

POLAR®

USER MANUAL



Polar
Outdoor Computer

AXN300™

ENG

17925349.00 ENG B

BUTTONS



Dear customer,

Congratulations on your purchase of a Polar Outdoor Computer! We are proud to offer a product targeted and tailored for all outdoor enthusiasts.

Your Polar Outdoor Computer will provide you with the confidence and security to get the most from your outdoor activities.

Please read this manual carefully to familiarize yourself with your Outdoor Computer and practice the use of the Outdoor Computer before

using it in outdoor sports. This manual contains the information you need to use and maintain your Outdoor Computer. The function map on the back of the front cover is a quick guide to the versatile features of the Polar Outdoor Computer. Cut it out and take it with you. Please check www.polar.fi for more detailed product support and www.PolarOutdoorGuide.com for a personalized exercise program and diary.

Polar wishes you many enjoyable outdoor adventures.
Reach your peak with Polar!

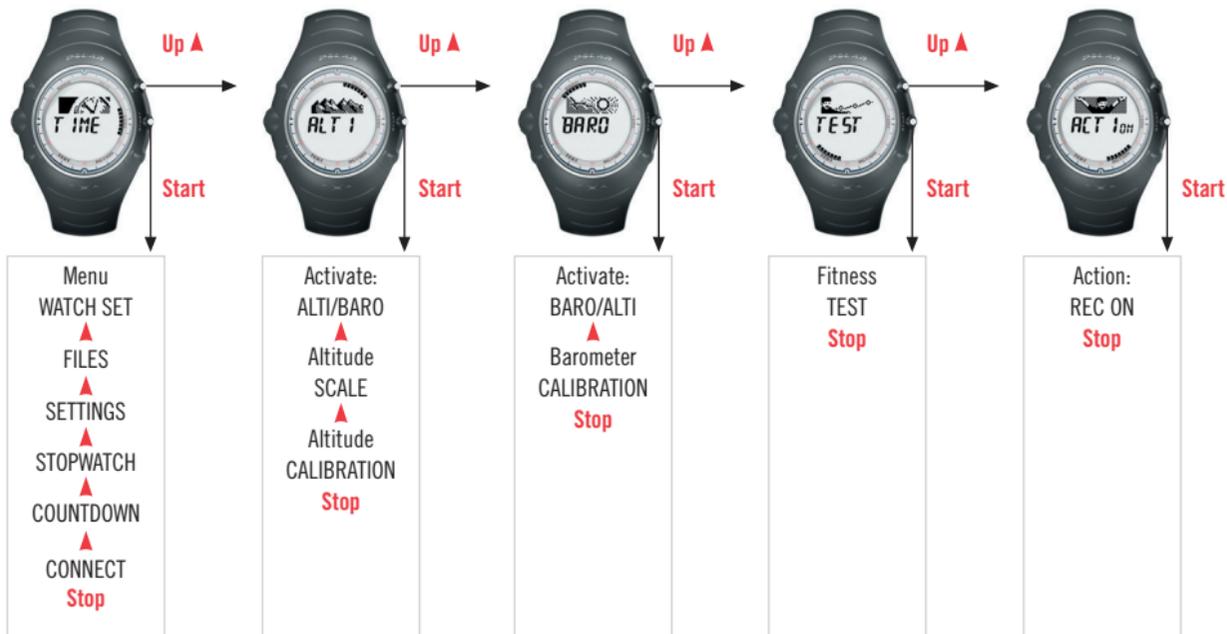
AXN300 QUICK GUIDE

Button symbols:

Start: Press **Start** button

Up ▲: Press **Up ▲** button

Stop: Press and hold the **Stop** button to return to the starting point (Time main mode) from any mode.



POLAR OUTDOOR COMPUTER SET



AXN300

Wrist Unit

With the wrist unit, you can monitor your outdoor activity and environment.



Polar T31 Coded™ Transmitter

The transmitter detects and transmits your heart rate to the wrist unit. Wear the transmitter to measure your heart rate during your outdoor activity or fitness test.

The electrode areas are on the back of the transmitter. The electrodes detect your heart rate signal.

Elastic Strap

The elastic strap holds the transmitter around your chest.

User Manual with Quick Guide

This User Manual contains necessary information on using your Outdoor Computer. For a quick reference, take the function map included in the Quick Guide with you when going out for your activities.

Customer Service, Registration and International Guarantee Information

If your Polar Outdoor Computer needs repair, return it with the Return Card for service to your Polar Service Centre. Complete the customer registration section and mail it to Customer Registration within two weeks of the date of purchase to help us continue developing products and services that meet your needs.

The Polar two-year guarantee is issued to the original consumer/purchaser of the product. Keep the International Guarantee Card as your proof of purchase.

Polar Web Services

www.PolarOutdoorGuide.com web service offers you a personalized exercise program and diary free of charge. Moreover, you can get product tips and support online at www.polar.fi.

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1. THE WRIST UNIT BUTTONS AND THEIR FUNCTIONS

The button symbols of the Outdoor Computer are on the case of the wrist unit. The main mode names are on the lens frame.

Light button

- Turn the backlight on in all modes in the dark
- Turn the Keylock on or off (press and hold the button at least 1 second). Keylock prevents accidental pressing of the button.

Stop button

- Stop, pause or cancel the function
- Exit the menu and return to the previous level of the menu
- Return to the Time mode from any mode (press and hold the button at least 1 second)



▲ Up button

- Move to the next mode or menu level
- Increase the selected value
- Turn the sounds on or off during Action recording (press and hold the button at least 1 second).

Start button

- Start, enter or accept the function
- Enter the displayed mode or menu and move to a lower menu level
- View your file summary during Action recording (press and hold the button at least 1 second)

▼ Down button

- Move to a previous mode or menu level
- Decrease the selected value

Note:

There are different types of button presses for different operations:

- **Normal press:** press and release the button.
- **Long press:** press and hold the button (at least 1 second). Use long presses for shortcuts (described in the main modes).



1.1 USING YOUR OUTDOOR COMPUTER FOR THE FIRST TIME

Enter your settings in the Basic Settings mode (time, date, units, and personal settings) when you start to use the Outdoor Computer for the first time. Alternatively, you can prepare the settings with the Polar UpLink Tool that you can download free of charge from www.polar.fi. For further information, see page 75.

How to enter the Basic Settings

You only need to activate the blank wrist unit once. Once activated, the wrist unit cannot be turned off.

Activate the wrist unit by pressing the **Start** button. The display fills up with numbers and texts.

1. Press the **Start** button. **Basic SETTINGS** is displayed.

Note:

- The numbers scroll faster if you press and hold the **Up ▲** or **Down ▼** button as you adjust the value.
- After the battery is changed or after you reset the wrist unit, you only need to set the time and date in the Basic Settings. You can skip the rest of the settings by pressing and holding the **Stop** button.

2. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
3. Time <ul style="list-style-type: none">• Set 12h/24h (time mode)• Set AM/PM (if you chose 12h)• Set hours• Set Min (minutes)	Up ▲ / Down ▼ Up ▲ / Down ▼ Up ▲ / Down ▼ Up ▲ / Down ▼	Start Start Start Start
4. Date <ul style="list-style-type: none">• DD (set days) or MM (set month: if you chose 12h)• MM (set month) or DD (set days: if you chose 12h)• YY (set year)	Up ▲ / Down ▼ Up ▲ / Down ▼ Up ▲ / Down ▼	Start Start Start

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
5. Units: <ul style="list-style-type: none"> • 1 (M/HPA/°C) or 2 (FT/INHG/°F) 	Up ▲ / Down ▼	Start
6. Weight: <ul style="list-style-type: none"> • Set KILOGRAM or POUNDS <p><i>Note: If you chose the wrong units, you can still change them by pressing and holding the Light button.</i></p>	Up ▲ / Down ▼	Start
7. Height <ul style="list-style-type: none"> • Set CM or FT • Set INCH (inches, if you chose Units 2) 	Up ▲ / Down ▼ Up ▲ / Down ▼	Start Start
8. Birthday: <ul style="list-style-type: none"> • DD (set days) or MM (set month: if you chose 12h) • MM (set month) or DD (set days: if you chose 12h) • YY (set year) 	Up ▲ / Down ▼ Up ▲ / Down ▼ Up ▲ / Down ▼	Start Start Start
9. Sex <ul style="list-style-type: none"> • Set MALE or FEMALE 	Up ▲ / Down ▼	Start

- **Settings OK?** is displayed. To change your settings, press the **Stop** button until you return to the desired setting mode.
- To accept the settings, press the **Start** button. The Basic Settings are completed and the display automatically goes to the Time main mode.

2. THE MAIN FUNCTIONS OF THE POLAR OUTDOOR COMPUTER

The Polar Outdoor Computer has five main modes:

- Time (home mode)
- Alti (altimeter)
- Baro (barometer)
- Test (fitness test)
- Action (recording your activity)

This section describes you how to use these different modes. The function map side of the Quick Guide introduces you to browsing the main modes and their sub modes – consult it as needed!



To browse the main modes use the **Up ▲** or **Down ▼** button. Alternatively you can browse the main modes (Time, Alti, Baro, Action) by using the **HeartTouch** function in case you cannot press the buttons, such as when you are wearing gloves. The HeartTouch function operates only when you are wearing a transmitter.

Activate the HeartTouch function by bringing your wrist unit close to the Polar logo of your transmitter.

Note:

- If your heart rate is not detected and there is - - in the lower row (in Altimeter, Action or Time main mode) the browsing of the main modes does not work. Instead the wrist unit starts detecting for your heart rate.
- To change the HeartTouch function to turn the backlight on instead of browsing the main modes, use the Polar UpLink Tool. For further information, see page 75.

Mode level indicators

To start browsing the sub modes use the **Start** button in the Time, Alti and Baro main modes.



When browsing the sub modes, the symbol indicates how deep in a mode you are. In the example picture, the wrist unit is in the first level of the Time main mode.

When browsing the modes or menus, you can see which mode or menu you are in by the flashing mode level indicator. In the example picture, the lowest symbol is flashing, which indicates that the **WATCH SET** is the first menu of the six menus in the Time main mode.

2.1 TIME MAIN MODE

Use the Time main mode as a watch, as it includes the date, alarms, and reminders. The Time main mode is your home mode, to which you can return from any mode or menu by pressing and holding the **Stop** button.

