

# POLAR STRIDE SENSOR

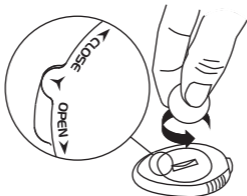


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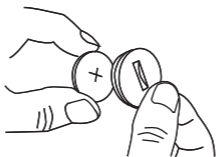
User Manual

**POLAR**<sup>®</sup>  
LISTENS TO YOUR BODY

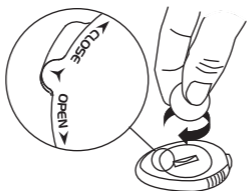
A1



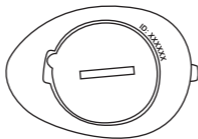
A2



A3



B



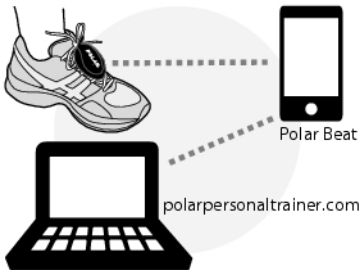
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# ENGLISH

Congratulations! Polar Stride Sensor *Bluetooth*<sup>®</sup> Smart is the best choice for improving your running technique and efficiency. Using sensitive inertial sensors, it gives accurate and highly responsive speed, distance, leg cadence and stride length measurements.

Polar Stride Sensor *Bluetooth*<sup>®</sup> Smart is compatible with *Bluetooth*<sup>®</sup> Smart Ready devices that support *Bluetooth*<sup>®</sup> Running Speed and Cadence Service. When using a smartphone, a separate application is required to view stride sensor data. It is recommended to use the Polar Beat application but it is also possible to use other applications.



If you have a polarpersonaltrainer.com account, Polar Beat automatically synchronizes your training files to it. Please note that you must sign in to your polarpersonaltrainer.com account when starting Polar Beat for the autosync to work.

The latest version of this user manual can be downloaded at [www.polar.com/support](http://www.polar.com/support).

For video tutorials, see Using Polar Stride Sensor *Bluetooth*® Smart at [www.polar.com/en/polar\\_community/videos](http://www.polar.com/en/polar_community/videos).

Please follow the pictures on the front and back covers.



*Write the device ID printed on your stride sensor in the space on the front cover (picture B). The original marking may fade as a result of normal wear and tear.*

## Install Stride Sensor Battery

Before using your stride sensor for the first time, insert the battery (included in the product package).

1. Open the battery cover by turning it counterclockwise to OPEN using a coin (picture A1).
2. Place the battery inside the cover with the positive (+) side facing the cover (picture A2). Make sure the sealing ring is in the groove to ensure water resistance.
3. Place the cover with the battery inside it into the sensor.
4. Press the cover in place and close it by turning clockwise from OPEN to CLOSE using a coin (picture A3).



*To increase battery life, Polar Stride Sensor Bluetooth® Smart has three different power modes: Measuring, Stand By and Deep Sleep mode. In Stand By mode, the sensor is visible to the receiving device and a connection is possible. When connected to the receiving device, the sensor goes to Measuring mode. When disconnected, the sensor returns to Stand By mode. If the sensor is not touched during the next couple of minutes, it goes to Deep Sleep mode. The slightest movement will make the sensor return to Stand By mode.*

## **Pair a New Stride Sensor with Your Receiving Device**

Polar Stride Sensor *Bluetooth*<sup>®</sup> Smart must be paired with the receiving device in order to analyze your running technique and efficiency. For more information, see the user guidance material of the receiving device or mobile application.

### **Attach the Stride Sensor on Shoelaces**

1. Undo your shoelaces and place the holder on top of the tongue of the shoe. Make sure the holder flap is facing upwards.
2. Thread the laces in through the holes on the sides of the holder and out through the hole on the bottom of the holder (pictures C1 and C2). Thread the laces through the small flap on the tongue of the shoe to ensure the holder does not move while running.
3. Tighten the laces.
4. Fit the front part of the sensor into the holder and press from the rear (picture C3). Fasten the flap.
5. Make sure the sensor does not move and is aligned with your foot. The more secure the sensor, the more accurately speed and distance is measured.

## **Calibrate the Stride Sensor**

Calibration of the stride sensor improves the accuracy of speed, pace, distance and stride length measurements. It is recommended that you calibrate the stride sensor before using it for the first time, if there are significant changes in your running style, or if the position of the stride sensor on the shoe is dramatically changed (e.g. if you have new shoes or if you switch the sensor from your right shoe to your left one). The calibration should be done at the speed you normally run.

Calibration is done via the receiving device. See the user guidance material of the receiving device or mobile application for instructions.

## **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](http://www.polar.com/support) and country-specific websites.

**Changing batteries:** To change the batteries of the stride sensor yourself, follow the given instructions. To ensure the maximum lifespan of the battery cover, open it only when changing the battery. 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](http://www.shoppolar.com). Go to [www.polar.com](http://www.polar.com) to find your own country's shoppolar online store.

The battery level of your stride sensor is displayed on the receiving device if it supports *Bluetooth*<sup>®</sup> Battery Service.



*Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be properly disposed of according to local regulations.*



Caution: Risk of explosion if battery is replaced by an incorrect type. Dispose of batteries according to the instructions.



## Care and Maintenance

Your safety is important to us. The shape of the stride sensor is designed to minimize the possibility of getting caught in something. In any case, be careful when running with the stride sensor in brushwood, for example.

The stride sensor is water resistant and can be safely worn in the rain. Do not immerse the stride sensor in water as it is not intended for underwater activities. Do not expose to direct sunlight for extended periods.

Keep your stride sensor in a cool and dry place. Do not keep in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel).

## Technical Specifications

Battery life:	Average 600 hours of use
Battery type:	CR2430
Battery sealing ring:	O-Ring 25.0 x 1.2, material silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Accuracy:	±3 % or better once calibrated, definition applies to stable conditions

## 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.

## **Disclaimer**

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The *Bluetooth*<sup>®</sup> word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Polar Electro Oy is under license.

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



This product is compliant with Directives 93/42/EEC and 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at [www.polar.com/en/regulatory\\_information](http://www.polar.com/en/regulatory_information).

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## **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 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.

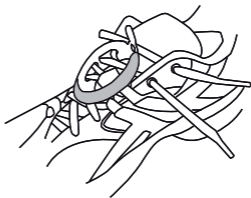
**Bluetooth QD ID: B020404**



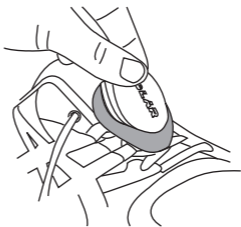
C1



C2



C3





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