

FT7 Polar Product Training

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Outline

- Changing Lives
- Product Overview
- FAQ's
- Training Zones
- PPT.com
- Success Stories
- **Polar Heros Q&A**





Changing Lives

Changing Lives



- “Confirmed by doctor's records, I've lost almost 50 lbs in just over two months. That would be .72 lbs a day for 69 days”
- “I push up to the top of a hill, I'll pause -- I'm 'in the zone,' and when HRM dips too low I get moving again. I think this is a very, very natural way folks walk or ride bikes and I'm not training for the Olympics; I'm burning 550 calories a day.”

BARRY KEAVENEY

Polar FT4 Heart Rate Monitor

Changing Lives



- “I have always struggled with the execution of my many theoretical fitness plans until my boyfriend bought a FT40 Polar heart rate monitor for my 38th birthday.”
- “Suddenly there was evidence on the polarpersonaltrainer.com upload screen that my ambitions and the reality did not exactly match. From that point on my motivation increased several fold and I now work out approximately 5 times a week and for an hour on each occasion.”

JACQUIE JENKINS

Polar FT40 Heart Rate Monitor

Product Overview

Downloadable – FT7

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Features / Benefits

• Basic Features

- User Changeable Battery
- 30m Water Resistant

• Training Features

- Energy Pointer
- 2 Training Zones
 - Fat Burning Effect
 - Fitness Improving Effect
- Weekly Training Summary
- OwnCode® Transmission
- WearLink® Transmitter
- 99 Files In Memory
- Calorie Counter

• Data Communication Tools

- Polar FlowLink™



FT7: Button Basics

Upper Left Button

- Backlight (Push)
- Keylock (Push & Hold)

Upper Right Button

- Scroll up

Center Right Button

- Enter
- Start
- Continue

Lower Right Button

- Scroll down

Lower Left Button

- Back, Exit, Stop



FAQ's

Heart Rate FAQ's



- **Q:** *How do I properly maintain my chest strap?*
- **A:** After each use, rinse under running water, ring and hang dry.
- After every 5-7 uses, place in a mesh laundry bag and wash in washing machine with detergent in cold water. Then hang dry.
- When not in use, store your transmitter and your chest strap separately. If the two are connected, it will slowly “drain” the battery.

Heart Rate FAQ's



- **Q:** *Do I need to send my HRM in to change the battery?*
- **A:** Both the transmitter and wrist units have user replaceable batteries.
- All you need is a nickel to remove the back plate and then simply remove the battery and replace.

Heart Rate FAQ's



- **Q:** *What are the Polar sport zones?*
- **A:** When you vary your exercise intensity, you can achieve specific results.
- The ***Polar sport zone chart explains*** each exercise intensity zone and the corresponding training benefit you can achieve when staying within that zone.

Heart Rate FAQ's



- **Q: How soon can the improvement in fitness be seen?**
- **A:** It takes a minimum of 6 weeks on an average to achieve a noticeable change in cardiovascular fitness.
- Less fit individuals see progress even more rapidly and for more active individuals more time is needed.
- An average change in cardiovascular fitness for adults is 12-15% in 10-12 weeks if moderate intensity exercise is performed 3-4 times a week for at least 30-40 min each time.
- The purpose of the Polar Fitness Test is to monitor progress. It is not so much the exact OwnIndex values, but rather the trend, that is the most important thing to follow.

Test Drive

Test Drive

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- www.polarusa.com
- Support
- Video Tutorials
- Product



Training Zones

Training Zones

INSERT YOUR:

