

How to get started

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 precise with the settings in the setup.

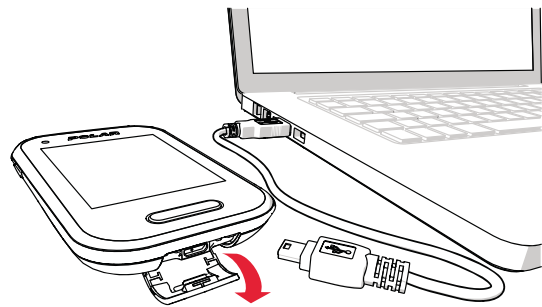
1. Plug in your V650 to your computer's USB port with the USB cable. It may take a few minutes for your V650 to start charging.
2. Turn on your V650 by pressing and holding the side button.

i If you use **Mac OS X**, you must enable the compatibility mode for Mac OS X on your V650. Go to **Settings > General settings**. Scroll to the bottom and choose **About V650**. Scroll down again and choose your computer's operating system: **Mac OS X**. Restart your V650 to save the setting. For more detailed instructions see the V650 support pages at support.polar.com/en/V650.

3. Go to flow.polar.com/start and download the Polar FlowSync data transfer software, which you need to connect your V650 to the Flow web service.
4. Open the installation package and follow the on-screen instructions for installing the software.
5. Once the installation is complete, FlowSync opens automatically.

i Please note that it may take some time to establish the connection between your V650 and the computer.

6. Let your computer install any suggested USB drivers. The Polar FlowSync recognizes your V650 as a new device and opens Polar Flow web service in your internet browser.
7. Create a Polar account or sign in if you already have one.
8. Click **Done** to synchronize your settings between the V650 and the Polar Flow web service. FlowSync status will change to completed, once the synchronization is done.
9. If there's a firmware update available for your V650, we recommend you install it during the setup.



i Fully charging the battery takes up to five hours.

Get to know your V650

1. Press the side button to view the following options:
 - » Sync with mobile
 - » Calibrate altitude
 - » Lock display
 - » Search for sensors
 - » Turn off V650

2. Swipe down to open the pull-down menu. There you can adjust the front light, the training sounds and the display brightness.

3. See the details of your sessions and the totals of your cycling history.

4. Modify the settings to suit your needs.

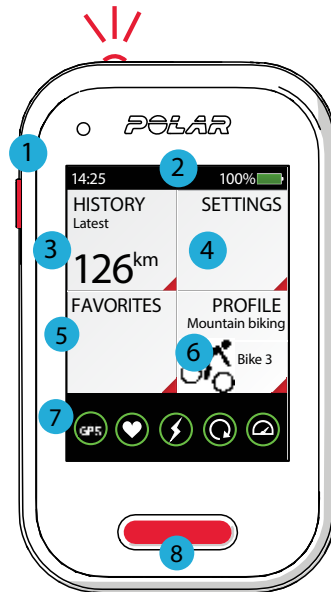
5. Enable Strava Live Segments® or choose a route for your ride.

i Add segments you've downloaded from Strava and routes to your Favorites in the Flow web service and sync them to your V650.

6. Choose the profile and the bike for your ride.

7. See the status of GPS and sensors.

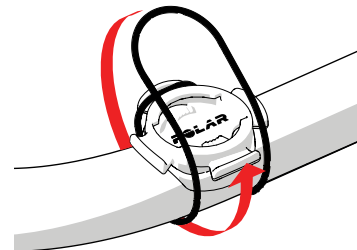
8. Press the front button to start recording, press and hold it to pause. You can also set the button to take a lap.



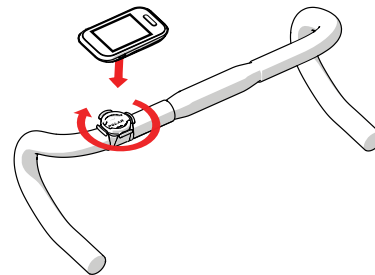
Bike mount

You can install the bike mount on the stem or on the left- or right-hand side of the handlebar.

1. Place the rubber base on the stem/handlebar.
2. Position the bike mount on the rubber base so that the POLAR logo is in line with the handlebar.
3. Secure the bike mount on to the stem/handlebar with the O-ring.



4. Align the ledges on the back of V650 with the slots on the bike mount and turn clockwise until V650 is in its place.



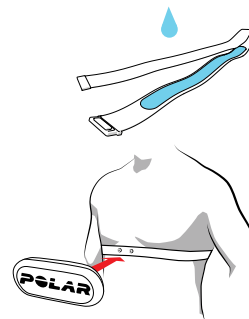
H10 heart rate sensor

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.

Wear the comfortable strap and connector around your chest to get your heart rate accurately and in real time on your V650.

*** If you bought your V650 without a heart rate sensor, not to worry, you can buy one at any time.**

1. Moisten the electrode area of the strap.
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector.
4. Before your first training session, you need to pair the heart rate sensor with your V650. Wear your heart rate sensor and go to **Settings > General settings > Pairing > Pair new device**.



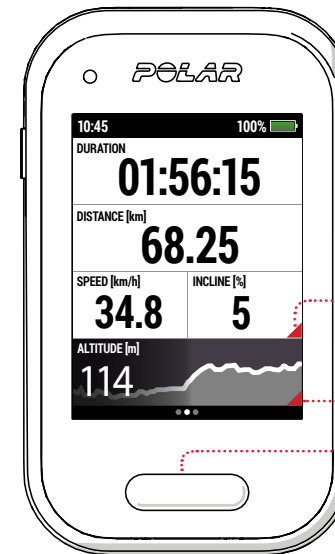
i After training, detach the heart rate sensor connector and rinse the strap under running water to keep it clean. For more detailed instructions, see the V650 support pages at support.polar.com/en/V650.

