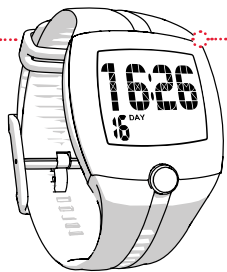


## HELLO THERE,

Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of using your number one choice for an active, healthier life.

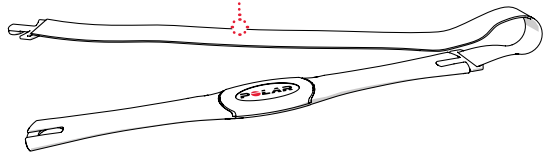


### POLAR FT1/FT2 HEART RATE MONITOR

Take your first step into heart rate-based training and learn to train within your target heart rate zone.

### POLAR HEART RATE SENSOR

Wear the heart rate sensor around your chest to get your heart rate accurately and in real time in the heart rate monitor.



You can download the full-length user manual and the latest version of this guide at [polar/support](http://polar/support). For more help, there are some great video tutorials at [polar/en/polar\\_community/videos](http://polar/en/polar_community/videos) you may want to check out.

## GET TO KNOW YOUR FT1/FT2

With FT1/FT2, everything works through a single button. You can use it to switch between views, change settings or confirm selections.

- When in time mode, press the button as many times as needed to start an exercise (**EXE**), check previous training sessions (**FILE**) or edit settings (**ZONE**, **TIME**, **DATE**, **USER**). Wait until the option/value is displayed and starts flashing.

Press and hold the button to return to the time display.

### DID YOU KNOW?

During a training session, change between views by bringing your heart rate monitor close to the heart rate sensor.

## GET STARTED

Before starting to train with your FT1/FT2, you need to go through a couple of steps.

- First, press and hold the button for one second to activate your heart rate monitor.
- Then, besides setting **TIME** and **DATE**, set also the target zone limits and your age\*.



Set your target zone heart rate limits to make sure you're training at the right intensity level.

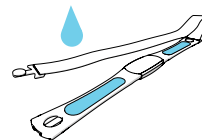


With FT2 you can also set your age to use age-based heart rate limits, which guide you to train at the right intensity.

\*) Applies only to FT2 heart rate monitor.

## WEAR THE HEART RATE SENSOR

1. Fasten one end of the heart rate sensor to the elastic strap.
2. Moisten the two grooved areas on the back.



3. Clip the heart rate sensor around your chest and adjust the strap to fit snugly.



4. Check that the wet grooved areas are firmly against your skin, and that the text on the heart rate sensor is in an upright position and at the center of your chest.

- Rinse the strap under running water after every use. For more detailed instructions, see the full user manual at [polar/support](http://polar/support).

## TRAINING WITH YOUR FT1/FT2

### TO GET YOU GOING...

1. Wear your heart rate monitor and the heart rate sensor. Make sure there are no other heart rate sensors nearby (within one meter/three feet from you) as they may interfere with your monitor.
2. In time mode, press the button once so that **EXE** shows up.

Recording starts in a few seconds. The heart rate symbol flashes until your heart rate is found. Once your heart rate has been found by the monitor, any other sensors nearby will not affect your training information.

When training, you can see your heart rate, session duration and time of day in real time. As you get to know how your heart responds to training, you can ensure every session brings you the benefits you want. Find out more at [polar/support](http://polar/support).

### ...AND WHEN YOU'RE DONE

Press the button to stop your training session. **STOP** shows up and your heart rate monitor returns to time mode in a few seconds.

## TECHNICAL SPECIFICATION

Both heart rate monitor and heart rate sensor are suitable for bathing and swimming (water resistance 30 m).

### HEART RATE MONITOR

Battery type	CR2025
Battery life	2 years (1 h of training per day)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Wrist strap	Thermoplastic 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.*

### HEART RATE SENSOR

Battery life	2500 hours of use
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	Polyurethane
Strap buckle	Polyurethane
Strap fabric	46% Nylon, 32% Polyester, 22% Natural Rubber (Latex)

The battery in the heart rate monitor can be replaced in specialist locations.

**POLAR**  
LISTENS TO YOUR BODY



Compatible with Polar products and many pieces of gym equipment using



**Polar FT1 and FT2**  
GETTING STARTED GUIDE