How to get started

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.

2. **To set up your watch,** choose your language and setup method. The watch gives you three options for setup: set up (**A**) 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**.

To get the most accurate and personal training and activity data, it's important that you're precise with the settings in the setup.

(i) 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.

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.

C SET UP ON YOUR WATCH

1. Adjust the settings by swiping the display and tap to confirm your selection.

2. Press the **BACK** button to return and change a setting.

When you do the setup from the watch, your watch is not yet connected with Polar Flow. It's important that you do the setup later via option **A** or **B** to get the latest feature updates to your Ignite. In Flow you can also see a more detailed analysis of your training and monitor your progress.

Get to know your Ignite
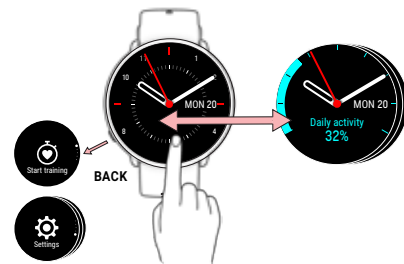
KEY FUNCTIONS

· Tap the display to confirm selections and choose items.

· Return, pause and stop with the **BACK** button. In time view press **BACK** to enter the menu, press and hold **BACK** to start pairing and syncing.

· Swipe up or down to scroll.

· Swipe left or right in time view to view different watch faces. Tap to see more detailed information.

· Swipe left or right during training to see different training views.

Wearing your Ignite

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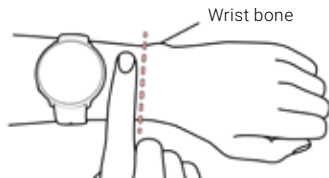
When not measuring heart rate or tracking sleep, loosen the wristband to let your skin breathe.

TAKE CARE OF YOUR IGNITE

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**.

Start training

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

13:10
89
Strength training

PAUSE AND STOP TRAINING

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

Training with GPS: 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.

ⓘ 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.

Technical specification

BATTERY TYPE:	165 mAh LI-POL BATTERY
HEART RATE SENSOR:	INTERNAL OPTICAL
WATER RESISTANCE:	30 M (SUITABLE FOR SWIMMING)

MATERIALS

DEVICE: ABS+GF, GLASS, PMMA, STAINLESS STEEL

WRISTBAND: TPU OR SILICONE, STAINLESS STEEL

CABLE: BRASS, PA66+PA6, PC, TPE, CARBON STEEL, NYLON

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 2.3 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.

APP STORE IS A SERVICE MARK OF APPLE INC.

ANDROID AND GOOGLE PLAY ARE TRADEMARKS OF GOOGLE INC.

COMPATIBLE WITH

Bluetooth®

 /polarglobal

POLAR®

IGNITE

GPS FITNESS WATCH

Getting Started Guide

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

English