



Polar T31 Polar T31 coded™

Getting Started Guide



Find product support



http://www.polar.com/en/support/T31_coded_transmitter

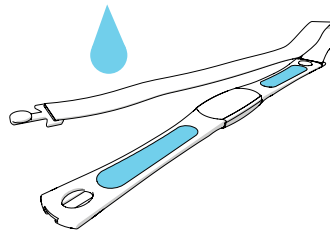
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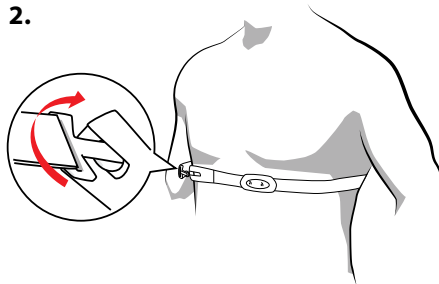
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ENGLISH

Thanks for choosing Polar! In this guide we'll walk you through the basics of using your new heart rate sensor.

You can download the latest version of this guide at polar.com/support.

WEARING THE HEART RATE SENSOR

1. Fasten one end of the heart rate sensor to the elastic strap (picture 1).
2. Moisten the two grooved areas on the back (picture 1).
3. Clip the heart rate sensor around your chest and adjust the strap to fit snugly (picture 2).
4. Check that the wet grooved areas are firmly against your skin, and that the text on the heart rate sensor is in an upright position and at the center of your chest.



After training, rinse the heart rate sensor and the strap under running water. For more detailed instructions, visit polar.com/support.

USING THE HEART RATE SENSOR

You can use your heart rate sensor with many Polar training devices. Check the compatible devices at polar.com/support.

Your heart rate sensor is designed for all weather conditions. It is fully water resistant and it picks up your heart rate even while swimming. The coded heart rate transmission of T31 coded™ prevents cross-talk from other heart rate sensors for accurate measurement of your training.

CARING FOR YOUR HEART RATE SENSOR

Heart rate sensor: Rinse under running water after every use. Clean with mild soap and water when needed. Wipe dry with a soft towel. Do not bend the sensor, since it may damage the electrodes.

Never store the heart rate sensor wet, in a damp environment or in any kind of non-breathing material, such as a plastic bag or a sports bag. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will shorten the battery life. Keep in a cool and dry place.

Strap: Rinse under running water after every use. Wash regularly in a washing machine at 40°C/104°F. Use a washing pouch.

You can find more detailed caring instructions at polar.com/support.

TECHNICAL SPECIFICATION

Battery life	Average 2500 hours
Heart rate sensor material	Polyurethane
Strap material	Polyurethane, Fabric: 50% nylon, 20% polyester, 30% spandex

The battery of your heart rate sensor can't be changed. To buy a new sensor, contact your authorized Polar Service or retailer. You can also buy sensors online. Go to www.polar.com to find your own country's shoppolar online store.