

POLAR CS500+

User Manual

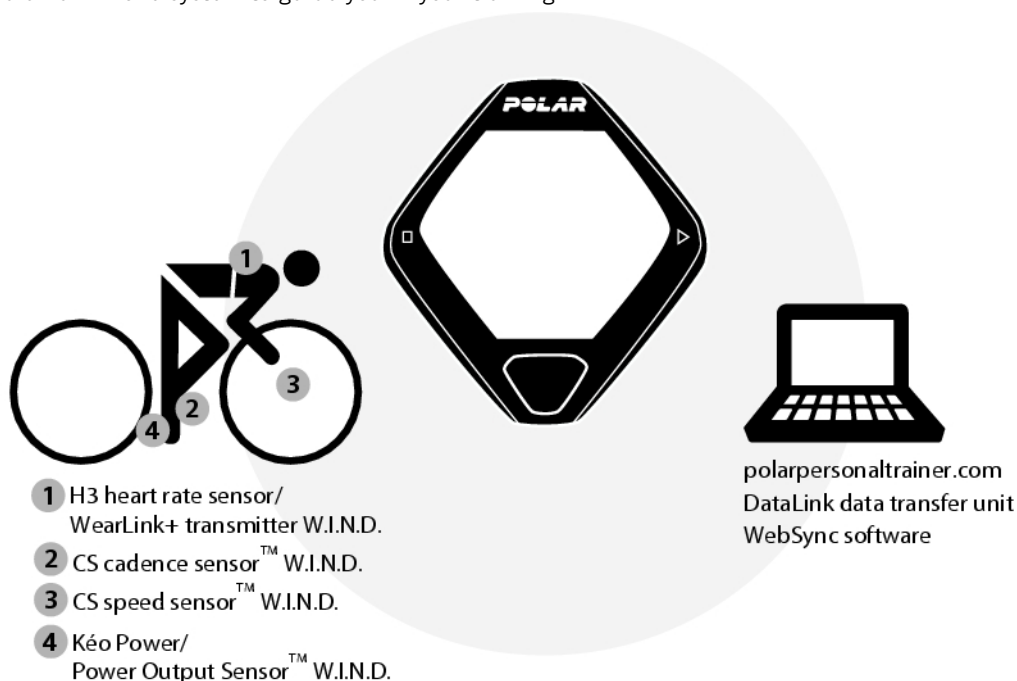
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1. GET TO KNOW YOUR POLAR CS500+

Congratulations on your purchase of a new Polar CS500+ cycling computer! The cycling computer offers you an all-in-one system to guide you in your training.



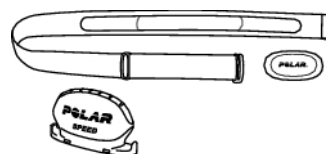
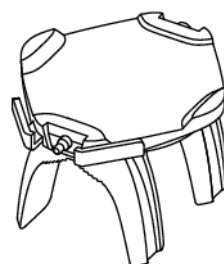
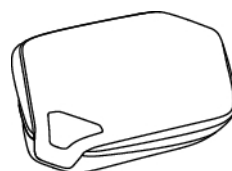
This user manual includes complete instructions for you to get the most out of your cycling computer. The latest version of this user manual can be downloaded at www.polar.com/support [<http://www.polar.com/support>].

Polar CS500+ cycling computer provides you with all the data you need to enhance your cycling performance and also saves the data for later analysis. The new large display guarantees clear visibility of training information in all conditions. Innovative button technology allows easy and safe operation even in high speeds.

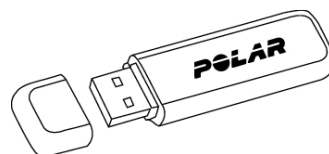
The cycling computer can be easily attached to the stem or handlebars of your bike with new **Polar Dual Lock Bike Mount**. Bike mount's newly designed metal parts guarantee firm attachment for the cycling computer.

Comfortable **Polar H3 heart rate sensor** sends the heart rate signal to the cycling computer ecg-accurately. The heart rate sensor consists of a strap and a connector.

Polar CS speed sensor™ W.I.N.D. wirelessly measures distance and your real-time, average and maximum speeds.



Transfer data between the cycling computer and polarpersonaltrainer.com with Polar's new data communication device, **Polar DataLink**. Just plug your DataLink into the USB port of your computer, and it detects your cycling computer with W.I.N.D. technology.



The **polarpersonaltrainer.com** web service is tailored to support your training goals. There you can:

- store your training files for a long-term follow-up
- analyze and follow your progress to the finest detail, including altitude information with graphical trend
- analyze training intensity and needed recovery time using the training load feature
- optimize the way you train by using the Polar training programs
- challenge your friends to a virtual sports competition and interact with other sports enthusiasts



With **Polar WebSync 2.4 Software** (or newer), you can:

- synchronize and transfer data between your cycling computer and polarpersonaltrainer.com
- fine-tune your cycling computer settings and personalize the display for example with your own logo
- set training sounds, automatic lap and a reminder that reminds you to drink, eat or take other important actions during training
- select the equipment (bike) you use in the sport and set the available sensors for the equipment
- customize your cycling computer display to show the information you want to see during training



The WebSync software can be downloaded at www.polarpersonaltrainer.com.

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

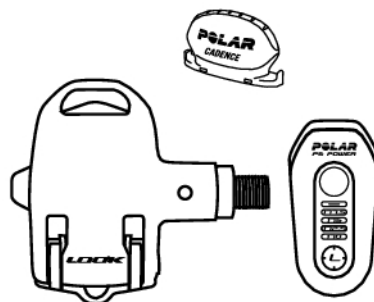
For video tutorials, go to http://www.polar.com/en/support/video_tutorials.


Available Polar Accessories

With the help of Polar accessories, you can enhance the experience and achieve a more complete understanding of your performance.

Polar CS cadence sensor™ W.I.N.D. wirelessly measures your real-time and average cadence, also known as pedaling rate, as revolutions per minute.

Polar LOOK Kéo Power system wirelessly measures power output expressed in watts and cadence.

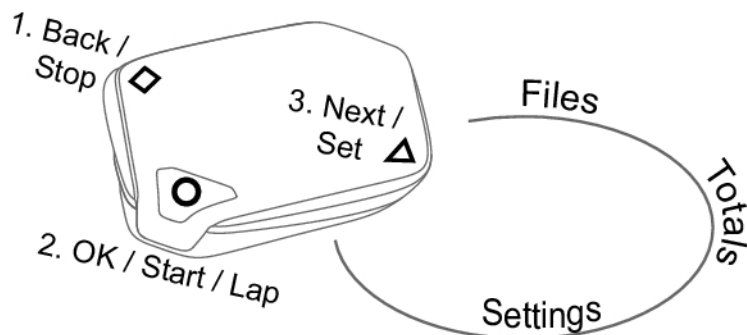


 *Data from all compatible sensors and Polar H3 heart rate sensor is sent wirelessly to the cycling computer over Polar's 2.4GHz W.I.N.D. technology. This eliminates interference during training.*


2. GETTING STARTED

Button Functions and Menu Structure

The cycling computer has three easy-to-use buttons that have different functionalities depending on the situation of use.

