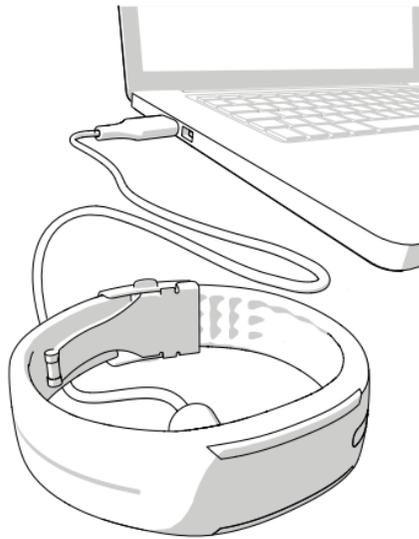


## SET UP YOUR POLAR LOOP 2

To take your Polar Loop 2 activity tracker into use, you need a **computer** with an **Internet connection** to access the Polar Flow web service.

1. Open your internet browser, go to [flow.polar.com/start](http://flow.polar.com/start) and download the FlowSync software. You need FlowSync to setup and sync your activity tracker.
2. **Open** the installation package and follow the on-screen instructions.
3. Once the installation is complete, FlowSync **opens automatically** and asks you to connect your Polar product.
4. **Plug** Polar Loop 2 **into** your computer's USB port with the cable provided in the sales package. Let your computer install any suggested USB drivers.



**i** Don't charge the device when the USB connector is wet.

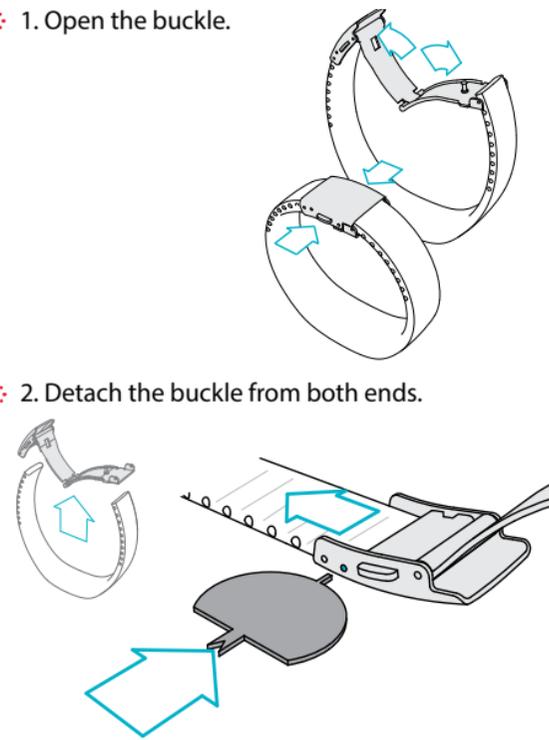
5. The Flow web service opens automatically in your internet browser. **Create** an account, or sign in if you already have a Polar account.
6. To finalize the setup click **Done**. You need to wait until syncing is completed, before you can unplug your Polar Loop 2.
7. If there is a firmware update available for your Polar Loop 2, we recommend you **install** it at this stage.

You're ready to go. Have fun!

**i** Learn more about your Polar Loop 2 from the full-length user manual, FAQs and tutorial videos at [polar.com/support/Loop2](http://polar.com/support/Loop2).

