

POLAR[®]
LISTENS TO YOUR BODY



**SMART
COACHING**

since 1977

Getting Started Guide

POLAR FT80

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1. GET STARTED

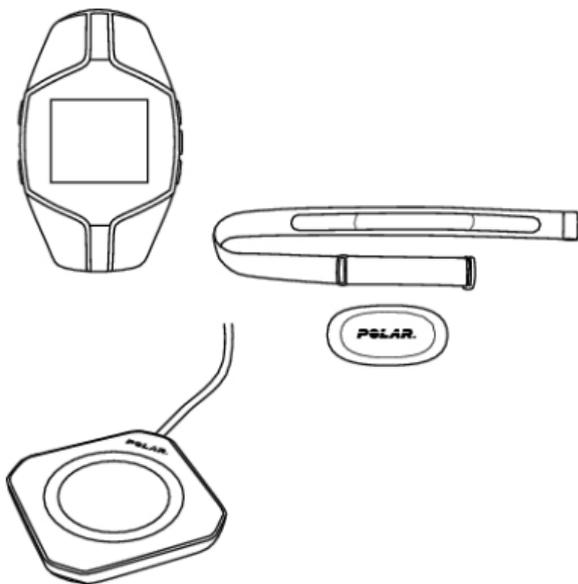
Get to Know Your Polar FT80 Training Computer

The **Polar FT80 training computer** records and displays your heart rate and other data during training.

The **Polar H1 heart rate sensor** transmits the heart rate signal to the training computer. The heart rate sensor consists of a connector and a strap.

You can transfer data easily between your FT80 and the polarpersonaltrainer.com web service with Polar FlowLink™ and WebSync software.

The latest version of this getting started guide and the full user manual can be downloaded at www.polar.com/support.



Buttons and Menu Structure

▲ UP: Enter the menu and move through selection lists, adjust values

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

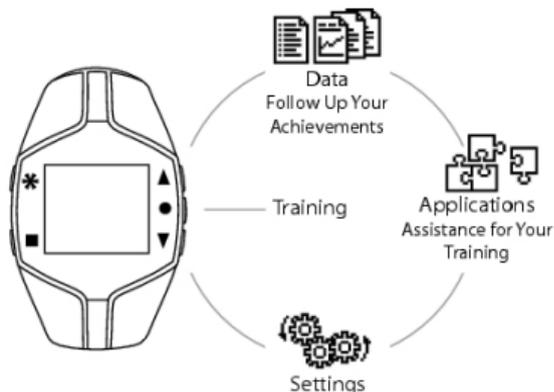
▼ DOWN: Enter the menu and move through selection lists, adjust values

■ 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)



Start with Basic Settings

To activate your FT80, press and hold any button for one second. Once the FT80 is activated, it cannot be switched off.

1. **Language:** Select **Deutsch, English, Español, Français, Italiano, Português** or **Suomi** 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**. Select metric (kilograms, centimeters, KCAL) or imperial (pounds, feet, CAL).
7. Enter **Weight**.
8. Enter **Height**.
9. Enter **Date of birth**.
10. Select **Sex**.
11. **Settings OK?** is displayed. Select **Yes** to accept and save the settings. **Basic settings complete** is displayed and the FT80 enters Time mode. Select **No** if you want to change the settings. **Please enter basic settings** is displayed. Re-enter your basic settings.

2. BEFORE TRAINING

Activate your Polar Star Training Program

The adaptive, personalized and built-in Polar Star Training Program gives you the optimal intensity and time targets for your training. The training computer gives feedback on your performance after each training session and once a week.

The FT80 creates a training program based on your user information (weight, height, age, sex), fitness level, activity level, and training goal.

By analyzing your weekly training results and fitness level, the training computer gives you training guidance for the following week. The training program adapts to your training habits and to your changing fitness level.

1. In Time view, select **Menu** > **Applications** > **Training program** > **Create new program** and **Yes**.
2. Perform Polar Fitness Test. For more information, see the next page.
3. Select your training goal:
 - **Improve fitness**
 - **Maximize fitness**
4. **Training program created!** is displayed.
5. Next, **View week targets?** is displayed. Select **YES** to view the time and calorie targets for your first training week. If you select **No**, **Training program active!** is displayed and the FT80 returns to Time view.

