POLAR CADENCE SENSOR

Bluetooth® SMART

Model:Y7

User Manual
Gebrauchsanleitung
Manuel d'Utilisation
Manuale d'uso
Gebruiksaanwijzing
Manual del Usuario
Manual do utilizador
Brugervejledning
Käyttöohje
Brukerveiledning
Bruksanvisning
使用説明書
快捷使用指南
快捷使用指南

POLAR®
LISTENS TO YOUR BODY

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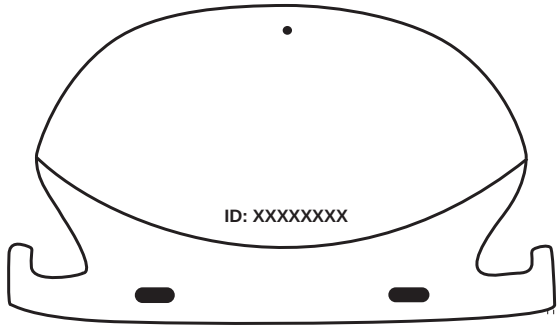

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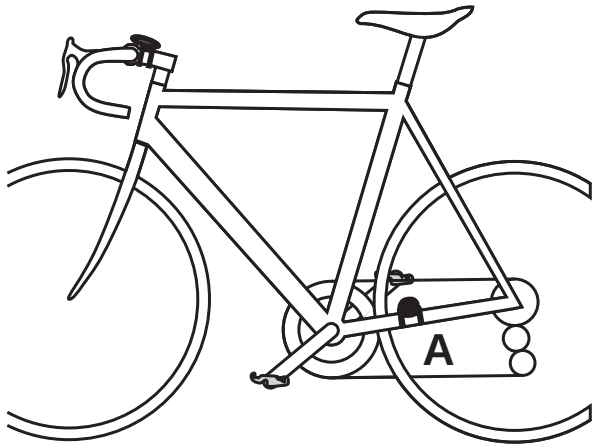

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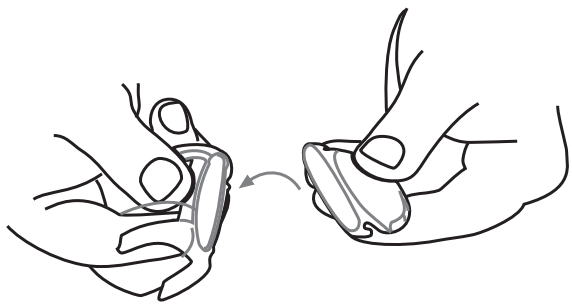

ENGLISH

Polar Cadence Sensor *Bluetooth*® Smart is designed to measure cadence, i.e. crank revolutions per minute, when cycling.

Polar Cadence Sensor *Bluetooth*® Smart is compatible with *Bluetooth*® Smart Ready devices that support *Bluetooth*® Cycling Speed and Cadence Service. When using a smartphone, a separate application is required to view cadence sensor data. It is recommended to use the Polar Beat application but it is also possible to use other applications.

SYSTEM IMAGE

If you have a polarpersonaltrainer.com account, Polar Beat automatically synchronizes your training files to it. Please note that you must sign in to your polarpersonaltrainer.com account when starting Polar Beat for the autosync to work.

The latest version of this user manual can be downloaded at www.polar.com/support.

Please follow the pictures on the inner covers.

Write the device ID printed on your cadence sensor in the space on the inner front cover (picture 1). The original marking may fade as a result of normal wear and tear.

Product Elements

1. Cadence Sensor (pictures 2 A and 4 A)
2. Cadence Magnet (picture 4 B)

Installing the Cadence Sensor

For a video tutorial, see Installing Polar Cadence Sensor *Bluetooth*® Smart at www.polar.com/en/polar_community/videos.

To install the cadence sensor and cadence magnet, you need cutters.

1. Check the chain stay for a suitable place for the cadence sensor (picture 2). Do not install the sensor on the same side as the chain. The Polar logo on the sensor should be facing away from the crank (picture 4).

2. Attach the rubber part to the sensor (picture 3).

3. Clean and dry a suitable place for the sensor and place the sensor on the chain stay (picture 4 A). If the sensor touches the rotating crank, turn the sensor slightly upwards. Pass the cable ties over the sensor and rubber part. Do not tighten them fully yet.

4. Place the cadence magnet vertically on the inner side of the crank (picture 4 B). Before attaching the magnet, clean and dry the area thoroughly. Attach the magnet to the crank and secure with the tape.

5. Fine-tune the positioning of the sensor so that the magnet passes close to the sensor without actually touching it (picture 5). Move the sensor towards the magnet so that the gap between the sensor and the magnet is under 4 mm/0.16”. The gap is correct when you can fit a cable tie between the magnet and the sensor. There is a small caved dot at the backside of the sensor, which indicates the spot the magnet should be pointing at when passing the sensor.

6. Rotate the crank to test the cadence sensor. The flashing red light on the sensor indicates that the magnet and the sensor are positioned correctly. If you keep rotating the crank, the light will go off. Tighten the cable ties securely and cut off any excess cable tie ends.

