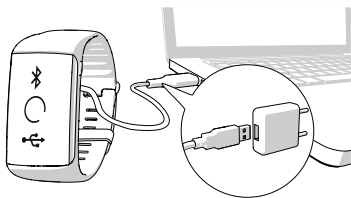


How to get started

You can choose to set up your new Polar A370 either with **(A)** a mobile device or with **(B)** a computer, whichever is the most convenient for you. The A370 is in storage mode, and it wakes up in the setup. To get the most accurate and personal training and activity data, it's important that you're precise with the settings in the setup.

Plug your A370 into a powered USB port or a USB charger with a standard micro USB cable. It may take a few minutes for your A370 to wake up. Let your A370 charge during the setup.



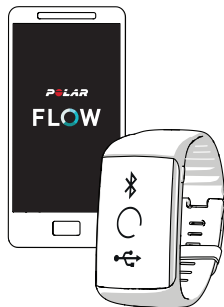
If there is a firmware update available for your A370, we recommend you install it during the setup. It may take up to 10 minutes to complete.

A

SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP

Please note that you have to do the pairing in the Flow app and NOT in your mobile device's Bluetooth settings.

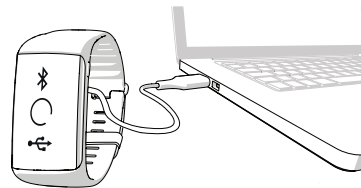
1. Make sure your **mobile device** is connected to the **Internet** and turn on **Bluetooth**.
2. Download the **Polar Flow app** from the App Store or Google Play on your mobile device.
3. Open Flow app on your mobile device.
4. Flow app recognizes your A370 nearby and prompts you to start pairing it. Accept the pairing request and **enter the Bluetooth pairing code shown on the A370 display to Flow app**.
5. **Sign in** with your **Polar account** or create a new one. We'll walk you through the sign-up and setup within the app.
6. When you're done with the settings tap **Save and sync** and your settings are synced to your A370.



B

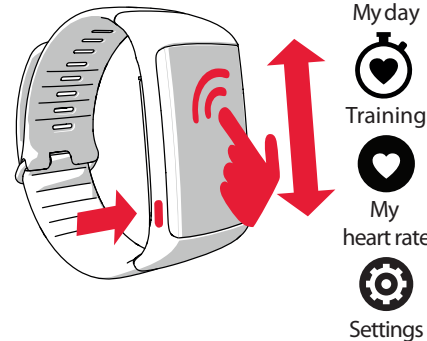
SET UP WITH A COMPUTER

1. Go to **flow.polar.com/start** and install **Polar FlowSync** data transfer software to your computer.
2. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the web service.



Get to know your A370

- You can turn on the display by turning your wrist or pressing 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 on the side 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 until you see **Searching** to initiate Polar Flow app sync and pair an accessory device

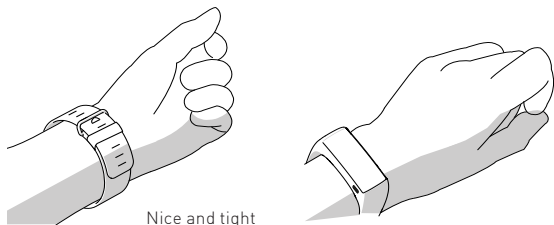


How to wear

A370 continuously measures heart rate from the wrist, in everyday-wear and during exercises. To get accurate heart rate readings, find a comfortable fit for your wrist by following these tips.

In everyday-wear, secure the wrist band on top of your wrist, **behind the wrist bone**. Do NOT place the fitness tracker on top of the wrist bone. The band can be slightly loose as long as the sensor on the back is touching your skin and stays in place when you move.

Tighten the band a little bit when you start a training session, so the sensor will not move when you exercise. The wrist band should not be uncomfortably tight either. Remember to loosen the wrist band after training for a more comfortable fit.



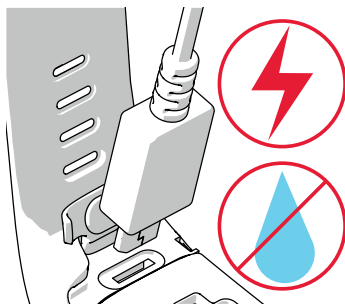
Caring for your A370

Wash the A370 and your wrist daily to avoid any skin irritations. Dry your wrist and the wrist band before you put it back on. Once in a while, take the tracker off and let your skin breathe.

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 A370 (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

BATTERY TYPE	100 MAH LI-POL BATTERY
HEART RATE SENSOR	INTERNAL OPTICAL
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

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**POLAR A370
FITNESS TRACKER
WITH WRIST-BASED
HEART RATE**

Getting Started Guide

Learn more at support.polar.com/en/A370

English