6. Press **DOWN** and **OK** to view your target training time in three different heart rate zones (intensity targets). Press **DOWN** to change the display.
7. You have now activated your training program. Press and hold **BACK** to return to Time view.

To view your week targets later, select **Menu > Applications > Training Program > View week targets**.

Perform Polar Fitness Test

1. Wear the heart rate sensor, lie down and relax for 1-3 minutes.
2. In Time mode, select **Menu > Applications > Fitness test > Start test**. The fitness test begins instantly once the FT80 has located your heart rate.
3. About 5 minutes later, a beep will indicate the end of the test, and your test result will appear on the display.
4. Press **OK**. **UPDATE VO_{2max}?** is displayed.
5. Select **Yes** to save the test result in your **User information** and **OwnIndex results**. If you know your laboratory measured VO_{2max} value and have entered it in **User information**, select **No** to save your test result in **OwnIndex results** only.

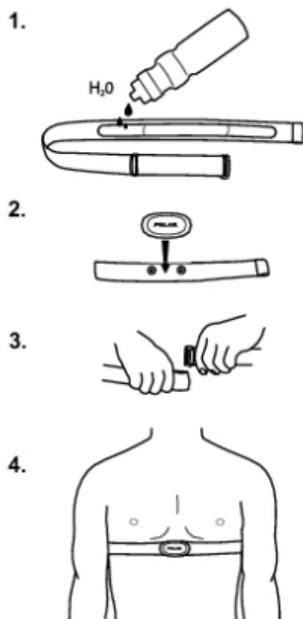
3. TRAINING

Wear the heart rate sensor to measure heart rate.

1. Moisten the electrode area of the strap.
2. Attach the connector to the strap.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
4. Adjust the strap length to fit tightly but comfortably. 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.



Detach the connector from the strap and rinse the strap under running water after every use. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will reduce the heart rate sensor battery life. For more detailed washing instructions, see Important Information.



Start Training

1. Wear the training computer and heart rate sensor.
2. Press OK and select **Start**, or long-press OK when you want to start recording your training session.

To modify sounds, heart rate view or other training settings before starting the training session, select **Training Settings**. See section Settings for more information.



Your training session is saved only when the recording has been on for more than one minute.

Stop Training

To pause your training session, press BACK.

To continue training recording, press OK once.

To stop the training session press BACK twice and **Stopped** is displayed.

For more information on instant, training session feedback, see the full user manual at www.polar.com/support.



A training summary will be shown only if the training session has lasted for more than one minute.

Optimize Your Strength Training with Heart Rate Guidance

Strength training with Polar FT80 helps you effectively improve your muscle strength and power by guiding your recovery heart rate between exercise sets during workout.

1. Create up to three workouts in **polarpersonaltrainer.com** and download the workout(s) to your FT80. See Transfer Data for more information.
2. When you have downloaded workouts onto your FT80, press OK and press DOWN to select **Start strength training**. Press OK twice and **Start workout?** is displayed. Select **Yes** and press OK. Select the workout and press OK. Select the exercise you want to perform from the list. Press OK and start your workout with the first set.
3. When you have completed a set, the FT80 tells you the optimal recovery time. Sit down to wait and see when your heart rate graph hits the dotted line on the display and you hear a beep. You have now recovered enough. **Start next set!** is displayed.
4. When you have completed all sets of an exercise press OK, and **Exercise completed?** is displayed. Select **Yes** to save the exercise data. The exercise set is now removed from your exercise list in this session.
5. Select the exercise you want to perform next and finish your workout.
6. After workout, transfer data to **polarpersonaltrainer.com** for easy follow-up of your fitness level development. See Transfer Data for more information.

If you have not yet downloaded workouts from **polarpersonaltrainer.com**, FT80 still guides your strength training informing you how long to rest between each set.

