

## s3 Stride Sensor W.I.N.D.

User Manual

tradeinn™

**POLAR**®  
*LISTEN TO YOUR BODY*



Congratulations! The Polar s3 stride sensor™ W.I.N.D. is the best choice for improving your running technique and efficiency. Using sensitive inertial sensors to track the position of the foot, it is immune from signal dropout, and gives accurate and highly responsive speed, distance, leg cadence and stride length measurements.

The latest version of this user manual can be downloaded at [www.polar.fi/support](http://www.polar.fi/support).

For video tutorials, go to [http://www.polar.fi/en/support/video\\_tutorials](http://www.polar.fi/en/support/video_tutorials).

Please follow the pictures on the front cover.

## **Install Stride Sensor Battery**

Before using the s3 stride sensor for the first time, insert the battery (included in the product package).

1. Open the battery cover by turning it counterclockwise to OPEN using the sensor fork or a coin (see picture 1).
2. Place the battery inside the cover with the positive (+) side facing the cover (see picture 2). Make sure the sealing ring is in the groove to ensure water resistance.
3. Place the cover with the battery inside it into the sensor.
4. Press the cover in place and close it by turning clockwise from OPEN to CLOSE using the sensor fork or a coin (see picture 3). The s3 stride sensor can be positioned either on the shoelaces or in the sole cavity of a specific running shoe.

## Teach a New Stride Sensor to Your Wrist Unit

Your new s3 stride sensor must be introduced to your Polar product in order to analyze your running technique and efficiency. This is called teaching. For further information, refer to the user manual or go to [www.polar.fi/support](http://www.polar.fi/support).

### Attach Stride Sensor on Shoelaces

1. Undo the flap and detach the fork (see picture 4).
2. Loosen your shoelaces and place the fork underneath them, on top of the tongue of the shoe (see picture 5).
3. Tighten the laces.
4. Fit the front part of the sensor onto the fork and press from the rear (see picture 6). Fasten the flap.
5. Make sure the sensor does not move and is aligned with your foot. The more secure the sensor, the more accurately speed and distance is measured.

## Calibrate the S3 Stride Sensor

Optional calibration of the stride sensor can improve the accuracy of speed, pace and distance measurements. It is recommended that you calibrate the stride sensor before using it for the first time, if there are significant changes in your running style, or if the position of the stride sensor on the shoe is dramatically changed (e.g. if you have new shoes). You can calibrate the stride sensor by running a known distance, or by setting the calibration factor manually.

**Calibrate stride sensor during training (on-the-fly calibration):** You can calibrate the stride sensor at any phase of your training session with actual distance correction, when you have run a known distance, preferably more than 1000 meters, calibrate the stride sensor as instructed in the user manual for the Polar product in question.


**Set calibration factor manually:** The calibration factor is calculated as a ratio of the actual distance to the uncalibrated distance. For instance if you run 1200 m and the Polar product shows a distance of 1180 m, the calibration factor is 1.000. Calculate the new factor as follows:  $1.000 \cdot 1200 / 1180 = 1.017$ . The measuring range for the factor is 0.500-1.500.

### Service

During the two-year guarantee/warranty period, we recommend that you service the product at an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

**Changing batteries:** To change the batteries of the stride sensor yourself, follow the given instructions. To ensure the maximum lifespan of the battery cover, open it only when changing battery. When changing the battery, make sure the sealing ring is not damaged. Battery kits with sealing rings are available at well-equipped Polar retailers and authorized Polar Service Centers. In the USA and Canada, sealing rings are available at authorized Polar Service Centers only.

If you would prefer Polar to replace the battery, contact an authorized Polar Service Center. The Service will test the stride sensor after replacing the battery.

 *Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be properly disposed of according to local regulations.*

## Care and Maintenance

Your safety is important to us. The shape of the stride sensor is designed to minimize the possibility of getting caught in something. In any case, be careful when running with the stride sensor in brushwood, for example.

The Polar S3 stride sensor is water resistant and can be safely worn in the rain. Do not immerse the stride sensor in water as it is not intended for underwater activities. Do not expose to direct sunlight for extended periods.

Keep your stride sensor in a cool and dry place. Do not keep in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel).

## Technical Specifications

Battery life:	Average 200 hours of use
Battery type:	CR2430
Battery sealing ring:	O-Ring 25.0 x 1.2, material silicone
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Accuracy:	±3 % or better once calibrated, definition applies to stable conditions

### Limited International Polar Guarantee

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.



## Disclaimer

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
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