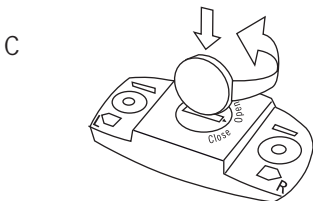
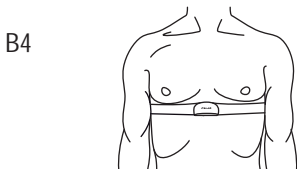
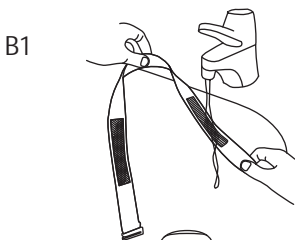
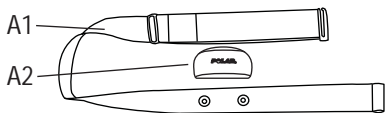


# Polar WearLink® + Transmitter Bluetooth

User Manual

**POLAR**®  
*LISTEN TO YOUR BODY*



## **Polar WearLink®+ Transmitter Bluetooth®**

This user manual contains instructions for Polar WearLink®+ transmitter **Bluetooth®**. Visit **<http://www.polar.fi/support>** for a list of compatible applications.

The latest version of this user manual can be downloaded at **<http://www.polar.fi/support>**.

For video tutorials, go to **[http://www.polar.fi/support/video\\_tutorials](http://www.polar.fi/support/video_tutorials)**.

Register your Polar product at **<http://register.polar.fi>** to ensure we can keep improving our products and services to better meet your needs.

Follow the pictures on the front cover to see instructions for using the transmitter.

### **Transmitter Parts**

1. The electrode areas on the reverse side of the strap detect heart rate. Picture A1.
2. The connector sends the heart rate signal to the receiving device. Picture A2.

### **Wear the Transmitter**

1. Wet the electrode areas of the strap under running water and make sure that they are well moistened. Picture B1.
2. Attach the connector to the strap. Adjust the strap length to fit snugly and comfortably. Picture B2.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap. Picture B3.
4. Check that the wet electrode areas are firmly against your skin and that the Polar logo of the connector is in a central, upright position. Picture B4.

**Detach the connector from the strap and rinse the strap under running water after every use.**

## Getting Started

When using the Polar WearLink+ transmitter **Bluetooth®** for the first time, you need to pair the transmitter with your receiving device. For more information on enabling the Polar WearLink+ transmitter **Bluetooth®** and starting the application, consult separate user instructions supplied by the application manufacturer.



*In case the application asks for a PIN code, please enter 0000. The PIN code is printed also on the back of the connector of the Polar WearLink+ transmitter **Bluetooth®**.*

To ensure sufficient transmission range from your Polar WearLink+ transmitter **Bluetooth®** to the receiving device, keep the receiving device as close as possible to the transmitter. A good place is in a pocket, fixed on the belt or in a small bag on the side. Do not wear the receiving device on your back (for example, in a back pocket or back pack).

## Care and Maintenance

The Polar WearLink+ transmitter **Bluetooth®** is a high-tech instrument that should be handled with care. The following instructions will help you fulfill guarantee obligations.

**Detach the connector from the strap and rinse the strap under running water after every use.** Dry the connector with a soft towel. Never use alcohol or any abrasive material (steel, wool or cleaning chemicals).

**Wash the strap regularly in a washing machine at 40°C/104°F or at least after every fifth use.** This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the connector in a washing machine or drier!

**Dry and store the strap and connector separately.** Wash the strap in a washing machine before long-term storage, and always after use in pool water with high chlorine content.

Keep the transmitter in a cool and dry place. Do not store wet in non-breathing material, for example, a sports bag. Sweat and moisture keep the electrodes wet and activated. Do not expose to direct sunlight for extended periods.

## Batteries

To change the battery yourself, follow below instructions. See picture C.

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR 2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
3. Press the cover back into the connector.
4. Use the coin to turn the cover clockwise to CLOSE.

To ensure long life, open the cover only when changing the battery. Always replace a damaged sealing ring with a new one.

## ENGLISH

Battery kits with sealing rings are available at Polar retailers and authorized Polar Service Centers. In the USA and Canada, sealing rings are available at authorized Polar Service Centers only.



*Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be disposed of in compliance with local regulations.*



Danger of explosion if the battery is replaced with wrong type.

## Service

During the warranty period, service the product at an authorized Polar Service Center only. The warranty does not cover damage caused by unauthorized service. See Limited International Polar Guarantee.

## Precautions

For allergy information, see the listed materials in Technical Specifications. Avoid skin reactions by wearing the transmitter over a shirt, moistened under the electrodes.

Keep insect repellent away from the transmitter.



*The moisture and abrasion may cause staining on light-colored clothes.*

## Using Your Transmitter in a Water Environment

Polar WearLink+ transmitter **Bluetooth®** is water-resistant but does not measure heart rate in water.

## Technical Specifications

Battery type: CR 2025 (Panasonic battery recommended)

Battery sealing ring: O-ring 20.0 x 1.0 Material FPM

Polar WearLink+ transmitter **Bluetooth**<sup>®</sup> battery life: 150 hours of use

Operating temperature: 32 °F to 122 °F / 0 °C - +50°C

Connector material: Polyamide

Strap material: 35% Polyester, 35% Polyamide, 30% Polyurethane

Compatibility: Polar WearLink+ transmitter **Bluetooth**<sup>®</sup> is not compatible with Polar training computers.



*When the Polar WearLink+ transmitter **Bluetooth**<sup>®</sup> is worn directly on the skin, underneath clothing, the operating temperature is 14 °F to 122 °F / -10 °C to +50 °C.*

## Guarantee and Disclaimer

### Limited International Polar Guarantee

- 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 limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.



## Disclaimer

Polar Electro Inc./Polar Electro Oy disclaims any and all liabilities related to or arising from third parties' products or services, which use the data generated by a Polar product. Polar Electro Inc./Polar Electro Oy disclaims any and all liabilities related to or arising from the functioning / malfunctioning of third party product or service, its interoperability with a Polar product, safety of a third party product or service as well as any other liabilities related to or arising from a third party product or service. Polar Electro Inc/Polar Electro Oy shall not be liable for any data transfer fees or any other fees which might be due to or related to the use of this Polar product.

This product is protected by the incorporeal rights of Polar Electro Oy as defined by the following documents: FI110915, US7324841, EP1362829, FI23471, US D492783S, US D492784S, US D492999S, EU00046107-0001, EU00046107-0002, EU00046107-0003, FI96380, US5611346, EP0665947, JP3568954, FI115084, US7418237, EP1543769. Other patents pending.

[www.polar.fi](http://www.polar.fi)

## CE 0537

This product is compliant with the Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the

## ENGLISH

Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.



This marking shows that the product is protected against electric shocks.

### Bluetooth QD ID: B014698

## USA

**FCC regulatory information:** This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation. **Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

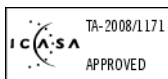
- 1) Reorient or relocate the receiving antenna.
- 2) Increase the separation between the equipment and receiver.
- 3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- 4) Consult the dealer or an experienced radio/TV technician for help.

**Caution!** Changes or modifications not expressly approved by the party

responsible for compliance could void the user's authority to operate the equipment.

## CANADA

Industry Canada (IC) regulatory information This device complies with RSS-210 of Industry Canada rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation. This class [B] digital apparatus complies with Canadian ICES-003.



Complies with IDA Standards DA104315.

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Manufactured by

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

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