Appendix B

Polar Vantage NV™ System
POLAR VANTAGE NV™ HEART RATE MONITOR

The Polar Vantage NV™ Heart Rate Monitor offers the following features:

Watch Functions

- watch with alarm clock, calendar and weekday indicator
- 12/24 h display
- stopwatch with split / lap time counter
- alternate displays in measurement mode (total exercising time or time of day)

Heart Rate Monitoring Functions

- wireless heart rate monitoring with ECG accurate continuous measurement
- coded, digital and disturbance tolerant transmission of heart rate
- two freely programmable target zones
- visual and audible alarm for each target zone limit
- time spent above, within and below each target zone
- with each lap / split time corresponding heart rate information
- two programmable, alternating timers
- average heart rate for each lap
- maximum, average and minimum heart rate of the total exercise period
- recovery heart rate / recovery time after each lap
- freely programmable training thresholds
- time below lower training threshold, between lower and upper training thresholds and above upper training threshold
- graphic and numeric display of relaxation rate
- two ranges of heart rate reception distance

Recording Functions

- ability to record up to 134 hours of performance information with unlimited number of files
- complete file identification system (date, time of day, number of file)
- automatic recording ability with RR (beat to beat) -intervals and every 5, 15, 60 seconds
- ability to use the Polar Vantage NV receiver as a stopwatch with manual heart rate recording
- ability to let the oldest file be replaced by a new one during recording
- an indicator for the amount of free memory shows up on display each time when starting a new recording

Other Functions

- electroluminescent backlight
• ability to activate the backlight and to check time of day / split time, heart rate limits in use and the transmission code while exercising
• ability to transmit / receive both analog and digital heart rate signal
• ability to recall the memory file by file on receiver display

Data Transfer and Other Function with Optional Interface
• ability to download performance data into a computer for detailed analysis
• ability to upload settings for watch and HRM functions from PC
• ability to show user's ID on the display of the receiver

The Following Procedures were Used in Donning the Chest Transmitters and Wristwatch Receivers.

1 apply the water or conduction gel to the coded transmitter,
2 adjust the elastic strap so that the transmitter is firmly applied around the subject's chest with the POLAR logo located on the front of the watch up
3 adjust the strap and make it best fit,
4 wear the wristwatch receiver.