



E40 Heart Rate Monitor

THE ABC'S OF HEART RATE READING

Designed for use with younger children, the Polar E40 features a simple, two-button operation to record and recall heart rate data. Its ease-of-use enables teachers to introduce heart rate concepts as early as elementary PE and to begin teaching the idea of lifetime wellness.

Worn daily during PE activities, the E40 safely motivates students while providing instant feedback on their exercise intensity. The E40's calorie counting capability gives teachers another tool to compare the intensity levels of various activities.

FEATURES

E40

Continuous heart rate (%/bpm)	•
Coded transmission: T31c transmitter	•
Programmable target zone with audio/visual alarm	•
Calorie counting	•
UpLink™	•
File storage	1 File
Total exercise time	•
Time spent in target zone	•
Average heart rate of exercise	•
Fitness bullets (at 10 minutes in target zone)	•
Water resistant	50m



TEACH THEM HEALTHY HABITS FOR LIFE

E40 HIGHLIGHTS

SIMPLIFIED OPERATION

Two buttons make it easy for students to use

CODED TRANSMISSION

The T31c transmitter codes heart rate signals to minimize interference from nearby students, treadmills and other motorized equipment

CALORIE COUNTER

Measures and compares energy expenditure by activity

UPLINK™

Quickly and easily sets target heart rate zones using E40 software

AUDIO/VISUAL ALARMS

Alert students when they are not exercising in their target zone

“Polar heart rate monitors provide students with realistic and immediate feedback. Plus, the monitors help them exercise correctly.”

Ted Nagengast,
Physical Educator,
Bay Shore Middle School,
New York

CONTACT INFORMATION

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