The Time sub modes allow you to enter watch, user, and general settings. You can also use the stopwatch and Countdown timers, view memory files, and connect the wrist unit to a PC. For further information, see page 42.

Changing the upper row information

To change the information in the upper row, press and hold the **Up ▲** button:

1. Weekday and date



Press and hold

Moving symbol indicates the seconds.

2. Downloadable picture logo



Press and hold

To personalize your wrist unit, create and transfer a picture or text logo to the wrist unit from your PC. For further information, see page 75.

3. Downloadable text logo



Changing the dual time

To swap between Time 1 and 2, press and hold the **Down ▼** button:

1. Time 1



Press and hold

2. Time 2



Time 2 is displayed for a few seconds.

For further information on setting the two different times, see page 44.

Note:

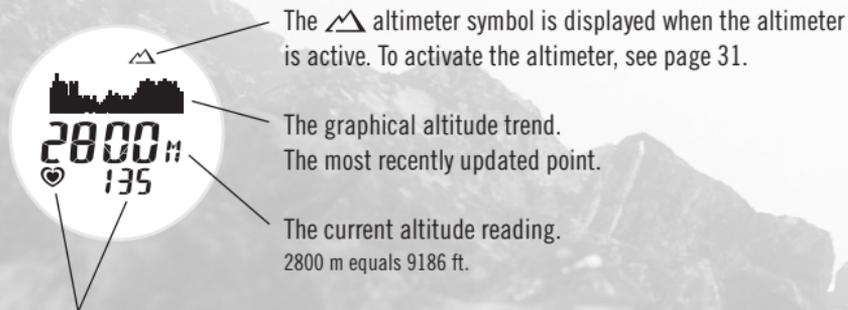
- AM/PM indicates that you are using the 12h time mode. To change the time settings, see page 44.
- The flashing mode level symbol  indicates that the stopwatch or Countdown timer is on. For further information, see page 72.
- During Action recording, you can also see your heart rate in the Time main mode, if you wear the transmitter. For further information, see page 27.

2.2 ALTI MAIN MODE (ALTIMETER)

Use the Alti main mode to check your altitude when you are moving.

In the Time main mode, press the **Up ▲** button to enter the Alti main mode.

The Alti main mode includes the following information:



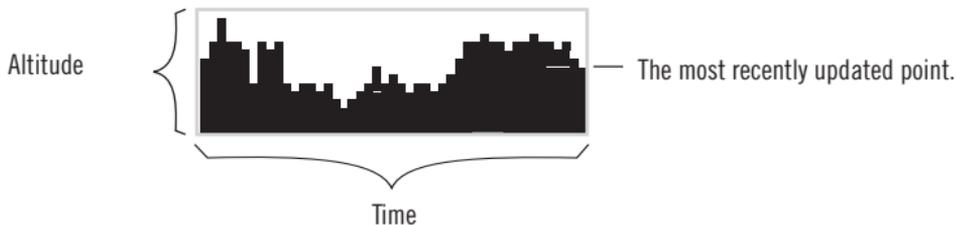
If you are wearing your transmitter, the  heart rate symbol with your current heart beats per minute are displayed.

Note:

- If the altimeter is inactive and the barometer is active , the graphical altitude trend shows a straight line and the last measured altitude reading remains in the display.
- If your heart rate is not displayed and - - appears in the display, the heart rate detection has stopped. Bring the wrist unit near the Polar logo on the transmitter to restart the heart rate detection. Alternatively, press and hold the **Down ▼** button to change the lower row information.

Graphical Altitude Trend

The graph shows how the altitude has changed.



Altitude

- The scale used in the graph to display altitude depends on your settings. For further information, see page 32.

Time

- The graph is updated every 15 minutes, if Action recording is not on. The entire graph shows you the last 11 hours 45 minutes.
- If Action recording is on (**REC** is in the display), the graph is updated every 15 seconds. The entire graph shows you the last 11 minutes 45 seconds.

Changing the upper row information:

To change the information in the upper row, press and hold the **Up ▲** button:

1. Graphical altitude trend



Press and hold

2. Vertical speed while ascending or descending (m/min or ft/min)



Changing the lower row information:

To change the information in the lower row, press and hold the **Down ▼** button:

1. Heart rate*



Press and hold

2. Current rate of calories burned (kcal/h)*



Press and hold

3. Time of day



**To monitor your heart rate, wear the transmitter. To monitor the amount of calories you burn, wear the transmitter and turn Action recording on in the Action main mode. For further information, see page 22.*



Altimeter Display Examples

1. To monitor how your energy expenditure rate changes in accordance with your pace and altitude during your activity, select your *vertical speed* while ascending or descending and the *amount calories* burned per hour.

2800 m equals 9186 ft.

2. To monitor how your body reacts to changes in pace and altitude, select your *vertical speed* while ascending or descending and your *heart rate*.

Note:

- When wearing the transmitter and recording your activity, the heart rate reading flashes and the wrist unit sounds an alarm if your heart rate is above or below the preset target zone. You can turn the Target Zone Alarm sound on or off in the Action main mode. For further information, see page 29.
- You can also change the upper and lower row information while recording your activity.

2.3 BARO MAIN MODE (BAROMETER)

Use the Baro main mode to check the sea level or absolute barometric pressure and temperature.

All changes in barometric pressure are interpreted as being due to changes in weather conditions. You can interpret the weather conditions from measured barometric pressure changes, when you stay at the same altitude.

In the Time main mode, press the **Up ▲** or **Down ▼** button until you enter the Baro main mode. The Baro main mode includes the following information:

 The barometer symbol indicates that the barometer is active. To activate the barometer, see page 35.



Graphical barometer trend. Use the trend with the sea level pressure reading to analyze changes in the weather.

Sea level pressure (hPa/inHg) = the value of the barometric pressure at your current location reduced to sea level.
1013 hPa equals 29.90 InHg.

Temperature reading (°C/°F).
15 °C equals 59 °F.

Note: If the barometer is inactive and the altimeter is active , the graphical trend is a straight line. The last measured pressure reading remains in the display, absolute pressure reading though will be updated.

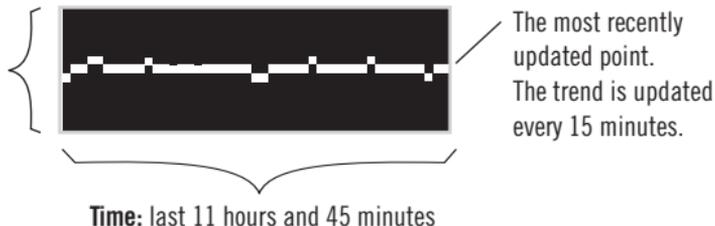


Graphical Barometer Trend

The graph shows how the sea level pressure has changed. Pressure readings vary locally and seasonally and also according to the altitude. Check your local average pressures and learn to interpret the trend according to your local readings.

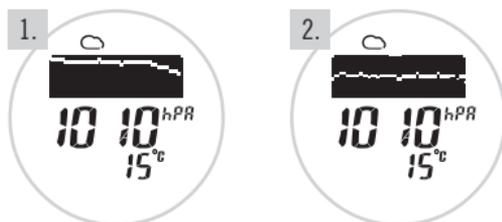
Sea level pressure:

The entire axis equals 15 hPa or 0.75 inHg.
One white pixel equals 1 hPa or 0.05 inHg.



- If the trend rises, the weather is likely to improve.
- If the trend drops, the weather is likely to get worse. The longer or more rapidly the trend drops, the greater the chance of a storm.

Example: You switched the barometer on when camping for the night. In the morning, you can interpret from the trend how the weather is likely to develop.



1. In example one, the pressure has dropped.
2. In example two, the pressure has remained quite stable.

Changing the upper row information:

As in the Alti main mode, you can change the display to show the information that you need.

To change the information in the upper row, press and hold the **Up ▲** button:

1. Barometer trend



Press and hold

2. Absolute pressure reading (hPa/inHg)



Absolute pressure reading is your current location's barometric pressure.

1011 hPa equals 29.85 inHg.

Changing the lower row information:

To change the information in the lower row, press and hold the **Down ▼** button:

1. Temperature (°C/°F)



Press and hold

2. Time of day



Note:

- Because your body temperature affects the actual temperature reading, the best way to obtain an accurate temperature is to take your wrist unit off for at least 10 minutes.
- You can also change the upper and lower row information while recording your activity.

2.4 TEST MAIN MODE

In the Test main mode, you can do the Polar Fitness Test to measure your OwnIndex® value (comparable to maximal oxygen uptake, VO_{2max}) to find out your aerobic fitness level. For further information, see page 38.

In the Time main mode, press the **Up ▲** or **Down ▼** button until you enter the Test main mode.

2.5 ACTION MAIN MODE

Use the Action main mode to record your physical activity and changes in altitude.

When you start recording your activity, a variety of information, including activity duration, vertical speed while ascending or descending and altitude, are recorded in an Action File. If you want also to record your heart rate and energy expenditure in calories, wear the transmitter. For further information on wearing the transmitter, see page 25.

In the Time main mode, use the **Down ▼** button to enter the Action main mode. The Action main mode includes the following information:

Preset heart rate limits.

▲ Altimeter or ☁ barometer symbol (depending on which function is activated).



Action duration.

Flashing heart symbol and your current heart rate, if a heart beat is detected.

Start Action recording by pressing the **Start** button. For further information, see page 27.

Note: To record the altimeter information in an Action File, make sure that the altimeter is activated ▲.

Changing the lower row information

To change the information in the lower row, press and hold the **Down ▼** button:

1. Your current heart rate
(beats per minute)



Press
and hold

2. Current rate of calories
burned (kcal/h)*



Press
and hold

3. Calories burned during
Action recording (kcal)*



Press
and hold

4. Your current heart rate
as a percentage
of your maximum
heart rate



**The number of calories burned is measured after you have started recording.*

See further information on how to use the heart rate as % of your maximum heart rate in page 65.

Note:

- You can also change the lower row information while Action recording.
- Your current heart rate is also displayed in the Alti and Time main modes while Action recording.
- If your heart rate is not displayed and - - appears in the display, the heart rate detection has stopped. Bring the wrist unit near the Polar logo on the transmitter to restart the heart rate detection.

