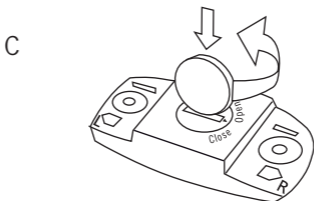
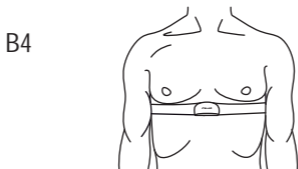
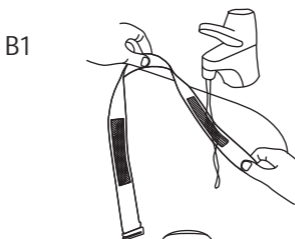
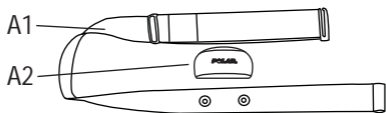


# Polar WearLink®+ Transmitter Nike+

User Manual

**POLAR**®  
*LISTEN TO YOUR BODY*





## **Polar WearLink®+ Transmitter Nike+**

This user manual contains instructions for Polar WearLink+ transmitter Nike+. The transmitter is compatible with Nike + iPod, Nike+ SportBand and Polar training computers using 5 kHz data transfer, such as FT80, FT60, FT40, FT7, FT4, FS3c, FS2c, RS400, RS300X, RS100, CS400, CS300, CS200, CS100.

The latest version of this user manual can be downloaded at <http://www.polar.fi/support>.

For video tutorials, go to [http://www.polar.fi/en/support/video\\_tutorials](http://www.polar.fi/en/support/video_tutorials).

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

Follow the pictures on the front cover to see instructions for using the transmitter.

### **Transmitter Parts**

1. The electrode areas on the reverse side of the strap detect heart rate. Picture A1.
2. The connector sends the heart rate signal to the iPod nano receiver, Nike+ SportBand or Polar training computer. Picture A2.

### **Wear the Transmitter**

1. Wet the electrode areas of the strap under running water and make sure that they are well moistened. Picture B1.
2. Attach the connector to the strap. Adjust the strap length to fit snugly and comfortably. Picture B2.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap. Picture B3.
4. Check that the wet electrode areas are firmly against your skin and that the Polar

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logo of the connector is in a central, upright position. Picture B4.

**Detach the transmitter connector from the strap and rinse the strap under running water after every use.**



*The Polar WearLink connector can be used with specific apparel with built-in soft textile electrodes. Wet the electrodes and clip the connector onto the apparel without the strap, with the Polar logo in an upright position.*

### **Linking the Transmitter with Nike + iPod**

Nike + iPod -compatible heart rate transmitters are sold separately from the Nike + iPod Sport Kit and the Nike + iPod sensor. Nike + iPod compatible heart rate transmitters can be used only with 5th generation iPod nano.

Before using the heart rate transmitter for the first time, you must link it to your iPod nano receiver:

- iPod nano (5th generation only): Connect your Nike + iPod receiver to your iPod nano, choose **Nike + iPod > Settings > Heart Rate Monitor > Link**, and follow the on-screen instructions.

Unlinking the heart rate transmitter:

- iPod nano: Choose **Nike + iPod > Settings > Heart Rate Monitor > Unlink**, and follow the on-screen instructions.

### **Linking the Transmitter with Nike+ SportBand**

Nike+ SportBand -compatible heart rate transmitters are sold separately from the Nike SportBand. Before using the heart rate transmitter for the first time, you must link it to your Nike+ SportBand:

1. Wear Polar WearLink+ transmitter Nike+. Make sure there are no other shoe sensors or heart rate transmitters nearby.
2. Press and hold the TOGGLE button on the Nike SportBand for 3 seconds. A blinking **Link** message appears on the SportBand display, followed by **OK**.

For more information on the Nike+ SportBand, see the complete manual available at <http://www.nikeplus.com/downloads>.

### **Care and Maintenance**

The transmitter is a high-tech instrument that should be handled with care. The following instructions will help you fulfill guarantee obligations.

**Detach the transmitter connector from the strap and rinse the strap under running water after every use.** Dry the connector with a soft towel. Never use alcohol or any abrasive material (steel, wool or cleaning chemicals).

**Wash the strap regularly in a washing machine at 40°C/104°F or at least after every fifth use.** This ensures reliable measurement and maximizes the life span of the transmitter. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Never put the transmitter connector in the washing machine or drier!

**Dry and store the strap and connector separately.** Wash the strap in a washing machine before long-term storage, and always after use in pool water with high chlorine content.

Keep the transmitter in a cool and dry place. Do not store wet in non-breathing material, such as a sports bag. Sweat and moisture keep the

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electrodes wet and activated. Do not expose to direct sunlight for extended periods.

### Service

During the warranty period, service the product at an authorized Polar Service Center only. The warranty does not cover damage caused by unauthorized service. See Limited International Polar Guarantee.

### Batteries

To change the battery yourself, follow the instructions below. See picture C.

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR 2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
3. Press the cover back into the connector.
4. Use the coin to turn the cover clockwise to CLOSE.

Open the cover only when changing the battery to ensure a long life, and make sure the sealing ring is not damaged, in which case you should replace it with a new one.

Battery kits with sealing rings are available at Polar retailers and authorized Polar Service Centers. In the USA and Canada, sealing rings are available at authorized Polar Service Centers only.



*Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be disposed of in compliance with local regulations.*

## Precautions

For allergy information, see the listed materials in Technical Specifications. Avoid skin reactions by wearing the transmitter over a shirt, moistened under the electrodes.

Keep insect repellent away from the transmitter.



*The moisture and abrasion may cause staining on light-colored clothes.*

## Using Your Transmitter in a Water Environment

Polar WearLink+ transmitter Nike+ may be used when swimming, but interference may occur for the following reasons:

- Sea- and pool water are very conductive, and electrodes may short-circuit, preventing ECG signals from being detected by the transmitter.
- Jumping or sharp muscle movement may shift the transmitter so the ECG signals cannot be detected.
- The ECG signal strength is individual and depends on tissue composition.

## Technical Specifications

Battery type:	CR 2025
Battery sealing ring:	O-ring 20.0 x 1.0 Material FPM
Polar WearLink+ transmitter Nike+ battery life:	600 h
Operating temperature:	14 °F to 122 °F/ -10 °C to +50 C
Connector material:	Polyamide
Strap material:	35% Polyester, 35% Polyamide, 30% Polyurethane

### 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, 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.



## CE 0537

This product is compliant with the Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).



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.

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