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 typically takes 30-60 seconds the first time. On future occasions it should take only a few seconds. V650 is ready once the green circle around GPS is static. Press the front button to begin your ride.

DURING TRAINING

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.



The red triangle indicates that you can quickly toggle the information shown, from speed to average speed, for example.

Press the front button to pause your training. Then you can choose to **Continue** or to **Stop** recording the session.

After training

Get instant analysis and in-depth insights into your training with Polar V650 and the Polar Flow web service.

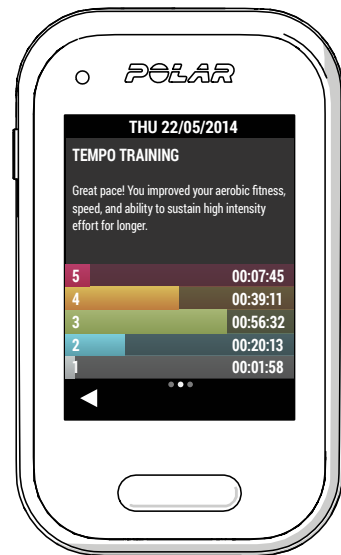
VIEW SUMMARY

Get an instant summary of your training straight after your ride. You can also see how your training benefits you.

The details of your ride, such as duration, distance, maximum heart rate, speed and VAM, are also under **History > Sessions**.

ANALYZE EVERY DETAIL

Analyze every detail, view your progress and share your training with your friends or coach at polar.com/flow.



Key features

Polar V650 offers a host of unique features to help you ride better. Here you can find a summary of the most important ones.

PROFILES

V650 has three profiles for cycling (and one profile for other sports). You can customize each profile with up to six different training views, to see the information you really want.

INTEGRATED GPS

With an integrated GPS, V650 tracks your cycling speed, distance and route. The **Back-to-start** and **Route tracking** features help you travel all the way back to the starting point of your trip.

BAROMETRIC PRESSURE SENSOR

In addition to altitude, your V650 measures comprehensive data such as ascent/descent, incline/decline, real-time VAM (mean ascent velocity) and altitude compensated calories.

TRAINING BENEFIT

V650 gives motivating feedback about the effect of your training immediately after your session.

FRONT LIGHT

The function of the front light on the top edge of the V650 is to improve your visibility to others on the road. It's an intelligent feature that you can set to turn on automatically when it gets dark.

COMPATIBILITY WITH 3RD PARTY POWER SENSORS

Your V650 is compatible with a number of 3rd party power sensors. Please check the full compatibility table from support.polar.com/en/V650-3rd-party-sensors.

COMPATIBILITY WITH TRAININGPEAKS®

After connecting your TrainingPeaks and Polar Flow accounts you can sync your training sessions from V650 to TrainingPeaks. You can see your Training Stress Score® (TSS®), Intensity Factor® (IF®) and Normalized Power® (NP®) on your V650 during training.



STRAVA LIVE SEGMENTS® ON YOUR V650

To receive alerts in V650 when approaching one of your favorite Strava segments you need to:

1. Connect your Strava Premium and Polar Flow accounts.
2. Select the segments you wish to download to Polar Flow in Strava.
3. Select the Strava segments you wish to see on your V650 in Polar Flow.
4. Sync your V650.



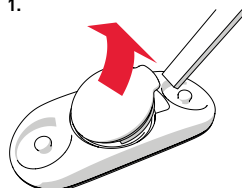
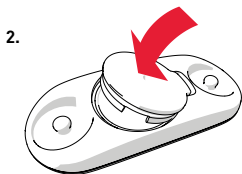
Learn more at support.polar.com/en/V650.


Customize with accessories

Enhance your training experience and achieve a more complete understanding of your performance with the following accessories:

- » **Adjustable Front Bike Mount** gives you the best viewing angle and an easy access to your bike computer. You can attach the unit either around the handlebar or the stem of your bike.
- » **Speed sensor Bluetooth® Smart** measures your cycling speed/pace and distance accurately even on the most demanding routes. Useful for indoor cycling. V650 shows the current, average and maximum values of your speed.
- » **Cadence sensor Bluetooth® Smart** measures your cycling cadence as revolutions per minute. V650 shows the current, average and maximum values of your cadence.

To change the heart rate sensor battery:

1.  1. Lever the battery cover open by using a small flat-headed tool. (picture 1).
2.  2. Remove the old battery from the battery cover.
3. Insert the new battery (CR2025) inside the cover with the negative (-) side outwards.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place (picture 2). You should hear a snap.

 For safety reasons, please ensure you use the correct battery (CR2025).

Technical specification

V650

Battery type
Operating time
Operating temperature
Water resistance
V650 materials

1900 mAh Li-ion Polymer rechargeable battery
10 h
-20 °C to +50 °C / -4 °F to 122 °F
IPX7 (rainproof, not suitable for swimming)
Acrylonitrile butadiene styrene (ABS),
Polycarbonate (PC), Asahi Dragontrail (glass),
Polyamide (PA)
Polyoxymethylene (POM)

Bikemount material

POLAR H10 HEART RATE SENSOR

Battery type
Battery sealing ring
Operating temperature
Water resistance
Connector material
Strap material

CR2025
O-ring 20.0 x 0.90 Material Silicone
-10 °C to +50 °C / 14 °F to 122 °F
30 m
ABS, ABS + GF, PC, Stainless steel
38% Polyamide, 29% Polyurethane, 20%
Elastane, 13% Polyester, Silicone prints

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 4.0 mW maximum power.

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Compatible with



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POLAR V650 SMART GPS BIKE COMPUTER

Getting Started Guide

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

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