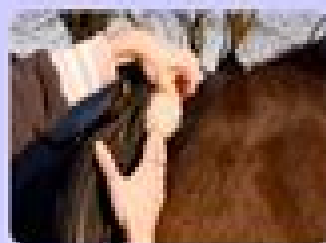


2. How to attach the T56H transmitter on the horse

First of all, identify the 2 electrode pads on each side of the transmitter. The electrode with veins on the back is the positive electrode and typically the other electrode is the negative electrode. In the middle you'll find the HeartRate transmitter probe.

The transmitter pads up tiny small electrical impulses emitted by the heart and for the transmitter to read the heart rate properly, we need to ensure a good contact to the horse's skin. Make sure you use the electrode properly, the integrated sponge will keep up some moisture, but you still need to use to horse's coat, especially as your horse is not yet sweating. If your horse has a thick winter coat, you can shave the spot where you will place the electrode, this will greatly improve the heart rate signal quality.



Make the transmitter sit on the left or right side of the withers under the horse's arm. Ensure that the electrode is flat against the horse's skin. The rider's weight will keep the electrode in place.

Attach the transmitter to the saddle belt and use the rubber strap.

Attach the transmitter to the saddle belt and use the rubber strap.

Attach the negative electrode to the girth using a rubber strap and tighten the girth. If you are riding with a loose girth, you might want to place a sponge between the negative electrode to ensure contact with the skin.



Using contact gel on the skin surface of the Polar transmitter is highly recommended. It ensures a better detection of the horse's heart rate.

The Electrolyte gel and ultra-fine electrode pads ensure a better conductivity. Non-fluorine formula will not break down or irritate after lengthy contact.

Here is an example of conductive gel recommended by the biggest electrode manufacturers, to be used on multifunctional electrodes.



Frequently Asked Questions

The Heart Rate Seems to be Wrong?

- Make sure that the positions of the electrodes are correct.
- Make sure that the horse's coat under the electrodes is thoroughly moistened.
- Accumulated sweat and dirt may interfere with the measurement of the signal from the heart to the transmitter. Check if the electrodes need cleaning.
- Make sure that the transmitter is firmly attached to the electrode pad.
- In some cases, get about 120 beats a minute pulse can occur at each heartbeat (N x T waves). This problem disappears when the intensity increases.

- If not of use can cause irritation of the electrodes. Wash the electrodes with water and soap solution, and then dry them carefully after each use. If you use the silver-colored flares on the electrode facing, your sports electrode set needs to be replaced. Ask your retailer for part # 90007161 Polar Electro Electrodes for Bluetooth transmitter.

The Watch Receiver Display is Blank or Fading?

- Have the battery (checked) by the appointed Polar Distributors - Polar authorized service center.

Care and Maintenance of the Transmitter

- The Polar Equine T56H transmitter is active only when the electrodes are in contact with the horse's coat and the transmitter attached to the electrode set.
- Sweat and moisture can leave the electrodes wet and the transmitter activated, which empties the battery life. Therefore, clean the electrodes and let them dry after use and **detach the transmitter from the electrode set.**
- Make sure that the electrodes (conductors) are not in contact.

- Get on the electrodes ensure the contact between a horse's body and the electrodes. To ensure good operation, wash the electrodes regularly with a mild soap and water solution. **However, never use alcohol or any chemicals such as steel wool or polishing chemicals.** They will cause permanent damage to the electrodes.
- The material used for electrodes and straps is very soft and comfortable. Use care of these parts to prevent any damage. Electrodes should be replaced by an authorized Polar service personnel.
- For details, contact your dealer or distributor.

3. Starting training

You are now ready to start. Starting from the time display, press ON twice.



The stopwatch starts, a heart symbol appears and the heart rate is displayed in the bottom of the screen. From now on, the P56000H is recording your exercise.

Each display shows 3 rows of data and is named after the bottom row.



To check the data you are most interested in, change display by pressing **UP** or **DOWN**. All different displays are set by default but can be set manually - see user manual.

You can also scroll on a data to make it larger on the display.



Press and hold **UP** for 2 seconds to scroll in the data of the top row, or **DOWN** for 2 seconds to scroll in the data of the bottom row. Press and hold the same button for 2 seconds to scroll out.

To stop the exercise, press **STOP** twice. The P56000H returns to time display.



All the data has been recorded and can be reviewed in the list. To access the list, press **UP** once from time display and then validate by pressing **OK**.

For more detailed information on how the P56000H 161 Equine works, please check the user manual included in the box.

For more tips of use, training advice and more information on Polar Equine products, visit www.polar-equine.com

For more information on Polar products, visit www.polar.fi

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Polar G3 Manual

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Rapp, Anny A. Cazenave, R.S. Nerem, 2012-12-06 In July 1995 the XXI General Assembly of the International Union of Geodesy
and Geophysics was held in Boulder Colorado At this meeting the International Association of Geodesy IAG organized a
number of symposia to discuss scientific developments and future directions in a number of areas One of these symposia was
G3 Global Gravity Field and Its Temporal Variations This symposium consisted of four invited and 36 contributed papers The
contributed papers were given as oral or poster presentations This proceedings volume represents the written contributions
of the four invited papers appearing as the first four papers in the volume and 19 additional papers The authors were asked
to limit the length of their paper to approximately ten pages which in some cases did limit what an author wanted to say The
papers in this volume have been placed in the same order as they were presented at the ruGG meeting A key theme of the
symposium is given in the paper by Nerem Klosko and Pavlis where they discuss applications of gravity field information in
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