Get set up your new Polar V650 in the Polar Flow web service. To get the most accurate and personal training data, it’s important that you’re ready to start.

**How to get started**

1. **Plug in your V650 to your computer’s USB port** with the USB cable. It may take a few minutes for your V650 to start charging.
2. **Turn on your V650 by pressing and holding the side button.** Wear the comfortable strap and connector around your chest to ensure a tight connection between your V650 and the computer.
3. **Go to the Flow web service.** For more detailed instructions see the V650 support pages at support.polar.com/en/V650.
4. **Let your computer install any suggested USB drivers.** The Polar Flow web service will notify you if there are additional settings required.
5. **Once the installation is complete, FlowSync opens automatically.** If there’s a firmware update available for your V650, we recommend you install it during the setup.

**Getting to know your V650**

- **Bike mount:** Get to know your V650
  - **Bike mount**
    - **1.** Place the rubber base on the stem/handlebar.
    - **2.** Position the bike mount on the rubber base so that the POLAR mount and turn clockwise until V650 is in its place.
    - **3.** Secure the bike mount on to the stem/handlebar with the O-ring.

- **Bike mount:** Pair new device
  - **Pair new device**
    - **1.** Moisten the electrode area of the H10 heart rate sensor.
    - **2.** Clip the strap around your chest and adjust the strap to fit snugly.
    - **3.** Attach the heart rate sensor connector and go to Pairing in the Flow web service and sync to your V650.
    - **4.** Add segments you’ve downloaded from Strava and sync them to your V650.
    - **5.** Enable Strava Live Segments® or choose different cycling totals of your cycling sessions and the training sounds and from speed to average information shown, quickly toggle the red triangle.

- **Bike mount:** Training with your V650
  - **Training with your V650**
    - **1.** Choose the profile you want to use. Before your first training session, you need to pair the heart rate sensor with your V650. Wear your heart rate sensor and go to Pairing - General settings - Pairing - Pair new device.
    - **2.** Clip the heart rate sensor around your neck and attach the strap to fit snugly.
    - **3.** Attach the heart rate sensor connector to your V650.
    - **4.** Add segments you’ve downloaded from Strava and sync them to your V650. Your heart rate sensor responds to training. This will help you fine-tune your training plans and achieve your goals more effectively.

- **Bike mount:** H10 heart rate sensor
  - **H10 heart rate sensor**
    - **When you use our heart rate sensors when riding, you get the most out of Polar’s unique Smart Coaching features.** Heart rate data gives you an insight into your physical condition and how your body responds to training. This will help you fine-tune your training plans and achieve your goals more effectively.

- **Bike mount:** About V650
  - **About V650**
    - **1.** Press the side button to view the following options:
      - **Sync with mobile**
      - **Quick swipe**
      - **Lock display**
      - **Search for**
      - **Turn off V650**
      - **Turn on V650**
      - **Turn off V650**
    - **2.** Swipe down to open the pull-down menu. You can adjust the brightness and turn off or on Airplane mode.
    - **3.** See the status of GPS and sensors.
    - **4.** Modify the settings to suit your needs.
    - **5.** Enable Strava Live Segments® or choose different cycling profiles for Mac OS X on your V650. Go to Settings - General settings - Pairing - Pair new device.
    - **6.** Turn on the V650 by pressing and holding the side button. Wear the comfortable strap and connector around your chest to ensure a tight connection between your V650 and the computer.

- **Bike mount:** Fully charging the battery takes up to five hours.

- **Bike mount:** DURING TRAINING
  - **DURING TRAINING**
    - **1.** To view the following information shown, quickly toggle the red triangle.
    - **2.** From speed to average information shown, quickly toggle the red triangle.
    - **3.** Indicate that you can continue to record your training data during your ride. Change the training views with a quick swipe across the screen.
    - **4.** Indicate that you can change your rate of speed, for example.

- **Bike mount:** Training with your V650
  - **Training with your V650**
    - **Choose the profile you want to use.** Keep your V650 still with the display facing upwards until it finds the GPS satellite signals. This should take only a few seconds. V650 is ready once the green circle is around GPS is static. Press the front button to begin your ride. The bright color touch screen allows you to easily check your training data during your ride. Change the training views with a quick swipe across the screen.
Polar V650 is a powerful partner for your training journey. It’s packed with features to help you track and analyze your every detail, so you can see your progress and improve your performance. Here’s a quick overview of its key features:

**Key features**

- **Precision tracking** with a built-in GPS, allowing you to record your route and distance accurately, even on demanding terrains.
- **Advanced analysis tools** to help you optimize your training sessions, including heart rate, speed, and altitude data.
- **Customizable profiles** to set up different training views for cycling and other sports.
- **Power sensor integration** for seamless tracking of power output.
- **Smart sensors** like the Polar H10 heart rate sensor for real-time feedback.
- **Polar Flow web service** for instant analysis and in-depth insights.

**Polar Flow app**

With the Polar Flow app, you can:
- **View your progress** and see how your training sessions stack up.
- **Analyze every detail** to understand your performance.
- **Track your history** and see your progress over time.
- **Set goals** and receive feedback on your training.

**Customize with accessories**

- **Battery replacement**
  - **Replace the battery** when the battery icon indicates it’s time.
- **Battery cover**
  - **Open the battery cover** and replace the battery (CR2025) inside the cover with the negative (-) side outwards.
  - **Close the battery cover** and attach the unit using a small flat-headed tool.

**Getting Started Guide**

Learn more at support.polar.com/en/V650.