

Instructions for the Polar Accurex II Heart Monitor

Positioning the Transmitter

1. Attach the elastic belt to the transmitter and position the transmitter against the skin just under the breasts (females) or pectoralis major muscle (males). The transmitter should be entirely against the skin, centered on the front of the chest and firm against the chest so it does not move during exercise. If positioning the transmitter in this fashion does not result in proper functioning of the HR monitor, try one of the following:
 - a. Take some water or saliva and rub on the underside of the transmitter (where it contacts the skin). A wet skin surface conducts better.
 - b. Take a cotton ball or gauze pad and put alcohol on it and briskly scrub the skin area where the transmitter contacts the skin until the skin is slightly reddened.
2. Position the receiver (looks like a watch) on either wrist.

NOTE: There are four buttons on the receiver monitor that control the settings and operations of the monitor. There is one button on the left edge of the receiver labeled as **SET/START/STOP**, one (red button) on the bottom labeled as **STORE/LAP**, one on the top right edge labeled as **SELECT**, and one on the bottom right edge labeled as **SIGNAL**.

Setting High/Low Target Heart Rate Alarm

You do not have to set Target Heart Rate alarms but you can do so if desired. If they are set, the monitor will beep whenever you are outside the limits set.

1. From the time of day press **SELECT** 3 times (until **SET** is at the bottom of the display).
2. Press **SET/START/STOP** 3 times until you get **LIM** at the top of the display.
3. The first digit of the high target rate will be flashing. To change this digit, press **SELECT** to raise the number. Press **SIGNAL** to lower the number. To set the next digit, press **STORE** and repeat the process of increasing or decreasing the digit. To set the third digit, repeat the process. Press **STORE/LAP** to repeat the process for setting the lower heart rate limit. When all digits have been set leave this mode by pressing the **SET/START/STOP** 3 times and then the **SELECT** button once to get back to the time of day mode.

Operating the Accurex II Heart Monitor

1. From the time mode (the time is displayed on the monitor display) press **SELECT** once until you see **MEASURE** at the bottom left on the display. (if you are not initially in the Time of Day mode, press the upper right (Select) repeatedly until the time of day appears on the display.) If the transmitter is working properly, a small heart should begin flashing in the bottom left of the display and a digital heart rate should appear just to the right of the flashing heart. If the flashing heart rate does not appear, try one of the steps above to get better conduction. If a flashing heart rate does not appear after trying all the steps above, get a new transmitter and try it.
2. To record the heart rate once you have the flashing heart and heart rate on the display, press **SET/START/STOP** once. The upper display starts counting time in minutes and seconds. While you are in the recording mode, you can temporarily stop the timing and recording by pushing the **SET/START/STOP** button and then restart by pushing it again.
3. While in the recording mode, you can toggle the high/low alarms from on to off or vice versa, by pressing the lower right button (Signal) once.
4. To permanently stop recording the heart rate (at the end of the exercise), press the upper right button (Select) once. This begins a recording of the recovery heart rate. If you press the **SELECT** again, the top display now shows how long you spent above the time limit with the symbol ▲ TZ. The bottom display shows your average heart rate for the workout. Press the red button (Store/Lap) once and the time in the target zone is displayed in the upper display with TZ symbol. Press the red button again and the time below the target zone is displayed in the upper display with ▼ TZ symbol.
5. To exit this mode, press the **SELECT** twice to get back to the time of day mode.