Polar 90030907

Polar RS100 Heart Rate Monitor User Manual

Model: 90030907

Introduction

The Polar RS100 heart rate monitor is an essential tool for individuals beginning their fitness journey. It provides fundamental heart rate and timing features to help you train efficiently and monitor your progress. This manual provides comprehensive instructions for setting up, operating, and maintaining your device to ensure optimal performance.

What's in the Box

- Polar RS100 heart rate monitor (wrist unit)
- Polar RS100 training computer
- Soft fabric chest strap with transmitter
- RS100 Getting Started Guide

Product Overview

Components



Figure 1: The Polar RS100 wrist unit, displaying time, heart rate, and lap information. This unit serves as your primary interface for monitoring workout data.



Figure 2: The Polar Heart Rate Sensor H1 chest strap. This comfortable fabric strap is worn around the chest to accurately measure your heart rate during exercise.

Setup

Initial Setup

Upon first use, the RS100 will prompt you to enter personal information such as date of birth, age, weight, and height. This data is crucial for accurate calorie calculation and personalized heart rate zone determination. Follow the on-screen instructions to complete this setup.

Chest Strap Preparation

Before each use, lightly moisten the electrode areas on the back of the chest strap with water or electrode gel. This ensures good conductivity and accurate heart rate readings. Position the strap firmly around your chest, just below your pectoral muscles, ensuring the Polar logo is centered.

Operating Instructions

Basic Operation

The RS100 features intuitive buttons for navigation. Press the main button (usually located at the bottom center) to start and stop your workout. Use the side buttons to scroll through different display modes and access settings.

Heart Rate Monitoring (OwnZone)

The device automatically determines your personal target heart rate zones using the**OwnZone** feature, adapting to your current physiological condition. Your heart rate can be displayed as beats per minute (BPM) or as a percentage of your maximum heart rate. The RS100 provides visual and audible alarms if you train outside your target zone.

Calorie Tracking (OwnCal)

The **OwnCal** feature provides highly accurate calorie expenditure data during your training sessions. It calculates calories based on your personal data (weight, height, age, gender, maximum heart rate) and the intensity of your workout.

Lap Recording

You can record up to 99 laps during your workout. The device displays the average and maximum heart rate for each lap, allowing for detailed analysis of your performance over specific segments of your training.

GymLink Connectivity

The Polar RS100 supports GymLink, enabling seamless connection with compatible gym equipment. This allows the equipment to display your real-time heart rate directly from your chest strap, enhancing your integrated training experience.

Maintenance

Cleaning the Chest Strap

After each use, detach the transmitter from the chest strap and rinse the fabric strap under running water. For thorough cleaning, the strap can be machine washed after every five uses. Ensure the strap is completely dry before storage.

Battery Replacement

The wrist unit and transmitter both use batteries. The expected battery life for the RS100 is approximately two years. While batteries can often be replaced at home or by a watch store, some Polar models may require service center replacement. Refer to the detailed manual on the Polar website for specific instructions for your model.

Water Resistance

The Polar RS100 wrist unit is water resistant to 50 meters. This means it is suitable for swimming and general water activities, but not for diving.

Troubleshooting

Common Issues and Solutions

- **Inaccurate Heart Rate Readings:** Ensure the chest strap is tight enough and the electrodes are properly moistened. If readings spike to impossibly high levels, tighten the strap slightly.
- **Heart Rate Display Appears Too Low:** Check if the display mode has accidentally changed. Press the lower right button on the watch to toggle between displaying heart rate as beats per minute (BPM) and as a percentage of maximum heart rate.
- **No Heart Rate Reading:** Verify that the chest strap is correctly positioned and the transmitter is securely attached. Check the battery level of both the wrist unit and the transmitter.
- **Data Loss:** Ensure you properly save your workout data before turning off the device or starting a new session. Refer to the detailed manual for specific data saving procedures.

Specifications

Feature	Detail
Brand	Polar
Model Number	90030907
Color	Black
Item Weight	300 Grams
Screen Size	1.3 inches
Sensor Type	Wearable
Battery Description	Non-replaceable (rechargeable)
Water Resistance	50 meters
Lap Memory	Up to 99 laps
Connectivity	GymLink

Warranty and Support

The Polar RS100 includes a limited two-year manufacturer's warranty against defects in materials and workmanship. For detailed warranty terms, technical support, or to download the full user manual, please visit the official Polar website: www.polar.com.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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