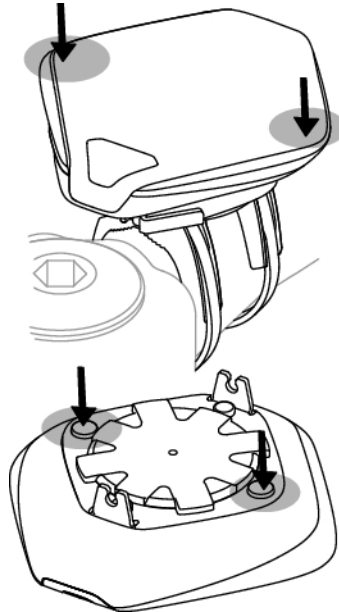


1. ◀ BACK / STOP	2. ○ OK / START / LAP / RESET	3. ▶ NEXT / SET
<ul style="list-style-type: none"> • Exit the menu • Return to previous level • Leave settings unchanged • Cancel selections • With a long press, return to time mode from any mode • With a long press in time mode, go to the power save mode • With a three-second press in the power save mode, activate the cycling computer. 	<ul style="list-style-type: none"> • Confirm selections • Start a training session • Take a lap • Reset total values • With a three-second press in the power save mode, activate the cycling computer. 	<ul style="list-style-type: none"> • Move to the next mode or menu level • Change the bike with a long press in time mode • Adjust a selected value • With a three-second press in the power save mode, activate the cycling computer.

 *The cycling computer goes to the power save mode if you do not press any button in the time mode for five minutes. You can turn the cycling computer on again by pressing any button for three seconds.*

You can use ◀ and ▶ buttons in two ways:

1. When the cycling computer is mounted on a stem or handlebar, gently press the left or right side of the cycling computer.
2. When you hold the cycling computer in your hand, use the trigger buttons on the backside of the cycling computer.



Basic Settings

Before using your cycling computer for the first time, customize the basic settings. Enter as accurate data as possible to ensure correct feedback based on your performance.

To adjust data, use SET and accept with OK. The values scroll faster if you press and hold SET.

Activate your cycling computer by pressing any button for three seconds. **Basic SET** is displayed. Press START and adjust the following data:

1. **Time set:** Select **12h** or **24h**. With **12h**, select **AM** or **PM**. Enter time.
2. **Date set:** Enter date.
3. **Unit:** Select metric (**kg/cm**) or imperial (**lb/ft**) units.
4. **Weight:** Enter your weight.
5. **Height:** Enter your height. In LB/FT format, first enter feet then inches.
6. **Birthday:** Enter your date of birth.
7. **Sex:** Select **Male** or **Female**.
8. **Settings DONE** is displayed. To change the settings, press BACK until you return to the desired setting. To accept the settings, press OK and the cycling computer goes to time mode.

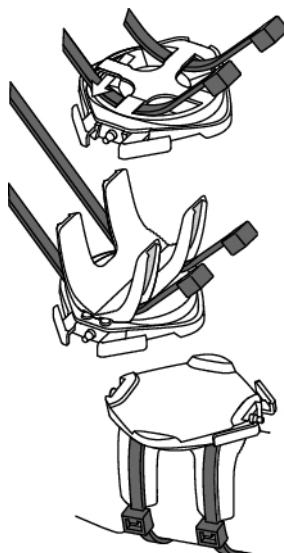
Measure Wheel Size

Before you start cycling, set the wheel size of your bike into the cycling computer. For further information, see Bike Settings (page 21).

Install the Polar Bike Mount

You can install the bike mount on the stem or on the left- or right-hand side of the handlebar.

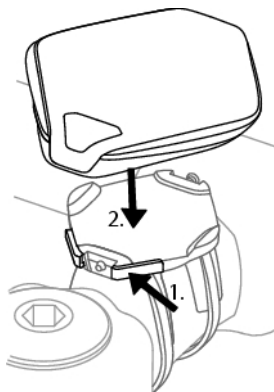
1. Thread two cable ties through the passages of the bike mount. If you install the bike mount on the handlebar, thread the cable ties to the opposite direction.
2. Insert the rubber part into the bike mount. Make sure that it is firmly in its nest.
3. Place the rubber part and the bike mount on the stem/handlebar and adjust the cable ties around the stem/handlebar. Secure the bike mount firmly. Cut off excess cable ties.



For a video tutorial, go to http://www.polar.com/en/support/video_tutorials.

Attach the Cycling Computer to the Bike Mount

1. Push the button and position the cycling computer onto the bike mount.
2. Release the button to fasten the cycling computer to the bike mount. Check that the cycling computer is fastened properly before you start cycling.



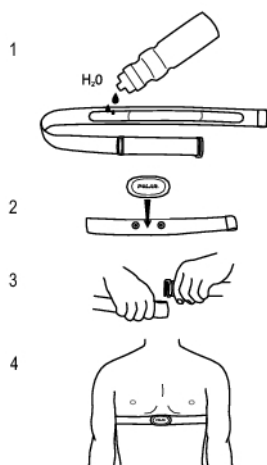
To detach the cycling computer from the bike mount, push the button and lift the cycling computer off the bike mount.

For a video tutorial, go to http://www.polar.com/en/support/video_tutorials.

3. TRAINING

Wear the Heart Rate Sensor

Wear the heart rate sensor to measure heart rate.



1. Moisten the electrode area of the strap.

i In demanding conditions, for instance during long-lasting events, we recommend using conductive electrode lotion or gel to improve contact. It is important to wash the heart rate sensor carefully after using lotion or gel.


2. Attach the connector to the strap.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Adjust the strap length to fit tightly but comfortably. Check that the moist electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.

i Detach the connector from the strap after every use, to maximize the battery lifetime. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will reduce the battery life. For more detailed washing instructions, see *Care and Maintenance* (page 29).

For a video tutorial, go to http://www.polar.com/en/support/video_tutorials.

i The Polar H3 heart rate sensor can be used with apparels that have built-in soft textile electrodes. Wet the electrode areas of the apparel. Attach the connector of the heart rate sensor straight onto the apparel without the strap so that the connector's Polar logo is in an upright position.

Start Training

Attach the cycling computer to the bike mount and activate it with a long  button press.

In time mode, the cycling computer automatically starts detecting your heart rate.



The number on the upper left-hand corner indicates the bike that is in use. The bike you have used during the previous training session is automatically selected. To change the bike, long-press NEXT in time mode.



If you have activated the AutoStart function, the cycling computer automatically starts recording the training session when you start cycling. For further information on AutoStart, see Bike Settings (page 21).
If you have not activated the Autostart function, press START to start the recording.

You can view three lines of training information simultaneously. Press NEXT to view the following displays:

See Training Information (page 12) for more detailed descriptions of displayed information.



Distance alternating with **lap distance** (when you have taken at least one lap).
Speed
Heart rate and **Cadence**



Average speed
Speed
Average heart rate and **Cadence**



Speed
Stopwatch
Heart rate and **Cadence**



Arrival time
Time of day
Heart rate and **Cadence**



Heart rate limits
Time in target zone
Heart rate and **Cadence**



Calories
Calorie expenditure per hour
Heart rate and **Cadence**



Altitude
Inclinometer
Temperature and **Cadence**




Trip distance
Speed / Power
Heart rate and **Cadence**



Set the cycling computer to scroll the views automatically by pressing and holding NEXT. Turn scrolling off by pressing NEXT.