1. Press OK and select **Start strength training**.
2. When you have completed a set, the FT80 tells you the optimal recovery time. Sit down to wait and see when your heart rate graph hits the dotted line on the display and you hear a beep. You have now recovered enough. **Start next set!** is displayed. Perform the exercises and finish your workout.
3. After workout, transfer data to **polarpersonaltrainer.com** for easy follow-up of your fitness level development. See Transfer Data for more information.

If you have activated the STAR Training Program, the performed strength trainings are automatically accumulated to the weekly training results.

4. AFTER TRAINING

Review Training Data

Review your training data in **Training files**, **Week summaries** and **Totals**.

Training Files

Select **Data > Training files** to view detailed training information on your 100 most recent training sessions.

When **Training files** becomes full, the oldest training file is replaced by the most recent one. If you want to save the file for a longer period, transfer it to www.polarpersonaltrainer.com.

To delete a training file, select **Data > Delete files > Training files** and the file you want to delete. **Delete file?** is displayed. Select **Yes. Remove from total?** is displayed. To remove the file from totals, as well, select **Yes**.

Week Summaries

Select **Data > Week summaries** to view the training data and results for the last 16 weeks.

To reset week summaries select **Data > Reset weekly summaries > Reset weeks?**. Select **Yes** to reset week summaries.

Totals

Select **Data > Totals since xx.xx.xxxx** to view the total cumulative duration, number of training sessions and calories starting from the last reset.

To reset totals, select **Data > Reset totals** and select **Yes**.

Transfer Data

Use ready-made strength training exercises or add your own strength training exercises in

polarpersonaltrainer.com and transfer those to your FT80 to guide your strength training session. After training session(s), follow-up easily your fitness level development by transferring training data from FT80 to **polarpersonaltrainer.com**.

The first time follow carefully instructions:

1. Transfer strength training workouts to your FT80:

1. Register in polarpersonaltrainer.com.
2. Follow the instructions on your computer screen to download and install the WebSync data transfer software onto your computer.
If you have already registered, but not downloaded WebSync, download it in **polarpersonaltrainer.com -> downloads** and follow the installation wizard.

3. Plug in the FlowLink cable to the USB port on your computer.
4. Place your FT80 on the FlowLink facing down.
5. Follow the data transfer process from the WebSync software on your computer screen. See **polarpersonaltrainer.com "Help"** for further instructions on data transfer.

2. Transfer training data from FT80 to your diary in polarpersonaltrainer.com

1. Open the Web Sync data transfer software onto your computer.
2. Plug in the FlowLink cable onto the USB port onto your computer.
3. Place your FT80 on the FlowLink facing down.
4. Follow the data transfer from your FT80 onto polarpersonaltrainer.com on your computer screen. See **polarpersonaltrainer.com "Help"** for further instructions.

5. IMPORTANT INFORMATION

Caring for Your Product

Training computer: Keep your training computer clean. Clean it with a mild soap and water solution and rinse them with clean water. Do not immerse the training computer in water. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

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.



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

Dry and store the strap and the connector separately, to maximize the heart rate sensor battery lifetime. Keep your training computer and heart rate sensor in a cool and dry place. Do not store them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose them to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.

Service

During the two-year guarantee/warranty period we recommend that you have service, other than battery replacement, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

For contact information and all Polar Service Center addresses, visit www.polar.com/support and country-specific websites.

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



The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, polarpersonaltrainer.com, Polar discussion forum and Newsletter registration.

Changing Batteries

The FT80 training computer and the Polar H1 heart rate sensor both have a user changeable battery. To change the battery yourself, please follow the instructions carefully as instructed in chapter Change Batteries Yourself.

Prior to changing the batteries, please note the following:

- The low battery indicator is displayed when only 10-15% of the battery capacity is left.
- Excessive use of the backlight drains the battery more rapidly.
- 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.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.

Change Batteries Yourself

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In the USA the sealing ring/battery kits are also available at www.shoppolar.com.

Keep the batteries away from children. If swallowed, contact a doctor immediately.

Batteries should be properly disposed of according to local regulations.