32

TARGET ZONE
HEART RATE

EXAMPLE
DURATION

	TARGET ZONE HEART RATE	EXAMPLE DURATION	INSERT YOUR: 32	
Maximize Performance	VERY HARD 90-100%	LESS THAN 5 MIN	169 - 188 BPM	BENEFITS: develops maximum performance and speed FEELS LIKE: very exhausting for breathing and muscles RECOMMENDED FOR: fit persons and for athletic training
	HARD 80-90%	2-10 MIN	150 - 169 BPM	BENEFITS: increases maximum performance capacity FEELS LIKE: muscular fatigue and heavy breathing RECOMMENDED FOR: everybody for shorter exercises
Improve Fitness	MODERATE 70-80%	10-40 MIN	132 - 150 BPM	BENEFITS: improves aerobic fitness FEELS LIKE: light muscular strain, easy breathing, moderate sweating RECOMMENDED FOR: everybody for moderately long exercises
Lose Weight	LIGHT 60-70%	40-80 MIN	113 - 132 BPM	BENEFITS: improves basic endurance and fat burning FEELS LIKE: comfortable, easy breathing, low muscle load, light sweating RECOMMENDED FOR: everybody for longer and frequently repeated shorter exercises
	VERY LIGHT 50-60%	20-40 MIN	94 - 113 BPM	BENEFITS: improves overall health and helps recovery FEELS LIKE: very easy for breathing and muscles RECOMMENDED FOR: weight management and active recovery

Training Zones on the web



- www.polarusa.com
- Training with Polar
- New to Polar?
- Why Train with a HR Monitor?

Polar Personal Trainer.com

Diary: Month View

Month Summary

	Result	Target
Training sessions	30	6 #
Duration	27:43	06:20 hh:mm
Calories	14811	4500 Cal
Distance	0	0 mi

STAR Program Status

Zone	Time	Result	Target
3		00:15	00:50
2		00:10	02:20
1		02:10	02:10

(08/21/2010 11:33 AM)

[View program](#)

Favorite Training Sessions

- Free Weights
- &...

05/30/2010 - 07/10/2010 Today Select Date View: Week Month List

week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	05/30 Cardio ... 01:22 1057 Cal	05/31 Basketball 00:18 217 Cal	06/01 Basketball 01:33 1003 Cal	06/02 Cardio ... Free	06/03 Jump Ro... 00:45 512 Cal	06/04 Cardio ... 01:23 889 Cal	06/05 Fitness Data Jump Ro...
22	06/06 Cardio ... 01:00 676 Cal	06/07 Cardio ... 01:01 593 Cal	06/08	06/09 Fitness Data	06/10	06/11	06/12
23	06/13	06/14 Cardio ... 01:35 1150 Cal	06/15 Cardio ... 01:37 982 Cal	06/16 Fitness Data Training session	06/17	06/18 Cardio ... 01:42 1055 Cal	06/19 Long1 01:15 850 Cal
24	06/20	06/21 Circuit... 01:39 555 Cal	06/22	06/23 Free Free	06/24 Jump Ro... 00:32 431 Cal	06/25 Free 00:51 735 Cal	06/26 Long1 01:15 850 Cal
25	06/27	06/28 Jump Ro... 00:32 401 Cal	06/29	06/30	07/01 Beach B... 00:47 433 Cal	07/02 Free Surfing	07/03 Jump Ro... Long1
26	07/04	07/05	07/06	07/07	07/08	07/09 Various... Free	07/10 Free Long1

Training Results: FT7



TRAINING RESULT

Data

Training Zones

Date

08/04/2010



Time

07:48 PM

Name

Jump Rope & Push Ups

Sport

Add new sport in My Sports

Note

Jump Rope - 2 minutes x 12 sets

Push ups - 25 x 12 sets

Shadow boxing - 3 minutes x 6 sets

Polar product

Polar FT7

Distance

0 mi

Calories

767 Cal

Duration

01:04:27 hh:mm:ss

Average heart rate

140 bpm

Maximum heart rate

172 bpm

Training Results: FT7



TRAINING RESULT

Data

Training Zones

Date 08/04/2010 07:48 PM

Name Jump Rope & Push Ups

Summary

Duration 01:04:27
Calories 767 Cal
Distance 0 mi

Average HR 140 bpm
Maximum HR 172 bpm

Note
Jump Rope - 2 minutes x 12 sets Push ups - 25 x 12 sets Shadow boxing - 3 minutes x 6 sets

Time in Heart Rate Zones



My Progress: List

Period Summary

	Total	Week avg.	
Training sessions	13	3.3	#
Duration	18:34	04:38	hh:mm
Calories	10498	2624.5	Cal
Distance	31.9	8	mi

MY PROGRESS

View: [Graph](#) [List](#)

Follow up your training progress. Select the time period you want to view and choose either a graph or a list view.

