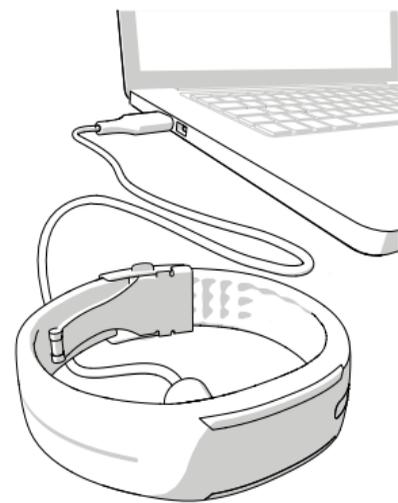


Set up your Polar Loop Crystal

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 drivers.



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

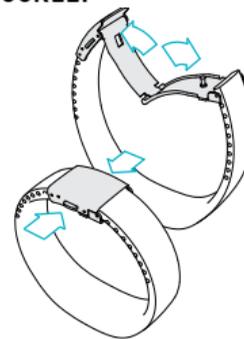
5. The Flow web service opens automatically in your internet browser. **Create** an account, or sign in if you already have a Polar account.
6. To finalize the setup click **Done**. You need to wait until syncing is completed, before you can unplug your Polar Loop Crystal.
7. If there is a firmware update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

You're ready to go. Have fun!

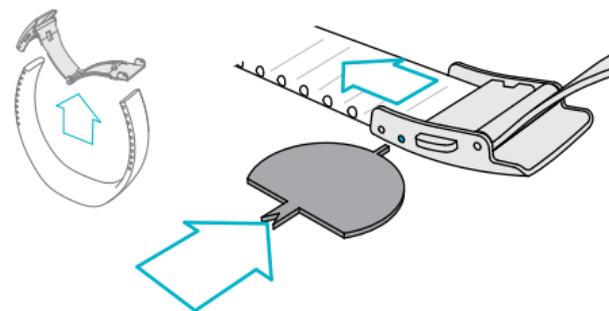
i Learn more about your Polar Loop Crystal from the full-length user manual, FAQs and tutorial videos at polar.com/support/Loop_Crystal.

Customize bracelet size

1. OPEN THE BUCKLE.

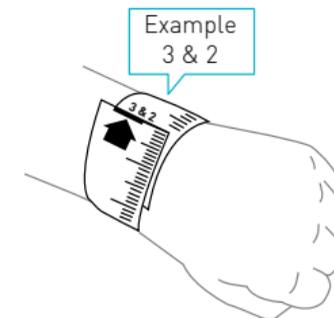


2. DETACH THE BUCKLE FROM BOTH ENDS.

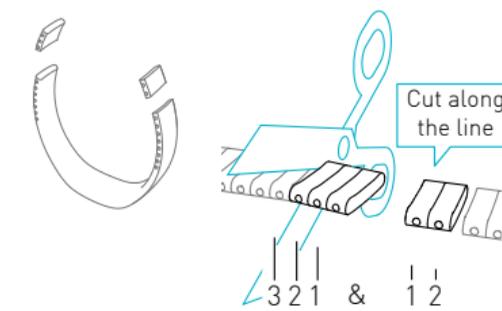


3. MEASURE YOUR WRIST SIZE.

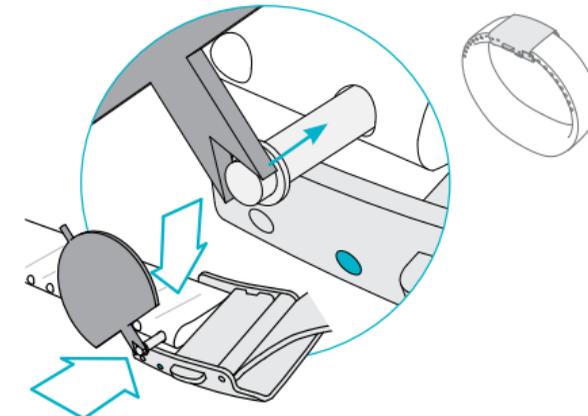
i The bracelet is more comfortable to wear when it is a bit loose.



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.

Technical Specification

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	IPX7
MATERIALS	SILICONE, ACRYLONITRILE BUTADIENE STYRENE, GLASS FIBER, POLYCARBONATE, STAINLESS STEEL, Swarovski® CRYSTALS

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.

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 Crystal 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 CRYSTAL

Your Polar Loop Crystal 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 Crystal to the Polar Flow web service. Get it on the App StoreSM or Google PlayTM.

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.

POLAR H7 HEART RATE SENSOR

Connect Polar Loop Crystal 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 Crystal. You can activate the Smart Notifications feature in the Polar Flow mobile app.



 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 Crystal to your computer using the USB cable. Make sure you have FlowSync software installed and running on your computer.

Find product support



polar.com/support/Loop_Crystal

Stay tuned with Polar



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COMPATIBLE WITH



POLAR LOOP CRYSTAL ACTIVITY TRACKER

Getting Started Guide

Setup at flow.polar.com/start