**TRAIN**

**WEAR THE HEART RATE SENSOR**
1. Wear the electrode side of the strap against your skin. 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.

**PAIR THE HEART RATE SENSOR**
Before your first training session, you need to pair the heart rate sensor with your A300. Wear your heart rate sensor, press START and touch the sensor with your A300.

**START AND STOP TRAINING**
Press START and choose your sport*. Press START again when you’re ready to go. Press BACK to pause your training session. To continue training, press START. To stop the session, press and hold BACK for three seconds when paused until Stop recording is displayed.

* You can download more sports from the Flow web service.

**IT'S MUCH MORE**
Your A300 guides you towards a more active and healthier life. But together with Polar Flow web service and mobile app it helps you to understand how your choices and habits affect your well-being.

**POLAR H7 HEART RATE SENSOR**
- Wear the comfortable heart rate sensor with your A300 and get more out of your daily sports. The heart rate sensor detects your heart rate also when swimming.
- * If you bought your A300 without a heart rate sensor, not to worry, you can buy one at any time.

**POLAR FLOW WEB SERVICE**
Follow your achievements, get guidance and see detailed analysis of your activity and training results. Find all this and more at polar.com/flow.

**POLAR FLOW APP**
View your activity and training data at a glance. The app syncs the data wirelessly from your A300 to the Polar Flow web service. Get it on the App Store® or Google Play™.

**SMART NOTIFICATIONS**
Get alerts about incoming calls, messages, calendar events and app notifications from your phone onto your A300. Pair your A300 with Flow app. Go to A300 > Bluetooth > Notifications and define the notification settings for each app on your phone. See support.polar.com/en/A300 for more details.

**TECHNICAL SPECIFICATION**

**A300**

| Battery type | 68 mAh Li-pol battery |
| Water resistance | 30 m |
| Materials | Wristband: silicone, stainless steel; Device: acrylonitrile butadiene styrene, glass fiber, polycarbonate, stainless steel, polymethylmethacrylate |

**POLAR H7 HEART RATE SENSOR**
- Battery type: CR2025
- Battery sealing ring: O-ring 20.0 x 0.90 Material: Silicone
- Water resistance: 30 m
- Connector material: Acrylonitrile butadiene styrene
- Strap material: 38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

**BATTERY REPLACEMENT**
To change the heart rate sensor battery:
1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR 2025) inside the cover with the positive (+) side against the cover.
3. Make sure the sealing ring is in the groove to ensure water resistance.
4. Press the cover back into the connector by turning it clockwise to CLOSE.

* If you bought your A300 without a heart rate sensor, not to worry, you can buy one at any time.

**FIND PRODUCT SUPPORT**

**STAY TUNED WITH POLAR**

- [facebook.com/polarglobal](http://facebook.com/polarglobal)
- [youtube.com/polar](http://youtube.com/polar)
- [twitter.com/polarglobal](http://twitter.com/polarglobal)
- [instagram.com/polar](http://instagram.com/polar)

**Polar A300 GETTING STARTED GUIDE**

Set up at flow.polar.com/start

**Support**

support.polar.com/en/A300
GET TO KNOW YOUR A300

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

TRACK YOUR ACTIVITY

- As soon as you set up your A300, it automatically starts to track your activity 24/7.

You'll get a personal daily activity goal, and be able to track your progress towards the goal by filling up the activity bar. View the activity bar easily in time view.

In Activity menu you can see in more detail how active your day has been so far and get guidance on how to reach your goal.

You can view your activity data in detail on Flow app or Flow web service. There you can get details about your physical activity and the health benefits that come with it.

The A300 counts the steps you have taken and tells the distance covered.

It shows calories you have burned.

It is your personal motivator reminding you to move when you've been still for too long.

You can download the full-length user manual and the latest version of this guide at support.polar.com/en/A300. There you can also find some great video tutorials to check out.

Please do the setup in the Polar Flow web service as follows:

1. Go to flow.polar.com/start and install the FlowSync software.
2. Detach the wristband as described in chapter Wristband.
3. Plug your A300 into your computer either directly (A) or with the USB cable (B) for setup and charging the battery.
4. Then we'll walk you through setting up your A300 in the Polar Flow web service and personalizing your A300.

To get the most accurate and personalized activity and training data, it’s important that you’re precise with the physical settings when signing up for the web service.

When signing up, you can select a language and get the latest firmware for your A300.

After the setup is done, you’re ready to go. Have fun!

YOUR A300 IS IN STORAGE MODE and it wakes up when you plug it into a computer for setup. If the battery is completely empty, it may take a few minutes for your A100 to wake up.

LEARN MORE ABOUT YOUR A300

You can download the full-length user manual and the latest version of this guide at support.polar.com/en/A300. There you can also find some great video tutorials to check out.

Wristband

The USB connection of your A300 is in the device inside the wristband. You need to detach the wristband for setting up your A300 with a computer, charging the battery and changing the wristband.

1. Bend the wristband from the buckle side to detach it from the device.
2. Hold the wristband from the buckle side. Pass the wristband over the buttons first from one side and then from the other side. Stretch the wristband only when necessary.
3. Pull the device from the wristband.

To attach the wristband, perform the steps in the reverse order.

Useful Tips

- Change the watch face by pressing and holding UP.
- Lock buttons by pressing and holding LIGHT.
- Sync data to the Polar Flow app by pressing and holding BACK.
- Bring your A300 close to your heart rate sensor to see the time of day during training.

Wristband

Bend the wristband from the 1. buckle side to detach it from the device.

Hold the wristband from the 2. buckle side. Pass the wristband over the buttons first from one side and then from the other side. Stretch the wristband only when necessary.

Pull the device from the 3. wristband.

You can download the full-length user manual and the latest version of this guide at support.polar.com/en/A300. There you can also find some great video tutorials to check out.

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The A300 counts the steps you have taken and tells the distance covered.

It shows calories you have burned.

Wear it while you sleep and it detects your sleep time and quality. Check the sleep info from the Flow app or Flow web service.

It is your personal motivator reminding you to move when you’ve been still for too long.

As soon as you set up your A300, it automatically starts to track your activity 24/7.

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