

Polar Equine RS800CX G3

- Quick start guide -

The Polar RS800CX G3 Equine is the most complete training system for horses available. It is an evolution of the "human" RS800CX training system and requires a good understanding of the user manual to use all its capacity fully. If you just bought this training system and want to try it immediately, the following quick start guide is what you need.

1. Contents of the set

- A RS800CX receiver**: receives signals and records all the data measured by the TSM transmitter and the G3 sensor.
- A G3 GPS sensor with its battery**: measures speed and distance in real time.
- A TSM transmitter**: measures the horse's heart rate in real time.
- A ProTrainer 3 Equine edition software**: displays a training log, graphs, tables and reports on your PC to further analyse the data recorded during training.
- An option: an RS8A USB adapter**: uses infrared connection to transfer the recorded data from receiver to PC.



2. How to use the RS800CX receiver

The RS800CX receiver has 5 navigation buttons and an infrared window to communicate with the PC via the RS8A adapter.

- Use **UP** and **DOWN** to scroll through the different menus and adjust values in all the + and - buttons.
- Use **OK** to enter a menu, to validate a value and to start the stopwatch.
- Use **STOP** to exit a menu, to return to the previous display before you made a mistake while adjusting a value and to stop the stopwatch.
- Press **LIGHT** once and the backlight is activated for 5 seconds when you press any other button. You can also turn the feature by pressing and holding the **LIGHT** button for 5 seconds.



B. Starting the RS800CX

By default, the RS800CX receiver is configured with the battery.

Press **UP** or **DOWN** to select English as the language to be used.

The following settings must be done, even though they don't concern the horse.

Use the **UP** and **DOWN** buttons to navigate through the following menu settings. Press **OK** to validate your settings.

If your settings are good, select **Yes**.

Once the settings are done, the RS800CX returns automatically to the time display.



C. Starting the G3

The G3 sensor uses GPS (Global Positioning System) technology to measure speed and distance in real time. In ideal conditions of use, its precision can reach one meter.

The battery of the G3 has an average of 10h of use. The G3 is waterproof and its case design makes it resistant to mud strokes and scratches.

The buckle located at the back of the G3 allows you either to wear the G3 on your arm using the strap provided or to fix it on a cloth or loop.

Open the G3 buckle and pass the strap through the loop (viewed in the middle). Pull it enough strap so your arm can fit through it.

To ensure good detection of the GPS signal, the G3 shouldn't be covered and should be placed with the Polar sign in an upright position (the one recommended wearing it on the sports arm as the RS800CX is color).

Press the button 3 seconds to start (or stop) the G3. A green light indicating battery status (B) flashes for a few seconds. Following this, a red light indicating detection status (A) appears and shows that the G3 is searching for GPS signal.



Polar Rs800 Manual

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