Cadence Sensor Pairing

Your new cadence sensor must be paired with the receiving device in order to receive cadence data. This enables training in a group without interference from other sensors. For more information, see the user guidance material of the receiving device or mobile application.

Care and Maintenance

Keep the cadence sensor clean. Clean it with a mild soap and water solution, and rinse off with clean water. Dry it carefully with a soft towel. Never use alcohol or any abrasive material, such as steel wool or cleaning chemicals. Do not immerse the cadence sensor in water.

Your safety is important to us. Check that you can turn your handlebars normally, and that the cable wires for brakes or gears do not catch the sensor. Make sure the sensor does not disturb pedaling or using the brakes or gears. While riding your bike, keep your eyes on the road to prevent possible accidents and injury. Avoid hard hits as these may damage the sensor.

Replacement magnet sets can be purchased separately.

Cadence sensor battery

The battery cannot be replaced. The sensor is sealed in order to maximize mechanical longevity and reliability. To purchase a new sensor, contact your authorized Polar Service Center or retailer.

The battery level of your sensor is displayed on the receiving device if it supports *Bluetooth*® Battery Service.

To increase battery life, Polar Cadence Sensor *Bluetooth*® Smart goes into power saving mode in ten minutes if the magnet is not passing the sensor.

Frequently Asked Questions

What should I do if...

...the cadence reading is 0 or there is no cadence reading while cycling?

- Make sure the position and distance of the cadence sensor to the crank magnet are appropriate.
- Check that you have activated the cadence function in the receiving device. For further information, see the user guidance material of the receiving device or mobile application.
- If the 0 reading appears irregularly, this may be due to temporary electromagnetic interference in your current surroundings.
- If the 0 reading is constant, the battery may be empty.

...there are irregular cadence or heart rate readings?

- Disturbance may occur near microwave ovens and computers. Also WLAN base stations may cause interference when training with Polar Cadence Sensor *Bluetooth*® Smart. To avoid erratic reading or misbehaviors, move away from possible sources of disturbance.

How do I know...

... if the sensor is transmitting data to the receiving device?

- When you begin cycling, a flashing red light indicates that the sensor is alive and it is transmitting cadence signal. As you continue cycling, the light goes off.

Technical Specification

Operating temperature:	-10 ºC to +50 ºC / +14 ºF to +122 ºF
Battery life:	Average 4 years (if you train on average 1h/day, 7 days/week), depending on conditions
Accuracy:	±1 %
Material:	Thermoplastic polymer
Water resistance:	Splash proof

FCC ID: INWY6

Bluetooth QD ID: ?????

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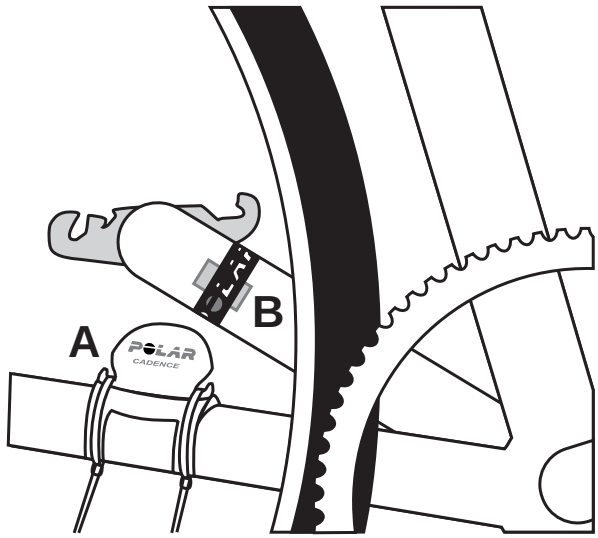

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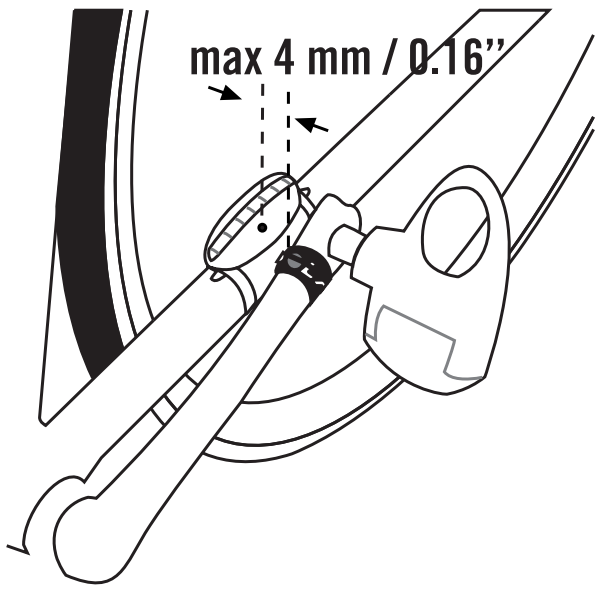

http://www.polar.com/en/support/polar_cadence_sensor_bluetooth_smart

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