Training Information

Information on the display	Description
Altitude	Current altitude in meters / feet
Arrival time	<p>By setting the distance you are going to ride, the cycling computer estimates your arrival time to the destination according to your riding speed. For further information, see Cycling Settings (page 20).</p> <p>If the riding distance function is off, the speed is displayed instead of arrival time.</p>
Average heart rate	Your average heart rate of the training session is displayed with an indicator which tells you whether your heart rate is rising or dropping.
Average speed	Your average riding speed of the training session is displayed with an indicator which tells you whether the speed is rising or dropping (Polar CS speed sensor W.I.N.D. required).
Cadence	Your pedaling rate in revolutions per minute (Optional Polar CS cadence sensor W.I.N.D. required)
Calories	The expended calories so far. The cumulation of calories starts when your heart rate is displayed.
Calorie expenditure per hour	Rate of calorie expenditure per hour
Distance	Distance covered so far (Polar CS speed sensor W.I.N.D. required)
Heart rate	Your current heart rate
Heart rate limits	<p>Lower and upper heart rate limit. The heart symbol moves left or right according to your heart rate. If the symbol is not visible, your heart rate is outside the limits. The alarm helps you to stay within the set limits.</p> <p> <i>You can set the alarm off by setting the sound off in General Settings. For more information, see General Settings (page ?)</i></p>
Inclinometer	Uphill / Downhill steepness in percentages and grades. An estimation in numerical form how steep uphill or downhill you are cycling, helping you to adjust cycling effort accordingly.

Information on the display	Description
Lap distance	Lap distance (Polar CS speed sensor W.I.N.D. required)
Power	Power output expressed in watts (Optional Polar LOOK Kéo Power required)
Speed	Current speed (Polar CS speed sensor W.I.N.D. required)
Stopwatch	Total duration of the training session so far
Temperature	Current temperature
Time in zone	Time you have trained within the heart rate limits
Time of day	Time of day
Trip distance	Distance between points A and B. Use this function for measuring distance between two points on the route (Polar CS speed sensor™ W.I.N.D. required). Trip distance can be reset in pause mode.

Take a Lap

Take a lap by pressing LAP. The following information is displayed:



Lap time indicates elapsed time for one lap.
Heart rate / Lap number



Split time is elapsed time from the beginning of the training session until storing the latest lap time.
Average heart rate (calculated from the beginning of the lap)

If you have activated the automatic lap function, your cycling computer automatically records laps when you reach the set distance. For further information, see Cycling Settings (page 20).

Functions in Pause Mode

To pause the training session, press STOP.

In pause mode, you can select:

- **Continue** to continue training recording.
- **Exit** to stop recording completely.
- **Summary** for a summary of training information. The following information is displayed:
 - **Exe. Time:** Duration of the recorded training session and average heart rate
 - **Limits:** Heart rate limits used during the training session (if limits are set)
 - **In zone:** Time spent in the target heart rate zone
 - **Kcal/ %Fat:** Calories burned during the training session and fat percentage
 - **Speed:** Average speed
 - **Cadence:** Average cadence
 - **Distance:** Ridden distance
 - **Ride Time:** Ridden time. For instance, if you stop cycling but do not stop recording the training session, the time counting will automatically stop, but the duration of the training session will continue to accumulate.
If the AutoStart function is active, the training and cycling time are the same, as the cycling computer automatically starts and stops recording as you start and stop cycling.
 - **Power:** Average Power
 - **Ascent:** Ascended meters / feet
 - **Altitude:** Average altitude
- **Sound** to set sounds **Off**, **Soft**, **Loud** or **Very Loud**.
- **Reset TRIP** to reset a distance. Confirm with OK.
- **Auto SCROLL** to set the computer to scroll the views automatically.
- **Sensor SEARCH** to search for WearLink, Speed, Cadence* and Power* data, if the signal disappears during the training session due to interference.

Stop Training

Press STOP to pause the training session. **Continue** is displayed.

Press STOP again.

Detach the connector from the strap after use. Keep the heart rate sensor dry and clean.

For complete care and maintenance instructions, see Care and Maintenance (page 29).

Training with OwnZone

Your cycling computer automatically determines your individual, optimum and safe training intensity zone; your OwnZone. The unique Polar OwnZone defines your personal training zone for aerobic training. The function guides you through a warm up, taking your present physical and mental state into account. For most adults, OwnZone corresponds to about 65-85% of maximum heart rate.

Listening to and interpreting the signals your body sends during physical exertion is an important part of getting fit. Since warm-up routines differ for different types of training, and since your physical and mental state may also vary from day to day (due to stress or illness), using the OwnZone function for every session guarantees the most effective heart rate target zone for that particular type of training and day.

OwnZone can be determined in 1-5 minutes during a warm-up period. The idea is to start training slowly at a light intensity and to gradually increase intensity and heart rate. OwnZone is developed for healthy people. Some health conditions may cause heart rate variability-based OwnZone determination to fail. These conditions include high blood pressure, cardiac arrhythmias, and certain medications.

Before you start determining your OwnZone, make sure that:

- Your user settings are correct.
- The OwnZone function is activated. See Heart Rate Limit Settings (page 20) for more information. The cycling computer automatically determines your OwnZone every time you start training if the OwnZone function is on.

Determining Your OwnZone

Your OwnZone is determined in five stages. If the sounds are on, a beep will indicate the end of each stage.

1. Wear the heart rate sensor as instructed. Start from time mode and press START.
2. **OZ** > is displayed and OwnZone determination begins. Cycle or walk at a slow pace for 1 min. Keep your heart rate below 100 bpm/ 50 % HR_{max} during this first stage.
3. **OZ** >> Cycle or walk at a normal pace for 1 min. Slowly increase your heart rate by appr. 10 bpm/ 5% HR_{max}.
4. **OZ** >>> Cycle or walk at a brisk pace for 1 min. Slowly increase your heart rate by appr. 10 bpm/ 5% HR_{max}.
5. **OZ** >>>> Cycle at a brisk pace or jog at a slow pace for 1 min. Slowly increase your heart rate by appr. 10bpm/ 5% HR_{max}.
6. **OZ** >>>>> Cycle or jog at a brisk pace or run for 1 min. Increase your heart rate by appr. 10bpm/ 5% HR_{max}.

When you hear two consecutive beeps, your OwnZone has been determined.

OwnZone Updated and the heart rate zone are displayed. The zone is displayed in beats per minute (bpm) or as a percentage of maximum heart rate (HR%), depending on your settings.

If OwnZone determination was not successful, your previously determined OwnZone will be used and **OwnZone** appears with limits on the display. If OwnZone has not previously been determined, age-based limits are automatically used.

You can now continue with your training session. Try to keep inside the given heart rate zone to maximize training benefits. The elapsed time used for OwnZone determination is included in your recorded training time.

Alternatively, to skip OwnZone determination and to use the previously determined OwnZone, press STOP at any phase of the process.

Redetermine your OwnZone:

- When changing training environment or training mode.
- When training for the first time after a week's break.
- If you have not recovered from the previous training session or if you are not feeling well or are stressed.
- After changing user settings.

4. AFTER TRAINING

Training File

View detailed information on your training session in **FILES**.

