watch functions, i.e. set alarm, time and date.



## 6 Get Started

## 3. YOUR DAILY ACTIVITY

### Activity

Wear the FA20 on your wrist to measure your physical activity continuously 24 hours a day, 7 days a week. All you need to do is wear it, no button presses required. The FA20 gives you continuous feedback on your daily activity, and makes monitoring your activity level easy.

To promote and maintain health, regular physical activity - such as brisk walking - should be performed at least 30 minutes every day or most days of the week.

The health benefits are, for instance, better cardiovascular condition and blood pressure control, and improved glucose tolerance and bone health. Increased physical activity also helps control weight and promote psychological well-being.



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### Activity Log

During the course of the day, you can check the log for immediate feedback on activity level and burnt calories. If it says **Lazy day**, this means you need to be more active for it to be beneficial to your health.

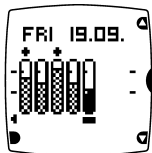
Check your **Activity log** by pressing UP in time mode and enter the log with OK. Choose the date you want to observe.



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#### Activity log

Review the activity information.



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#### Date

Select the date of the activity log with UP/DOWN and enter the file with OK.



*+ -mark above the activity bar indicates that there are one or more recorded training sessions for that day.*

## 8 Your Daily Activity



**Active**

Your active time.

**Calories**

Calories you have burnt today.



*Counted calories do not include those required to keep your body functioning (i.e. basal metabolic rate).*

The FA20 gives you feedback:

**Lazy day**

You have been active for less than 30 minutes. You need to be more active to reach the required amount of health beneficial daily active time.

**Easy day. Nice!**

You have been active 30 to 60 minutes.

Just 30 minutes of physical activity at moderate intensity every day or most days of the week can improve your overall health and well-being.

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### **Active day. Well done!**

You have been active 60 to 75 minutes.

This brings you more health benefits and if you keep up the same intensity, it will increase your calorie burn.

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### **Intensive day. Excellent!**

You have been active more than 75 minutes.

This brings you even more health benefits, and if you keep up the same intensity, the amount of burned calories will increase further.

## 4. TRAINING

To maximize your use of the FA20, record your training sessions to learn more about the way your body responds, and to keep motivated.

### Start Training

In Time mode press OK twice or long-press once when you want to start recording your training session.

### Set training target

- In Time mode, press OK. Press DOWN and then OK.
- Select **Off** by pressing OK, **Target off!** is displayed. To start the training session press UP, **Start** is displayed. Press OK to start the training session.
- If you select to activate the target, in Time mode press press OK, then DOWN and confirm with OK. Press DOWN to set the value in **DISTANCE** (km/miles) or in **CALORIES** (kcal/Cal). Confirm with OK, **Target set** is displayed. **Start**

**training?** is displayed. Select **YES** or **NO** by pressing UP or DOWN and confirm with OK. Start the training session.

### Adjust training sounds

Training sounds can be set **Off**, **Soft**, **Loud** or **Very loud**.

- In Time mode press OK and then DOWN twice. Adjust the sounds and confirm with OK.
- Press UP twice, **Start** is displayed. Press OK to start recording the training session.

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### During Training

View the following information during training:



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**TO TARGET** (Displayed only if target set)

Calories left to burn or kilometers/miles to go before target is reached.



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**EFFECT**

Training in low intensities brings you **Health** benefits.

Training in higher intensities brings you **Fitness** benefits.



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**CALORIES**

Number of calories burnt during training.



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**DISTANCE**

Distance covered on foot. The measurement is most accurate for walking-type activities.



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**ACT. STEPS**

Instead of counting single steps, Polar FA20 counts steps based on the continuous motion of the whole body. Active steps improve fitness more efficiently than low intensity steps.



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**ACTIVE**

The total duration of truly active body movement of the current day. This consists of all the active time that benefits your health during the day, automatically excluding the time periods spent stopping and taking breaks.

Total time of your training session is visible on the bottom of the display throughout the recording.

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### TIME

Time of day.  
Training time.

During training the FA20 gives you feedback on your activity. This includes all the active time during the day:



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### 30 minutes active time. Nice!

You have been active for 30 minutes.



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### 60 minutes active time. Well done!

You have been active for 60 minutes.

75 minutes  
active time.  
Excellent!  
00:40:42

---

**75 minutes active time. Excellent!**

You have been active for 75 minutes.

If you activate the training target, you will receive relevant feedback during training sessions:

Half-way  
point!  
5.0 km  
00:50:35

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**Half-way point!**

You have reached the half-way point of your target (distance/calories).

Target  
reached!  
300 kcal  
00:45:25

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**Target reached!**

You have reached your target (km/mi or kcal/Cal). Stop the session, or continue training.

