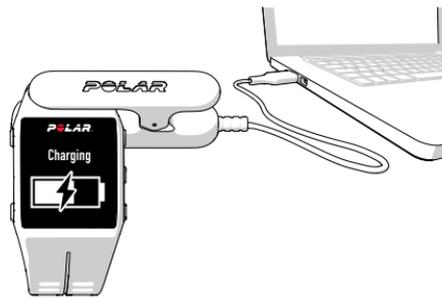


Set up your V800

1. Go to flow.polar.com/start and download the Polar FlowSync software, which you need to connect your V800 to the Flow web service.
2. Open the installation package and follow the on-screen instructions for installing the software.
3. Once the installation is complete, FlowSync opens automatically and asks you to connect your Polar product.
4. Plug your V800 into your computer's USB port with the USB cable. The V800 will then wake up and start charging. Let your computer install any suggested USB drivers.



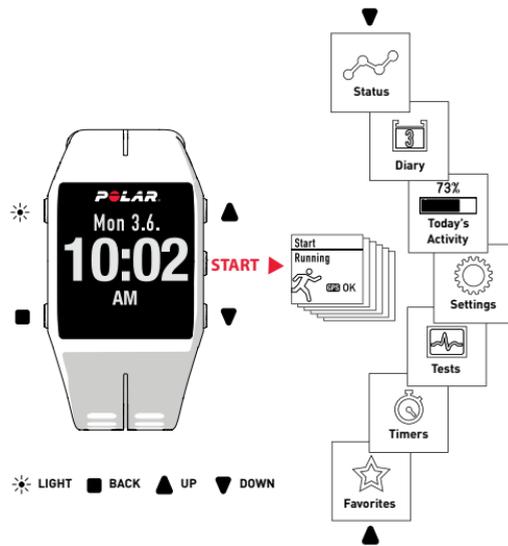
V800 wakes up when you plug it to a computer or a USB charger. If the battery is completely empty, it takes a couple of minutes for the charging animation to appear.

5. The Flow web service will be opened automatically on your internet browser. Create a Polar account or sign in if you already have one. Fill in your physical details to get personal guidance and an accurate interpretation of your training sessions.
6. If there is a firmware update available for your V800, we recommend you install it at this stage.

You're ready to go. Have fun!

Get to know your V800

Browse through the menu by pressing UP or DOWN. Confirm selections with the START button, and return, pause and stop with the BACK button.



USEFUL TIPS

- Change the watch face by pressing and holding UP
- Lock buttons in time view by pressing and holding LIGHT
- Enter Quick menu in training view by pressing and holding LIGHT
- Start sync with Flow app in time view by pressing and holding BACK (when paired)

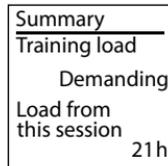
Learn more about your V800 from the full-length user manual and tutorial videos at support.polar.com/en/support/V800.

Key features

Polar V800 offers a host of unique features to help you train better. Here you can find a summary of the most important ones.

TRAINING LOAD *

Shows you how your training affects your body and helps you compare the load of different workouts. Continuous monitoring of training load will help you recognize your personal limits and adjust your training intensity and duration according to your targets.

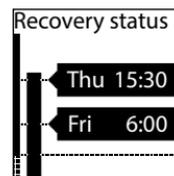


RECOVERY STATUS *

Although you love to train, you need to rest as well. To improve, you need to find the right balance between training and recovery. Recovery status helps you know when you have recovered enough to train again.

VERY STRAINED

You've been training hard lately. Resting is recommended before your next heavy training period.



STRAINED

You haven't fully recovered from your previous training.

BALANCED

Your training load is on your typical level. Your training and resting is in balance.

UNDERTRAINED

Lately you've been exercising less than normally.

TRACK YOUR DAILY ACTIVITY

Wear your Polar V800 24/7 and it will give you a reliable recovery status based on all your daily activity. It tracks every movement with its integrated activity tracker. It also tracks your sleep, and tells you how much of it was restful sleep.

* Most accurate with heart rate measurement

ORTHOSTATIC TEST **

Allows you to optimize your training and avoid overtraining by showing how your heart rate responds to exercise and other factors such as stress and illness. The test shows your heart rate during rest, active standing up and standing, and compares it with the average of your previous test results. By repeating the test regularly, you'll notice if there are any untypical heart rate responses.

JUMP TEST ***

Helps you estimate your leg muscular strength and power output, as well as neuromuscular fatigue. You can do three different types of jump tests: squat, countermovement and continuous.

BACK TO START

Guides you back to the starting point of your session, or any saved POI (point-of-interest).

ROUTE GUIDANCE

Sync your favorite routes from the Polar Flow web service to your V800, and it'll guide you along the way to explore new paths.

SWIMMING METRICS

Easily track your swimming performance with automatic detection of your swimming style, distance, pace, strokes and rest times. Analyze each swim, and follow your performance and progress in the long run. In addition, with the help of the SWOLF score you can improve your swimming technique. All swimming metrics can be measured with pool swimming and swimming sport profiles. Open water swimming supports distance and strokes.

** Polar **Bluetooth®** Smart heart rate sensor required

*** Polar Stride Sensor **Bluetooth®** Smart required

Polar Flow

Polar V800 is a great training device by itself, but you'll get even more out of it when you use it together with the Polar Flow web service and mobile app.