1. In time mode, press NEXT. **FILES** is displayed.
2. Press START to view the following information:
 - Date and time when the training session started.
 - Number of the training file (the bigger the file number, the more recent the file is).
3. To browse the files, use NEXT .
4. To view information recorded in a certain file, press OK.
5. Use NEXT to browse through the following information:

Text on the display	Displayed information
Exe. Time	Duration of the training session. Average heart rate and maximum heart rate alternate on the display.
Limits	Upper and lower heart rate limit used during the training session (if limits are set).
In Zone	Time spent In Zone and Above and Below heart rate zone alternate on the display.
Kcal/ % Fat	Expended calories during the session and fat percentage.
Distance	Ridden distance.
Speed	Maximum and average speed.
Cadence	Maximum and average cadence.
Power	Maximum and average power.
Ride Time	Ridden time: for instance, if you stop cycling but do not stop recording the training session, the cycling time counting will automatically stop, but the duration of the training session will continue to accumulate. If the AutoStart function is active, the training and cycling time are the same, as the cycling computer automatically starts and stops recording as you start and stop cycling.
Alt./Temp	Maximum altitude Temperature To display additional information calculated from the altimeter data, press OK. <ul style="list-style-type: none"> • Incline (Maximum inclination shown in degrees and in percentage) • Decline (Maximum declination shown in degrees and in percentage) • Altitude (Minimum altitude) • Ascent (Ascended meters / feet) • Descent (Descended meters / feet)

Text on the display	Displayed information
LAPS	<p>Number of saved laps</p> <ol style="list-style-type: none"> 1. To view Best lap, press START. The fastest lap time and lap number are displayed. 2. To view Avg. lap, press OK. The average lap time is displayed. Press OK. 3. Browse the laps with NEXT. You can see the lap number in the bottom right-hand corner. To view detailed information on a certain lap, press OK. The following lap information is displayed: <ul style="list-style-type: none"> • Speed • Cadence • Distance • Power • Alt./Temp. • Ascent • Descent • Incline • Decline
A. LAPS	<p>Number of saved laps</p> <ol style="list-style-type: none"> 1. To view Best lap, press START. The fastest lap time and lap number are displayed. 2. To view Avg. lap, press OK. The average lap time is displayed. Press OK. 3. Browse the laps with NEXT. You can see the lap number in the bottom right-hand corner. To view detailed information on a certain lap, press OK. The following lap information is displayed: <ul style="list-style-type: none"> • Speed • Cadence • Distance • Power • Alt./Temp. • Ascent • Descent • Incline • Decline

Deleting Training Files

The training file memory becomes full once either the *maximum* recording time or the *maximum number of files* is reached. For more information on the limit values, see Technical Specifications (page 32).

When the training file memory becomes full, the oldest training file is overwritten by the most recent one. To save the training file for a longer period of time, transfer it to Polar web service at www.polarpersonaltrainer.com. For more information, see Data Transfer (page 19).

1. To delete a training file, go to **FILES**. Press NEXT until **Delete FILE** is displayed. Press OK.
2. The date and time when the training session started and the number of the training file are displayed.
3. To browse the files, use NEXT. To select a file to be deleted, press OK.
4. **Are You SURE?** is displayed. To delete the file, press OK. To cancel file deletion, press BACK until the

cycling computer returns to time mode.

Totals

TOTALS include cumulative information recorded during training sessions since the last reset. Use total values as a seasonal or monthly counter of training data. The values are updated automatically when recording of a training session is stopped.

In time mode, press NEXT until **TOTALS** is displayed. Press START. Use NEXT to browse through the following information:


- **Trip:** Cumulative trip distance and the date when cumulation started.
- **Distance 1:** Cumulative distance with bike 1 and the date when the cumulation started.
- **Distance 2:** Cumulative distance with bike 2 and the date when the cumulation started.
- **Distance 3:** Cumulative distance with bike 3 and the date when the cumulation started.
- **Distance:** Cumulative distance of all three bikes and the date when the cumulation started.
- **Odometer:** Cumulative distance and the date when the cumulation started (cannot be reset).
- **Ride Time:** Total cumulative ridden duration and the date when the cumulation started.
- **Total Time:** Total duration and the date when the cumulation started.
- **Total Kcal:** Total calories and the date when the cumulation started.
- **Ascent:** Cumulative ascent and the date when the cumulation started.
- **Descent:** Cumulative descent and the date when the cumulation started.
- **Reset ALL?:** To reset all total values, press START. **Reset? ALL** is displayed. Press OK. **Are You SURE?** is displayed. To confirm resetting, press OK. To cancel resetting, press STOP.

To reset a total value, select the value you want to reset by pressing START. **Reset?** is displayed. Press OK. **Are You SURE?** is displayed. To confirm resetting, press OK. To cancel resetting, press STOP.

5. DATA TRANSFER

For a long-term follow-up, store all your training files at polarpersonaltrainer.com web service. There you can view detailed information of your training data and get a better understanding of your training. With Polar DataLink* it is easy to transfer training files to the web service.

How to transfer data:

1. Register at polarpersonaltrainer.com.
2. Download and install the Polar WebSync software on your computer from Downloads -section of polarpersonaltrainer.com.
3. WebSync software is automatically activated when the box "Launch the Polar WebSync" is ticked at the end of the installation.
4. Plug in your DataLink to the USB port of the computer and activate your cycling computer with a long  button press.
5. Follow the data transfer process and the instructions for downloading the data with the WebSync Software on your computer screen. For further instructions on data transfer, see WebSync help. When you transfer data in the future, follow steps 4 and 5 above.



Remove the heart rate sensor from your chest before data transfer.

* Optional Polar DataLink required.

6. SETTINGS

Cycling Settings

In cycling settings you can activate or deactivate the following functions:

Reminder: This setting is shown only if you have activated the reminder function in polarpersonaltrainer.com via WebSync. You can use the reminder to indicate when you should drink or eat so that you can carry on your training.

Target dist. (Target distance): Set a distance you are going to ride and the cycling computer will estimate your arrival time to the destination according to your cycling speed.

A. Lap (Automatic Lap): Set a distance for the automatic lap and the cycling computer will record the lap information every time you reach this distance. For example, if you set 1km/mi, the cycling computer will record lap information every kilometer or mile.

To view and change cycling settings, select **Settings > Cycling SET**.

The display reads:	To adjust the flashing value, press SET	To accept the value, press OK
Reminder	Set the reminder ON/OFF .	OK
Target dist.	1. Set the target distance function ON/OFF . 2. Set the distance.	OK
A. Lap	1. Set the automatic lap function ON/OFF . 2. Set the distance.	OK

Timer Settings

Your cycling computer is equipped with two alternating timers. The timers work during training recording.

Use the timers for example as a training tool in interval training to tell you when to switch from a harder to a lighter period and vice versa.

To view and change timer settings, select **Settings > Timer SET**.

The display reads:	To adjust the flashing value, press SET	To accept the value, press OK
Timer 1	1. Set the Timer 1 ON/OFF . 2. If you set the timer on, set the minutes and the seconds.	OK
Timer 2	1. Set the Timer 2 ON/OFF . 2. If you set the timer on, set the minutes and the seconds.	OK

Heart Rate Limit Settings

Select the heart rate limit type in heart rate limit settings:

- **Manual limits:** Create a target heart rate zone by setting the upper and the lower heart rate limits manually.
- **OwnZone:** The cycling computer automatically determines an individual and safe training intensity zone for you. For more information on OwnZone, see Training with OwnZone (page 14).
- **Off:** You can also deactivate heart rate limits. In this case, no heart rate limits are used during a training session and no target heart rate zone values are calculated in the **Summary** or **Files**.