3. MEASURING AND RECORDING WITH YOUR OUTDOOR COMPUTER

3.1 ACTION SUB MODE

3.1.1 WHY MONITOR YOUR HEART RATE WHEN ENGAGING IN OUTDOOR SPORTS?

There are many reasons to monitor your heart rate during outdoor activities:

- Planning - You can use heart rate in planning your training for various activities.
- Intensity - Your heart rate is an accurate measure of the intensity of the activity – you will know how hard you are working.
- Pace - You can use heart rate to set a pace that you will be able to maintain.
- Progress - Your heart rate allows you to objectively measure improvements in your fitness level. For a particular speed and time or journey, your heart rate should decrease due to improvements in your fitness.
- Safety - Monitor your heart rate during and after activity to keep yourself from pushing too hard or overtraining.
- Adaptation - Your heart rate responds to internal and external factors acting on your body (for example, altitude, temperature and humidity).

3.1.2 PUTTING YOUR TRANSMITTER ON

Although you can use your wrist unit as a watch and record performance and environmental data without wearing the transmitter, wear the transmitter when you want to measure and record your heart rate and calorie expenditure.



1. Attach 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 buckle the strap to the transmitter.



3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.



4. Check that the wet electrode areas are firmly against your skin and that the Polar logo is in a central, upright position.

To ensure trouble-free heart rate monitoring, start your heart rate monitoring in a place with the fewest possible electromagnetic disturbances (skilifts, computers, mobile phones, other people using heart rate monitors, high voltage power lines, cars, motor driven exercise equipment, etc.) before going out.

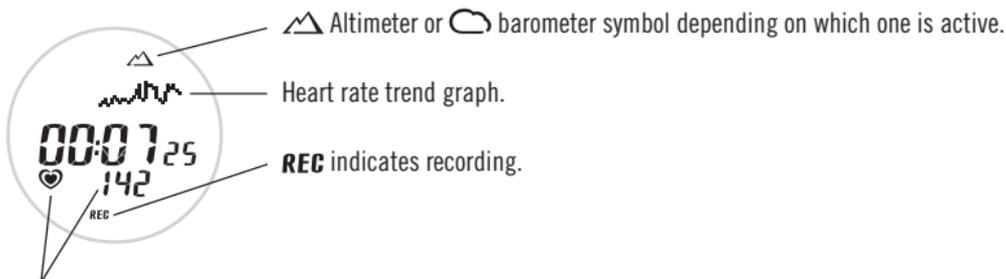
When you put your transmitter on, it starts to detect your heart rate, which is then transmitted to the wrist unit. A heart symbol starts flashing in the Action (or Alti) main mode and your heart rate in beats per minute (bpm) appears in a maximum of 15 seconds.

Note:

- If the wrist unit does not display your heart rate, check that the transmitter electrodes are wet and that the strap is snug enough.
- When you go biking, we recommend attaching the wrist unit to the Polar Bike Mount™.

3.1.3 RECORDING YOUR ACTION REC

1. In the Time main mode, press the **Down ▼** button to enter the Action Main mode. Your heart rate appears in a few seconds if you are wearing the transmitter. To start Action recording, press the **Start** button.
Alternatively, you can quickstart Action recording in the Time main mode by pressing and holding the **Start** button.
2. The wrist unit displays **Action: REC ON** and the Action timer starts running. Your activity information is recorded in an Action File. For further information, see page 50. The Action recording mode displays the following information:



Flashing heart symbol* and your heart rate.

* A frame around the heart rate symbol indicates a coded heart rate transmission. Heart rate coding reduces interference from other heart rate monitors that are close by. To ensure that the code search is successful make sure that there is no other heart rate monitor within reception range (1 meter / 3 feet) before the framed heart rate appears.

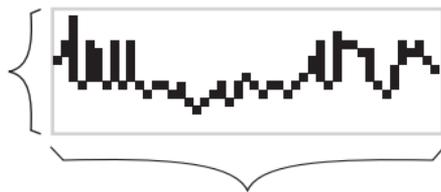
A heart rate symbol without a frame indicates a non-coded heart rate transmission. However, the heart rate measurement works in a non-coded mode.

Graphical Heart Rate Trend

The graph shows how your heart rate has changed.

Heart Rate:

The entire axis equals 15 beats per minute and one pixel equals 1 bpm.



The most recently updated point.
The trend is updated every 15 seconds.

Time: last 11 minutes and 45 seconds

Note:

- If the Action recording is on and you are wearing the transmitter, your current heart rate is also displayed in the Time and Alti main modes.
- You can change the lower row information by pressing and holding the **Down ▼** button in the Action main mode.
- If the maximum recording time of one Action File (99 hours 59 min 59 s) becomes full, the wrist unit beeps and automatically pauses Action recording and displays the **HALT** text. Stop Action recording by pressing the **Stop** button and start recording in another Action file, if there is memory left. For further information on how to release memory for new files by deleting files, see page 54.

3.1.4 FEATURES DURING YOUR ACTION RECORDING

In the Action main mode you can use the following functions during your Action recording.

To turn the sounds  on or off: Press and hold the **Up ▲** button. The  symbol indicates that the button, activity and Target Zone Alarm sounds are on.

Target Zone Alarm: With the Target Zone Alarm you can make sure you exercise at the correct intensity. After you set your heart rate limits, the wrist unit sounds an alarm when you are above or below your heart rate limits. You can set the heart rate limits for your target zone in the Settings/General menu. For further information, see page 65.

How it works: The heart rate value starts flashing and your wrist unit beeps with each heartbeat if you are out of your target zone. The Target Zone Alarm also works in the Alti and Time main modes during Action recording.

***Note:** If the heart rate limits are turned off, there is no Target Zone Alarm in the Action mode and no target zone information is placed in the Action File.*

Exercising in the dark: After you have pressed the **Light** button once, the display automatically illuminates each time you press a button or bring the wrist unit near the Polar logo on the transmitter, until you stop Action recording.

3.1.5 FILEVIEW DURING ACTION RECORDING

If you want to view your information during Action recording, you can check the summary of the information recorded so far. The FileView function is available in all main modes except in the Test main mode.

1. Press and hold the **Start** button during recording to activate the FileView function.
2. **FileView SPLIT** is displayed.
FileView starts automatically scrolling through the following information:

FileView	
SPLIT	Split time
HR AVG	Average heart rate
HR MAX	Maximum heart rate
KCAL	Accumulated calories
VERT.SPD ↑ AVG	Average ascent rate*
VERT.SPD ↑ MAX	Maximum ascent rate*
VERT.SPD ↓ AVG	Average descent rate*
VERT.SPD ↓ MAX	Maximum descent rate*
SLOPES	Number of slopes you have gone down*
ALTITUDE MAX (M/FT)	Maximum Altitude*
ALTITUDE MIN (M/FT)	Minimum Altitude*
ASCENT	Ascended meters / feet*
DESCENT	Descended meters / feet*

3. To freeze the display for a few seconds, press the **Start** button. To continue automatic scrolling, press the **Start** button again. To browse the **FileView** press the **Up ▲** or **Down ▼** button.
To stop viewing information while recording, press the **Stop** button. The wrist unit returns to the Action recording mode.

*These values are not displayed if your Barometer was active during Action recording .
The wrist unit automatically counts a descent of at least 50 m / 165 ft as a slope.

3.1.6 STOPPING OR PAUSING ACTION RECORDING

You can pause recording in any main mode. The wrist unit returns to the Action mode.

1. Press the **Stop** button to pause Action recording. The wrist unit displays: **Action PAUSED**.
Flashing **REC** indicates that your Action recording is paused.
2. To continue recording, press the **Start** button. Action recording starts again.
Alternatively to stop recording, press the **Stop** button again. **Action STOPPED** is displayed for a few seconds before the wrist unit returns to the Time main mode.

3.2 ALTI SUB MODE (ALTIMETER)



Press **Start**

- **ACTIVATE**
Press **Up ▲**
- **SCALE**
Press **Up ▲**
- **CALIBRATION**

In the Alti sub mode, you can:

- Activate your altimeter.
- Set the altitude scale for the graphical trend to suit the type of activity you will be doing.
- Calibrate the altitude.

3.2.1 ACTIVATING THE ALTIMETER

The altimeter converts the measured barometric pressure to an altitude reading. Due to the fact that both the altimeter and the barometer use barometric pressure, you can activate only one of these features at a time. Therefore, you must activate your altimeter to use it. It is recommended that you calibrate the altimeter after activating it. For further information, see page 33.

The wrist unit records altimeter information automatically and continuously in a one-week circular memory, called **Auto Log**, if the altimeter is activated.

1. In the Time main mode, press the **Up ▲** button to enter the Alti main mode.
2. In the Alti main mode, press the **Start** button. **Activate:**  **ALTI** or  **BARO** is displayed.

3. Continue by pressing the **Start** button and follow the step below:

4. The display reads:

Activate:  **ALTI** or  **BARO**

Press the **Up ▲** or **Down ▼** button to select  **ALTI** (altimeter).

Press the **Start** button to activate the selected function.

- To return to the Time main mode, press and hold the **Stop** button.

Note: Activating the altimeter locks off the sea level pressure reading.

3.2.2 SETTING THE SCALE FOR THE GRAPHICAL TREND



The optional scales for the altitude graphical trend are:
1 m / 3 ft, 10 m / 30 ft and 100 m / 300 ft.

The table below contains recommended graphical trend scale settings for different activities.

Activity	Scale	Graphical Trend Scale: One pixel equals	Graphical Trend Scale: The total altitude axis equals
Hiking - level to moderate terrain	1	1 m / 3 ft	15 m or 45 ft
Hiking - moderate to steep terrain, Back-country skiing or snowboarding	10	10 m / 30 ft	150 m or 450 ft
Downhill skiing or snowboarding	100	100 m / 300 ft	1500 m or 4500 ft

To set the scale:

1. In the Alti main mode, press the **Start** button. Use the **Up ▲** button until **Altitude SCALE** is displayed.
2. Continue by pressing the **Start** button and follow the step below:

3. The display reads: Altitude SCALE	Press the Up ▲ or Down ▼ button to select the desired scale.	Press the Start button. <ul style="list-style-type: none">• The wrist unit returns to the Altitude SCALE menu.
------------------------------------------------	----------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------

- To return to the Time main mode, press and hold the **Stop** button.

