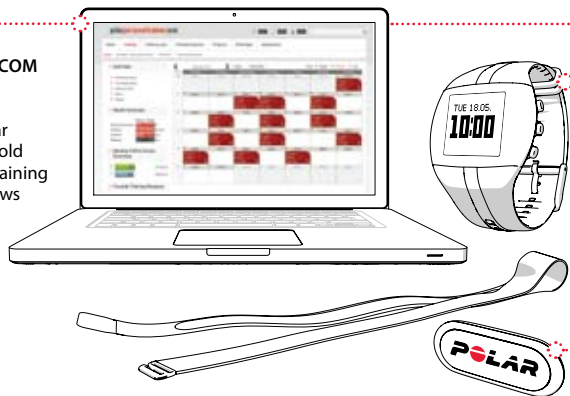


HELLO THERE,

Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of FT7, your guide to achieving your goals.

POLARPERSONALTRAINER.COM WEB SERVICE

Using this web service is free, although you'll need the Polar FlowLink data transfer unit (sold separately) to transfer your training information. The website allows you to track your progress and get smart training guidance.



POLAR FT7 HEART RATE MONITOR

With its essential heart rate features, FT7 helps you stay within the desired intensity zone and get faster results: measure your heart rate during training, work out within target heart rate zones, find out if you're burning fat or improving fitness, and see how many calories you've burned.

POLAR HEART RATE SENSOR

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

GET TO KNOW YOUR FT7

LIGHT

- » Enter quick menu
- » Light up the display

UP/DOWN

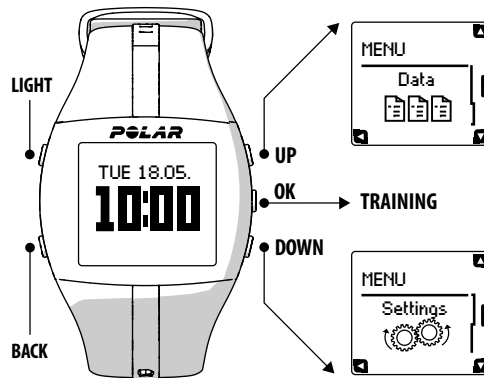
- » Enter and move inside menus
- » Adjust values

BACK

- » Return to previous level
- » Cancel selection

OK

- » Confirm selection
- » Enter training mode



DID YOU KNOW?

Check the time by bringing your heart rate monitor close to the heart rate sensor.

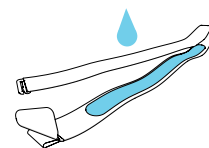
GET STARTED

Before you start to train with your FT7, you need to go through a couple of steps. First, press and hold any button for one second to activate your heart rate monitor. Then, go through the basic settings.

Please be precise with your settings. They make a big difference to how accurately your heart rate monitor can measure values such as your heart rate limits and calorie consumption.

WEAR THE HEART RATE SENSOR

1. Moisten the electrode area of the strap.
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector.



After training, detach the connector and rinse the strap under running water to keep it clean. For more detailed instructions, see the full user manual at polar/support.



TRAINING WITH YOUR FT7

TO GET YOU GOING

1. Wear your heart rate monitor and the heart rate sensor.
2. In time mode, press **OK** once to open the wait mode. Wait until your heart rate monitor finds your heart rate and press **OK** again to start recording your training session.

You can see your heart rate, burnt calories, session duration and zone information in real time when training. By looking at the numbers during and after training, you will quickly learn which levels are right for you. Visit polar/support to learn more about the benefits of training at different intensities.

TO PAUSE AND STOP TRAINING

To pause your training session, press **BACK**. To continue training, press **OK**. To stop the session, press **BACK** again.

You can get a summary of your latest exercise at the end of each session. It shows you:

- » how long it lasted
- » how many calories you burnt
- » your average and maximum heart rates
- » how long you were in the fat burning or fitness improving zones.

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

KEY FEATURES

ENERGYPOINTER



FT7 guides you to train at the right intensity so you'll achieve your goals - whether you aim to lose weight or improve your fitness. The EnergyPointer feature tells you if the main effect of your training is fitness improvement or fat burning.

SMART CALORIES

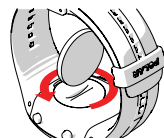


The Smart Calories feature in FT7 counts your calories during training based on your weight, height, age, gender and the intensity of your training.

Remember, this is just the start. We are here to offer you a whole new world of Smart Coaching, helping you to get more from every training session. So head over to polar/support for more guidance, or share your progress with us on Facebook. We'd love to hear from you!

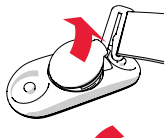
CHANGING BATTERIES IS EASY

HEART RATE MONITOR



1. Open the battery cover with a coin.
2. Remove the old battery with a suitable sized small rigid stick. Be careful not to damage the heart rate monitor.
3. Insert the new battery with the positive (+) side outwards. Make sure the sealing ring is undamaged.
4. Close the battery cover.

HEART RATE SENSOR



1. Lever the battery cover open by using the clip on the strap.
2. Remove the old battery from the battery cover.
3. Insert the new battery inside the cover with the negative (-) side outwards.
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 more detailed instructions, see the full user manual at polar/support.



For safety reasons, please ensure you use the correct battery.

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	CR1632
Battery life	11 months (1 h of training per day)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Back cover	Polyamide
Wrist strap	Polyurethane
Wrist strap buckle	Stainless steel
<i>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.</i>	

HEART RATE SENSOR

Battery type	CR2025
Battery life	1500 hours of use
Battery sealing ring	O-ring 20.0 x 0.90 Material Silicone
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector	ABS
Strap	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

FIND PRODUCT SUPPORT

STAY TUNED WITH POLAR

Compatible with Polar products and many pieces of gym equipment using



POLAR
LISTENS TO YOUR BODY



Polar FT7
GETTING STARTED GUIDE