To view and change heart rate limit settings, select **Settings > Limits SET**.

The display reads:	To adjust the flashing value, press SET	To accept the value, press OK
HR / HR% MODE	Select heart rate displayed as beats per minute (HR) or as % of your maximum heart rate (HR%)	OK
TYPE	Select Manual , OwnZone or Off .	Press OK (If you turned the function off or activated OwnZone, the cycling computer returns to Limits SET view).
If you selected Manual limits , set the heart rate limits:		
HighLimit	Set the upper heart rate limit.	OK
LowLimit	Set the lower heart rate limit.	OK

Bike Settings

You can set three bike preferences for the cycling computer.

To view and change bike settings, select **Settings > Bike SET**. Select **Bike 1 / 2 / 3**.

Prepare the following settings for the bike. Before you start training, long-press NEXT in time mode to select bike 1, 2 or 3.

AutoStart

In **AutoStart SET** you can set the AutoStart function **ON/OFF**.

The AutoStart function starts or stops the training recording automatically when you start or stop cycling. The AutoStart function requires wheel size setting and Polar Speed Sensor W.I.N.D.

Wheel

In **Wheel SET** you can set the wheel size (mm) of your bike. Wheel size settings are a prerequisite for accurate cycling information.

There are two ways to determine the wheel size of your bike:

Method 1

Measure the wheel manually for the most accurate result.

Use the valve to mark the point where the wheel touches the ground. Draw a line on the ground to mark the point. Move your bike forward on a flat surface for one complete rotation. The tire should be perpendicular to the ground. Draw another line on the ground when the valve is at the starting point to mark a full rotation. Measure the distance between the two lines.


Subtract 4 mm from the distance to account for your weight on the bike to get your wheel circumference. Enter this value in the cycling computer.

Method 2

Look for the diameter in inches or in ETRTO printed on the wheel. Match it to the wheel size in millimeters in the right column of the chart.

 *You can also check the wheel size from the manufacturer.*

ETRT0	Wheel size diameter (inches)	Wheel size setting (mm)
25-559	26 x 1.0	1884
23-571	650 x 23C	1909
35-559	26 x 1.50	1947
37-622	700 x 35C	1958
47-559	26 x 1.95	2022
20-622	700 x 20C	2051
52-559	26 x 2.0	2054
23-622	700 x 23C	2070
25-622	700 x 25C	2080
28-622	700 x 28	2101
32-622	700 x 32C	2126
42-622	700 x 40C	2189
47-622	700 x 47C	2220
55-622	29 x 2.2	2282
55-584	27.5 x 2.2	2124

 *Wheel sizes on the chart are advisory as wheel size depends on the wheel type and air pressure. Due to the variation of the measurements, Polar cannot be held responsible for their validity.*

Speed

Set the Polar speed sensor **ON/OFF** in **Speed SET**.

If you set the speed sensor **ON**, **Speed TEACH?** is displayed.

If your sensor is already taught, select STOP.

If your sensor has not been taught, see Using a New Accessory (page 26) for more information on teaching.

Cadence

Set the Polar cadence sensor **ON/OFF** in **Cadence SET**.

If you set the cadence sensor **ON**, **Cadence TEACH?** is displayed.

If your sensor is already taught, select STOP.


If your sensor has not been taught, see Using a New Accessory (page 26) for more information on teaching.

Power

Set the Polar Power Output Sensor **ON/OFF** in **Power SET**.

If you set the power sensor **ON**, the following settings are displayed: **C. weight**, **C. length** and **S. length**.

If you use the Polar LOOK Kéo Power system, follow the instructions below:

 *For the Polar LOOK Kéo Power system to work properly, the cycling computer must use the default power settings. Even if you know the correct settings for your bike, do not use them.*


1. **C. weight:** Set chain weight as 304 g. Accept the set value with OK.
2. **C. length:** Set chain length as 1473 mm. Accept the set value with OK.
3. **S. length:** Set span length as 420 mm. Accept the set value with OK.
4. **Power TEACH? :**
 If your sensor is already taught, select STOP.
 If your sensor has not been taught, see Using a New Accessory (page 26) for more information on teaching.

If you use the Polar Power Output Sensor™ W.I.N.D., follow the instructions below:

1. **C. weight:** Set chain weight in grams. Accept the set value with OK.
2. **C. length:** Set chain length in millimeters. Accept the set value with OK.
3. **S. length:** Set span length in millimeters. Accept the set value with OK.

Examples of chain weights and lengths (Due to the variation of the measurements, Polar cannot be held responsible for their validity):		
	Weight	Length
Shimano Dura-Ace CN-7700 Super narrow HG	280 g	1473 mm
Shimano Dura-Ace CN-7701 Ultegra CN-HG92, 105 HG72,105 HG73	280 g	1473 mm
Shimano Sora CN-HG50	335 g	1473 mm
Campagnolo Record 2000, 10 Speed Chain	260 g	1473 mm
Campagnolo 10 Speed Chains Chorus, Centaur	274 g	1473 mm
Campagnolo Veloce, Mirage, and Xenon	277g	1473 mm

For precise readings, all settings must be as accurate as possible. Chain length and weight are directly proportionate to power value. If there is 1% error, the power value will also have 1% error.

 *There is no need to re-enter chain length and weight if links are removed. The system uses chain density (weight/length). Removing links from the chain does not affect density.*

4. **Power TEACH? :**
 If your sensor is already taught, select STOP.
 If your sensor has not been taught, see Using a New Accessory (page 26) for more information on teaching.

Altitude Settings

Calibrate the altimeter to ensure accurate measurement.

Manual calibration: Set the reference altitude whenever a reliable reference, such as a peak or a topographic map, is available or you are at the sea level.

Automatic calibration: By using the automatic altitude calibration, you can adjust the starting elevation to be always the same in the beginning of the training session. Calibrate the elevation manually and turn the automatic calibration on. From now on, this elevation will be always used as the base elevation in the beginning of the training session if automatic altitude calibration is in use. Also, if the automatic calibration is turned on and you calibrate the cycling computer manually, the new value will be used as a new starting elevation for automatic calibration.

 *Select automatic calibration if you always train in the same environment to ensure correct altitude values.*

To view and change altitude settings, select **Settings > Altitude SET**.

The display reads:	To adjust the flashing value, press SET	To accept the value, press OK
Altitude	Set the altitude of the current location.	OK
Auto calibr.	Set the automatic calibration ON/OFF .	OK

Watch Settings

To view and change the time and date settings, select **Settings > Watch SET**.

The display reads:	To adjust the flashing value, press SET	To accept the value, press OK
Time	<ol style="list-style-type: none"> 24h/12h: Set 24h or 12h time mode. AM/PM: Set AM or PM if you use 12h format. Set hours. Set minutes. 	OK
Date	Set date. The order of date settings depends on which time format you have chosen (24h: day - month - year / 12h: month - day - year).	OK

User Settings

Enter accurate user information in the cycling computer to receive the correct feedback on your performance.

To view and change user settings, select **Settings > User SET**.

