WELCOME

Thanks for choosing Polar! In this handy little guide we'll walk you through the basics of RS300X.

**POLARPERSONALTRAINER.COM WEB SERVICE**

Just sign up and sign in to the service. Then install **WebSync** app for transferring your training data.

You need the **Polar FlowLink** data transfer unit (sold separately) to transfer your training information.

Analyze your training, track your progress and share it with your friends.

Visit the **Flow** web service as well at polar/flow

You can download the full-length user manual and the latest version of this guide at polar/support. For more help, there are some great video tutorials at polar/en/polar_community/videos you may want to check out.
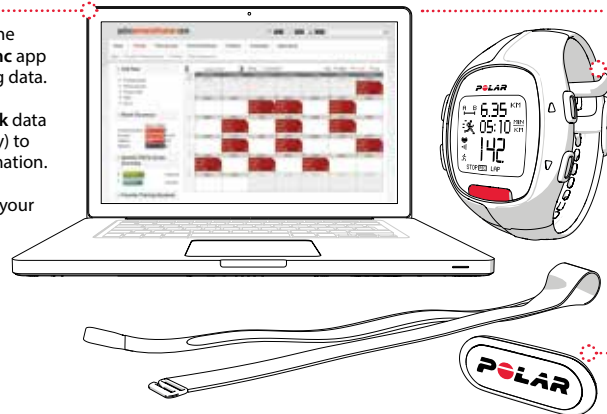
POLAR RS300X HEART RATE MONITOR
Shows your heart rate, speed and distance in real time.

Helps you train at the right intensity with editable personal sport zones and exercise types (Interval, OwnZone, Basic and Free).

You can choose the information you want to see by adjusting the display options.

POLAR HEART RATE SENSOR H1*
Wear the comfortable strap and connector around your chest in order to get an accurate heart rate on the heart rate monitor during training.

* H1 was previously called WearLink and the name is still in use in the RS300X user interface.

G1 GPS SENSOR and **S1 FOOT POD** are available accessories for measuring speed and distance.

GET TO KNOW YOUR RS300X

Browse through the menu by pressing **UP** or **DOWN**. Confirm selections with the **START** button, and return, pause and stop with the **BACK** button.

LIGHT · UP · Settings · BACK · DOWN · OK/START · File · Test
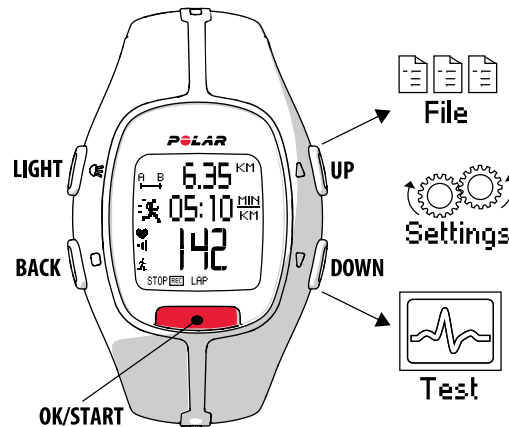
USEFUL TIPS
You can change training views during training by browsing **UP** or **DOWN** and take a lap by pressing **START**. Press and hold **LIGHT** to access the quick menu, where you can, for example, adjust the **HeartTouch**. When **HeartTouch** is on, you can access different training information during training by bringing the RS300X close to the heart rate sensor.

GET STARTED

First, press and hold any button for one second to activate RS300X and go through the Basic Settings.

To get the most accurate and personal training data, it's important that you're precise with physical settings like your age and weight.

WEAR THE HEART RATE SENSOR

1. Moisten the electrode area of the strap.

2. Clip the strap around your chest and adjust the strap to fit snugly.

3. Attach the connector.

After training, detach the connector and rinse the strap under running water to keep it clean. For more detailed instructions, see the full user manual at polar/support.
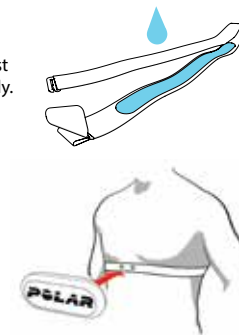
TRAINING WITH YOUR RS300X

TO GET YOU GOING

1. Wear your RS300X and the heart rate sensor (H1 or WearLink).

2. In time mode, press **START**. Select (**Settings > Exercise**) the exercise type (Free, Basic, Interval or OwnZone) you want to use. Free exercise is set as default. Basic exercise, for example, guides you to train with moderate intensity.