3.2.3 CALIBRATING ALTITUDE

Calibrate your altimeter often to ensure it remains accurate. Set the reference altitude whenever a reliable reference, such as a peak or a topographic map, is available.

Tip: When calibrating the altimeter, the barometer is calibrated simultaneously.

If you do not know the altitude of your position, but you do know the exact sea level pressure of your location, you can calibrate the sea level pressure to help determine the altitude and vice versa. For further information on the barometer calibration, see page 36.

1. In the Alti main mode, press the **Start** button. Press the **Down ▼** button. **Altitude CALIBRATION** is displayed.
2. Continue by pressing the **Start** button and follow the step below:

<p>3. The display reads: Altitude CALIBRATION</p>	<p>Press the Up ▲ or Down ▼ button to set the flashing altitude value of your current location.</p>	<p>Press the Start button to accept the value.</p> <ul style="list-style-type: none">• Calibration OK is displayed and the wrist unit returns to the Alti main mode.
------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

- To return to the Time main mode, press and hold the **Stop** button.

Note: To cancel the calibration, press the **Stop** button when the calibrated value flashes. **Calibration FAILED** is displayed and the wrist unit returns to the **Altitude CALIBRATION** display.

3.3 BARO SUB MODE (BAROMETER)



Press **Start**

- ACTIVATE
Press **Up ▲**
- CALIBRATION

In the Baro sub mode, you can:

- Activate your barometer.
- Calibrate the sea level pressure.

3.3.1 ACTIVATING THE BAROMETER ☁

Because barometric pressure decreases considerably when the altitude increases, it is recommended that you use the barometer when you stay at the same altitude for a longer period of time, for example, when camping overnight.

It is recommended that you calibrate the barometer after activating it. For further information, see the following page.

The wrist unit records barometer information automatically and continuously in a one-week circular memory, called **Auto Log**, if the barometer is activated.

1. In the Time main mode, press the **Up ▲** button to enter the Alti main mode.
2. In the Alti main mode, press the **Start** button. **Activate:**  **ALTI** or  **BARO** is displayed.

3. Continue by pressing the **Start** button and follow the step below:

4. The display reads:

Activate:  **ALTI** or  **BARO**

Press the **Up ▲** or **Down ▼** button to select  **BARO** (barometer).

Press the **Start** button to active the selected function.

- To return to the Time main mode, press and hold the **Stop** button.

Note: Due to the fact that both the altimeter and barometer measurements are based on barometric pressure, you can use only one of these features at a time. Activating the barometer turns off the altimeter and vice versa.

Tip: How to Predict Weather Changes when Using the Altimeter

If you notice that the altitude reading is significantly off (you know your altitude is about 2000 m / 6500 ft, but the altimeter reads 3000 m / 9500 ft), this could result from a change in weather conditions. You should prepare yourself for a change in the weather.

3.3.2 CALIBRATING THE BAROMETER

Calibrate the barometer by setting the sea level pressure. Information sources such as weather stations, airports, or Internet weather pages can provide you with your sea level pressure reference value. Calibrate your barometer often to ensure it remains accurate.

Tip: When calibrating the barometer, the altimeter is calibrated simultaneously.

If you do not know the current sea level pressure, but you know your exact altitude, you can calibrate the current altitude of your position to help determine the sea level pressure of your location and vice versa. For further information on altimeter calibration, see page 33.

1. In the Baro main mode, press the **Start** button. Press the **Down ▼** button. **Barometer CALIBRATION** is displayed.
2. Continue by pressing the **Start** button and follow the step below:

<p>3. The display reads: Barometer SEA LEVEL</p>	<p>Press the Up ▲ or Down ▼ button to set the flashing sea level pressure value.</p>	<p>Press the Start button to accept the value.</p> <ul style="list-style-type: none">• Calibration OK is displayed and the wrist unit returns to the Baro main mode.
------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

- To return to the Time main mode, press and hold the **Stop** button.

Note: To cancel the calibration, press the **Stop** button during calibration. **Calibration FAILED** is displayed and the wrist unit returns to the **Barometer CALIBRATION** display.

3.4 TEST SUB MODE

3.4.1 PERFORMING THE POLAR FITNESS TEST

To monitor the progress of your aerobic fitness, perform the Fitness Test a couple of times during the first two weeks of your activity to get a baseline value. Thereafter, repeat the test approximately once a month to follow the changes in your fitness.

Before you can perform the test, you need to enter your personal user information and long term physical activity in the Settings/User menu (see page 60) and to wear your transmitter (see page 25). It takes 3-5 minutes to perform the test. The test is intended for healthy adults.

To get reliable test results, follow these basic requirements:

- The test can take place anywhere as long as the testing environment is peaceful. There should be no disturbing noises (e.g., television, radio or telephone), and no other people talking to you.
- Keep the testing place, time of day, and environment similar every time you take the test.
- Avoid eating a heavy meal, drinking coffee or smoking 2-3 hours prior to performing the test.

- Limit heavy physical exertions, and avoid alcoholic beverages or pharmacological stimulants on the test day and the day before.
- **Lie down and relax** for 1-3 minutes before the test.

To Perform the Test

1. In the Time main mode, press the **Up ▲** or **Down ▼** button until you enter the Test main mode.
2. If you have taken the test before, your latest OwnIndex value and the test date are displayed.
3. Press the **Start** button to start the test. The wrist unit starts searching for your heart rate. The test begins as **▶----- Test ON** and your heart rate are displayed. The increasing number of arrows **▶** indicates that the test is in progress.

*Note: If the wrist unit displays: **Setting Missing**, set your weight, height, date of birth, sex and activity level before performing the test. For further information, see page 60.*

4. Stay relaxed. Keep your hands beside your body and limit your body movements and communication with other people.



5. When your test is over, your current OwnIndex and its interpretation are displayed. For further information on the interpretation, see page 41.

6. Press the **Start** button. If the test result is different from the previous result, the wrist unit asks: **Save new VALUE?**

Saving the OwnIndex value automatically updates your OwnIndex in the User Set/ VO_{2max} setting mode. For further information, see page 60.

7. To save your OwnIndex value, press the **Start** button.

Alternatively, if you do not want to update your OwnIndex value, press the **Stop** button.

The wrist unit returns to the Test main mode.

- To return to the Time main mode, press and hold the **Stop** button.

Canceling the Test

Press the **Stop** button to stop the test at any time during testing. Your test is interrupted and your last OwnIndex value is not replaced.

If the wrist unit does not receive your heart rate at the beginning or during the test, the test fails. Check that the transmitter electrodes are wet and that the strap is snug enough.

3.4.2 OWNINDEX - FITNESS TEST RESULT

OwnIndex is a value that is comparable to your maximal oxygen uptake (VO_{2max} in ml/kg/min), a commonly used descriptor of aerobic fitness. Aerobic (cardiovascular) fitness relates to how well your cardiovascular system works to transport and utilize oxygen in your body. The stronger and more efficient your heart is, the better your aerobic fitness is. VO_{2max} is a good indicator of performance capability in endurance and outdoor sports. OwnIndex or your preset VO_{2max} value is used in the estimation of your energy expenditure.

If you want to improve your aerobic fitness, it takes a minimum of 6 weeks on average to see a noticeable change in your OwnIndex. Less fit individuals see progress even more rapidly, while more fit individuals need more time. Aerobic fitness is improved by exercise types that employ large muscle groups over longer periods of time (more than 30 minutes). OwnIndex is based on your heart rate and heart rate variability at rest, age, gender, height, body weight, and the self-assessed physical activity level given in the Settings: User menu.

3.4.3 OWNINDEX INTERPRETATION

Your OwnIndex is most meaningful when comparing your individual values and changes in them. OwnIndex can also be interpreted in accordance with your gender and age. Locate your OwnIndex in the table to find out your current aerobic fitness classification, compared to those who are of the same age and gender.

	1	2	3	4	5	6	7	
	Age (years)	(very low)	(low)	(fair)	(middle)	(good)	(very good)	(elite)
MEN	20-24	< 32	32-37	38-43	44-50	51-56	57-62	>62
	25-29	< 31	31-35	36-42	43-48	49-53	54-59	>59
	30-34	< 29	29-34	35-40	41-45	46-51	52-56	>56
	35-39	< 28	28-32	33-38	39-43	44-48	49-54	>54
	40-44	< 26	26-31	32-35	36-41	42-46	47-51	>51
	45-49	< 25	25-29	30-34	35-39	40-43	44-48	>48
	50-54	< 24	24-27	28-32	33-36	37-41	42-46	>46
	55-59	< 22	22-26	27-30	31-34	35-39	40-43	>43
	60-65	< 21	21-24	25-28	29-32	33-36	37-40	>40
	WOMEN	20-24	< 27	27-31	32-36	37-41	42-46	47-51
25-29		< 26	26-30	31-35	36-40	41-44	45-49	>49
30-34		< 25	25-29	30-33	34-37	38-42	43-46	>46
35-39		< 24	24-27	28-31	32-35	36-40	41-44	>44
40-44		< 22	22-25	26-29	30-33	34-37	38-41	>41
45-49		< 21	21-23	24-27	28-31	32-35	36-38	>38
50-54		< 19	19-22	23-25	26-29	30-32	33-36	>36
55-59		< 18	18-20	21-23	24-27	28-30	31-33	>33
60-65		< 16	16-18	19-21	22-24	25-27	28-30	>30

This classification is based on a literature review of 62 studies where VO_{2max} was measured directly in healthy adults in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC: Aerobic fitness norms for males and females aged 6 to 75 years: a review. Aviat Space Environ Med; 61:3-11, 1990.

The values in the table are typical for individuals who are not competing in sports. Top athletes typically score OwnIndex values above 70 (men) and 60 (women). Values as high as 95 can be reached by Olympic level endurance athletes.

4. ADJUSTING SETTINGS, REVIEWING FILES AND USING TIMERS (TIME MAIN MODE)



Press **Start**

- WATCH SET
Press **Up ▲**
- FILES
Press **Up ▲**
- SETTINGS
Press **Up ▲**
- STOPWATCH
Press **Up ▲**
- COUNTDOWN
Press **Up ▲**
- CONNECT

In the Time sub modes, you can specify watch, user, and wrist unit settings, as well as use Stopwatch and Countdown timers, view memory files, and connect to a PC. For further information, see page 75.



