Train
Your A360 measures heart rate from the wrist. To get accurate heart rate readings, you need to wear the bracelet snugly on top of your wrist, just behind the wrist bone. The sensor must be close to your skin, but the wristband should not be too tight either.

Nice and tight
Too loose

After training
Keep the USB port clean to effectively protect your A360 from oxidation and other possible damage caused by salt water (e.g. seawater or sea water) and dirt. This way you'll ensure smooth charging and syncing.

After swimming in seawater or heavy sweating, rinse the USB port under running water and let the USB port dry by leaving the cover open until it's properly dry.

Do not plug in the A360 (for a charge or sync) when the USB port is wet or sweaty. Charging a wet device damages the USB port, so don't connect it even to your computer for a sync when it's not dried up yet.

Find product support
polar.com/support/A360

Technical specification
A360
BATTERY TYPE 100 MAH LI-PO BATTERY
HEART RATE SENSOR INTERNAL OPTICAL
OPERATING TIME UP TO 12 DAYS WITH 24/7 ACTIVITY TRACKING AND 1H/DAY TRAINING WITHOUT SMART NOTIFICATIONS ON
WATER RESISTANCE 30 M
MATERIALS WRISTBAND: SILICONE, STAINLESS STEEL, POLYBUTYLENE TEREPTHALATE, GLASS FIBER; DEVICE: THERMOPLASTIC POLYURETHANE, ACRYLONITRILE BUTADIENE STYRENE, GLASS FIBER, POLYCARBONATE, STAINLESS STEEL, GLASS

Learn more about your A360
You can download the full-length user manual and the latest version of this guide at polar.com/support/A360. There you can also find some great video tutorials to check out.

Stay tuned with Polar
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polar.com/support/A360

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Getting Started Guide
You can download the full-length user manual and the latest version of this guide at polar.com/support/A360. There you can also find some great video tutorials to check out.
3. When you open the Flow app it recognizes your new A360 nearby and prompts you to start pairing it. Accept the pairing request and enter the Bluetooth pairing code from your A360 to the Flow app.

4. Then create an account or sign in if you already have a Polar account. We’ll walk you through the sign-up and setup within the app. Tap *Save and sync* when you’ve defined all the settings. Your personalized settings will now be transferred to the bracelet.

To get the most accurate and personal activity and training data, it’s important that you’re precise with the settings. Please notice your A360 may get the latest firmware update during the wireless setup, and depending on your connection it may take up to 10 minutes to complete.

5. A360 display will open to the time view once the synchronization is done. You’re ready to go, have fun!

### Set up and charge your A360

Your new A360 is in storage mode and it wakes up when you plug it into a computer or a USB charger. If the battery is completely empty, it may take a few minutes for your A360 to wake up.

**Choose one option for setup:** computer or compatible mobile device.

**Option A: Set up with your computer**

1. Go to [flow.polar.com/start](flow.polar.com/start) and install the FlowSync software to your computer.
2. Push down the top part (A) of the USB cover inside the bracelet to access the micro USB port and plug in the supplied USB cable (B). Plug the other end of the cable into the USB port of your computer (C) for setup and charging the battery.

**Option B: Set up with Polar Flow app using your mobile device**

Polar A360 connects to the Polar Flow mobile app wirelessly via Bluetooth, so remember to have it turned on in your mobile device.

1. To make sure there’s enough charge in your A360 before you start the mobile setup, just plug the USB cable in a powered USB port or a USB charger.
2. Go to the App Store or Google Play and search and download the Polar Flow app. Check the mobile compatibility at [polar.com/support](polar.com/support).
3. When you open the Flow app it recognizes your new A360 nearby and prompts you to start pairing it. Accept the pairing request and enter the Bluetooth pairing code from your A360 to the Flow app.
4. Then create an account or sign in if you already have a Polar account. We’ll walk you through the sign-up and setup within the app. Tap *Save and sync* when you’ve defined all the settings. Your personalized settings will now be transferred to the bracelet.
5. To get the most accurate and personal activity and training data, it’s important that you precise with the settings. Please notice your A360 may get the latest firmware update during the wireless setup, and depending on your connection it may take up to 10 minutes to complete.

6. A360 display will open to the time view once the synchronization is done. You’re ready to go, have fun!

### Get to know your A360

- **Features**
  - As soon as you’ve set up your A360, it automatically starts to track your activity 24/7.
  - You’ll get a personal daily activity goal, and you can see your progress towards the goal in the time view.
  - **My day** menu you can see in more detail how active your day has been so far along with any training sessions you’ve done.
  - The A360 counts the steps you’ve 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.
  - Inactivity alerts remind you when you’ve been still for too long and it’s time to move.
  - You can view and share your activity data on Polar Flow app or Flow web service. There you can get details about your physical activity and health benefits that come with it.
  - Get notifications about incoming calls, messages and calendar events from your phone on your A360. You can activate the Smart Notifications feature in the Polar Flow mobile app.

- **Set up and charge your A360**

1. Plug the other end of the cable into the USB port of your computer for setup and charging the battery (C).
2. Go to the App Store or Google Play and search and download the Polar Flow app. Check the mobile compatibility at [polar.com/support](polar.com/support).
3. Go to the App Store or Google Play and search and download the Polar Flow app. Check the mobile compatibility at [polar.com/support](polar.com/support).
4. Tap and hold the display in time view and swipe up or down.
5. Press and hold the button in time view to initiate Polar Flow app sync and pair an accessory device.
6. Press and hold the button a bit longer to switch to flight mode or turn the device off.

### Get notifications about incoming calls, messages and calendar events from your phone on your A360. You can activate the Smart Notifications feature in the Polar Flow mobile app.