




Intensity Tracking with the Dr. Dish

Using Polar powered heart rate monitoring



Option A: Player wears heart rate strap during a workout with the Dish. The Dr. Dish will track the players heart rate and shooting stats. This information can then be sent to the cloud.

Option B: Player wears heart rate strap and selects  The Dr. Dish will speed up and slow down the tempo to keep heart rate in the zone selected.

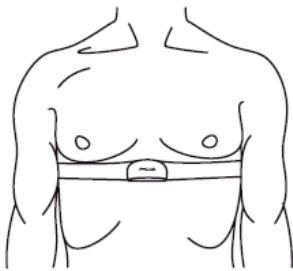
Option C: Player wears heart rate strap and select advanced workout number 3 (heart rate based on location) The location range at which Dr. Dish will shoot at will change based on the users heart rate.



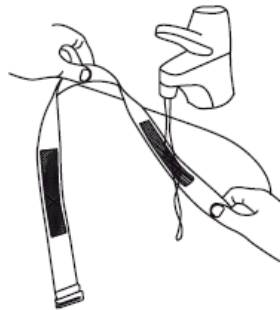
Note: When not in use. Keep the transmitter unbuttoned from the strap to conserve battery life.

**Before beginning any exercise program, consult your physician.
(see Dr. Dish user manual for more information)

Using the Polar heart rate Transmitter and strap



The heart rate sensor is worn around your chest, just below chest muscles



Apply water to the strap to ensure a good connection between skin and electrodes



Attach the transmitter to the strap.



Attach the hook to the end of the strap. Adjust the strap length to fit tightly, but comfortably around your chest.

Maintenance and care

Like any electronic device, the heart rate sensor should be treated with care. Follow the below instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor. Straps are available as accessory when yours gets worn out.

1. Rinse the strap under running water after every use. Wash the strap regularly in a washing machine at 40°C/104°F or at least after every fifth use. Use a washing pouch. Do not soak, spin-dry, iron, dry clean, or bleach the strap. Do not use detergent with bleach or fabric softener.

2. Dry and store the strap and connector separately to maximize the heart rate sensor battery lifetime. Wash the strap before long-term storage.

**Before beginning any exercise program, consult your physician.
(see Dr. Dish user manual for more information)

Finding Max Heart Rate

To calculate your heart rate beats per minute (BPM): Take your maximum heart rate times the percentage of intensity. (or see table below)

To find maximum heart rate: Take 220 minus your age.

(Ex. 220 - age 18 = 202 max HR)

Workout Intensity Quick Reference guide

For general guideline only

Age	Estimated Max HR BPM	60%	65%	70%	75%	80%	85%	90%
*14	206	124	134	144	155	165	175	185
*15	205	123	133	144	154	164	174	185
*16	204	122	133	143	153	163	173	184
*17	203	122	132	142	152	162	173	183
18	202	121	131	141	152	162	172	182
19	201	121	131	141	151	161	171	181
20	200	120	130	140	150	160	170	180
21	199	119	129	139	149	159	169	179
22	198	119	129	139	149	158	168	178
23	197	118	128	138	148	158	167	177
24	196	118	127	137	147	157	167	176
25	195	117	127	137	146	156	166	176
26	194	116	126	136	146	155	165	175
27	193	116	125	135	145	154	164	174
28	192	115	125	134	144	154	163	173
29	191	115	124	134	143	153	162	172
30	190	114	124	133	143	152	162	171
31	189	113	123	132	142	151	161	170
32	188	113	122	132	141	150	160	169
33	187	112	122	131	140	150	159	168
34	186	112	121	130	140	149	158	167
35	185	111	120	130	139	148	157	167
36	184	110	120	129	138	147	156	166
37	183	110	119	128	137	146	156	165
38	182	109	118	127	137	146	155	164
39	181	109	118	127	136	145	154	163
40	180	108	117	126	135	144	153	162

*Users under 18 years of age, should be supervised by an adult.

Game like training zones

Training Zone	HR BPM
Extreme 90% +	190-200
	180-190
Game Like 75%-90%	170-180
	160-170 150-160
Endurance 60%-75%	140-150
	130-140 120-130
Recovery 45%-60%	110-120
	100-110 90-100
Light	80-90
	70-80
	60-70

General guideline for Players age 14-25



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