


# **POLAR** loop

ACTIVITY TRACKER

1.

Setup at  
[flow.polar.com/loop](https://flow.polar.com/loop)

Make it fit 

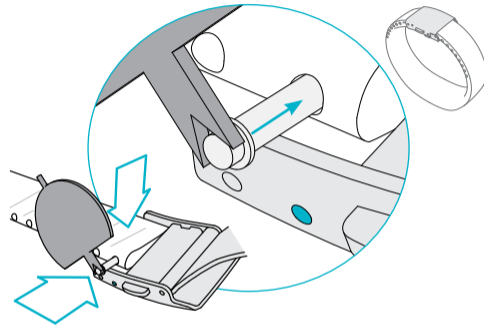
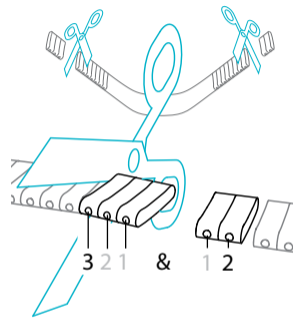
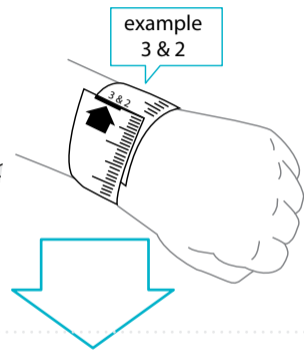
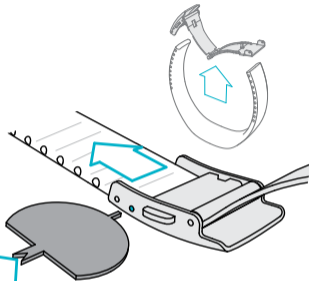
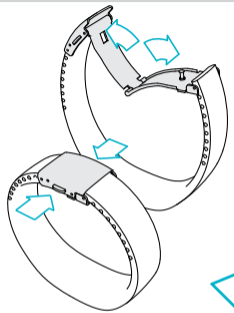
2. OPEN THE BUCKLE

3. DETACH THE BUCKLE FROM BOTH SIDES

4. MEASURE YOUR WRIST SIZE

5. TRIM THE BAND SMOOTHLY FROM BOTH SIDES

6. REATTACH THE BUCKLE



0  
1 & 0  
1 & 1  
2 & 1  
2 & 2  
3 & 2  
3 & 3  
4 & 3  
4 & 4  
5 & 4  
5 & 5  
6 & 5  
6 & 6  
7 & 6  
7 & 7  
8 & 7  
8 & 8  
9 & 8  
9 & 9

YOUR  
WRIST  
SIZE →



Find product support  
[http://www.polar.com/  
en/support/Loop](http://www.polar.com/en/support/Loop)



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12/2013

Model: 0C

