



## STRIDE SENSOR BLUETOOTH® SMART



 **Спорт Лайф**

Магазин спортивных часов  
и пульсометров

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<https://magazin-sportlife.ru>

**USER MANUAL**

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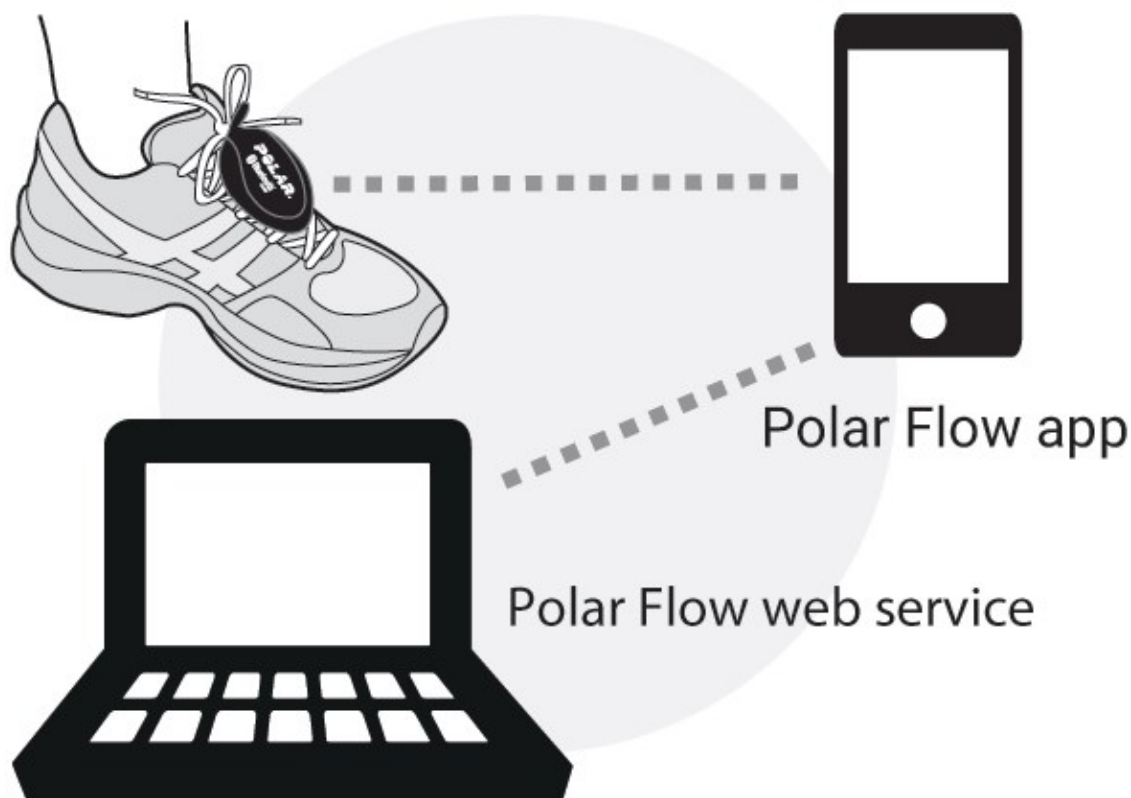
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# INTRODUCTION

Polar Stride Sensor Bluetooth® 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® Smart is compatible with Bluetooth® Smart Ready devices that support Bluetooth® Running Speed and Cadence Service.

You can use your sensor with dozens of leading fitness apps as well as with Polar products using Bluetooth® Smart. Check the compatible products at [support.polar.com](https://support.polar.com).



# GET STARTED

## STRIDE SENSOR BATTERY

### REMOVING THE BATTERY INSULATOR



Remove the battery insulator from the battery compartment before first use.

1. Open the battery cover by turning it counterclockwise using a coin.
2. Remove the red plastic insulator from the battery compartment.
3. Press the cover into place and close it by turning it clockwise.