View From to

Week	Training sessions	Distance (mi)	Duration (hh:mm)	Calories (Cal)
11/07 - 11/13/2010	2	5.9	03:02	1818
10/31 - 11/06/2010	0	0	00:00	0
10/24 - 10/30/2010	6	13.4	07:42	4303
10/17 - 10/23/2010	5	12.6	07:48	4377

My Progress: Graph

Period Summary

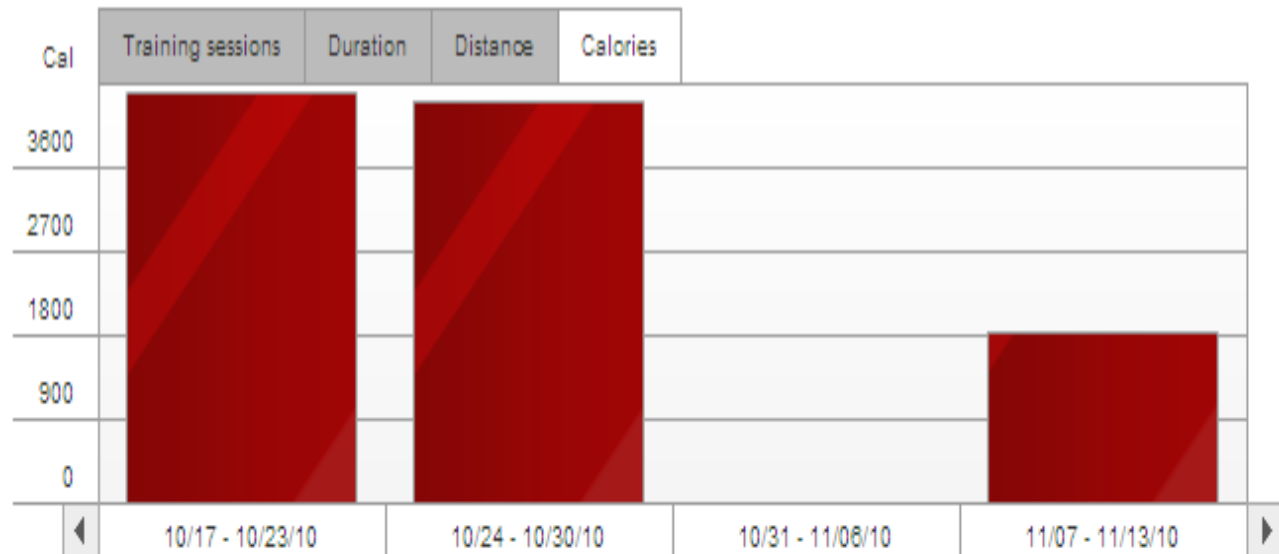
	Total	Week avg.	
Training sessions	13	3.3	#
Duration	18:34	04:38	hh:mm
Calories	10498	2624.5	Cal
Distance	31.9	8	mi

MY PROGRESS

View: **Graph**

Follow up your training progress. Select the time period you want to view and choose either a graph or a list view.

View **4 Weeks** From **10/17/2010** to **11/13/2010** Refresh



Challenges



CHALLENGES > P90X LEAN CHALLENGE

Challenge Name	P90X Lean Challenge
Challenge Goal	Most calories accumulated by the finishing date Detailed rules
Type	Individual
Publicity	Public
Starting	02/01/2011
Finishing	05/01/2011 06:00 PM
Info	Engage and dominate the P90X Lean program. To lose 30 pounds and gain lean muscle mass and cardio stamina.

No.	Nickname	Status
1	Sassy1	
2	Wiltshire_Andy	1312 Cal
3	Peopleman	618 Cal
4	RG34U	516 Cal

Success Stories

Success Stories



1. You Tube: My Fat to Fit Transformation

2. www.polarusa.com

- Polar Community Tab
 - Polar People Tab

3. Share Info with Members

Conclusion: Polar HR Training



- Change Someone's Life
- Train Smart & Effectively
- Use Available Resources
 - www.polarusa.com
 - www.polarpersonaltrainer.com

Future Training/Edu Needs



- Contact George Centeio for any training or education needs:
 - Email: george.centeio@polar.fi
 - Cell: 516-589-0017

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Thank You!