The display reads:	To adjust the flashing value, press SET	To accept the value, press OK
WEIGHT kg/ lb	Set your weight in kilograms or pounds.	OK
Height cm/ ft	Set your height in cm or ft. Set inches (if you have chosen lb/ft)	OK
Birthday	Set your date of birth. The order of date settings depends on which time format you have chosen (24h: day - month - year / 12h: month - day - year).	OK

The display reads:	To adjust the flashing value, press SET	To accept the value, press OK
HR Max	Set your maximum heart rate if you know your laboratory measured current maximum heart rate value. Your age-predicted maximum heart rate value (220-age) is displayed as default when you set this value for the first time. For more information, see Maximum Heart Rate (HR _{max})	OK
HR Sit	Set your heart rate value in a sitting position. For more information, see Heart Rate Value in a Sitting Position (HR _{sit})	OK
Sex Male / Female	Set male or female.	OK

Maximum Heart Rate (HR_{max})

HR_{max} is used to estimate energy expenditure. HR_{max} is the highest number of heartbeats per minute during maximum physical exertion. HR_{max} is also useful when determining exercise intensity. The most accurate method for determining your individual HR_{max} is to perform a maximal exercise stress test in a laboratory.

Heart Rate Value in a Sitting Position (HR_{sit})

HR_{sit} is used to estimate energy expenditure. HR_{sit} is your typical heart rate when you are not doing any physical activity (while sitting). To determine your HR_{sit} easily, wear the heart rate sensor, hold your cycling computer in your hand, sit down and do not engage in any physical activity. After two or three minutes, press OK in time mode to view your heart rate. This value is your HR_{sit}.


General Settings

To view and change sound and unit settings, select **Settings > General SET**.

The display reads:	To adjust the flashing value, press SET	To accept the value, press OK
SOUND Off/Soft/Loud/Very loud	Select Off*/Soft/Loud/Very loud . * Off selection inactivates the heart rate limit alarm.	OK
Unit kg/cm / lb/ft	Select metric (kg/cm) or imperial (lb/ft) units.	OK
Watch face	Select LOGO or DATE .	OK

7. USING A NEW ACCESSORY

A new sensor purchased as a separate accessory has to be introduced to the cycling computer. This is called teaching and takes only a few seconds. Teaching ensures that your cycling computer receives signals from your sensor only, enabling disturbance-free exercise in a group. If you have purchased the sensor and the cycling computer as a set, the sensor has already been “taught” to work together with the cycling computer. You just need to activate the sensor in your cycling computer.

 *You can teach one speed, cadence and power sensor for each bike setting.*

Teaching a New Speed Sensor

Select **Settings** > **Bike SET** > **Bike1/ 2 / 3** > **Speed SET** > **ON**. **Speed TEACH?** is displayed

- To teach a new sensor, make sure you are not near (40 m/131 ft) other speed sensors. To confirm teaching, press OK. **Test drive** is displayed. To activate the sensor, press OK and rotate the wheel a few times. A flashing red light indicates that the sensor is activated. **Completed!** is displayed once the teaching process is over. The cycling computer is now ready to receive speed and distance data.
- If **Teaching FAILED** is displayed, the cycling computer may be detecting the signal of more than one sensor or the sensor is not activated. Make sure you are not near (40 m/131 ft) other speed sensors and press OK. **Try again?** is displayed. Press OK and rotate the wheel a few times to activate the sensor.
- If you want to cancel teaching, press **STOP**. The already taught speed sensor is taken into use.

For a video tutorial, go to http://www.polar.com/en/polar_community/videos.

Teaching a New Cadence Sensor*

Select **Settings** > **Bike SET** > **Bike 1/ 2 / 3** > **Cadence SET** > **ON**. **Cadence TEACH?** is displayed


- To teach a new sensor, make sure you are not near (40 m/131 ft) other cadence sensors. To confirm teaching, press OK. **Test drive** is displayed. To activate the sensor, press OK and rotate the crank a few times. A flashing red light indicates that the sensor is activated. **Completed!** is displayed once the teaching process is over. The cycling computer is now ready to receive cadence data.
- If **Teaching FAILED** is displayed, the cycling computer may be detecting the signal of more than one sensor or the sensor is not activated. Make sure you are not near (40 m/131 ft) other cadence sensors and press OK. **Try again?** is displayed. Press OK and rotate the crank a few times to activate the sensor.
- If you want to cancel teaching, press **STOP**. The already taught cadence sensor is taken into use.

For a video tutorial, go to http://www.polar.com/en/polar_community/videos.

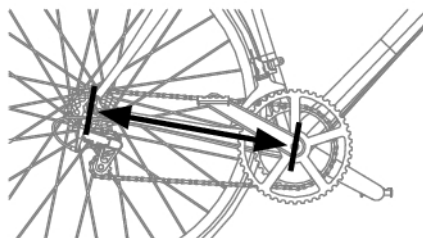
Teaching a New Power Output Sensor*

Select **Settings** > **Bike SET** > **Bike 1/ 2 / 3** > **Power SET** > **ON**.

- If you use the Polar LOOK Kéo Power system, follow the instructions below:

 *For the Polar LOOK Kéo Power system to work properly, the cycling computer must use the default power settings. Even if you know the correct settings for your bike, do not use them.*


- **C. length:** Set chain length as 1473 mm. Accept the set value with OK.
- **C. weight:** Set chain weight as 304 g. Accept the set value with OK.
- **S. length:** Set span length as 420 mm. Accept the set value with OK.
- If you use the Polar Power Output Sensor™ W.I.N.D., follow the instructions below:
 - **C. length:** Set chain length in millimeters. Accept the set value with OK.
 - **C. weight:** Set chain weight in grams. Accept the set value with OK.
 - **S. length:** Set span length in millimeters. Measure the distance from the centre of the rear hub to the centre of the bottom bracket as shown in the picture. Accept the set value with OK.



Examples of chain weights and lengths (Due to the variation of the measurements, Polar cannot be held responsible for their validity):

	Weight	Length
Shimano Dura-Ace CN-7700 Super narrow HG	280 g	1473 mm
Shimano Dura-Ace CN-7701 Ultegra CN-HG92, 105 HG72,105 HG73	280 g	1473 mm
Shimano Sora CN-HG50	335 g	1473 mm
Campagnolo Record 2000, 10 Speed Chain	260 g	1473 mm
Campagnolo 10 Speed Chains Chorus, Centaur	274 g	1473 mm
Campagnolo Veloce, Mirage, and Xenon	277g	1473 mm

For precise readings, all settings must be as accurate as possible. Chain length and weight are directly proportionate to power value. If they have, for example, 1% error, then the Power Value will also have this 1% error.

 *There is no need to re-enter chain length and weight if links are removed. The system uses chain density (weight/length). Removing links from the chain does not affect density.*

- **Power TEACH?** is displayed:

To teach a new sensor, make sure you are not near (40 m/131 ft) other power sensors. To confirm teaching, press OK. **Test drive** is displayed. To activate the sensor, press OK and rotate the crank a few times. A flashing red light indicates that the sensor is activated. **Completed!** is displayed once the teaching process is over. The cycling computer is now ready to receive power data.

- If **Teaching FAILED** is displayed, the cycling computer may be detecting the signal of more than one sensor or the sensor is not activated. Make sure you are not near (40 m/131 ft) other power sensors and press OK. **Try again?** is displayed. Press OK and rotate the crank a few times to activate the sensor.
- If you want to cancel teaching, press **STOP**. The already taught power sensor is taken into use.

