

Standard Instructions to be followed:

- Transmits heart rate data to Polar monitors using 5kHz transmission and compatible gym equipment. Compatible heart rate monitors include, but are not limited to: FT1, FT2, FT4, FT7, FT40, FT60, FT80, RS100, RS300X, RS400, RCX5.
- Provides non-coded heart rate transmission. If you are training in a crowded environment with other heart rate monitors nearby, consider the T31 coded heart rate transmitter which provides interference free transmission.
- Slim, lightweight, and waterproof design
- Fits 25 to 54 inch chest size
- Average battery lifetime is 2500 hours of use. Non user replaceable battery

Getting Started

Getting started with your T31 transmitter is easy. For best results, thoroughly moisten the back electrode areas of the transmitter with water and adjust the strap length to fit snug, but comfortable. Check that the moist electrode areas are firmly against your skin and that the Polar logo is in the upright position. Tip: When you are finished with your workout, remove the transmitter, rinse with water and dry with a soft towel. Never store the transmitter wet, in a damp environment or in any kind of non-breathable material, such as a plastic bag or sports bag. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will shorten the battery life. Keep in a cool and dry place.