



Set up your Polar M600

Polar M600 sports watch is compatible with smartphones running Android™ 4.3+ or iOS™ 9.0+. Visit g.co/WearCheck on your phone to see if it's compatible with Android Wear™. Follow these **three stages of setup** to get started using your new sports optimized smartwatch. Keep your M600 and phone close to each other during the setup. Please note that the first time setup can take several minutes.

1 Get ready

1. **Start charging** your M600, and let it charge during the setup.
2. **Turn on** your M600 by pressing and holding the side power button until the Polar logo appears. After that, the initial powering up of the operating system will take a few minutes.
3. Tap to begin, and choose your **language**. If you choose a wrong language, swipe right to return to the language menu.
4. Make sure your smartphone is connected to the **Internet**, and turn **Bluetooth** on.

2 Pair your phone with your M600



You need to install the **Android Wear app** on your phone to connect your smartwatch and your phone.

1. Install the Android Wear app on your smartphone from Google Play™ or the App Store.
2. Open the Android Wear app on your phone.
3. Swipe up on your M600 until you see its **watch code**, and tap the same code on your phone.
4. **Android phone users:** You'll get a Bluetooth pairing request on your phone. Make sure the pairing code on your M600 matches with the pairing code shown on your phone. Tap **Pair** or **OK**.
iPhone users: Accept the Bluetooth pairing request on your phone by tapping **Pair** or **OK**. You'll have to confirm connecting your devices: Make sure the code on your M600 matches with the code shown on your phone, and tap **CONFIRM**.
5. You'll see a quick confirmation message on both the M600 and your phone when the pairing is completed. The initial sync and update can take a while.
6. Follow the onscreen instructions on your phone to copy your **Google Account** from your phone to your M600 and to turn on **watch notifications**.

3 Activate the Polar app on your M600



To get Polar's activity tracking and training features working on your M600, you need to activate the **Polar app** on your smartwatch by installing the **Polar Flow app** on your phone.

1. Install the Polar Flow app on your smartphone from Google Play or the App Store. If you already have the Polar Flow app on your phone, make sure it's the latest version.
2. Open the Polar Flow app on your phone.
iPhone users: To proceed you need to open the Polar app on your M600 by pressing the front button. Then tap **Start** on your phone.
3. Choose whether you wear the M600 on your **left or right wrist**, then tap **Continue**. iPhone users: tap **Save and Sync**.
4. **Sign in** with your Polar account or create a new one.
5. You'll see the text "Setup completed" when you've successfully activated the Polar app on your M600.



iPhone users: you need to manually connect your M600 to a Wi-Fi network.

1. Make sure the display of your M600 is active, and swipe down from the top of the screen.
2. Tap the settings icon > **Connectivity** > **Wi-Fi** > **+Add network**.
3. Find and tap the network you want to connect to. If the network requires a password, tap **Enter on phone**. On your phone, enter the password and tap **Connect**.

You're ready to go, have fun!

Training with your M600

- To get accurate heart rate readings during training, you need to secure the band firmly on top of your wrist, **just behind the wrist bone**. The sensor must be touching your skin, but the wristband should not be too tight.
- To start training, open the Polar app by pressing the front button, choose **Training**, and find the sport you want to do. Wait for the M600 to find your heart rate (and the GPS), and press the front button to start recording the training session.



After training

- Press and hold the front button to stop recording the training session.
- The M600 automatically syncs your training data to the **Polar Flow app** where you can view your activity, training and sleep data at a glance. For more detailed training analysis go to flow.polar.com.
- When you've finished training, loosen the band and wear it as you would a normal watch.
- Keep your M600 clean by separating the wristband from the device and rinsing both under running water after each training session.
- Don't charge the M600 when it's wet or sweaty.

Learn more about your M600

- Learn more about your Polar M600 at support.polar.com/en/M600.
- See also Android Wear support documentation at support.google.com/androidwear.

Technical specification

M600

BATTERY TYPE	500 MAH LI-POL BATTERY
HEART RATE SENSOR	INTERNAL OPTICAL
OPERATING TEMPERATURE	-10 °C TO +50 °C/ 14 °F TO 122 °F
WATER RESISTANCE	SUITABLE FOR SWIMMING (IPX8 10M)
WRISTBAND MATERIALS	SILICONE POLYCARBONATE STAINLESS STEEL
DEVICE MATERIALS	CORNING® GORILLA® 3 GLASS POLYCARBONATE/ACRYLONITRILE BUTADIENE STYRENE+30% GLASS FIBER STAINLESS STEEL POLYMETHYL METHACRYLATE POLYAMIDE

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Getting Started Guide

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