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### Stop Training

To pause your training session, press BACK.

- To continue recording press OK.
- To stop recording, press DOWN and OK.
- To adjust the training sounds press DOWN twice and OK. Set the sound **Off**, **Soft**, **Loud** or **Very Loud** and confirm with OK.

To stop the training session quickly, press BACK twice and **Stopped** is displayed.

The FA20 will automatically display the training data once you stop the session, if the session has lasted more than one minute. Scroll DOWN to see the data or press and hold BACK to return to Time mode.





## After Training

Check your training results in the Activity log.

1. In Time mode press UP once and **Activity log** is displayed.
2. Enter the log by pressing OK. Your activity dates are displayed as bars. Browse the dates with UP and DOWN and select the date you want to review. Enter the file with OK.
3. Press DOWN until **TRAIN. FILE** (Training file) is displayed and enter it with OK.

Browse the information with UP and DOWN:



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### **TRAIN. FILE**

Starting time of your training session.

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### CALORIES

Number of calories (kcal/Cal) burned.

### DISTANCE

Distance covered (km/mi).

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### HEALTH/FITNESS

Training time spent on health beneficial intensity level.

Training time spent on fitness beneficial intensity level.

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### ACT. STEPS

Number of active steps accumulated during the training session.

Instead of counting single steps, Polar FA20 only counts the steps that are based on the continuous motion of the whole body. Active steps improve fitness more efficiently than low intensity steps.

## Transfer Data

### How to transfer data from your FA20 to polarpersonaltrainer.com

For long-term follow-up, transfer your training files effortlessly from your Polar FA20 to polarpersonaltrainer.com with the Polar FlowLink accessory\*. There your training data (calories, distance, active steps and training time) is saved in a diary and converted into graphs.

1. Register in polarpersonaltrainer.com
2. Follow the instructions to download and install the Polar WebSync data transfer software onto your computer.
3. Plug in the FlowLink to the USB port on your computer.
4. Place your FA20 onto the FlowLink display facing down.
5. Follow the data transfer process on the WebSync Software on your computer screen.

See polarpersonaltrainer.com "Help" for further instructions on data transfer.

\*Optional Polar FlowLink required.

## 5. SETTINGS

### Watch, Time and Date

In Time mode press DOWN to select **Settings** > **Watch, time and date**

- **Alarm**: Set the alarm **OFF**, or on by selecting **Once**. Then set the time. Press BACK to stop the alarm or UP/DOWN to snooze for 10 minutes. The alarm cannot be used during training.
- **Time 1**: Select **Time 1**. Set the time format to 12 or 24 hour format. Set the hours and minutes.
- **Time 2**: Select **Time 2**. The FA20 displays the current time. Add or subtract hours to set **Time 2**.
- **Time zone**: Select time 1 or 2.
- **Date**: Set the date.
- **Watch face**: Select **Time and activity, Time and logo** or **Time only** to show on the display in Time mode .



*If Time 2 is in use, number 2 will be displayed on the bottom right corner of the display in Time mode.*

### 20 Settings

### Training Settings

- **Training target**: Set the training target **OFF**, **Distance** or **Calories**. Set the target in **Distance** (km/mi) or in **Calories** (kcal/Cal).
- **Training sounds**: Select **OFF**, **Soft**, **Loud** or **Very Loud**

### User Information

- **Weight**: Set your weight in kilograms or in pounds (kg or lb).
- **Height**: Set your height in centimeters or in feet (cm or ft).
- **Date of birth**: Set date of birth; **Day**, **Month**, **Year**.
- **Sex**: Select **Female** or **Male**.

## General Settings

- **Button sounds:** Set the sounds **Off**, **Soft**, **Loud** or **Very Loud**.
- **Button lock:** Select **Manual lock** or **Automatic lock**. To lock or unlock buttons manually, press and hold LIGHT and confirm with OK. Automatic button lock is activated when you have not pressed the buttons for a minute.
- **Units:** Select metric (**kg, cm**) or imperial (**lb, ft**) units.
- **Language :** Select **Deutsch**, **English**, **Español**, **Français** or **Italiano**.

## 6. CUSTOMER SERVICE INFORMATION

### Caring for Your Polar FA20

Like any electronic device, your Polar FA20 should be treated with care. The suggestions below will help you fulfill the guarantee obligations and enjoy this product for many years to come.

Clean the FA20 with a mild soap and water solution, dry with towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals). 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) nor with conductive material (a wet towel). Do not expose to direct sunlight for extended periods.

The operating temperature of your FA20 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.

