Set up your Polar Loop Crystal

To take your Polar Loop Crystal 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 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 Crystal into your computer’s USB port with the cable provided in the sales package. Let your computer install any suggested USB driver.

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 Crystal.

7. If there is a firmware update available for your Polar Loop Crystal, we recommend you install it at this stage.

You're ready to go. Have fun!

Don’t charge the device when the USB connector is wet.

Learn more about your Polar Loop Crystal from the full-length user manual, FAQs and tutorial videos at polar.com/support/Loop_Crystal.

Customize bracelet size

1. OPEN THE BUCKLE.

2. DETACH THE BUCKLE FROM BOTH ENDS.

3. MEASURE YOUR WRIST SIZE.

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

4. TRIM THE BAND FROM BOTH ENDS.

5. REATTACH THE BUCKLE.

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

Technical Specification

<table>
<thead>
<tr>
<th>Battery Type</th>
<th>38 MAH L-IOL</th>
<th>OPERATING TIME</th>
<th>Up to 8 days with 24/7 activity tracking and 1 hour of training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating Temperature</td>
<td>0 °C to +50 °C</td>
<td>Water Resistance</td>
<td>IPX7</td>
</tr>
<tr>
<td>Materials</td>
<td>Silicone, Acrylonitrile Butadiene Styrene, Glass Fiber, Polycarbonate, Stainless Steel, Swarovski® Crystals</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Follow your daily activity

You can cycle through Polar Loop Crystal 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.

ACTIVITY TRACKER

• 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.

SMART NOTIFICATIONS

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

POLAR LOOP CRYSTAL

Your Polar Loop Crystal keeps track of all your activity and guides you towards reaching your daily activity goal. 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.

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POLAR H7 HEART RATE SENSOR

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