MOBILE APP WITH SMART NOTIFICATIONS

With the Polar Flow mobile app you can view your training data at a glance. The app syncs the data wirelessly from your V800 to the Polar Flow web service. Get it on the App StoreSM or Google PlayTM.

The smart notifications feature allows you to get alerts about incoming calls, messages and notifications from your smartphone onto your V800. To receive notifications, pair your V800 with Flow app. This feature is set off by default. Set it on from your V800 settings or from Flow app.

WEB SERVICE

Set targets and get guidance to achieve them. Get detailed analysis of your results and share your achievements with your friends. Find all this and more at polar.com/flow.



Heart rate sensor

Wear the comfortable strap and connector around your chest to get accurate heart rate in real time on your V800.

* If you bought your V800 without a heart rate sensor, don't worry, you can buy one at any time.

1. Moisten the electrode area of the strap.
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector.



Before your first training session, you need to **pair the heart rate sensor with your V800**. Wear your heart rate sensor and press START. Then wait for the sensor pairing request and choose Yes.

You can also pair a new sensor in **Settings > General settings> Pair and sync > Pair other device**.

After training, detach the heart rate sensor connector and rinse the strap under running water to keep it clean.

Changing Heart Rate Sensor Battery

1.  1. Lever the battery cover open by using a small flat-headed tool. (picture 1).
2.  2. Remove the old battery from the battery cover.
3. Insert the new battery (CR2025) inside the cover with the negative (-) side outwards.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place (picture 2). You should hear a snap.

For more detailed instructions, see the full user manual at support.polar.com.

 Danger of explosion if the battery is replaced with wrong type.

Training with your V800

1. Press START and choose your sport.

Go outdoors and away from tall buildings and trees to catch the GPS satellite signals. Keep your V800 still with the display facing upwards until it finds the GPS satellite signal. When the signal is found, OK is displayed.

2. Press START again when you're ready to go.

 Choose the information you want to see during your sessions in sport profiles in the Polar Flow web service.

DURING TRAINING

In addition to heart rate, your V800 measures comprehensive data such as training time, calories, speed, distance, location and altitude.

Take a lap: Press START during a session.

Lock a zone: To lock/unlock the heart rate zone you are currently in, press and hold START. If your heart rate goes outside the locked zone, you will be notified with audio feedback.

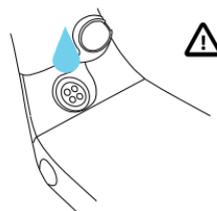
Change Settings in Quick Menu: Press and hold LIGHT to open the Quick menu. You can change certain settings without pausing the training recording.

PAUSE AND STOP TRAINING

Press BACK to pause your training session. To continue training, press START. To stop the session, press and hold BACK when paused until Recording ended is displayed.

After training

Keep the USB port clean to effectively protect your V800 from oxidation and other possible damage caused by salt water (e.g. sweat or sea water and dirt). This way you'll ensure smooth charging and syncing. **To keep the USB port clean, rinse it with lukewarm tap water after each training session.** The USB port is water resistant and you can rinse it under running water without damaging the electronic components.



 **Do not charge the V800 when the USB port is wet or sweaty.**

Technical specification

V800

BATTERY TYPE	350 MAH LI-POL RECHARGEABLE BATTERY
OPERATING TIME	13 H WITH NORMAL GPS RECORDING/ 50 H WITH GPS POWER SAVE MODE
OPERATING TEMPERATURE	-10 °C TO +50 °C / 14 °F TO 122 °F
WATER RESISTANCE	30 M
TRAINING COMPUTER MATERIALS	ABS + GF, PC/ABS PLASTIC ALLOY, ALUMINUM ALLOY, STAINLESS STEEL, GORILLA GLASS WINDOW
WRIST STRAP AND BUCKLE MATERIALS	THERMOPLASTIC POLYURETHANE, STAINLESS STEEL, ALUMINUM ALLOY

HEART RATE SENSOR

BATTERY TYPE	CR2025
BATTERY SEALING RING	O-RING 20.0 X 1.0 MATERIAL FPM
OPERATING TEMPERATURE	-10 °C TO +50 °C / 14 °F TO 122 °F
WATER RESISTANCE	30 M
CONNECTOR MATERIAL	POLYAMIDE
STRAP MATERIAL	38% POLYAMIDE, 29% POLYURETHANE, 20% ELASTANE, 13% POLYESTER

Uses **Bluetooth®** Smart wireless technology and GymLink transmission.

Customize with accessories

Enhance your training experience and achieve a more complete understanding of your performance with these **Bluetooth®** Smart accessories:

POLAR STRIDE SENSOR BLUETOOTH® SMART

Measures your running speed/pace, distance, running cadence and stride length, and enables you to do the Jump test.

POLAR SPEED SENSOR BLUETOOTH® SMART

Measures distance and your real-time, average and maximum cycling speed/pace. Useful for indoor cycling.

POLAR CADENCE SENSOR BLUETOOTH® SMART

Measures your real-time, average and maximum cycling cadence as revolutions per minute.

POLAR LOOK KÉO POWER WITH BLUETOOTH® SMART

Measures accurate actual, average and maximum power output in watts, as well as left/right balance, current and average cadence.

Stay tuned with Polar

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POLAR V800
GPS SPORTS WATCH

Getting Started Guide

Setup at flow.polar.com/start

English