Press **Start**

- ALARM
Press **Up ▲**
- TIME
Press **Up ▲**
- DATE
Press **Up ▲**
- REMINDER

4.1 WATCH SETTINGS

In addition to normal watch functions, the Polar Outdoor Computer includes everything you need to keep your day organized:

- Three Daily Alarms with snooze functions.
- Two different time zone settings.
- Date and weekday.
- Five reminders.

When setting values:

- Select or adjust a value with the **Up ▲** or **Down ▼** button.
- Accept your selection and go deeper in the menu with the **Start** button.
- Cancel your selection or return to the previous mode or menu by pressing the **Stop** button.

4.1.1 SETTING ALARMS

In the Setting Alarm menu, you can set three Daily Alarms. Do not worry about forgetting to turn your alarm clock on in the evenings – once turned on the Alarms work every day. If you have difficulties waking up, use your wrist unit's snooze function to sleep that ten extra valuable minutes.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Start** button. **WatchSet ALARM** is displayed.
3. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
4. ALARM 1 SET	Up ▲ / Down ▼ <ul style="list-style-type: none">• select the one of the three daily Alarms.	Start
5. SET ON or OFF	Up ▲ / Down ▼ <ul style="list-style-type: none">• turn the Alarm  on or off.	Start (Skip step 6 if you use 24h time mode.)
6. SET AM/PM (if you use 12h)	Up ▲ / Down ▼ <ul style="list-style-type: none">• select AM or PM.	Start
7. SET HOURS	Up ▲ / Down ▼ <ul style="list-style-type: none">• adjust the flashing hours.	Start
8. SET MIN	Up ▲ / Down ▼ <ul style="list-style-type: none">• adjust the flashing minutes.	Start

- To set another Alarm, return to step 4.
- To return to the Time main mode, press and hold the **Stop** button.

How the Alarm works

The Alarm works in all modes. When the Alarm sounds, **Daily Alarm!**  with a flashing backlight is displayed. The alarm stays on for a minute if you do not turn it off by pressing the **Stop** button. Alternatively, if you want to sleep an extra 10 minutes, press the **Up**, **Down** or **Start** button: **Snooze** is displayed. The alarm will sound again after 10 minutes. To cancel the snooze and Alarm, press the **Stop** button in Snooze mode.

Note: If the  battery low symbol appears in the display, you cannot activate the Alarm.

4.1.2 CHANGING THE TIME OF DAY AND SETTING THE DUAL TIME (TIME SET)

In the Time Set menu, you can change the time of day for your wrist unit and set the time for two different time zones. The dual time feature can be used when you travel to check the time at home before calling from abroad, or for other uses.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Start** button. **WatchSet ALARM** is displayed.
3. Press the **Up ▲** button. **WatchSet TIME** is displayed.

4. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
5. Time 1 SET	Up ▲ / Down ▼ <ul style="list-style-type: none">• select the time zone (1 or 2).	Start
6. SET 12h/24h time mode	Up ▲ / Down ▼ <ul style="list-style-type: none">• select flashing 12h or 24h.	Start (If you chose 24h mode, skip step 7.)
7. SET AM/PM (if you chose 12h mode)	Up ▲ / Down ▼ <ul style="list-style-type: none">• select AM or PM.	Start
8. SET HOURS	Up ▲ / Down ▼ <ul style="list-style-type: none">• adjust the flashing hours.	Start
9. SET MIN	Up ▲ / Down ▼ <ul style="list-style-type: none">• adjust the flashing minutes.	Start

- To set another time zone, return to step 5.
- To return to the Time main mode, press and hold the **Stop** button.

4.1.3 CHANGING THE DATE

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Start** button. **WatchSet ALARM** is displayed.
3. Press the **Up ▲** or **Down ▼** button until **WatchSet DATE** is displayed.
4. Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
5. Date: DD.MM.YY or MM.DD.YY (if you use 12h mode)	Up ▲ / Down ▼ <ul style="list-style-type: none">• select the flashing day or month (12h mode).	Start
6. MM (month) or DD (days: 12h mode)	Up ▲ / Down ▼ <ul style="list-style-type: none">• select the flashing month or day (12h mode).	Start
7. YY (year)	Up ▲ / Down ▼ <ul style="list-style-type: none">• select the flashing year.	Start

- To return to the Time main mode, press and hold the **Stop** button.

4.1.4 SETTING REMINDERS

Set five reminders to indicate important events, meetings, and other times during your day.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Start** button. **WatchSet ALARM** is displayed.

- Press the **Down ▼** button. **WatchSet REMINDER** is displayed.
- Continue by pressing the **Start** button and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
5. Remind1	Up ▲ / Down ▼ • select one of the five reminders.	Start
6. SET ON or OFF	Up ▲ / Down ▼ • turn the reminder on or off.	Start (If you selected OFF, skip the following settings for the reminder.)

- In **24h mode**, Adjust: day, month, year, hours, and minutes or in **12h mode**: month, day, year, AM/PM, hours, and minutes with the **Up ▲** or **Down ▼** buttons. Press the **Start** button after each selection.
- To set another reminder, return to step 5.
- To return to the Time main mode, press and hold the **Stop** button.

You can transfer the reminder data, with an identifying name and time, to the wrist unit with the Polar UpLink Tool. For further information, see page 75.

How the Reminder Works

The Reminder Alarm is shown in all modes. When the Reminder Alarm sounds, the number of the reminder (or its name if you have set it with a PC) is displayed. The Alarm stays on for one minute unless you turn it off by pressing the **Start**, **Stop**, **Up ▲** or **Down ▼** button.

4.2 FILES



Press **Start**

- **AUTO LOG**
Press **Up ▲**
- **ACTION FILE**
Press **Up ▲**
- **SEASON TOT.**

There are three types of files for recording information in your wrist unit:

- **Auto Log:** includes one week of altitude or barometer information recorded automatically and continuously depending on which feature you have used.
- **Action File:** includes the information you have recorded during your activity.
- **Season Total Values:** includes cumulative and maximum values for the information recorded for your activities.

4.2.1 AUTO LOG

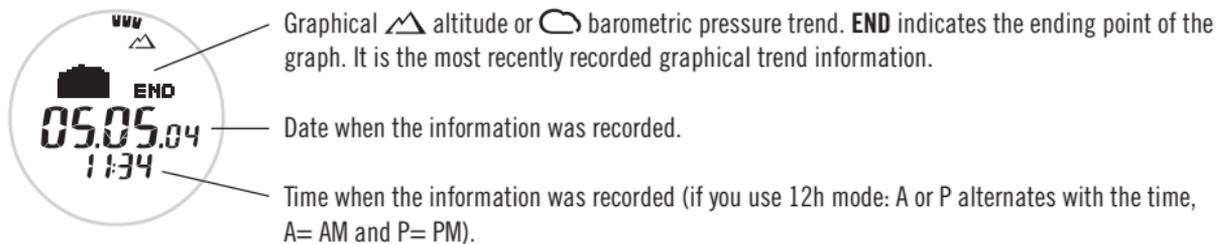
Auto Log allows you to review altimeter or barometer readings for the past week without having to record an Action File. It is perfect for reviewing the altitudes of a long trek or looking at weather trends.

The wrist unit continuously records altimeter or barometer information every 15 minutes in a one week running memory, called Auto Log. It does not require you to start recording. When the memory is full, the oldest information is overwritten.

Viewing the Auto Log

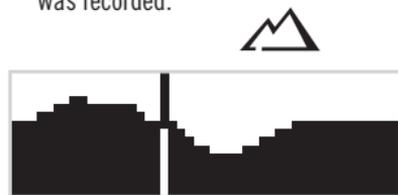
1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up ▲** button. **Menu FILES** is displayed.
3. Press the **Start** button. **Files AUTO LOG** is displayed.

4. Press the **Start** button. The most recent recorded information (**END**) is displayed:



Note: END/START indicates the ending/starting point of the recorded graphical trend.

5. Use the **Up** or **Down** button to scroll through the recorded information. The graph indicator moves to show the current displayed point in the graph and the date and time when the information was recorded.



If the indicator is on a point where the altimeter was active , only the altitude information is shown.



If the indicator is on a point where the barometer was active , only the barometric pressure information is shown.

6. To view more detailed information for a date, press the **Start** button to select the date.
The following information is displayed:



Graphical altitude or barometric trend.

Altitude or barometric pressure value at the time the information was recorded.

Time and date when the information was recorded alternate.

7. Use the **Up ▲** or **Down ▼** button to scroll through the information, which was recorded every 15 minutes.

8. To exit the menu, press the **Stop** button. Return to step 5.

9. To view an Action File, press the **Stop** button and press the **Up ▲** button. **Files ACTION FILE** is displayed.

- To return to the Time main mode, press and hold the **Stop** button.

*1500 meters equals
4921 feet.*

4.2.2 ACTION FILE

The Action File allows you to review heart rate, energy expenditure and performance data collected while Action recording. The wrist unit starts recording activity information in an Action File as soon as you start Action recording in the Action main mode. One Action File is generated at a time. The bigger the file number, the more recent the file is. You can record a maximum of 80 files.

Viewing the Action File

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up ▲** button. **Menu FILES** is displayed.
3. Press the **Start** button. **Files AUTO LOG** is displayed.
4. Press the **Up ▲** button. **Files ACTION FILE** is displayed.
5. Press the **Start** button. The last Action File is displayed:



Action File number.

Date and time when the file was recorded.

*Note: If the wrist unit displays: **File Rec ACTIVE**, stop Action recording to view the Action Files.*

6. Use the **Up ▲** or **Down ▼** button to browse through the files.

*Note: If you press the **Up ▲** button first you see **Delete ALL FILES?** For further information, see page 55. Press the **Up ▲** button to view the first Action File.*

7. To view the information recorded in a file, press the **Start** button to select the file. Use the **Up ▲** or **Down ▼** button to browse through the recorded information.