### 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 FA20 for water resistance after battery replacement, and will make a full periodic check.

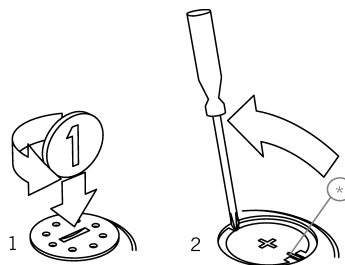
Please note the following:

- The low battery indicator is displayed when 10-15% of the battery capacity is left.
- Before battery change, transfer all the training data from your FA20 to [polarpersonaltrainer.com](http://polarpersonaltrainer.com) to avoid data loss. For more information see Transfer Data.
- 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. Any alarms set prior to the appearance of the low battery indicator will remain active.

#### 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 (CR2025) out carefully with a suitably sized small rigid stick or bar. This can be a toothpick or small screwdriver. However, a non-metal tool is preferable. Be careful not to damage the metal sound element (\*) 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 Basic Settings.



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When handling a new, fully charged battery, avoid claspings it with a metal or electrically-conducting tool (e.g. tweezers). This may short-circuit the battery, causing it to discharge rapidly. Usually, momentary short circuits don't damage the battery, but may decrease the capacity and thus the lifetime of the battery.

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.

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

### Service

Your Polar FA20 is designed to help you achieve personal activity goals by measuring active body movement during a day. Health and fitness beneficial activity intensity is measured during separate training sessions. No other use is intended or implied.

During the two-year guarantee/warranty period we recommend that you service your device at an authorized Polar Service Center 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 help us improve our products and services and better meet your needs.*



## Precautions

### Minimizing possible risks

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

- Have you been physically inactive for the past 5 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?

**It is important to be sensitive to your body's responses during exercise.** If you feel unexpected pain or excessive fatigue when training, stop the exercise 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 in Technical Specifications.

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### Troubleshooting

**If you don't know where your are in the menu,** press and hold BACK until the time is displayed.

**If there are no reactions to any buttons or if the display is behaving abnormally,** reset the wrist unit by pressing four buttons (UP, DOWN, BACK and LIGHT) simultaneously for four seconds. The activity log and all other settings except time and date will be saved.

**If the animation on the display is not moving while you are,** make sure you are recording, see "Start Training", then move effectively and fast enough for the animation to move. Too slow or too careful movement may also stop the animation, as such movement is not considered beneficial enough.

**If the display is blank,** the FA20 may be in battery saving mode, as it is dispatched from the factory. Press any button for one second. For more, see Basic Settings.

**If the low battery symbol is visible,** this may mean

that the battery needs changing. For further information, see Care and Maintenance.

**If the battery of the wrist unit must be replaced,** we recommend you service your device at an authorized Polar Service Center only. 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 FA20 for water resistance after battery replacement, and make a full check of the device.

## Technical Specifications

### Wrist unit

Battery type:	CR2025
Battery life:	Average 1.5 years (1 h/day, 7 days/week exercise)
Operating 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:	Polyurethane
Back cover and wrist strap buckle:	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 $\pm 0.5$ seconds / day at 25 °C / 77 °F temperature

### Limit values

Chronometer:	23 h 59 min 59 s
Total time:	0 - 9999 h 59 min 59 s
Total calories:	0 - 999999 kcal/Cal
Total activity log count:	Eight weeks plus current week activity information.
Total training file count:	100
Birthyear:	1921 – 2020

### System requirements

Polar WebSync Software and Polar FlowLink:	PC MS Windows (2000/XP/Vista), 64/32 bit
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### Water Resistance

**Polar FA20 may be worn when swimming.** To maintain water resistance, do not press buttons under water. For more information, visit <http://support.polar.fi>. The 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	Water resistance characteristics
Water resistant	Splash proof. Protected against wash splashes, sweat, raindrops etc. Not suitable for swimming.
Water resistant 30 m/50 m	Suitable for bathing and swimming.
Water resistant 100 m	Suitable for swimming and snorkeling (without air tanks).

## Guarantee and Disclaimer

### 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 and stamped Polar Customer Service Card. The receipt 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 either be 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.

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### 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.

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This product is protected by the incorporeal rights of Polar Electro Oy as defined by the following documents: EP1532924, US2005130802, JP2005152633, FI20031699, CN1628609. Other patents pending.

Manufactured by Polar Electro Oy, Professorintie 5, FIN-90440 KEMPELE, Finland. Tel +358 8 5202 100, Fax +358 8 5202 300, [www.polar.fi](http://www.polar.fi)



This product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at [www.support.polar.fi/declaration\\_of\\_conformity](http://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.

## 30 Customer Service Information

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