

- 1) Moisten the electrode area of the chest strap.
- 2) In time mode, press OK once to open the wait mode.
- 3) Wait until your heart rate monitor finds your heart rate and press OK again to start recording your training session.
- 4) While training by pressing the up/down arrows you can see your heart rate, burnt calories, session duration and zone information in real time.
- 5) By looking at the numbers during and after training, you will quickly learn which levels are right for you. Visit polar.com/support to learn more about the benefits of training at different intensities.
- 6) To pause your training session, press BACK. To continue training, press OK. To stop the session, press BACK again.
- 7) You can get a summary of your latest exercise at the end of each session. It shows you: » how long it lasted » how many calories you burnt » your average and maximum heart rates » how long you were in the fat burning or fitness improving zone