Recorded Action File Information	
	<p>Duration or recorded activity.</p> <p>Maximum and average heart rate readings.</p>
<p>Limits, INZONE, ABOVE, BELOW alternates</p>	<p>Time spent in, above, and below your target zone during your activity. Heart rate limits.</p>
<p>Calories, KCAL</p>	<p>Total accumulated calories burned during the activity.</p>
<p>Slope COUNT</p>	<p>Accumulated number of slopes.*</p>

*These values are not displayed if the  barometer was active. The wrist unit automatically counts a descent of at least 50 m / 165 ft as a slope.

Recorded Action File Information



Total ascended meters/feet.

Maximum and average ascent rate alternate.*



Total descended meters/feet.

Maximum and average descent rate alternate.*

*These values are not displayed if the  barometer was active.

Recorded Action File Information	
Altitude MAX/MIN	Highest and lowest altitude points.*
File Delete?	To delete this file.

*These values are not displayed if the  barometer was active.

- To stop viewing the File details, press the **Stop** button to return to the File List (go to step 6).
- To return to the Time main mode, press and hold the **Stop** button.

Deleting Files One by One

You can release memory by deleting files. Once you have deleted a file, you cannot retrieve it.

1. In the **Files ACTION FILE** display, press the **Start** button.
2. Use the **Up ▲** or **Down ▼** button to browse the files.
3. Press the **Start** button to select an **Action File** with the desired number.
4. Press the **Down ▼** button. **File DELETE?** is displayed.

If you do not want to delete the file, cancel the deletion by pressing the **Up ▲** or **Down ▼** button. You can continue browsing the Action File information.

5. Press the **Start** button. The wrist unit asks: **Are you SURE?**
6. To delete the file, press the **Start** button. **File DELETED** is displayed.

Alternatively, to cancel the deletion, press the **Stop** button.

The wrist unit returns to the **Action File** display.

- To continue deleting your files, go to step 2.
- To return to the Time main mode, press and hold the **Stop** button.

Deleting All Files

1. In the **Files ACTION FILE** display, press the **Start** button and the **Up ▲** button.
2. The wrist unit asks: **Delete ALL FILES?** If you do not want to delete all the files, press the **Up ▲** or **Down ▼** button.
You can continue browsing the Action Files.
3. Press the **Start** button. The wrist unit asks: **Are you SURE?**
4. To delete all the files, press the **Start** button. **Files DELETED** is displayed.
Alternatively, to cancel the deletion: press the **Stop** button twice.
The wrist unit returns to the **Files ACTION FILE** display.
 - To return to the Time main mode, press and hold the **Stop** button.

4.2.3 SEASON TOTAL VALUES

Use the Season Total Values file as a weekly/monthly counter of your activity values.

The Season Total Values are updated automatically, when Action recording is stopped. This function keeps track of your cumulative and maximum values starting from the last reset. For further information on how to reset the values, see page 59.

Viewing the Season Total Values

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up ▲** button. **Menu FILES** is displayed.
3. Press the **Start** button. **Files AUTO LOG** is displayed.
4. Press the **Down ▼** button. **Files SEASON TOT.** is displayed.
5. In the Season Total Values menu, press the **Start** button. The total calories burned (Tot.Kcal) are displayed.

6. Use the **Up ▲** or **Down ▼** button to browse through the following information:

Season Total Values	
 The image shows a circular digital display with 'VVV' at the top. The main text reads 'Tot.Kcal' followed by the date '04.02.04' with a right-pointing arrow. Below that is the large number '7726' with 'KCAL' to its right. The bottom right of the circle has a vertical scale indicator.	<p>The date when the total calories burned was last reset.</p> <p>The total calories burned from the previous reset. Your heart rate must be measured during action recording to update the total burned calories.</p>
 The image shows a circular digital display with 'VVV' at the top. The main text reads 'Slopes' followed by the date '04.04.04' with a right-pointing arrow. Below that is the large number '120'. The bottom right of the circle has a vertical scale indicator.	<p>The date when the number of slopes was last reset.</p> <p>The cumulative number of slopes, commencing from the previous reset.*</p>
 The image shows a circular digital display with 'VVV' at the top. The main text reads 'Vert.Spd' with an upward-pointing arrow, followed by the date '09.04.04'. Below that is the large number '5' with 'MMH' to its right. At the bottom of the circle, it says 'm/min'. The bottom right of the circle has a vertical scale indicator.	<p>The date when the maximum ascent rate was recorded.</p> <p>Maximum ascent rate.*</p>

* The altimeter must be on during action recording to update these values. The value is not updated if the barometer was activated.

Season Total Values

 <p>Vert. Spd ↓ 08.05.04 3 m/min</p>	<p>The date when the maximum descent rate was recorded.</p> <p>Maximum descent rate.*</p>
 <p>Ascent 05.04.04 → 120 M</p>	<p>The date when the total altitude ascended was last reset.</p> <p>Cumulative altitude ascended, commencing from the previous reset.*</p>
 <p>Descent 05.08.04 → 400 M</p>	<p>The date when the total altitude descended was last reset.</p> <p>Cumulative altitude descended, commencing from the previous reset.*</p>

* The altimeter must be on during action recording to update these values. The value is not updated if the barometer was activated.

Season Total Values	
	<p>The date when the maximum altitude was recorded.</p> <p>Maximum altitude.*</p>

** The altimeter must be on during action recording to update these values. The value is not updated if the barometer was activated.*

7. To stop viewing the values, press the **Stop** button.
 - To return to the Time main mode, press and hold the **Stop** button.

Using the previously recorded maximum altitude in the Season Total Values

If the altimeter gives a faulty maximum reading, you can correct the recorded reading by using the previously recorded maximum altitude.

1. In the Altitude max. display, press the **Start** button to start using the previous maximum altitude value. The wrist unit asks: **Altitude RESET?**
2. Press the **Up ▲** button. Your previous maximum altitude is displayed.
The wrist unit asks: **Altitude RETURN OLD?**
3. Press the **Start** button. The wrist unit asks: **Are you SURE?**
4. If you are sure, press the **Start** button.
Alternatively, to cancel the reset, press the **Stop** button.

Resetting the Season Total Values to zero

Use the Season Total Values as a seasonal (or weekly/monthly) counter of your activity values by resetting them to zero once a season. Once you have reset a value, you cannot retrieve it.

Start with any display in the previous table (Tot.Kcal, Slopes, Vert.Speed ↑ max, Vert.Speed ↓ max, Ascent, Descent or Altitude max).

1. Press the **Start** button to start resetting the desired value. The wrist unit asks: **RESET?**
2. Press the **Start** button. The wrist unit asks: **Are you SURE?**
3. If you are sure that you want to reset the value to zero, press the **Start** button.
Alternatively, to cancel the reset, press the **Stop** button.

4.3 SETTINGS



Press **Start**

- USER
- Press **Up ▲**
- GENERAL

The Settings menus allow you to manually enter memory, user, and wrist unit settings. You can also prepare your settings with the Polar UpLink Tool and transfer them to your wrist unit from your PC. For further information, see page 75.

Note: You are not able to enter the Settings menu when you are using Action recording.

4.3.1 SETTING USER INFORMATION

Entering your personal information ensures that your calorie counter and Fitness Test will operate with the highest possible degree of accuracy.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up ▲** or **Down ▼** button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings USER** is displayed.
4. Press the **Start** button to specify the user information settings and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
5. Weight SET KILOGRAM or POUNDS	Up ▲ / Down ▼	Start

Note:

- The units of weight and height depend on your choice in the units settings. If you chose the wrong units, you can still change them by pressing and holding the **Light** button.
- To change your settings, press the **Stop** button and return to step 4.

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
6. Height <ul style="list-style-type: none"> Set CM or FT Set INCH (if you use Units 2) 	Up ▲ / Down ▼ Up ▲ / Down ▼	Start Start
7. Birthday <ul style="list-style-type: none"> DD (set days) or MM (set month: if you chose 12h) MM (set month) or DD (set days: if you chose 12h) YY (set year) 	Up ▲ / Down ▼ Up ▲ / Down ▼ Up ▲ / Down ▼	Start Start Start
8. Sex SET MALE or FEMALE	Up ▲ / Down ▼	Start
9. Activity Set LOW, MODERATE, HIGH or TOP (see the instructions on page 63).	Up ▲ / Down ▼ <ul style="list-style-type: none"> select your activity level for the Fitness Test. 	Start
10. VO_{2max} SET The wrist unit suggests a value of 36 for females and a value of 45 for males as a default setting when you set this value for the first time (see the instructions on page 64).	Up ▲ / Down ▼ <ul style="list-style-type: none"> adjust this, if you know your laboratory measured current maximal oxygen uptake value. 	Start

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
<p>11. HR_{max} SET Your age-predicted maximum heart rate value (220-age) is displayed as a default setting when you set this value for the first time (see the instructions on page 64).</p>	<p>Up ▲ / Down ▼</p> <ul style="list-style-type: none"> adjust this, if you know your laboratory measured current maximum heart rate value. 	<p>Start</p>
<p>12. HR_{sit} SET Your heart rate value in sitting position (see the instructions on page 64).</p>	<p>Up ▲ / Down ▼</p> <ul style="list-style-type: none"> adjust your heart rate value in a sitting position. 	<p>Start</p>

- To return to the Time main mode, press and hold the **Stop** button.

Activity Level

The activity level is an assessment of your level of physical activity. Select the alternative that best describes the overall amount and intensity of your physical activity in the past half-a-year.

Activity Level	Description
Low (occasional)	You occasionally participate in outdoor activities or other exercise that causes heavy breathing or perspiration. You do not engaged in regular exercise program or sport activity.
Moderate (consistent)	You spend 1/2-2 hours/week participating in outdoor activities or other forms of exercise, or your work requires modest physical activity. Example: you run or hike 5-10 km/week (3-6 miles/week).
High (committed)	You spend 2-3 hours/week participating in vigorous outdoor activities or other forms of <i>strenuous</i> exercise. You may occasionally go on long outdoor excursions (1-3 days) or participate in competitive events. Example: you run or hike 10-20 km/week (6-12 miles/week).
Top (competitor)	You participate in vigorous outdoor activities or other forms of <i>strenuous</i> exercise at least 5 times/week. You are most likely exercising to improve your performance or to prepare for a long outdoor excursion.

