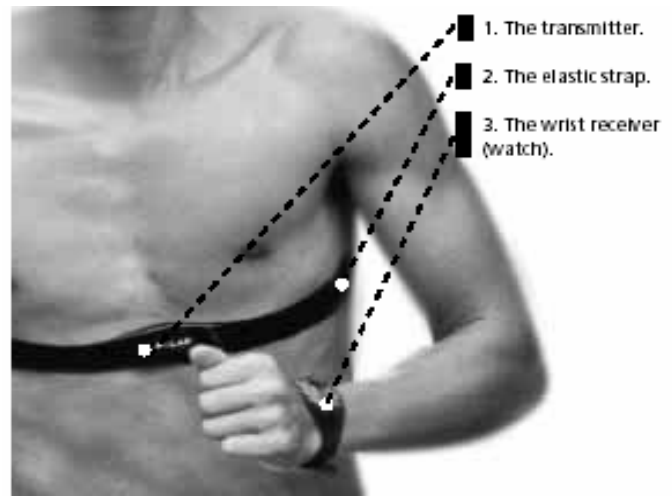


# Heart Rate Monitor How 2's for the POLAR E200



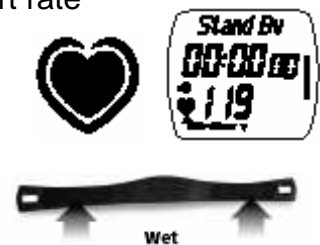
## **Step 1) Putting on the transmitter**

- Take only your assigned transmitter from the board, clean it, and take an elastic strap.
- Carefully attach the elastic strap to the transmitter (do not force it; it should fit together easily) and adjust the strap to fit you (do not tie a knot in the strap; if it is too big get a smaller size).
- Put on the transmitter around your waist (with the POLAR logo facing upright) and then slide it up so that the POLAR logo is on your breastbone just under your pectoral muscles. It must be tight enough so that there are no gaps between the electrodes and your chest.
- Go back and get your heart rate receiver and place it on your wrist.



## **Step 2) Finding a Signal**

- Make sure you are at least 6 feet from any one else who is using a heart rate monitor.
- From the time of day mode press the red button one time and watch as the watch tries to locate your heart rate. A line around the heart indicates a coded signal.
- If the monitor does not locate your heart rate go back to step 1 and make sure that the transmitter is on properly. If it is then try wetting the electrodes or using the gel to improve the signal.
- If you get a beating heart without a line around it, ♥ it means that you have an un-coded signal. Press the blue button two times and start over at step 2.



## **Step 3) Starting Recording**

- When you have established a coded signal and you are ready to start recording press the red button again to start the stop watch. If the stop watch is counting you are recording your workout.



## **Step 4) Recording Lap Times**

- A lap time can be any increment of time that you decide to record separately.
- To record a lap time press the red button during your workout, the display will freeze briefly displaying Lap Time in the top row, the time for that lap in the middle row, and the avg. HR for that lap in the lower row. Each time you the process is repeated a new lap will be stored and the number in the lower right corner of the screen will increase by 1.



## **Step 5) Pausing Recording**

- You can pause recording by pressing the blue button one time. The stopwatch will stop counting and your heart rate will not be recorded. When you want to resume the workout just press the red button one time to resume recording.

## **Step 6) Ending Recording**



- a) To end recording and return to the time of day screen press and hold the blue button until the time of day screen appears.

**Step 7) Recalling Data**

- a) To recall your exercise data you must start from the time of day screen.  
 b) Press the top right button one time, your screen will read "file".  
 c) Press and release the red button 1 time the screen will read "In Zone" and tell you you're time in the target zone and your avg. HR during the entire workout.  
 d) Each time you press the top right button you will move through the following screens; "Above" time above THZ, "Below" time below THZ, "Laps" if you recorded more than one lap, "Exe Time" total time of your workout, "Limits" THZ limits for your workout, "Samples" the number of heart rate samples that were taken during your workout.



- i) **Recalling Lap Information**-If you have recorded laps the total number of laps recorded will show under "Laps" in the file recall mode. You can begin recalling laps by pressing the red button when in the "Laps" screen. The top line will show the split time and the middle line will show the lap time. The lower line will show alternating heart rate information between average HR for the lap and the HR at the end of the lap. The lap number will be displayed in the lower right hand corner of the screen. Each time the upper right button is pushed the next lap will be displayed. To exit the laps display press the blue button one time.



**Step 8) Definitions**

- a) Heart Touch Function-If you hold the receiver to the transmitter during exercise the display will briefly change to show the time of day and the code on which the HRM is receiving. It will then briefly display the programmed target zone limits for that workout.  
 b) Heart Rate Zone Alarm-If your heart rate goes above or below the programmed target zones the watch will beep until you get back into your target zone. You can turn this feature off by pressing and holding in the top left button until the beeping stops.



Finding the target heart rate zone.

To find the target heart rate zone for your students, you'll need to estimate their maximum heart rate (HR<sub>max</sub>). To do this, use the following formula.

$$220 - \text{the age of the student} = \text{_____} (\text{HR}_{\text{max}})$$

For the general activities of children, a zone of 70 to 85% of HR<sub>max</sub> has a positive effect on their heart and aerobic fitness, without being too strenuous.

To find the correct zone:

$$.70 \times \text{HR}_{\text{max}} = \text{_____} (\text{lower limit})$$

$$.85 \times \text{HR}_{\text{max}} = \text{_____} (\text{upper limit})$$