For a video tutorial, go to http://www.polar.com/en/polar_community/videos.


*Optional sensor required.

8. USING A NEW HEART RATE SENSOR

A new heart rate sensor purchased as a separate accessory has to be introduced to the cycling computer. This is called teaching and takes only a few seconds. Teaching ensures that your cycling computer receives signals from your heart rate sensor, enabling disturbance-free training in a group. If you have purchased the heart rate sensor and the cycling computer as a set, the heart rate sensor has already been taught to work together with the cycling computer.


Teaching a New Heart Rate Sensor

Wear the heart rate sensor and make sure that you are not near (40 m/131 ft) other heart rate sensors.

Activate your cycling computer with a three-second  button press.

Once the cycling computer identifies a new heart rate sensor, **WearLink FOUND**, **WearLink TEACH?** is displayed.

- Press OK to confirm. Once the teaching process is over, **Completed!** is displayed.
- Press STOP to cancel teaching.

 *Your cycling computer refers to the heart rate sensor as **WearLink**.*

9. IMPORTANT INFORMATION


Care and Maintenance

Like any electronic device, the Polar cycling computer should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

Caring of Your Product

Connector: Detach the connector from the strap after every use and dry the connector with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material (eg. steel wool or cleaning chemicals).

Strap: Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.

 *Check the label on your strap to see if it is machine washable. Never put the strap or the connector in a dryer!*

Cycling computer and sensors: Keep your cycling computer and sensors clean. To maintain the water resistance, do not wash the cycling computer or the sensors with a pressure washer. Clean them with a mild soap and water solution and rinse them with clean water. Do not immerse them in water. Dry them carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

Keep your cycling computer and sensors in a cool and dry place. Do not keep them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). The cycling computer and compatible sensors are water resistant, and can be used in rainy weather. Do not expose the cycling computer to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.


Avoid hard hits to the cycling computer and the sensors, as these may damage the sensor units.

Service

During the two-year guarantee/warranty period we recommend that you have service, other than battery replacement, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

For contact information and all Polar Service Center addresses, visit www.polar.com/support [<http://www.polar.com/support>] and country-specific websites.

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

 *The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, polarpersonaltrainer.com, Polar discussion forum and Newsletter registration.*

Changing Batteries

The CS500+ cycling computer and the Polar H3 heart rate sensor both have a user changeable battery. To change the battery yourself, please follow the instructions carefully as instructed in chapter Changing Cycling Computer Battery. For video tutorials, go to www.polar.com/en/polar_community/videos [http://www.polar.com/en/polar_community/videos].

The batteries for the speed and cadence sensors cannot be replaced. Polar has designed speed and cadence sensors to be sealed in order to maximize mechanical longevity and reliability. The sensors have long-life batteries inside. To purchase a new sensor contact your authorized Polar Service Center or retailer.

For instructions on how to change the battery for the **Polar LOOK Kéo Power** system, consult the Polar

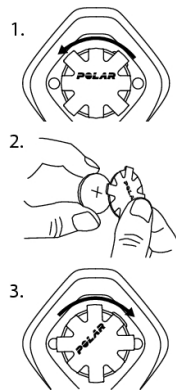
LOOK Kéo Power user manual.

Changing Cycling Computer Battery

To change the batteries of the cycling computer and heart rate sensor yourself, carefully follow the instructions below:

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In the USA, the sealing ring/battery kits are also available at www.shoppolar.com [<http://www.shoppolar.com>]. Go to www.polar.com [<http://www.polar.com>] to find your own country's shoppolar online store.

1. Open the battery cover by turning it counter clockwise 45 degrees (picture 1).
2. Remove the battery cover by lifting it carefully. The battery is attached to the cover. Remove the battery. Be careful not to damage the threads of the back cover and metal spring inside the battery cover.
3. Place a new battery with the positive (+) side against the cover and negative (-) side toward the cycling computer (picture 2).
4. The sealing D -ring of the battery cover is attached to the back cover. Replace the sealing D -ring if it is damaged. Before closing the battery cover, make sure that the sealing ring is undamaged and is placed correctly in its groove. Ensure that the flat surface of the sealing D -ring is against the back cover. Otherwise sealing D -ring might damage when you close the battery cover.
5. Put the battery cover in its place and close it by turning the cover clockwise (picture 3). Make sure that the cover is closed properly!

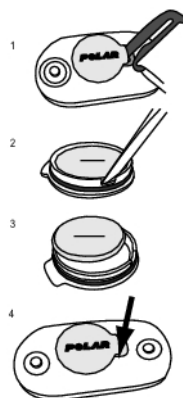


For a video tutorial, go to http://www.polar.com/en/polar_community/videos.

Heart rate sensor connector

Changing Polar H1/H2/H3 Heart Rate Sensor Battery

1. Lever the battery cover open by using the clip on the strap.
2. Remove the old battery from the battery cover with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the battery cover.
3. Insert the battery inside the cover with the negative (-) side outwards. Make sure the sealing ring is in the groove to ensure water resistance.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place. You should hear a snap.



For a video tutorial, go to http://www.polar.com/en/polar_community/videos.

Changing Polar WearLink+ Heart Rate Sensor Battery

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.

For a video tutorial, go to http://www.polar.com/en/polar_community/videos.

 *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.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneously from both sides, with metal or electrically conducting tools, like tweezers. This may short circuit the battery, causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but it may decrease the capacity and the lifetime of the battery.

Precautions

The Polar cycling computer displays your performance indicators. It is designed to indicate the level of physiological strain and recovery during and after exercise session. It also measures speed and distance when cycling with a Polar CS speed sensor W.I.N.D. The Polar CS cadence sensor W.I.N.D. is designed to measure cadence when cycling. The Polar LOOK Kéo Power system is designed to measure power output when cycling. No other use is intended or implied.

The Polar cycling computer should not be used for obtaining environmental measurements that require professional or industrial precision. Furthermore, the device should not be used to obtain measurements when engaged in airborne or underwater activities.

Interference During Exercise

Disturbance may occur near microwave ovens and computers. Also WLAN base stations may cause interference when exercising with CS500+. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance.

Minimizing Risks When Exercising

Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Do you have symptoms of any disease?


- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**

Note! If you are using a pacemaker, you can use Polar training computers. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.

 *The combined impact of moisture and intense abrasion may cause a black color to come off the heart rate sensor's surface, possibly staining light-colored clothes. If you use insect repellent on your skin, you must ensure that it does not come into contact with the heart rate sensor.*

Technical Specifications

Cycling computer

Battery life:	Average 3 years (if you train on avg. 1h/day, 7 days/week)
Battery type:	CR 2354
Battery sealing ring:	Silicone D-ring 28.0 x 0.8mm (no need to change during battery replacement if sealing ring is not damaged)
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Cycling Computer Materials:	PMMA lens with hard coating in top surface, cycling computer body ABS+GF/PA+GF, metal parts stainless steel (nickel free)
Watch accuracy:	Better than ± 0.5 seconds / day at 25 °C / 77 °F temperature.
Accuracy of heart rate monitor:	± 1% or 1 bpm, whichever larger. Definition applies to stable conditions.
Heart rate measuring range:	15-240
Current speed display range:	0-127 km/h or 0-75 mph
Altitude display range:	-550 m ... +9000 m / -1800 ft ... +29500 ft
Ascent resolution:	5 m / 20 ft

Cycling computer limit values

Maximum number of files:	30
Maximum recording time:	
Heart rate	144 h 20 min*
Heart rate + speed	78 h 03 min*
Heart rate + speed + cadence	67 h 09 min*
Heart rate + cadence	111 h 01 min*
Heart rate + speed + power	15 h 12 min**

Heart rate + cadence + 19 h 55 min**

power

Heart rate + speed + 13 h 25 min**

cadence + power

Heart rate + power 24 h 04 min**

*The cycling computer stores the data in 5 second intervals.

