

TRANSFERRING YOUR NEW LEAF INFORMATION from your Polar device to eNewLeaf.com

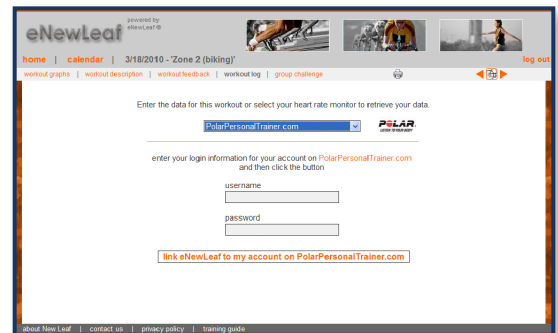
The eNewLeaf workout log feature is compatible with the Polar Personal Trainer and .HRM file uploads. If your monitor communicates with the Polar Personal Trainer website, the data can be transferred to eNewLeaf.com. For devices that are compatible with Polar ProTrainer 5, the user is able to upload data via .HRM file.

UPLOADING DATA USING POLAR PERSONAL TRAINER

Registering your Polar Personal Trainer account (one time only)

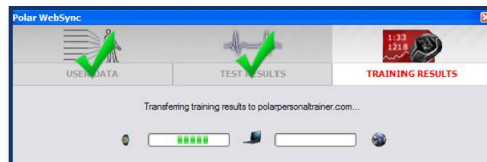
1. Create an account.
 - Log onto www.polarpersonaltrainer.com and select register
 - NOTE: you will want to ensure your New Leaf heart rate zones are correctly entered into your watch
2. Log onto eNewLeaf.com and select a workout from your calendar.
3. Select workout log.
4. Select Polar Personal Trainer.com from the drop down menu.
5. Enter your login information from your Polar Personal Trainer and select “link eNewLeaf to my account”.

NOTE: You will get a message that says “no workouts are available” because this is the first time you’ve accessed eNewLeaf since registering the account.



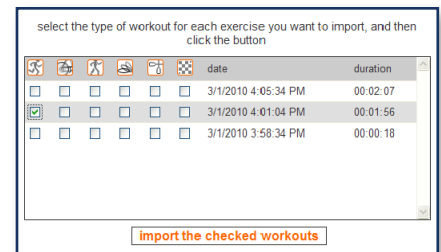
Logging Workout Data to eNewLeaf from your Polar device

1. Perform a workout using your Polar device.
2. Once you are finished with your workout, place the heart rate device on the web link and transfer the data to Polar Personal Trainer (for more information on transferring data, please refer to www.polarpersonaltrainer.com).



NOTE: While the data is transferring to Polar Personal Trainer, you will be prompted with a similar message.

3. Log onto eNewLeaf.com and select the workout you wish to log.
4. Select workout log and choose Polar Personal Trainer from the drop down menu.
5. Choose the workout you wish to upload, indicate type of workout, and select import the checked workouts.
6. Polar Personal Trainer will give data on duration, max heart rate, and average heart rate. If New Leaf zones are entered into the watch, time in zones will be graphed.



New Leaf
350 Oak Grove Parkway
St. Paul, MN 55127-8599
USA
Tel: 888.826.2751
+651.484.4874
Fax: +651.484.8941

www.newleaffitness.com

© 2010 Angeion Corporation

Product specifications subject to change without notice.

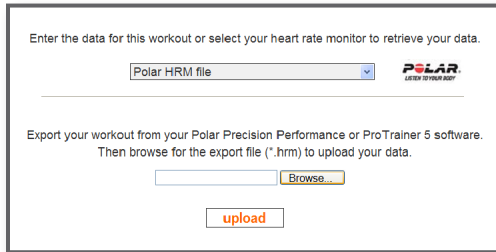
NL10-1058 Rev.A

For more information visit our web site at www.newleaffitness.com

UPLOADING DATA USING .HRM FILES

Downloading Polar ProTrainer 5

1. Create an account.
 - Download software at www.polar.fi/en/products/training_software
2. Perform a workout using your Polar device and download data to Polar ProTrainer 5.
3. Log onto eNewLeaf.com and select the workout you wish to log.
4. Select workout log and choose Polar HRM file.
5. Select Browse to search for the .HRM file. Select the file and click upload.



Note: Typically your .hrm files are saved under
C:\Program Files\Polar\Polar ProTrainer*(your name)*.

Refer to the following for additional information on Polar Personal Trainer or Polar ProTrainer 5.

www.polar.fi/en/products/training_software/polar_protrainer_5
www.polarpersonaltrainer.com/
www.polar.fi/en

For more information visit our web site at www.newleaffitness.com