OFFSET CALIBRATION

The Polar LOOK Kéo Power system calibrates itself automatically each time the transmitters wake up and a receiving Polar device is found. Calibration takes a couple of seconds.

Training temperature has an effect on the calibration accuracy, so make sure your bike's temperature has become stable before you start the offset calibration.

1. Wake up the transmitters and turn on the training wait mode in your receiving Polar device to start the calibration.
2. Keep the bike upright and cranks in place until calibration is completed.
3. Complete the calibration as guided by your receiving device.

To ensure the calibration is done properly:

» don't put any weight on the pedals during calibration.
» don't interrupt the calibration.

If you're unsure whether the calibration succeeded or the temperature changes by more than 10 °C / 18 °F, do it again manually.

You can start the manual calibration with your receiving device also during a training session.

You can find information on offset calibration with other than Polar devices at www.polar.com/support.

TRAINING

STARTING A TRAINING SESSION

1. Wake up the transmitters and turn on the training wait mode in your receiving device. Let the system calibrate.
2. Start the training session with your receiving device to get information about power, cadence, efficiency and pedaling balance.

For more instructions, see the user manual of your receiving device.

STOPPING A TRAINING SESSION

After you've stopped the training session with your receiving device, the transmitters go to sleep after 90 seconds of inactivity.

FORCE VECTOR MEASUREMENT

The Polar LOOK Kéo Power system comes with force vector measurement. The feature enables the Polar training computer to analyze your pedaling more precisely and helps you to learn more efficient pedaling technique.

You can take the feature into use in the receiving device.

IMPORTANT INFORMATION

CHANGING BATTERIES

It's recommended that you change both transmitter batteries at the same time.

CHANGING TRANSMITTER SEALING RINGS

You received additonal sealing rings for the transmitters in the product package.

Remove the old sealing rings carefully with tweezers. Place the new sealing rings into the grooves on the transmitters. Handle the transmitter with extra care.

MAINTENANCE

Before every ride, check the pedals and cleats to be sure they are free of dirt and that they are operating properly. Check your cleats daily for excessive wear, and replace them if needed. Worn cleats may come loose without noticing and cause you to crash. Replace them only with genuine LOOK Kéo cleats. Do not drill, paint or refinish them. Keep pedals and cleats away from any heat source. Spindle: LOOK spindles are subjected to a rotation test of two million cycles at 100 revs / minute, with a load of 90 kg on the pedal and off centered rotation (which creates an impact at each rev). This test exceeds the toughest known standard EN 14781. High pressure cleaners are not recommended.

TECHNICAL SPECIFICATION

Kéo Power Transmitters

Battery type	CR2354
Battery life	5 months (2 h/day, 7 days/week)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Storage temperature	-20 °C to +60 °C / -4 °F to 140 °F
Material	Aluminium, PA+GF
Water resistance	IPX7 (splash proof)

LOOK Kéo Power Pedals

Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Storage temperature	-20 °C to +60 °C / -4 °F to 140 °F
Distance crank/middle of the pedal	55 mm
Pedal float	0 (black cleats), 4,5 (grey cleats), or 9 (red cleats) degrees
Water resistance	IPX7 (splash proof)

Measurement ranges

Average power	0-2000 W
L/R balance	0-100%
Cadence	30-199 rpm
Maximum load	1800 N

PEDAL TENSION ADJUSTMENT

LOOK pedals are always delivered preset to a minimum tension. You can adjust them with a 3 mm Allen key at the rear of the pedal on the lever. By turning the key in the + direction (clockwise), you increase the amount of stress necessary for cleat release. Allow tension to remain minimal until you've become perfectly familiar with the system. Adjustment can't be carried out when the cleat is engaged in the pedal. You will hear a "click" when the maximum adjustment is reached. Once you hear the click, stop screwing as it may damage the pedal.

ENGAGEMENT / RELEASE

Engagement: Insert the cleat in the pedal in accordance with picture 1 and press down on the pedal to lock the cleat.

Release: Turn your heel outwards as in picture 2 and the cleat will disengage. Do not tilt your foot towards the bike, as the heel may touch the spokes and cause a crash.

1.

2.

Find product support at www.polar.com/support/keo_power_sensor_bluetooth_smart and at www.lookcycle.com.

Manufactured by

Polar Electro Oy
Professorintie 5
FI-90440 KEMPELE
Tel +358 (0)8 5202 100
Fax +358 (0)8 5202 300
www.polar.com

LOOK Cycle International
27, rue du Dr Léveillé
CS 90013
FR-58028 NEVERS Cedex
Tel +33 (0)3 86 71 63 00
Fax +33 (0)3 86 71 63 10

www.lookcycle.com

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POLAR
LISTENS TO YOUR BODY

LOOK

POLAR LOOK KÉO POWER

User Manual
English

Bluetooth SMART

INTRODUCTION

Congratulations on your great purchase! In this handy guide we'll walk you through the first steps in starting to use **Polar LOOK Kéo Power** (with *Bluetooth®* Smart), the innovative pedal-based cycling system that helps you boost your performance and improve your cycling technique.

