

## 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

- To start a training session, swipe up or down on the touch screen and choose **Training** and the sport you want to do. You can add and remove sports in the Flow service. The session starts when you tap the sport icon.
- To pause a session, press the button. To stop a session, press and hold the button or tap and hold the stop icon.

Transfer your training data to the Flow service with your computer or mobile device. There you'll see your past training sessions.

Your A360 is also compatible with Polar H7 Bluetooth Smart heart rate sensor with chest strap.

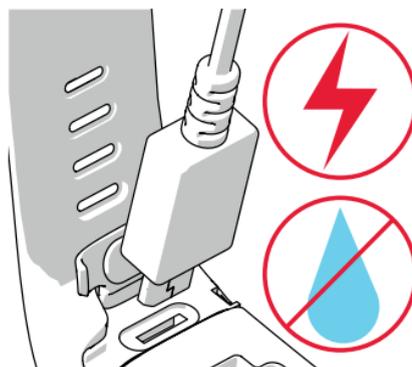
## After training

Keep the USB port clean to effectively protect your A360 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.

After swimming in sea water 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.



## Technical specification

A360	
BATTERY TYPE	100 MAH LI-POL 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 TEREPHTHALATE, GLASS FIBER; DEVICE: THERMOPLASTIC POLYURETHANE ACRYLONITRILE BUTADIENE STYRENE, GLASS FIBER, POLYCARBONATE, STAINLESS STEEL, GLASS

## Find product support



[polar.com/support/A360](http://polar.com/support/A360)

## 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](http://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 A360**  
FITNESS TRACKER  
WITH WRIST-BASED  
HEART RATE

**Getting Started Guide**

English

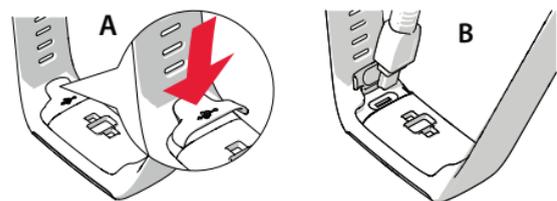
## Set up and charge your A360

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.

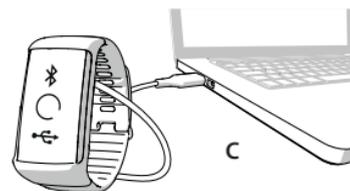
### CHOOSE ONE OPTION FOR SETUP: COMPUTER OR A COMPATIBLE MOBILE DEVICE.

#### OPTION A: SET UP WITH YOUR COMPUTER

1. Go to [flow.polar.com/start](http://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].



3. Plug the other end of the cable into the USB port of your computer for setup and charging the battery [C].



4. Then we'll walk you through signing up for the Polar Flow web service and personalizing your A360.

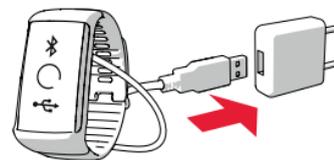
To get the most accurate and personalized activity and training data, it's important that you're precise with the physical settings when signing up for the web service. When signing up, you can choose a language and get the latest firmware for your A360.

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

#### 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<sup>SM</sup> or Google Play<sup>TM</sup> on your mobile device and search and download the Polar Flow app. Check the mobile compatibility at [polar.com/support](http://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.

To get the most accurate and personal activity and training data, it's important that you're precise with the settings.

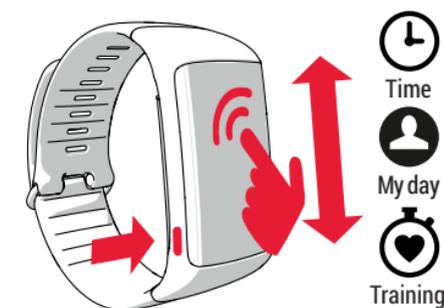
**Please notice your A360 may get the latest firmware update during the wireless setup, and depending on your connection it may take up to 10 minutes to complete.**

5. A360 display will open to the time view once the synchronization is done.

You're ready to go, have fun!

## Get to know your A360

- You can turn on the display by a simple wrist gesture or press the button on the side.
- Browse through the menus by swiping the touch screen up or down.
- Choose menu items by tapping them.
- Press the button to go back in menus.
- To change clock faces tap and hold the display in time view and swipe up or down.
- Press and hold the button in time view to initiate Polar Flow app sync and pair an accessory device
- Press and hold the button a bit longer to switch to flight mode or turn the device off.



## 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.

In **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 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.

-  Inactivity alerts remind you when you've been still for too long and it's time to move.

-  You can view your activity data visualized on 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.