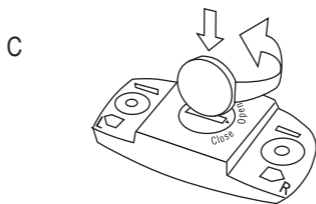
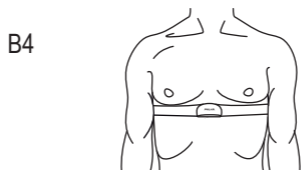
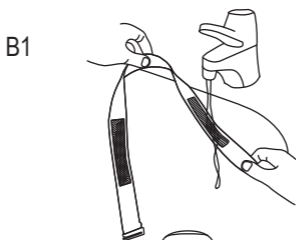
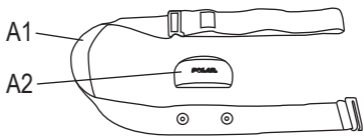


**Polar WearLink® +
Coded Transmitter 31
Coded Transmitter W.I.N.D.**
User Manual



ENGLISH

This user manual contains instructions for Polar WearLink® 31 and Polar WearLink® W.I.N.D. transmitters. The model of your transmitter is printed on the connector.

Please follow the pictures on the front cover.

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 wrist unit. 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 transmitter connector from the strap and rinse the strap under running water after every use.



The Polar WearLink connector can be used with specific apparel with built-in soft textile electrodes. Wet the electrodes and clip the connector onto the apparel without the strap, with the Polar logo in an upright position.

Teaching the Polar WearLink W.I.N.D transmitter to communicate with your wrist unit

A new transmitter has to be introduced to the wrist unit in order to measure heart rate. This is called teaching.

1. Wear the transmitter and wrist unit, and make sure you are far (20 m/66 ft) from other Polar WearLink W.I.N.D transmitters.
2. In time mode, press OK. The unit starts searching for the transmitter signal.
3. Once the transmitter is identified, **New WearLink found, Teach new WearLink?** is displayed.
 - Select **YES** to confirm teaching. **Completed!** is displayed. Start exercise recording by pressing OK.
 - Select **NO** to cancel teaching.

Care and Maintenance

The transmitter is a high-tech instrument that should be handled with care. The following instructions will help you fulfill guarantee obligations.

Detach the transmitter 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 transmitter connector in the 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, such as a sports bag. Sweat and moisture keep the electrodes wet and activated. Do not expose to direct sunlight for extended periods.

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.


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 (CR2025) 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.

Open the cover only when changing the battery to ensure a long life, and make sure the sealing ring is not damaged, in which case you should replace it with a new one.


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.*

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 31 transmitter may be used for swimming, but interference may occur for the following reasons:

- Sea- and pool water are very conductive, and electrodes may short-circuit, preventing ECG signals from being detected by the transmitter.
- Jumping or sharp muscle movement may shift the transmitter so the ECG signals cannot be detected.
- The ECG signal strength is individual and depends on tissue composition.

Polar WearLink W.I.N.D. transmitter is water resistant but will not measure heart rate in water.

Technical Specifications

Battery type:	CR 2025
Battery sealing ring:	O-ring 20.0 x 1.0 Material FPM
Polar WearLink 31 battery life:	Average 2 years (1h/day, 7 days/week)
Polar WearLink W.I.N.D. battery life:	Average 2 years (3h/day, 7 days/week)
Operating temperature:	14 °F to 122 °F/ -10 °C to +50 C
Connector material:	Polyamide
Strap material:	35% Polyester, 35% Polyamide, 30% Polyurethane

Limited International Polar Guarantee

- This limited Polar international guarantee is issued by Polar Electro Inc. for the consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for the consumers who have purchased this product in other countries.
- Polar Electro Inc. / Polar Electro Oy guarantees to the original consumer/ purchaser of this product that the product will be free from defects in material or workmanship for two years from the date of purchase.
- **Please keep the receipt or stamped Polar Customer Service Card, which is your proof of purchase!**
- The guarantee does not cover the battery, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked or broken cases and elastic strap.
- 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. During the guarantee period the product will be either repaired or replaced at an authorized service center free of charge.

- 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.

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.



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). These products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices.

Copyright 2007 Polar Electro Oy, FIN-90440 KEMPELE, Finland.

Polar Electro Oy is a ISO 9001:2000 certified company.

All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy. The names and logos marked with a

™ symbol in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user's manual or in the package of this product are registered trademarks of Polar Electro Oy, except Windows which is a registered trademark of Microsoft Corporation.

Disclaimer

The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.

Polar Electro Inc. / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.

Polar Electro Inc. / Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

This product is protected by one or several of the following patents: FI23471, USD49278S, USD492784S, USD492999S, FI68734, US4625733, DE3439238, GB2149514, HK81289, FI88972, US5486818, DE9219139.8, GB2258587, FR2681493, HK306/1996, FI96380, WO95/05578, EP665947, US5611346, JP3568954, DE69414362, FI4150, US6477397, DE20008882, FR2793672, ES1047774, FI112844, EP724859B1, US5628324, DE69600098T2, FI110915. Other patents pending.

www.polar.fi

Manufactured by

Polar Electro Oy
Professorintie 5
FIN-90440 KEMPELE
Tel +358 8 5202 100
Fax +358 8 5202 300
www.polar.fi

POLAR®
LISTEN TO YOUR BODY