Polar LOOK Kéo Power gives you detailed information about your power output, left and right balance and your cycling cadence and efficiency. It works best with Polar V650, our state-of-the art bike computer for the most ambitious cyclists, but it's a great match also for many other Polar products and other Bluetooth Smart compatible devices. To see the full list of compatible Polar devices, go to **Products** > **Accessories** at www.polar.com.

You will benefit even more from Polar LOOK Kéo Power when you use it together with the **Polar Flow web service**. Plan your sessions, get guidance to achieve your targets, analyze results and enjoy your achievements with other training fans just like you.

WHAT'S IN THE BOX?

In the product box you'll find LOOK Kéo Power pedals and cleats, and Polar Power transmitters. There's also a pedal installation tool, spacers, sealing rings and other important small pieces provided with the product. Depending on the product version, the set has either one or two transmitters.

You can find the latest version of this user manual, support material and videos at www.polar.com/support.
You can also find user manual, support material and videos at www.lookcycle.com.

INSTALLING POLAR LOOK KÉO POWER

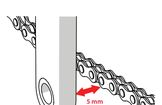
It's is important that you follow the installation instructions carefully to get accurate measurement.

COMPATIBILITY CHECKLIST

Before installing the system, check that the product is compatible with your bike.

Make sure that:

- the chain clearance is at least 5 mm when the chain is on largest crank gear and the smallest cassette gear.
- the cranks are less than 16 mm thick.
- the cranks have standard 9/16 x 20 BSA threading.



INSTALLING BATTERIES

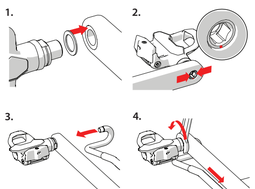
1. Turn the battery cover counterclockwise to open it.
2. Place a battery (CR2354) inside the cover with the positive (+) side facing the cover.
3. Put the cover back in place. Turn the cover clockwise to close it.
4. Repeat for both transmitters.

MOUNTING PEDALS

To install the pedals, you will need a thin 18 mm wrench, an 8 mm Allen key and the pedal installation tool (provided in product box).

1. Clean the crank contact surfaces and threads to avoid damage.
2. If there's a groove on the crank or if the cranks are made of carbon fibre, place a spacer onto the pedal axle so that metal touches metal (picture 1). If you are unsure, mount the pedals with a spacer.
3. Tighten the pedal onto the crank. Make sure the pedal axle does not stick out (picture 2) and the mark on the pedal axle points downwards when the crank points forward (picture 2).
4. Place the pedal installation tool into the pedal axle so that its shaft is in line with the crank (picture 3).
5. Hold the tool in place and tighten the pedal locknut with a 18 mm wrench (picture 4). The recommended tightening torque is 35 Nm / 25.8 lbf-ft.
6. Repeat for both pedals.

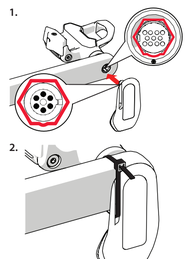
The left pedal (marked with a line on the axle) has left-hand threads and needs to be installed counterclockwise. The right pedal has right-hand threads and needs to be installed clockwise.



INSTALLING TRANSMITTERS

1. Remove the protective cap from the transmitters.
2. Place a transmitter into the pedal axle. Make sure the shape of the transmitter matches with the shape inside the pedal axle (picture 1). Push the transmitter firmly but without too much force to avoid damage.
3. Make sure the transmitter is positioned correctly (picture 2). Position it again if needed.
4. Pass a cable tie through the hole in the transmitter. Keep the transmitter in place and tighten the cable tie around the crank (picture 2). Cut off excess ends.
5. Repeat installation for both transmitters.
6. When rotating the cranks, make sure the transmitters do not hit any part of the bike or the chain while the chain is on the largest crank gear and the smallest cassette gear.

The transmitters are marked with letters R (right) and L (left). When the crank points forward, the transmitters should be pointing down (picture 2).



LED INDICATORS

The receiving device informs about the transmitters' status but there are also status led lights on transmitters.

Blinking magenta
The transmitter is awake but the transmitter has to be paired or connected with a receiving device.

Blinking blue
The transmitter is connected to a receiving device. The offset calibration has not been completed yet. Keep the bike upright and cranks in place until calibration is completed.

Blinking green
The offset calibration has been completed. You are ready for a ride. The led is turned off while pedaling to save battery.

Blinking red
Something has gone wrong. See the receiving device for more information.

PAIRING TRANSMITTERS WITH RECEIVING DEVICE

The Polar LOOK Kéo Power system is compatible with devices that support Bluetooth Smart technology and two simultaneously connected power transmitters.

Visit www.polar.com/support for a list of compatible Polar devices.

Using a Polar device allows you to get the most out of training with analysis and follow-up tools in the Polar Flow web service.

Pair the transmitters with the receiving device before going for your first ride.

You can find a device ID printed on the backside of the transmitter. There's a different device ID for each transmitter.

1. Rotate the cranks to wake up the transmitters.
2. Pair the power transmitters one at a time with the receiving device. See the user manual of the receiving device for further instructions.

The power transmitters wake up automatically when the cranks are rotated, and go to sleep after 90 seconds of inactivity after a receiving device is no longer found.