**The cycling computer stores the data in 1 second intervals when the power sensor is in use.

Maximum number of laps: 99
 Total distance: 999 999 km / 621370 mi
 Total duration: 9999h 59min 59s
 Total calories: 999 999 kcal
 Total exercise count: 9999
 Total ascent: 304795 m / 999980 ft

Dual Lock Bike Mount

Materials: Rubber Part TPE, Bike Mount body PA+GF, metal parts stainless steel (nickel free)

Heart Rate Sensor

Battery life of Polar H3 heart rate sensor: 1600 hours of use
 Battery type: CR2025
 Battery sealing ring: O-ring 20.0 x 0.90, material silicone
 Operating temperature: -10 °C to +40 °C / 14 °F to 104 °F
 Connector material: Polyamide
 Strap material: 38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

The Polar CS500+ cycling computer applies the following patented technologies, among others:

- OwnZone® assessment for determining personal target heart rate limits for the day

System Requirements for Polar WebSync Software and Polar DataLink

Operating system: Microsoft Windows XP/Vista/7 or Intel Mac OS X 10.5 or newer

Internet connection

Free USB port for DataLink

Water resistance of Polar products is tested according to International IEC 60529 IPx7 (1m, 30min, 20°C). Products are divided into four different categories according to water resistance. Check the back of your Polar product for the water resistance category and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on case back	Water resistant characteristics
Water proof IPX7*	Not suitable for bathing or swimming. Protected against wash splashes and raindrops. Do not wash with a pressure washer.
Water resistant**	Not suitable for swimming. Protected against wash splashes, sweat, raindrops etc. Do not wash with a pressure washer.
Water resistant 30 m/50 m***	Suitable for bathing and swimming
Water resistant 100 m	Suitable for swimming and snorkeling (without air tanks)

* Polar CS500+ cycling computer and Polar LOOK Kéo Power system

** CS speed sensor W.I.N.D. and CS cadence sensor W.I.N.D.


*** Polar H3 heart rate sensor is water resistant 30 m, but it does not measure heart rate in water.

Frequently Asked Questions

What should I do if...

...the battery symbol and WearLink/Speed/Cadence/Power is displayed?

...The battery of your heart rate sensor or Speed/Cadence/Power sensor is expiring. For more information, see Care and Maintenance (page 29).

 *Your cycling computer refers to the heart rate sensor as **WearLink**.*

...I do not know where I am in the menu?

Press and hold BACK until the time of day is displayed.

...the cycling computer does not measure the calories?

Burnt calories are calculated only when you are wearing the heart rate sensor and all the user settings are set correctly. For more information see User Settings (page 24).

...the heart rate reading becomes erratic, extremely high or shows nil (00)?

- Make sure the cycling computer is no further than 40 m/131 ft from the heart rate sensor.
- Make sure the heart rate sensor strap has not loosened during exercise.
- Make sure the textile electrodes in the sports apparel fit snugly.
- Make sure that the electrodes of the heart rate sensor / sports apparel are moistened.
- Make sure the heart rate sensor / sports apparel is clean.
- Make sure that there is no other heart rate sensor within 40 m/131 ft.
- Strong electromagnetic signals can cause erratic readings. For further information, see Precautions (page 31).
- If the erratic heart rate reading continues despite moving away from the source of disturbance, slow down your speed and check your pulse manually. If you feel it corresponds to the high reading on the display, you may be experiencing cardiac arrhythmia. Most cases of arrhythmia are not serious, but consult your doctor nevertheless.
- A cardiac event may have altered your ECG waveform. In this case, consult your physician.

...exclamation mark and WearLink is displayed and your cycling computer cannot find your heart rate signal?

- Make sure the cycling computer is no further than 40 m/131 ft from the heart rate sensor.
- Make sure the heart rate sensor strap has not loosened during exercise.
- Make sure the textile electrodes in sports apparel fit snugly.
- Make sure that the electrodes of the heart rate sensor / sports apparel are moistened.
- Make sure the heart rate sensor / electrodes in the sports apparel are clean and undamaged.
- If the heart rate measurement does not work with the sports apparel, try using a Soft strap. If your heart rate is detected with the strap, the problem is most probably in the apparel. Please contact the apparel retailer / manufacturer.
- If you have done all of the above-mentioned actions, and the message still appears and heart rate measurement does not work, the battery of your heart rate sensor may be empty. For further information, see Care and Maintenance (page 29)

...WearLink FOUND and WearLink TEACH? is displayed?

If you have purchased a new heart rate sensor as an accessory, it has to be introduced to the cycling computer. For further information, see Using a New Heart Rate Sensor (page 28).

If the heart rate sensor you are using is included in the product set, and the text appears on the display, the cycling computer may be detecting the signal of another heart rate sensor. In that case, make sure you are wearing your own heart rate sensor, that the electrodes are moistened, and that the heart rate sensor strap has not loosened.

...exclamation mark and Speed is displayed?

Make sure your speed sensor is positioned correctly. Rotate the wheel a few times to activate the sensor. The flashing red light indicates that the sensor is activated.

...exclamation mark and Cadence is displayed?

Make sure your cadence sensor is positioned correctly. Rotate the crank a few times to activate the sensor. The flashing red light indicates that the sensor is activated.

...exclamation mark and Power is displayed?

Make sure your power sensor is positioned correctly. For further information, see Power Output Sensor user manual.

...the altitude keeps changing even if I am not moving?

The cycling computer converts measured air pressure into an altitude reading. This is why changes in the weather may cause changes in altitude readings.

...the altitude readings are inaccurate?

Your altimeter may show faulty altitude if it is exposed to external interference like strong wind or air conditioning. In this case, try to calibrate the altimeter. If the readings are constantly inaccurate, dirt may be blocking the air pressure channels. In this case, send the cycling computer to a Polar Service Center.

...Memory full is displayed?

The message appears during training if no memory space is left for the training session. In that case, the cycling computer will overwrite the oldest training file. To save the training file for a longer period of time, transfer it to Polar web service at www.polarpersonaltrainer.com. Then delete the file from the cycling computer. For more information, see Deleting Training Files (page 17).

Limited Polar International 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, armband, 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.

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CE 0537

This product is compliant with Directives 93/42/EEC, 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at www.polar.com/support [<http://www.polar.com/support>].

Regulatory information is available at www.polar.com/support [<http://www.polar.com/support>].



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 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. 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 for products, and battery and accumulator collection for batteries and accumulators.



This marking shows that product is protected against electric shocks.

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This product is covered by the following patent documents:

FI 110303 B,

EP 0748185, JP3831410, US6104947, DE 69532803.4-08, EP 1245184, US 7076291, HK10484

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