Using Heart Rate Monitor - Model Polar Edge

Equipment
- elastic + chest Transmitter/ student
- Polar Edge watch/ student

Procedure
1. Wet electrodes (grooved rectangular area) of chest transmitter. Secure transmitter high under pectoral muscle (breasts). Firm but allow normal breathing. Transmitter label in middle of chest above sternum.
2. Keep your watch monitor 2 meters away from other students' chest transmitters to avoid interference.

FUNCTIONS

Heart Rate Monitoring
Begin that watch is showing Time of Day. (Push both buttons simultaneously to return to this setting if required)
- Press right hand button. Your HR is displayed 5 seconds after the beep
- If no signal received re - wet electrodes/ check for firm skin contact

Setting upper / lower HR Zone
Begin with watch showing Time of Day

Setting upper limit
- Press left button and a bar ┃ will appear in the upper left corner and High Limit starts blinking.
- Press right button and figure increases in 5 beat increments to a maximum of 240 - then reverts to the lower limit.
- Press left button to confirm and the Low Limit will appear with a ┃ in the lower left.

Setting lower limit
- Press right button and the figure increases in 5 beat increments. If Lower Limit reaches High Limit the number will reset to 15, the lowest possible setting.
- When Low Limit is set return to Time of Day by pressing the left button twice

Visual alarm – heart rate display will blink if outside target training zone
Audible alarm – push right button once to turn Target Zone Alarm Signal On/ Off
To stop alarms press left button once to return to Time of Day

Exercise elapsed time
Shown on the lower line of the Heart Rate Display

Recall
To retrieve previous exercise time above Low Limit press left button 3 times
Press left button once to return to Time of Day