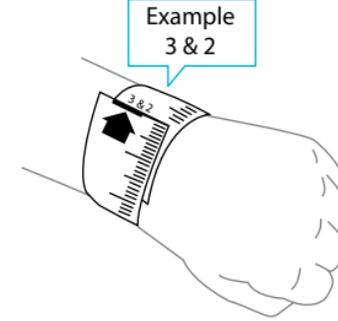
## CUSTOMIZE BRACELET SIZE

1. Open the buckle.
2. Detach the buckle from both ends.

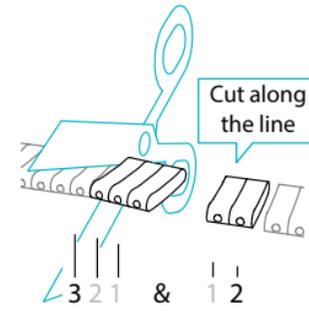


3. Measure your wrist size.

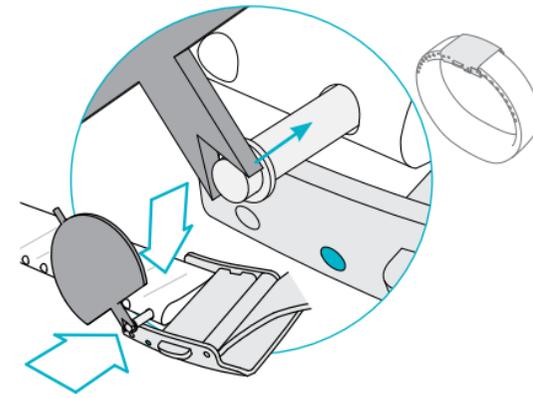
**i** The bracelet is more comfortable to wear when it is a bit loose.



4. Trim the band from both ends.



5. Reattach the buckle.



**i** Wear the bracelet on your non-dominant hand to get the most accurate results.

## FOLLOW YOUR DAILY ACTIVITY

You can cycle through Polar Loop 2 LED display views by tapping the touch button repeatedly. You will see more information about each headline if you wait two seconds and let the screen scroll by itself.

**ACTV** stands for daily activity. The daily activity goal is visualized with an activity bar.

- **TO GO** tells you how much longer you need to be active to reach your daily activity goal.
- **JOG** stands for high intensity activity like jogging, exercise class, basketball, football, tennis or squash.
- **WALK** stands for medium intensity activity like walking, circuit training, bowling, skateboarding, gentle swimming or table tennis.
- **UP** stands for low intensity activity up on your feet like cleaning, washing the dishes, gardening, playing the guitar, baking, walking slowly or tai chi.

**CALS** stands for calories burned measured as kilocalories.

**STEP** stands for steps you have taken.

**IT'S TIME TO MOVE** is shown, if you've been still for 55 minutes. Stand up and find your own way to be active. If you're not active in the next five minutes, you'll get an inactivity stamp.

## IT'S MUCH MORE

Your Polar Loop 2 guides you towards a more active and healthy life. Together with Polar Flow web service and/or Polar Flow mobile app it helps you to understand how your choices and habits affect your well-being.

**POLAR LOOP 2**  
Your Polar Loop 2 keeps track of all your activity and guides you towards reaching your daily activity goal.

**POLAR FLOW APP**  
View your activity, training and sleep data at a glance. The app syncs data wirelessly from your Polar Loop 2 to the Polar Flow web service. Get it on the App Store<sup>SM</sup> or Google Play<sup>TM</sup>.

**POLAR FLOW WEB SERVICE**  
Track your achievements, get guidance and see detailed analysis of your activity, sleep and training results. Find all this and more at [flow.polar.com](http://flow.polar.com).

**POLAR H7 HEART RATE SENSOR**  
Connect Polar Loop 2 with Polar H7 heart rate sensor and get more out of your daily sports. The heart rate sensor can be purchased separately.

**SMART NOTIFICATIONS**  
Get notifications about incoming calls, messages and calendar events from your phone on your Polar Loop 2. You can activate the Smart Notifications feature in the Polar Flow mobile app.



**i** For more detailed analysis, sync your data to Polar Flow web service. You can do this either via Flow mobile app or by connecting your Polar Loop 2 to your computer using the USB cable. Make sure you have FlowSync software installed and running on your computer.

## TECHNICAL SPECIFICATION

<b>Polar Loop 2</b>	
Battery type	38 mAh Li-pol battery
Operating time	Up to 8 days with 24/7 activity tracking and 1h/day training
Operating temperature	0 °C to +50 °C/ 32 °F to 122 °F
Water resistance	20 m
Materials	Silicone (pink and white models), Thermoplastic polyurethane (black model), Acrylonitrile butadiene styrene, Glass fiber, Polycarbonate, Stainless steel

## FIND PRODUCT SUPPORT



[polar.com/support/Loop2](http://polar.com/support/Loop2)

## STAY TUNED WITH POLAR



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[www.polar.com](http://www.polar.com)

Compatible with



# POLAR LOOP 2™

### GETTING STARTED GUIDE

Setup at [flow.polar.com/start](http://flow.polar.com/start)