POLAR WEARLINK+ TRANSMITTER NIKE+

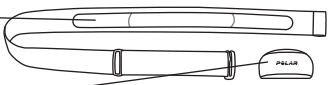
User Manual

POLAR.
LISTENS TO YOUR BODY

works with NIKE+

A1

A2



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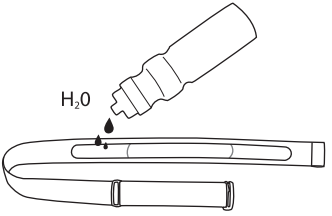

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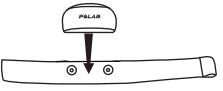

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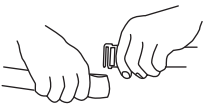

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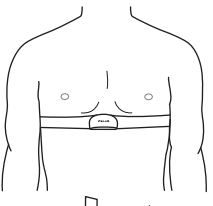
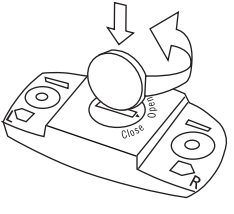


C



Polar WearLink® Transmitter Nike+

This user manual contains instructions for the Polar WearLink transmitter Nike+. The heart rate sensor is compatible with Nike + iPod, Nike+ SportBand and Polar training computers using GymLink technology, such as FT80, FT60, RS300X, and CS400. For detailed list of compatible products, go to www.polar.com.

The latest version of this user manual can be downloaded at www.polar.com/support. For video tutorials, go to www.polar.com/support/video_tutorials.

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

Please follow the pictures on the front cover.

Heart Rate Sensor Parts

1. The plastic **electrode areas** on the reverse side of the strap detect heart rate. Picture A1.
2. The **connector** sends the heart rate signal to the receiving device. Picture A2.

WearLink heart rate sensors enable training in a group without interference from other heart rate sensors.

Wear the Heart Rate Sensor

1. Moisten the electrode areas of the strap. Picture B1.
2. Attach the connector to the strap. Picture B2.
3. Adjust the strap length to fit tightly but comfortably.

4. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap. Picture B3.
5. 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. Picture B4.

Detach the connector from the strap and rinse the strap under running water after every use.

See detailed washing instructions in the Caring for Your Heart Rate Sensor section.

Linking the Heart Rate Sensor with Nike + iPod

Nike + iPod -compatible heart rate sensors are sold separately from the Nike + iPod Sport Kit and the Nike + iPod sensor. Nike + iPod compatible heart rate sensors can be used with iPod nano (5th generation or newer).

Before using the heart rate sensor for the first time, you must link it to your iPod nano receiver:

- iPod nano (5th generation or newer): Connect your Nike + iPod receiver to your iPod nano, choose **Nike + iPod** > **Settings** > **Heart Rate Monitor** > **Link**, and follow the on-screen instructions.

Unlinking the heart rate sensor:

- iPod nano: Choose **Nike + iPod** > **Settings** > **Heart Rate Monitor** > **Unlink**, and follow the on-screen instructions.

Linking the Heart Rate Sensor with Nike+ SportBand

Nike+ SportBand -compatible heart rate sensors are sold separately from the Nike SportBand. Before using the heart rate sensor for the first time, you must link it to your Nike+ SportBand:

1. Wear the heart rate sensor. Make sure there are no other shoe sensors or heart rate sensors nearby.

2. Press and hold the TOGGLE button on the Nike SportBand for 3 seconds. A blinking **Link** message appears on the SportBand display, followed by **OK**.

For more information on the Nike+ SportBand, see the complete manual available at **www.nikeplus.com/downloads**.

Caring for Your Heart Rate Sensor

The heart rate sensor is a high-tech instrument that should be handled with care. Follow the caring instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor. The following instructions will help you fulfill guarantee obligations.

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.

Dry and store the strap and the connector separately, to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. Do not store the heart rate sensor wet in non-breathing material, such as a sports bag, to prevent snap oxidation. Do not expose the heart rate sensor to direct sunlight for extended periods.

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

Service
During the warranty period, service the product at an authorized Polar Service Center only. The warranty does not cover damage caused by unauthorized service. See Limited International Polar Guarantee.

Batteries
To change the battery yourself, follow the instructions below, and see the markings on the connector and picture C on the front cover of this user manual.

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR 2025) 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.

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one to ensure the water resistance of the connector.

Battery kits with sealing rings are available at Polar retailers and authorized Polar Service Centers. In the USA and Canada, sealing rings are available at authorized Polar Service Centers only.

Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be disposed of in compliance with local regulations.

Precautions

For allergy information, see the listed materials in Technical Specifications. Avoid skin reactions by wearing the heart rate sensor over a shirt, moistened under the electrodes.

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 perfume or insect repellent on your skin, you must ensure that it does not come into contact with the heart rate sensor.

Using Your Heart Rate Sensor in a Water Environment

Polar WearLink transmitter Nike+ may be used when swimming, but interference may occur for the following reasons:

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

Technical Specifications

Battery type:	CR 2025
Battery sealing ring:	O-ring 20.0 x 1.0 Material FPM
WearLink Nike+ battery life:	600 h
Operating temperature:	14 °F to 122 °F/ -10 °C to +50 C
Connector material	Polyamide
Strap material	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

Limited International Polar 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.

CE 0537

This product is compliant with the Directives 93/42/EEC, 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at www.support.polar.com /declaration_of_conformity.html.

Regulatory information is available at www.polar.com/support.

Compliance Statement

Canada

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approué aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

Industry Canada (IC) regulatory information

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Industrie Canada

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Class B digital device notice

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/ TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits forth for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.

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.

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

Polar Electro Oy is a ISO 9001:2008 certified company.

Disclaimer

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

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

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

This product is protected by one or several of the following patents: FI110915, US7324841, EP1362829, FI23471, FI96380, US5611346, EP0665947, JP3568954, FI115084, US7418237, EP1543769, US D492783S, US D492784S, US D492999S, EU00046107-0001, EU00046107-0002, EU00046107-0003. Other patents pending.

www.polar.com

Manufactured by

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

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