### Set up your V800

1. Go to flow.polar.com/start and download the Polar FlowSync app.

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 your V800 into your computer's USB port with the USB cable. The V800 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.

6. Fill in your physical details to get personal guidance and an accurate interpretation of your training sessions.

### Polar V800 offers a host of unique features to help you train better

#### Key features

**Training Load**
- Shows how your training affects your body and helps you recognize the load of different workouts. Continuous monitoring of training load will help you personalize your goals. Limits and adjust your training intensity and duration according to your targets.

**Recovery Status**
- A quick overview of your status when compared to your usual levels. Helps you know when you have recovered enough to train again.

**Very Strained**
- You've been training hard lately. Resting is recommended before your next heavy training session.

**Strained**
- You haven't fully recovered from your previous training.

**Balanced**
- Your training load is on your typical level. Your training and resting is in balance.

**Undertrained**
- You've been exercising less than normally.

**Strained**
- You've been training hard lately. Resting is recommended before your next heavy training session.

#### Troubleshooting

- Plug your V800 into a computer or USB charger. If the battery is completely empty, it takes a couple of minutes for the charging animation to appear. Pool wake-up wakes up instantly.

#### Polar Flow

- Helps you estimate your leg muscular strength and power output, as well as neuromuscular fatigue. You can choose one of the types of jump tests: squat, countermovement and continuous.

#### Diaries

- Guides you back to the starting point of your session, or any saved POI (point-of-interest).

#### Summary

- This feature is set off by default. Set it on from your V800 settings or within the app.

#### Polar Flow mobile app

- Allows you to view your training data at a glance. The app syncs the data wirelessly from your V800 to the Polar Flow web service. Get it on the App Store® or Google Play™.

#### Polar Stride Sensor®

- Polar V800 is a great training device by itself, but you'll get even more out of it when you use it together with the Polar Flow web service and mobile app.

#### Polar Flow mobile app

- Set targets and get guidance to achieve them. Get detailed analysis of your results and share your achievements with your friends. Find all this and more at polar.com/flow.
Before your first training session, you need to pair the heart rate sensor with your V800. Wear your heart rate sensor and press START. Then wait for the sensor pairing request and choose Yes.

You can also pair a new sensor in Settings > General settings > Pair other device.

When charging Heart Rate Sensor Battery
1. Remove the battery cover open by using a small flat-headed tool. (Picture 1).
2. Insert the new battery (CR2025) inside the battery cover with the negative (-) side outwards. The battery has a one-year expiration date after production. It is recommended that you replace the battery if you don’t use your heart rate sensor for a year.
3. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place (picture 2).
4. Lever the battery cover open by using a small flat-headed tool. (picture 1).

You should hear a snap.

Recording ended is displayed.

PAUSE AND STOP TRAINING
Press BACK to pause your training session. To continue training, press START. To stop the session, press and hold BACK when paused until Recording ended is displayed.

GETTING STARTED
1. Press START and choose your sport.

Go outside and away from tall buildings and trees to catch the GPS satellite signal. When the signal is found, OK is displayed.

2. Press START again when you’re ready to go.

Change Settings in Quick Menu: Press and hold LIGHT to open the Quick menu. You can change certain settings without pausing the training recording.

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