Maximal oxygen uptake value (VO_{2max} , ml/kg/min)

VO_{2max} is used in the estimation of energy expenditure. VO_{2max} is the maximum capacity for oxygen consumption by your body during maximum exertion. It is also known as maximum aerobic power or maximal oxygen intake/consumption. VO_{2max} is a commonly used determinant of aerobic (cardiovascular) fitness. Aerobic fitness relates to how well your cardiovascular system works to transport and utilize oxygen in your body. The most accurate way of determining your individual VO_{2max} is to perform a maximal exercise stress test in a laboratory.

Note: If you do not know this value, you can determine a comparable value, your OwnIndex, by taking the Fitness Test. For further information, see page 38.

Maximum heart rate value (HR_{max})

HR_{max} is used in the estimation of energy expenditure. HR_{max} is the highest number of heartbeats per minute during maximum physical exertion. HR_{max} is a useful tool for determining the intensity of activity. The most accurate way of determining your individual HR_{max} is to perform a maximal exercise stress test in a laboratory.

Heart rate value in a sitting position (HR_{sit})

HR_{sit} is used in the estimation of energy expenditure. In order to get the most accurate energy expenditure estimate, HR_{sit} should be your typical heart rate when you are not doing any physical activity (while sitting). To easily determine your HR_{sit} , sit down and put on your transmitter. In the Time main mode, use the **Down ▼** button to see your heart rate. Look at your wrist unit after 2 to 3 minutes. This is your HR_{sit} . To more precisely calculate your HR_{sit} , wear your Outdoor Computer for one normal day. Occasionally when you sit and do not engage in any physical activity for 2-3 minutes, write down your heart rate value. In the evening, calculate the average value.

4.3.2 GENERAL SETTINGS



Press **Start**

- HR LIMITS
Press **Up ▲**
- UNITS
Press **Up ▲**
- VERT. SPEED
Press **Up ▲**
- INTRO
Press **Up ▲**
- SOUND

Set the general settings for your wrist unit in the Settings/General menu. You can set the following information:

- Your personal target heart rate zone.
- Units of measurement.
- Vertical speed, i.e., the ascent or descent rate in minutes or hours.
- Whether intro pictures for the main modes are switched on or off.
- Whether button and activity sounds for the wrist unit (🔊) are switch on or off.

Setting Heart Rate Limits for the Target Zone Alarm

Setting lower and upper heart rate limits allows you to create a target heart rate zone. Use this feature to help you maintain a particular level of intensity, depending on your objectives.

The wrist unit default target heart rate zone is 80-160 bpm. Your target zone can also be expressed as percentages of your HR_{max} (see page 62).

For example, if your maximum heart rate is 200 bpm, 60%-85% of your HR_{max} is 120-170 bpm.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up ▲** or **Down ▼** button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings USER** is displayed.
4. Press the **Down ▼** button. **Settings GENERAL** is displayed.
5. Press the **Start** button. **Set HR LIMITS** is displayed.

6. Press the **Start** button to specify your heart rate limits and follow the steps below:

The display reads:	Press Up ▲ or Down ▼ button to set the flashing value	Press the Start button to accept
7. Limit High: <ul style="list-style-type: none"> • SET ON or OFF • SET LIMIT 	Up ▲ / Down ▼ <ul style="list-style-type: none"> • turn the upper limit on or off. Up ▲ / Down ▼ <ul style="list-style-type: none"> • adjust the upper limit. 	Start <ul style="list-style-type: none"> • if you turn the limit off, move to step 8. Start
8. Limit Low: <ul style="list-style-type: none"> • SET ON or OFF • SET LIMIT 	Up ▲ / Down ▼ <ul style="list-style-type: none"> • turn the lower limit on or off. Up ▲ / Down ▼ <ul style="list-style-type: none"> • adjust the lower limit. The lower limit cannot be higher than the upper limit value. 	Start <ul style="list-style-type: none"> • if you turn the limit off, skip the rest of the steps. Start

- To return to the Time main mode, press and hold the **Stop** button.
For further information on how the Target Zone Alarm works, see page 29.

Note: If you turn the heart rate limits off, there is no Target Zone Alarm in the Action main mode and no limit values are calculated in the Action File.

Tip: How to use the Target Heart Rate Zones

When it comes to preparing for most outdoor activities, harder is not always better. Vary the intensity of your training according to your goals and fitness level. Do some exercises at light to moderate intensity (60-70% of your HR_{max}) and some at higher intensity. The longer your planned activity, the more low intensity activity you should do. For further information on the target zones and for a personalised exercise program, see www.PolarOutdoorGuide.com.

Changing the Units

The Units settings affect the following features:

	Units 1	Units 2
Personal information	kg cm	lb ft
Altitude	m	ft
Barometric pressure	hPa	inHg
Vertical speed while ascending or descending*	m/min m/h	ft/min ft/h
Temperature	°C	°F

*To change the rate for vertical speed, see the following section.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up ▲** or **Down ▼** button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings USER** is displayed.
4. Press the **Down ▼** button. **Settings GENERAL** is displayed.

5. Press the **Start** button. **Set HR LIMITS** is displayed.
6. Use the **Up ▲** button. **Set UNITS** is displayed.
7. Press the **Start** button and follow the step below:

<p>8. The display reads: Units 1: M / HPA / °C or 2: FT / INHG / °F</p>	<p>Press the Up ▲ or Down ▼ button to select the flashing Units 1 or 2.</p>	<p>Press the Start button to accept.</p>
-------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------	-------------------------------------------------

- To return to the Time main mode, press and hold the **Stop** button.

Setting Rate for Vertical Speed

The vertical speed setting defines if the ascent/descent rate is displayed as meter/ feet per minute or hour. You can monitor your ascent or descent rate when the altimeter is activated in the Alti main mode.

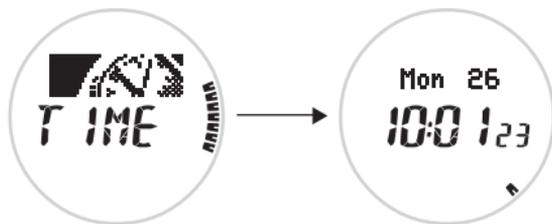
Rate for Vertical Speed	Use when...
Rate per minute	...fast changes in altitude can be expected, such as when you are downhill skiing or mountaineering.
Rate per hour	...you are hiking in terrain with no steep hills or mountains.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up ▲** or **Down ▼** button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings USER** is displayed.
4. Press the **Down ▼** button. **Settings GENERAL** is displayed.
5. Press the **Start** button. **Set HR LIMITS** is displayed.
6. Press the **Up ▲** or **Down ▼** button until **Set VERT. SPEED** is displayed.
7. Press the **Start** button to specify the rate for the vertical speed:

8. The display reads: Vert. speed RATE SET M/FT	Press the Up ▲ or Down ▼ button to select the vertical speed per minute (Min) or hour.	Press the Start button to accept.
-----------------------------------------------------------	------------------------------------------------------------------------------------------------------	------------------------------------------

- To return to the Time main mode, press and hold the **Stop** button.

Setting Intro ON/OFF



When you browse the main modes, the main mode introduction animation is displayed for a few seconds before you enter the main mode display. If you do not want the intro to be displayed, turn the intro off.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up ▲** or **Down ▼** button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings USER** is displayed.
4. Press the **Down ▼** button. **Settings GENERAL** is displayed.
5. Press the **Start** button. **Set HR LIMITS** is displayed.
6. Press the **Up ▲** or **Down ▼** button until **Set INTRO** is displayed.
7. Press the **Start** button to turn the introduction animation on or off:

8. The display reads: Set INTRO ON or OFF	Press the Up ▲ or Down ▼ button to switch the intro on or off.	Press the Start button to accept.
---------------------------------------------------------------	------------------------------------------------------------------------------	------------------------------------------

- To return to the Time main mode, press and hold the **Stop** button.

Setting Sound ON/OFF

The sound settings affect the following sounds: the button sound, Heart Rate Target Zone Alarms, and the start and stop sounds of the Stopwatch, Countdown and Action timers. The sound settings do not affect the watch alarms (Daily Alarms and reminders) or Fitness Test Completed/Failed Sound.

1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Use the **Up ▲** or **Down ▼** button until **Menu SETTINGS** is displayed.
3. Press the **Start** button. **Settings USER** is displayed.
4. Press the **Down ▼** button. **Settings GENERAL** is displayed.
5. Press the **Start** button. **Set HR LIMITS** is displayed.
6. Press the **Down ▼** button. **Set SOUND** is displayed.
7. Press the **Start** button to turn the sound on or off:

The display reads:

Set SOUND

 **ON** or **OFF**

Press the **Up ▲** or **Down ▼** button to switch the sound on or off.

Press the **Start** button to accept.

- To return to the Time main mode, press and hold the **Stop** button.

Note: The wrist unit sounds are turned off when the low battery symbol  is displayed. However, the Watch Alarm will work if it is set before the  symbol appears.

4.4 STOPWATCH

Use the stopwatch when you want to monitor the duration of an event with intermediate times, such as during a trail run, or if you want to know how much time it takes to climb a certain hill.



1. In the Time main mode, press the **Start** button. **Menu WATCH SET** is displayed.
2. Press the **Up ▲** or **Down ▼** button until **Menu STOPWATCH** is displayed.
3. Press the **Start** button to start the stopwatch. The stopwatch starts running.
4. To take split times, press the **Start** button. **StopWatch SPLIT** is displayed.
5. To stop the stopwatch, press the **Stop** button. **StopWatch PAUSED** is displayed.
6. To restart the stopwatch, press the **Start** button. To return to the Time main mode and use other functions while the stopwatch is running, press and hold the **Stop** button.

You can reset the stopwatch to zero, when the stopwatch is paused. Press and hold the **Stop** button until the reading is reset to zero.

Note: Other timers do not affect the stopwatch. You can use the stopwatch independently while using Action recording and other functions.

4.5 COUNTDOWN TIMER

The Countdown timer works like the stopwatch, but it counts the time down to zero from a preset value. Set the Countdown timer time and start the timer in the Countdown menu.