When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneous from both sides, with metal or electrically conducting tools, like tweezers. This may short-circuit the battery causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but it may decrease the capacity and lifetime of the battery.



Danger of explosion if the battery is replaced with wrong type.

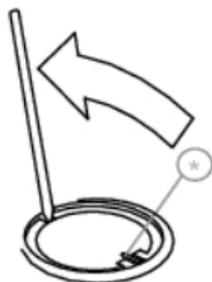
Changing Training Computer Battery

1. Open the battery cover with a coin by turning it from CLOSE to OPEN (A1).
2. Remove the battery cover and lift the battery out carefully with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the metal sound element (*) or the grooves. (A2)
Insert a new battery with the positive (+) side outwards.
3. Replace the old sealing ring with a new one (if available), fitting it snugly in the cover groove to ensure water resistance.
4. Put the cover back on and turn clockwise to CLOSE.

A1



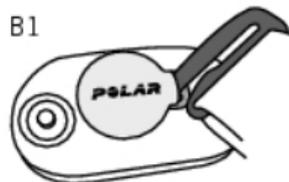
A2



Changing Heart Rate Sensor Battery

1. Lever the battery cover open by using the clip on the strap. (B1)
2. Remove the old battery from the battery cover with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the battery cover.
3. Insert the battery inside the cover with the negative (-) side outwards. Make sure the sealing ring is in the groove to ensure water resistance.
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.

B1



Precautions

The Polar training computer shows your performance indicators. It indicates the level of physiological strain and intensity during your training session. No other use is intended or implied.

Minimizing Risks When Training

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 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- 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?

In addition to exercise intensity, medications 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 exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**

Note! If you are using a pacemaker, you can use Polar training computers. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device

manufacturer to determine safety in your case.

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 heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.



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 training computer or the heart rate sensor.

Training equipment with electronic components may cause interfering stray signals. To tackle these problems, try the following:

1. Remove the heart rate sensor from your chest and use the training equipment as you would normally.

2. Move the wrist unit around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the heart rate sensor back on your chest and keep the wrist unit in this interference-free area as much as possible.

If the FT80 still does not work, the piece of equipment may be electrically too noisy for wireless heart rate measurement.

FT80 may be worn when swimming. To maintain water resistance, **do not press buttons under water.** For more information, visit <http://www.polar.com/support>.

Technical Specifications

Training computer

Battery type	CR 2025
Battery life	Average 8 months (training 1h/day 7 times a week)
Battery cap sealing ring	O-ring 23.0 x 0,6 Material EPDM
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 ± 0.5 seconds/day at 25 °C / 77 °F temperature.
Accuracy of heart rate measurement	$\pm 1\%$ or ± 1 bpm, whichever larger, definition applies to steady state conditions.
Water resistance	50 m (Suitable for bathing and swimming)

Heart rate sensor

Battery type	CR 2025
Battery life	Average 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 material	ABS
Strap material	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester
Water resistance	30 m (Suitable for bathing and swimming)

Limit values

Chronometer	23 h 59 min 59 s
Heart rate	15 - 240 bpm
Total time	0 - 9999 h 59 min 59 s
Total calories	0 - 999999 kcal/Cal
Total exercise count	65 535
Year of birth	1921 - 2020
Maximum speed with a GPS sensor	199.9 km/h
Maximum speed with footpod	29.5 km/h

Polar FlowLink and Polar WebSync 2.1 (or newer)

System Requirements: Microsoft Windows XP/Vista/7 or
Intel Mac OS X 10.5 or newer

The Polar FT80 training computer applies the following patented technologies, among others:

- OwnZone® assessment for determining personal target heart rate limits for the day
- OwnCode® coded transmission
- OwnIndex® technology for fitness test
- OwnCal® personal calorie calculation
- FlowLink® data transfer

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.

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

CE 0537

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

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 approuvé 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 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 2012/19/EU 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.

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.

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www.polar.com

Download full user manual



<http://www.polar.com/en/support/FT80>

Compatible with:



Manufactured by

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www.polar.com



Strength
Training
Guidance



STAR
Training
Program



Fitness
Test



Training
Load