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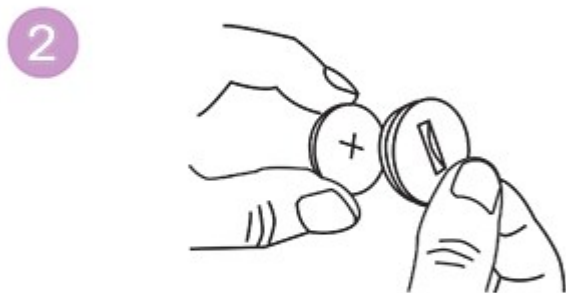
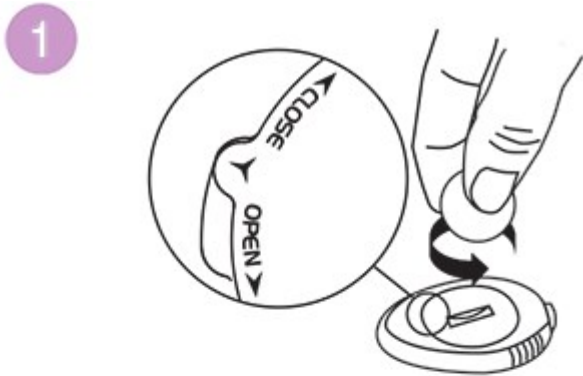


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## CHANGING THE BATTERY

1. Open the battery cover by turning it counterclockwise to OPEN using a coin (picture 1).
2. Place the battery inside the cover with the positive (+) side facing the cover (picture 2). 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 3).



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.

# PAIRING AND CALIBRATING THE STRIDE SENSOR

## PAIR THE STRIDE SENSOR WITH YOUR RECEIVING DEVICE

Polar Stride Sensor Bluetooth® 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.

## 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.

## ATTACHING THE STRIDE SENSOR

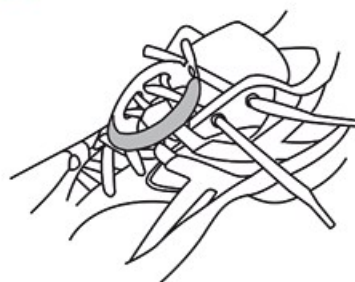
Attach the stride sensor on shoelaces:

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 1 and 2). 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 3). 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.

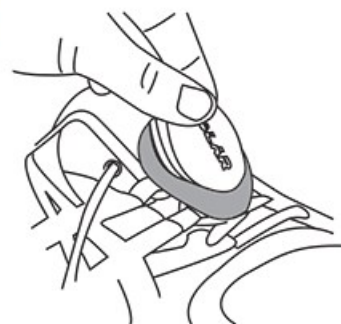
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2



3



# IMPORTANT INFORMATION

## 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® Battery Service.



### CAUTION:

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

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

## 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

## Bluetooth QD ID: B020404

This product is protected by the incorporeal rights of Polar Electro Oy as defined by the following documents: US6584344.

## LIMITED INTERNATIONAL POLAR GUARANTEE

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- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of the Polar product that the product will be free from defects in material or workmanship for two (2) years from the date of purchase, with the exception of wristbands made of silicone or plastic, which are subject to a guarantee period of one (1) year from the date of purchase.
- The guarantee does not cover normal wear and tear of the battery, or other 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, textile armband or textile or leather wristband, elastic strap (e.g. heart rate sensor chest strap) and Polar apparel.
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- Guarantee does not cover products which have been purchased second hand.
- During the guarantee period, the product will be either repaired or replaced at any authorized Polar Central Service regardless of the country of purchase.
- Guarantee issued by Polar Electro Oy/Inc. 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.
- You should keep the receipt as a proof of purchase!
- Guarantee with respect to any product will be limited to countries where the product has been initially marketed by Polar Electro Oy/Inc.

Manufactured by Polar Electro Oy, Professorintie 5, 90440 KEMPELE, Finland [www.polar.com](http://www.polar.com).

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