1. To go to the Countdown menu, press the **Start** button in the Time main mode and press the **Up ▲** or **Down ▼** button until **Menu COUNTDOWN** is displayed.
2. Press the **Start** button to set the timer time.
3. Use the **Up ▲** or **Down ▼** button to adjust the hours, minutes, and seconds. Press the **Start** button after each selection. After setting the seconds the Countdown timer starts running.
4. Press the **Start** button to take split times.
5. If you want to pause the Countdown timer, press the **Stop** button. **CountDown PAUSED** is displayed.
6. To restart the Countdown timer, press the **Start** button.
7. To return to the Time main mode and use other functions while the Countdown timer is running, press and hold the **Stop** button.

The Countdown timer remembers the preset value.

- If you use the same value, you do not need to set a new time when you use your Countdown timer the next time.
- If you want to reset the Countdown timer to the preset value when you have paused it, press and hold the **Start** button.
- If you want to reset the Countdown timer when you have paused it, press and hold the **Stop** button. The Countdown timer is reset to zero. You can now set the Countdown value again.

How it works: In the Time main mode,  the flashing indicator in the outer circle informs you that the stopwatch or Countdown timer is on. As the timer stops, the wrist unit sounds an alarm briefly and displays: **COUNTDOWN 00:00.00**. Press any button (except the **Light** button) and the wrist unit returns to the mode you were using. Other timers do not affect the Countdown timer.

Tip: How to use the Countdown Timer to prevent dehydration

Set your Countdown timer to remind you to take regular small drinks throughout your activity. Plan to drink at least 250 ml / 4 oz. of water or other fluid each hour, more if you are in a hot and/or humid environment. If your heart rate is gradually rising although there is no increase in speed, increase your fluid intake. Do not wait until you are thirsty to drink – that means you are already dehydrated.

4.6 TRANSFERRING SETTINGS FROM PC WITH POLAR UPLINK TOOL

The Polar Outdoor Computer Product offers you the option of transferring the following functions with the Polar UpLink Tool directly to your wrist unit:

- Wrist unit settings, reminders and logos.
- Changing the HeartTouch function.

You can download Polar UpLink Tool from www.polar.fi. In order to be able to use the Polar UpLink Tool, you need a computer with a sound card and dynamic loudspeakers or headphones. See www.polar.fi for further instructions.



5. CARE AND MAINTENANCE

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

Store your wrist unit and transmitter in a cool and dry place. Do not store them in a damp environment, in non-breathable material (i.e., a plastic bag) or with conductive material such as a wet towel.

Taking Care of Your Outdoor Computer

- 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 the wrist unit 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.
- Do not expose the Outdoor Computer to direct sunlight for extended periods, such as by leaving it in a car.
- Keep the air pressure channels (the openings on the side of the wrist unit) clean to make sure that the altitude and temperature measurements work. Do not insert any objects into the openings.
- Do not bend or stretch the transmitter. This may damage the electrodes.
- Do not dry the transmitter in any other way than with a towel. Mishandling may damage the electrodes.

Using Your Polar Outdoor Computer in Water

Heart rate monitoring in water may suffer from interference because pool water with a high chlorine content and seawater are very conductive. The electrodes of the transmitter may short-circuit, which prevents the transmitter unit from detecting ECG signals. The wrist unit is water resistant to 100 m / 330 ft so you can wear it, e.g., when swimming. The Polar Outdoor Computer is not, however, a diving instrument. Therefore, the functions should not be used for underwater activities and the buttons should not be pressed while under water.

Service

During the two-year guarantee/warranty period we recommend that you have service 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.

Transmitter Battery

Contact your authorized Polar Service Center for a replacement transmitter. Polar recycles used transmitters. See your Customer Care and Registration Card for detailed instructions.

Changing Wrist Unit Battery

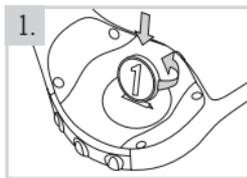
Avoid opening the sealed battery cover during the guarantee period. We recommend that you have the battery replaced by an authorized Polar Service Center. If you choose to change the battery yourself, follow the instructions.

Note: *In order to ensure the maximum lifespan of the battery cover, open it only when you need to change the battery or reset the wrist unit. We recommend that you change the sealing ring of the battery cover every time you change the battery. Additional sealing rings are available from an authorized Polar Service Center only.*

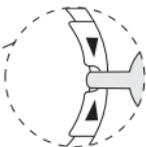
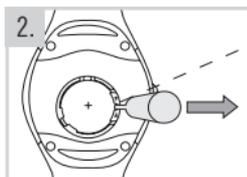
To change the wrist unit battery, you need a small screw driver, sealing ring, coin and battery (CR 2032). The low battery indicator  is displayed when 10-15% of the wrist unit battery capacity is left.

Note:

- *Excessive use of the backlight and altimeter drain the wrist unit's battery more rapidly.*
- *In cold conditions the low battery indicator  may appear, but the indicator is deactivated when you return to a normal temperature.*
- *The backlight and wrist unit sounds are automatically turned off when  is displayed. However the Watch Alarm sound works if you have activated the Watch Alarm before the  symbol appears.*



1. Open the battery cover by screwing it counterclockwise (OPEN direction) with a coin that sits tight into the back cover groove.



2. Remove the battery cover. Put a **small screw driver** in the hole indicated by the two arrows. Carefully lift the battery using the screw driver and replace it with a new battery. Be carefull not to damage the threads of the back cover.
3. Place the negative (-) side of the battery against the bottom and the positive (+) side against the cover.
4. Remove the sealing ring of the battery cover and replace it with a new ring. Make sure that the cover's sealing ring is placed correctly in its groove.

5. Put the battery cover in its place and close it by screwing the cover clockwise (CLOSE direction) with a coin. Make sure that the cover is closed properly! It is recommended that the altimeter or barometer is calibrated after battery replacement.

Note:

- After a battery change re-enter the Basic Settings. For further information, see page 9.
- Keep the batteries away from children. If swallowed, contact a doctor immediately.
- Batteries should be disposed of properly according to local regulations.

6. SAFE OPERATION OF YOUR OUTDOOR COMPUTER

The Polar Outdoor Computer shows environmental conditions such as altitude, barometric pressure, and your performance indicators. It indicates the level of physiological strain and intensity during your activity. No other use is intended or implied. **The Polar Outdoor Computer 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.

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

Note that in addition to activity intensity, heart, blood pressure, psychological conditions, asthma, breathing etc. medication as well as some energy drinks, alcohol and nicotine can affect your heart rate.

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.

Notice to individuals with pacemakers, defibrillators or other implanted electronic devices.

Individuals who have a pacemaker use the Outdoor Computer's heart rate monitoring at their own risk. Before starting use, we always recommend a maximal exercise stress test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar Outdoor Computer.

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 on page 81. To avoid any skin reaction risk with the transmitter, wear it over a shirt. However, moisten the shirt well under the electrodes to ensure flawless operation.

7. FREQUENTLY ASKED QUESTIONS

What should I do if...

...there are no reactions to any buttons?

If there are no reactions to any buttons, reset the wrist unit. Resetting only clears the date and Daily Alarm times, not the recorded files or Auto Log. 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, take off the battery and put it back to its place. For further information, see page 77.

Note: If you do not press any button after you reset the wrist unit, within one minute the wrist unit goes to the Time main mode.

...the heart rate reading becomes erratic or extremely high?

You may have come within range of strong electromagnetic signals, which can cause erratic readings. This may occur near high voltage power lines, traffic lights, overhead lines of electric railways or trams, skilifts, car motors, bike computers, some motor driven exercise equipment (e.g., fitness testers) or cellular phones. Check your surroundings and move further away from the source of the disturbance.

...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 changes, the altimeter interprets the pressure change as a change in altitude.

...the barometric pressure readings are inaccurate?

Your barometer may show faulty barometric pressures 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 Outdoor Computer 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 make a full periodic check of the complete Outdoor Computer.

...the display is blank?

The Outdoor Computer is in battery saving mode when it is dispatched from the factory. To activate it, press the **Start** button twice. The Basic Settings starts. For further information, see page 9.

...the symbol is activated?

Usually the first sign of an expired battery is the low battery indicator on the display. For further information, see page 77.

Note: Due to cold conditions the low battery indicator may appear, but the indicator is deactivated when you return to a normal temperature.

8. TECHNICAL SPECIFICATIONS

Wrist Unit

Battery life:	The wrist unit is a Class 1 Laser Product. Average 1 year in normal use
Battery type:	CR 2032
Battery sealing ring:	O-ring 21.50 x 0.60
Operating temperature:	-10 °C to +60 °C / +14 °F to +140 °F
Storage temperature:	-20 °C to +70 °C / -4 °F to +158 °F
Water resistance:	up to 100 m /330 ft
Wrist strap material:	Polyurethane
Back cover and Wrist strap buckle 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.	

Watch

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

Heart Rate Monitor

Accuracy: $\pm 1\%$ or 1 bpm, whichever larger, definition applies to steady state conditions.
Heart rate measuring range: 15-240

Altimeter

The Polar wrist unit calculates 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
Vertical speed resolution: 1 m per min or 50 m per hour / 5 ft per min or 200 ft per hour
Temperature compensated

Barometer

Display range: Current sea level pressure 800 hPa to 1100 hPa / 23.60 inHg to 32.50 inHg
Absolute pressure 300 hPa to 1100 hPa / 8.85 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

Transmitter

Battery life: Average 2500 hours of use
Battery type: Built-in Lithium Cell
Operating temperature: -10 °C to +50 °C / 14 °F to 122 °F
Storage temperature: -40 °C to +70 °C / -40 °F to +158 °F
Transmitter Material: Polyurethane
Waterproof

Elastic strap

Buckle material: Polyurethane
Fabric material: Nylon, polyester, and natural rubber including a small amount of latex

Limit Values of information recorded to Action File

Maximum of 80 Action Files
Maximum Action time recorded to Action File: 99 h 59 min 59 s

9. 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 Oy/Polar Electro Inc. guarantees to the original consumer/purchaser of this device 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 International Guarantee 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 and elastic strap.
- 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.



This CE marking shows compliance of this product with Directive 93/42/EEC.

Polar Electro Oy is a ISO 9001:2000 certified company.

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US 6277080, US 6361502, US 6418394, US 6537227, US 4625733, US 6272365, US 6477397, US 5611346, US 5486818, US 5491474. Other patents pending.

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