

# Polar FT4™

Getting Started Guide

**POLAR**®  
*LISTEN TO YOUR BODY*

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# 1. GET STARTED

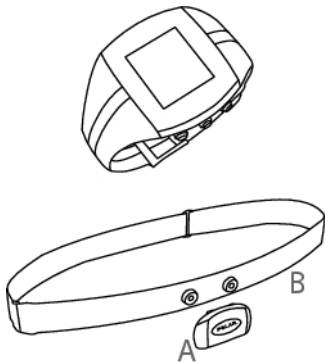
## Get to Know Your Polar FT4™ Training Computer

**Training computer** records and displays your heart rate and other data during training.

**WearLink®** transmits the heart rate signal to the training computer. The WearLink consists of a connector (A) and strap (B).

The full FT4 user manual can be downloaded at [www.polar.fi/support](http://www.polar.fi/support).

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



## FT4 Buttons and Menu

▲ UP: Enter the menu and move through selection lists, adjust values. Change the watch face with a long press in the time view.

● OK: Confirm selections, select training type or training settings

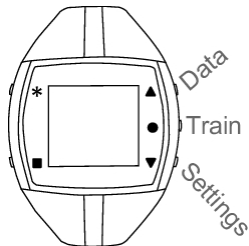
▼ DOWN: Enter the menu and move through selection lists, adjust values

■ BACK:

- Exit the menu
- Return to the previous level
- Cancel selection
- Leave settings unchanged
- With a long press, return to Time view

\* LIGHT:

- Illuminate the display
- With a long press, enter quick menu in Time view (to lock buttons, set alarm or select time zone) or during training (to adjust training sounds or lock buttons)



## Basic Settings

To activate your Polar FT4 training computer, press and hold any button for one second. Once the FT4 is activated, it cannot be switched off.

1. **Language:** Select **Deutsch, English, Español, Français, Italiano, Suomi, Svenska** or **Português** with UP/DOWN. Press OK.
2. **Please enter basic settings** is displayed. Press OK.
3. Select **Time format**.
4. Enter **Time**.
5. Enter **Date**.
6. Select **Units** Set metric (KG, CM) or imperial (LBS, FT). By selecting lbs/ft, calories are displayed as CAL, otherwise they are shown as KCAL. *Calories are measured as kilocalories.*
7. Enter **Weight**.
8. Enter **Height**.
9. Enter **Date of birth**.
10. Select **Sex**.

11. **Settings OK?** is displayed.

To accept and save the settings, select **Yes**. FT4 enters Time mode.  
To change the settings, select **No**.  
Re-enter your basic settings.

You can modify your user information at a later date. For more information, consult the full user manual at [www.polar.fi/support](http://www.polar.fi/support).

## 2. TRAINING

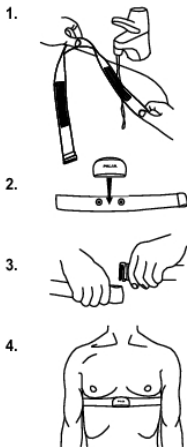
### Wear the Transmitter

Before starting training recording, you need to wear the transmitter.

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



*Detach the connector from the strap when you are not using it to maximize the transmitter lifetime. See detailed washing instructions in Customer Service Information.*



## Record Your Training Session

### Start Training

1. Wear the transmitter and the training computer.
2. Press OK. Wait until your heart rate is displayed, and then press OK to start the recording.

To modify sound, heart rate view or other training settings before starting the training session, select **Training Settings**.



*Your training file is saved only when the recording has lasted for more than one minute.*

### Stop Training

1. To pause the recording of your training session, press BACK. To continue training recording press OK.
2. To stop the recording, press BACK once more. **Stopped** is displayed. A summary of your training session appears. For more information on reviewing your training data, consult the full user manual at [www.polar.fi/support](http://www.polar.fi/support).

### Follow-up

For a long-term follow up transfer data from your FT4 manually to [polarpersonaltrainer.com](http://polarpersonaltrainer.com) web service. There you can see detailed information of your training data and get a better understanding of your training. First you need to register at [polarpersonaltrainer.com](http://polarpersonaltrainer.com) and after that you can transfer your Training data. For further instructions see [polarpersonaltrainer.com](http://polarpersonaltrainer.com) "Help".



## 3. CUSTOMER SERVICE INFORMATION

### Caring for Your Polar FT4

**Training computer:** Complete care and maintenance instructions please see full user manual at [www.polar.fi/support](http://www.polar.fi/support).

**WearLink transmitter: 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 the transmitter connector separately.** Wash the strap in a washing machine before long-term storage and

always after use in pool water with high chlorine content.

### Battery

We recommend that you have the battery replaced by an authorized Polar Service Center. They test your Polar FT4 for water resistance after battery replacement.

- The low battery indicator is displayed when 10-15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.
- The backlight and sound are automatically turned off when the low battery indicator is displayed. Any alarms set prior to the appearance of the low battery indicator will remain active.

To change the battery yourself, consult the full user manual at [www.polar.fi/support](http://www.polar.fi/support).

## Precautions

### Minimizing Possible Risks

Training may include some risk. Before beginning a regular training program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any training program.

- Have you been physically inactive for the past five 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 training intensity, medication 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 training.** If you feel unexpected pain or excessive fatigue when training, stop the exercise or continue at a lighter intensity.

**If you have a pacemaker, defibrillator or other implanted electronic device,** you use the Polar FT4 at your own risk. Before starting use, take a maximal training stress test under the supervision of a physician. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the Polar FT4.

**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 transmitter, wear it over a shirt. Moisten the shirt well under the electrodes to ensure flawless operation. If you use insect repellent on your skin, make sure that it does not come into contact with the training computer or the transmitter.

## Technical Specifications

### FT4 Training Computer

Battery type	CR1632
Battery life	Average 12 months (training 0.5 h/day, 7 days/week)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Wrist strap material	Polyurethane
Back cover and wrist strap buckle	Stainless steel complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.
Watch accuracy	Better than $\pm 0.5$ seconds/day at 25 °C / 77 °F temperature.
Accuracy of heart rate measurement	$\pm 1\%$ or $\pm 1$ bpm, whichever larger, definition applies to steady state conditions.
Water resistance	30m (Suitable for bathing and swimming)

### WearLink Transmitter

Battery type	CR 2025
Battery life	Average 2 years (1 h/day, 7 days/week)
Battery sealing ring	O-ring 20.0 x 1.0 Material FPM

Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	Polyamide
Strap material	35% Polyester, 35% Polyamide, 30% Polyurethane
Water resistance	30m (Suitable for bathing and swimming)

### Water resistance of Polar FT4

To maintain water resistance, do not press buttons under water. For more information, visit <http://www.polar.fi/support>. Water resistance of Polar products is tested according to International Standard ISO 2281. Please note that these definitions do not necessarily apply to products of other manufacturers.

## 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 as a 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.
- 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.

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

### CE 0537

This product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at [www.polar.fi/support](http://www.polar.fi/support).



This marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC (WEEE). Products and batteries and accumulators used in products are in the scope of Directive 2006/66/EC and should thus be disposed of separately in EU countries and also in the countries outside the EU by following local waste disposal regulations.



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

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