

# 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 **START** 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 **START** 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.

- Time display (GPH/G2)
- Time
- Date (day/month/year or month/day/year)
- Units (kilometers or miles)
- Weight of the rider
- Height of the rider
- Weight (kilograms/pounds or month/day/year) of the rider
- Sex of the rider

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).

Put it enough strap on your arm (see in image 5).

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 reset) 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.



# Manual Polar Gps G3

**Michael Brown**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Manual Polar Gps G3:**

Manual Polar Gps G3: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. Manual Polar Gps G3 : Colleen Hoover "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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