3. Wait until your heart rate monitor finds your heart rate and press **START** again.

You can see your heart rate, the amount of calories you have burned, duration of the session and zone information in real time while training. Visit polar/support to learn more about the benefits of training at different intensities.

TO PAUSE AND STOP TRAINING

To pause your training session, press **BACK**. To continue training, press **START**. To stop the session, press **BACK** again.

Find details of your training by browsing **File** and selecting the training session you want to see. There you can see:

» how long your session lasted
» the amount of calories you burned
» your average and maximum heart rates
» the time you spent training on each of the five heart rate zones

KEY FEATURES

USING POLARPERSONALTRAINER.COM

When you transfer training results from your training computer to your Diary, you can easily follow up your training as well as plan your future training sessions. You need the Polar FlowLink data transfer unit (sold separately) to transfer your training information.

In polarpersonaltrainer.com you can easily analyze your training data and see perfect balance between training and resting from the Training Load curve.
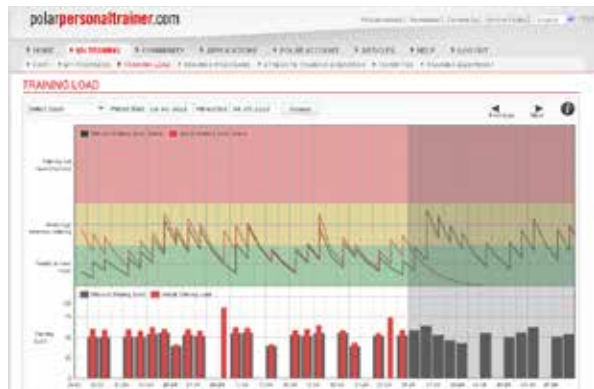
FITNESS TEST

With Polar Fitness Test you can determine your fitness level in just 5 minutes. The test calculates your maximal oxygen uptake (VO_{2max}) based on your personal information as well as your resting heart rate.

By regularly comparing your test results you can see how your fitness improves over time. Repeat the test every 6 weeks and see how you progress.

OWNZONE

Polar OwnZone® determines your personal heart rate limits for a training session. Depending on the day and time, your physical state may vary, for instance, if you are stressed or tired, or if you are not fully recovered from your latest training session. Polar can determine that information from your heart rate and guide you to your ideal training zone for that moment.

INTERVAL TRAINER GUIDED WORKOUTS

Create interval workouts based on time, heart rate, speed/pace or distance and get guidance during your training. You need a G1 GPS Sensor or a S1 foot pod for measuring speed, pace or distance. If you bought your RS300X without the required accessory, not to worry, you can always buy one later.

TECHNICAL SPECIFICATION RS300X

Both heart rate monitor and heart rate sensor are suitable for bathing and swimming (water resistance 30 m) as long as buttons are not pressed under water.

Battery type	CR2032
Battery life	11 months (1 h of training per day)
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Back cover	Polyamide
Wrist strap	Polyurethane
Wrist strap buckle	Stainless steel

H1 HEART RATE SENSOR

Battery type and life	CR2025, 1500 hours of use
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Connector material	ABS
Strap material	Polyamide, Polyurethane, Elastane, Polyester
Water resistance	30 m.

1. Lever the battery cover open by using the clip on the strap.
2. Insert the new battery inside the cover with the negative (-) side outwards.
3. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place.

If you need more help with this, see the full user manual at polar/support

⚠️ *For safety reasons, please ensure you use the correct battery.*

FIND PRODUCT SUPPORT

polar/support/RS300X

STAY TUNED WITH POLAR

POLAR
LISTENS TO YOUR BODY

Polar RS300X
GETTING STARTED GUIDE