SET UP YOUR M400

1. Go to flow.polar.com/start and download the Polar FlowSync software, which you need to connect your M400 to Flow web service.

2. Open the installation package and follow the on-screen instructions for installing the software.

3. Once the installation is complete, FlowSync opens automatically and asks you to connect your Polar product.

4. Plug in your M400 to your computer’s USB port with the USB cable. The M400 will then wake up and start charging. Let your computer install any suggested USB drivers.

5. The Flow web service will be opened automatically on your internet browser. Create a Polar account or sign in if you already have one. Fill in your physical details to get personal guidance and accurate interpretation of your training sessions.

6. Click Done to synchronize your settings between the M400 and Polar Flow web service. FlowSync status will change to completed, once the synchronization is done.

7. If there is a firmware update available for your M400 you are able to install it at this stage.

Do not charge the device when the USB port is wet or sweaty.

LEARN MORE

Learn more about your M400 from the full-length user manual and tutorial videos at polar.com/support/M400.
To change the heart rate sensor battery:

For safety reasons, please ensure you use the correct battery.

<table>
<thead>
<tr>
<th>Battery type</th>
<th>CR2025</th>
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<tbody>
<tr>
<td>CR2025</td>
<td>11.5 mAh</td>
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For more detailed instructions, see the full user manual at polar.com/support.