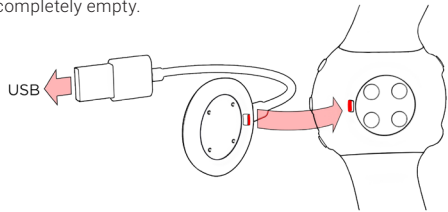


Get started

Congratulations on your great choice! In this guide we'll walk you through the first steps in starting to use your new Polar watch.

Before going out, please download the latest firmware during the setup. You'll be notified if a new version is available when doing the setup with a mobile device or a with a computer.

1. **To wake up and charge your watch**, plug it into a powered USB port or a USB charger with the custom cable that came in the box. The cable magnetically snaps into place, just make sure to align the ledge on the cable with the slot on your watch (marked with red). Please note that it takes a while for the charging animation to appear on the display. You can also wake up your watch by pressing and holding OK for 4 seconds if the battery is not completely empty.



2. **To set up your watch**, choose your language and preferred setup method. The watch gives you three options for setup: set up (A) with a mobile device, (B) with a computer or (C) from the watch. Browse to the option most convenient for you with **UP/DOWN** and confirm your selection with **OK**. We recommend option A or B.

A SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP



Please note that you have to do the pairing in the Flow app and NOT in your mobile device's Bluetooth settings.

1. Make sure your **mobile device** is connected to the **internet** and turn on **Bluetooth®**.
2. Download the **Polar Flow app** from the App Store or Google Play on your mobile device.
3. Open the Flow app on your mobile device. The Flow app recognizes your watch nearby and prompts you to start pairing it. Tap the Start button.
4. When the Bluetooth Pairing Request confirmation message appears on your mobile device, check that the code shown on your mobile device matches the code shown on your watch.
5. Accept the Bluetooth pairing request on your mobile device and confirm the pin code on your watch by pressing OK. **Pairing done** is displayed once the pairing is completed.
6. **Sign in** with your **Polar account** or create a new one. We'll walk you through the sign-up and setup within the app.

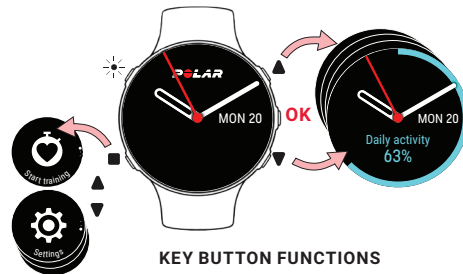
When you're done with the settings, tap **Save and sync** and your settings are synced to your watch. Also remember to sync your watch with Flow regularly.

B SET UP WITH A COMPUTER

1. Go to **flow.polar.com/start** and download and then install the **Polar FlowSync** data transfer software to your computer.
2. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the Polar Flow web service.

-  To get the most accurate and personal training and activity data, it's important that you're precise with the settings in the setup.
-  Options **A** and **B**: If there is a firmware update available for your watch, we recommend you install it during the setup. It may take up to 10 minutes to complete.

Get to know your watch



KEY BUTTON FUNCTIONS

- Press **OK** to confirm selections.
- Browse the watch faces, training views and menu with **UP/DOWN**, move through selection lists, and adjust a chosen value.
- Return, pause and stop with **BACK**. In time view press **BACK** to enter the menu, press and hold to start pairing and syncing.
- Press and hold **LIGHT** to lock buttons.

TOUCH DISPLAY* (NOT AVAILABLE IN ALL MODELS)

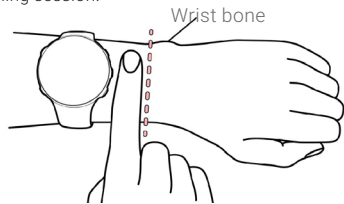
- Tap the display to choose items
- Swipe up or down to scroll
- Swipe left or right in time view to view different watch faces

*Disabled during training sessions


Wrist-based heart rate

To get accurate heart rate readings during training, make sure that you wear the watch correctly:

- Wear the watch on top of your wrist, at least a finger's width up from the wrist bone.
- Tighten the wristband firmly around your wrist. The sensor on the back must be in constant touch with your skin and the watch should not be able to move on your arm.
- Give your skin a few minutes to adapt to the watch before starting a training session.



When not measuring heart rate, loosen the wristband a bit for a more comfortable fit and to let your skin breathe.


-  Your watch is also compatible with Polar heart rate sensors with chest straps. You can buy a heart rate sensor as an accessory. Find a full list of sensors and accessories your watch is compatible with at support.polar.com/en/compatibility

Start training

1. Wear your watch and tighten the wristband.
2. Press **BACK** to enter the main menu, choose **Start training**, and then browse to a sport profile.
3. Go outdoors and away from tall buildings and trees. Keep your watch still with the display upwards to catch GPS satellite signals. The circle around the GPS icon will turn green when the GPS is ready.
4. The watch has found your heart rate when your heart rate is shown.
5. When all signals are found, press **OK** to start training recording.

PAUSE AND STOP TRAINING

Press **BACK** to pause your training session. To continue training, press **OK**. To stop the session, press and hold **BACK** when paused until **Recording ended** is displayed. You'll get a summary of your training session on your watch right after you've stopped training.

-  Your watch syncs your training data with the Flow mobile app automatically if your phone is within the Bluetooth range and the Flow app is running.

TAKE CARE OF YOUR WATCH

Keep your watch clean by rinsing it under running water after each training session. Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your watch and cable. Gently wipe off any dirt or moisture. **Do not charge the watch when it's wet.**

Polar Flow app and web service

VIEW YOUR TRAINING DATA AT A GLANCE ON THE MOBILE APP

Get the Polar Flow app on the App Store or Google Play, and pair your watch with your mobile using the app. Sync your watch with the Flow app after training and get an instant overview and feedback on your training, activity and sleep.

POLAR FLOW WEB SERVICE FOR MORE DETAILED ANALYSIS

Sync your training data to the Flow web service with your computer or via Flow app. In the web service you can track your achievements, get guidance and see a detailed analysis of your training results, activity and sleep.

Information about materials and technical specifications are available in the user manual at support.polar.com/en

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 5 mW maximum power.

The Polar Precision Prime optical heart rate sensor fusion technology uses a very small, safe amount of electric current on the skin to measure the contact of the device to your wrist to enhance accuracy.

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Getting Started Guide

Learn more at support.polar.com/en

English