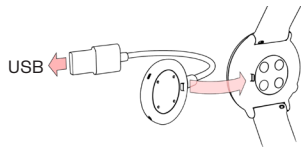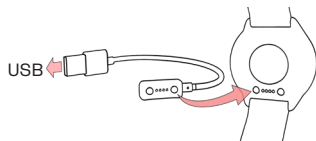# Charge

To wake up and charge your watch, plug it into a powered USB port or a USB charger with the custom cable or the charging adapter that came in the box.
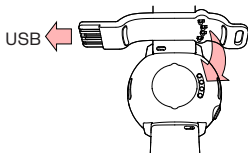
Ignite & Ignite 2

USB

Ignite 3

USB

Unite

USB

Setup

After waking up the watch, choose your language and setup method. The watch gives you three options for setup:

(**A**) set up on your phone,

(**B**) on your computer or

(**C**) on your watch.

Browse to the options by swiping the display up or down. Tap the display to confirm your selection. We recommend option **A** or **B**. You'll get the latest updates for your watch by setting it up on your phone or on your computer.

A Set up on your phone

You have to do the pairing in the Polar Flow app and NOT in your phone's Bluetooth settings.

1. Make sure your **phone** is connected to the **internet** and turn on Bluetooth®.
2. Download the **Polar Flow app** from the **App Store** or **Google Play**.
3. Open the Flow app on your phone. The Flow app recognizes your watch and prompts you to start pairing it. Tap the **Start** button.

4. Accept the Bluetooth pairing request on your phone. Confirm the pin code on your watch and the pairing is done.
5. **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.

B Set up on your 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.

To keep your watch up to date, always make sure to update the firmware whenever a new version is available. You'll be notified via Flow when a new version is available.

Get to know

Daily activity

Cardio load status

Continuous HR tracking

Nightly Recharge

FitSpark training guide

+ More

Menu
Back
Sync

Start training

SAT 10

Swipe:
- left or right in time view to change the view or during training to see different training views
- up or down to scroll

Tap the display:
- to confirm selections and choose items
- to see more detailed information behind the views.

Press the button:
- in time view to enter the menu
- to return, pause and stop
- press and hold to start pairing and syncing

The backlight is automatically switched on when you turn your wrist to look at the watch.

Ignite 3: **Slap the display** firmly with your fingers to take a lap during training.

Wear

Wear your watch firmly behind the wrist bone. To get accurate heart rate readings **during training**:

- Wear the watch on top of your wrist, at least a finger's width up from the wrist bone.
- Tighten the wristband a bit more tightly 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.

Wrist bone
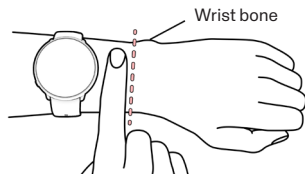
When not measuring heart rate or tracking sleep, loosen the wristband to let your skin breathe.

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.**

Train

1. Wear your watch and tighten the wristband.
2. Press the button to enter the main menu, tap **Start training**, and then swipe left or right to choose a sport profile.
3. Wait until your heart rate is shown inside the green circle, then tap the display to start training recording.

Pause and stop training

Press the button to pause your training session. Tap the display to continue training. To stop the session, press and hold the button when paused until **Recording ended** is displayed.

Training with GPS

Ignite/Ignite 2/Ignite 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 and the watch vibrates when the GPS is ready.

Unite: To get GPS data, connect your watch to your mobile phone. Install the Polar Flow app on your mobile phone, pair it with your Unite and give it permission to always use your phone's location. You need to keep your mobile phone with you during the training session.

Polar Flow

Analyze your training results, activity and sleep on the go with the Flow app and in-depth in the Flow web service. We recommend that you sync your watch at least once a week with Polar Flow to keep your data up to date between your watch, the mobile app and the web service.

Information about materials and technical specifications are available in the user manual at **support.polar.com/en**. For instructions on changing the wristband see this video: **bit.ly/polar-wristband.**

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.

Model: Ignite/Ignite 2: 2Z, Ignite 3: 5J, Unite: 4B

App Store is a service mark of Apple Inc.
Android and Google Play are trademarks of Google Inc.

Getting Started Guide

Ignite / Ignite 2
Ignite 3 / Ignite 3 Titanium
GPS fitness watch

Unite
Fitness watch

English

Learn more at support.polar.com/en