

Polar FS1/FS2c/FS3c™

User Manual



Dear Customer,

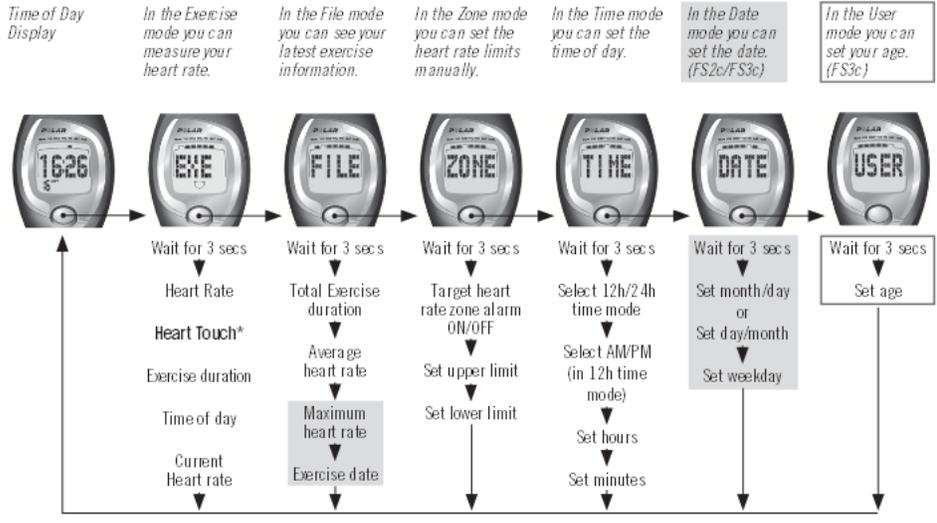
Congratulations on your purchase of a new Polar FS1/FS2c/FS3c™ Fitness Heart Rate Monitor!

This manual contains the information you need to use and maintain your product. Please read this through to understand how to use the functions and get the most out of your Polar heart rate monitor.

Please check our web sites for your personalized exercise program and online diary, as well as for versatile tips and background information for your exercise:
www.polarpersonaltrainer.com
www.polar.fi

ENGLISH

QUICK GUIDE



You can return to the Time of Day display from any mode except Exercise mode by pressing and holding the front button.

*Heart Touch changes display in Exercise mode.

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Information specific to both of the FS2c/FS3c products is marked in gray background.

Information specific only to the FS3c product is marked with an outline.

All other information applies to all three products: FS1, FS2c and FS3c.

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m31™



m32™

Coded heart rate transmission.



Calculates your own personal exercise zone.



Calculates number calories burnt while exercising.



Alerts you to exercise within a 3 day period.



If you are a beginner or moderate exerciser and want to know how your exercise program is working, then the Polar M31 / M32 heart rate monitor is a good choice for you.

WearLink™

Supplied with the Polar M31/M32 Heart Rate Monitors.

The new **Polar WearLink 31 coded transmitter** is a step towards the concept of functional clothing. The transmitter consists of an electrode strap made from soft textile material and a connector. The new clip-on mechanism attaches at the front which ensures it is quick and easy to put on and take off. Whether you are running, cycling or at the gym, the transmitter adapts comfortably to your individual body shape and the soft textile exterior feels like clothing on the skin.

Featuring a **Faster OwnZone™** (basic), the Polar M31 and M32 automatically calculates a safe and effective personal exercise intensity for you now in just 5 minutes, while guiding you to stay in the zone as you workout by the feedback of an audio alarm.

The Polar M31 and M32 also have a built-in memory for storing your workout results. You can check your exercise time, the time spent in your OwnZone and your average heart rate (a useful feature that allows you to check your progress). You can even keep track of your total exercise time and calories burned for up to a year.

If weight management is your goal, the Polar M31/M32 gives you the kind of individual feedback you can't get from an exercise machine. **OwnCal™** will show you calories burnt during the workout, while the Fat Burning Percentage feature calculates the percentage of calories burnt from fat rather than carbohydrates.

And if being able to see real results isn't enough to keep you inspired, then the Exercise Reminder of the M31 and M32 will automatically remind you three days after your last exercise session with gentle text messages.

- New Polar WearLink 31 Coded transmitter belt
- OwnZone™ (basic) - calculates your own personal exercise zone
- OwnCal™ - calorie counting during exercise
- Exercise reminder - alerts you if you have not exercised for 3 days
- Fitness bullets - one point for each 100 calories burned
- Heart rate (%bpm)
- 1 file in memory: exercise date, exercise time, time in zone, limits, average heart rate, calories, fat consumption estimate, total calories, total exercise time
- Time of day (12/24) - date - alarm
- Backlight display
- HR limits
- OwnCode - crosstalk prevention system
- Water resistant to 30 metres