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Flow

Polar Flow

Feed()

Diary()

Progress()

Community()

Programs()

Polar Flow

Polar Flow

Polar Flow

Polar Flow
POLAR IGNITE

support.polar.com/eng/ignite

Polar Ignite

Polar Ignite GPS

FitSpark™

Sleep Plus Stages™

Nightly Recharge™

Polar Ignite Serene™

Nightly Recharge

ANS

FitSpark™

Nightly Recharge

2~4

4

19

Sleep Plus Stages

Serene™

POLAR IGNITE

Polar

POLAR FLOW

App Store® Google Play™ Polar Flow

Flow

Polar Flow

Flow

Nightly Recharge
POLAR FLOW

Flow
FlowSync
Polar Flow

flow.polar.com
A. : USB

B. 

C. 

**A: POLAR FLOW**

Flow Bluetooth

1. Bluetooth
3. Polar Flow
4. Flow         Flow         Start( )
5. Bluetooth Pairing Request(Bluetooth )
6. Bluetooth
7. Bluetooth
8. 
9. Pairing done( )
10. Polar

Save and sync( )
B:
1. flow.polar.com/start
2. Polar
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Watch settings

- Heart rate
- BMR (Basal Metabolic Rate)

Weekly summary:
- Daily activity: 32%
- Active time: 4h 27min
- Calories burned: 5075 kcal
Nightly Recharge

Nightly Recharge

Nightly Recharge™

Sleep Plus Stages™

FitSpark
FitSpark

BACK
BACK

Physical settings
General settings
Watch settings
Polar Flow

Flow
Fitness Test

Relax and start the test.

Screen lock:

Do not disturb:

Flight mode:

Polar Flow

Do not disturb:

Flight mode:

Screen lock:

Always on:

Automatic:

Polar Flow

Polar Flow

Polar Flow
1. Flow, Flow, Polar


2. BACK( ) Settings( ) > General settings( ) > Pair and sync( ) > Pair and sync phone( )

3. Open Flow app and bring your watch close to phone(Flow)

4. Bluetooth Pairing Request(Bluetooth)

5. Bluetooth

6. 

7. Pairing done( )

1. Settings( ) > General settings( ) > Pair and sync( ) > Paired devices( )

2.

3. Remove pairing?( )

4. Pairing removed( )
Polar Flow

FlowSync

1.

2. FlowSync

3.

4. Yes ( )
GENERAL SETTINGS

Settings() > General settings()

General Settings():

- Pair and sync()
- Continuous HR tracking()
- Flight mode()
- Do not disturb()
- Phone notifications()
- Units()
- Language()
- Inactivity alert()
- About your watch()

PAIR AND SYNC() /Pair sensor or other device(Flow):

CONTINUOUS HR TRACKING()

FLIGHT MODE()

On() Off()

DO NOT DISTURB()

On (-) Ends at()

PHONE NOTIFICATIONS()

Off() On()

UNITS()

(kg, cm) (lb, ft)
INACTIVITY ALERT( )

On( )   Off( )

ABOUT YOUR WATCH( )

, A-GPS , Polar Ignite ID

: BACK( ) 10

PHYSICAL SETTINGS( )

Settings( ) > Physical settings( )

Physical settings( ):

- Weight( )
- Height( )
- Date of birth( )
- Sex( )
- Training background( )
- Activity goal( )
- Preferred sleep time( )
- Maximum heart rate( )
- Resting heart rate( )
- VO$_2$max

WEIGHT( )

(kg)   (lbs)

HEIGHT( )

( )   ( )

DATE OF BIRTH( )

(24 : - - /12 : - - )

SEX( )

Male( )   Female( )
TRAINING BACKGROUND

- Occasional (0-1h/week) (0~1): 3
- Regular (1-3h/week) (1~3): 1~3
  5~10km (3~6)
- Frequent (3-5h/week) (3~5): 3
  20~50km (12~31)
- Heavy (5-8h/week) (5~8): 5
- Semi-pro (8-12h/week) (8~12): 
- Pro (>12h/week) (>12): 

ACTIVITY GOAL

1

2

3

PREFERRED SLEEP TIME

(18~64) 8

MAXIMUM HEART RATE

(220-

$HR_{max}$

$HR_{max}$

$HR_{max}$
RESTING HEART RATE

55~75 bpm

1. 1
2. 3~5
3. Polar Flow
4. Polar Flow

VO2MAX

VO2max

VO2max

VO2max

VO2max

VO2max

WATCH SETTINGS

Settings > Watch settings

Watch settings:

- Watch face
- Date
- First day of week

: Off, Once, Monday to Friday, Every day, Once, Every day

WATCH FACE
- Analog
- Digital

: 12h(12) 24h(24).

Flow

Date format, mm/dd/yyyy ( / / ), dd/mm/yyyy ( / / ), yyyy/mm/dd ( / / ), dd-mm-yyyy ( - - ), yyyy-mm-dd ( - - ), dd.mm.yyyy ( . . ) yyyy.mm.dd ( . . )

Flow

FIRST DAY OF WEEK

- Monday, Saturday, Sunday

Flow

BACK Settings Settings > General settings  > Restart your watch

BACK 10

Flow

1. USB
2. FlowSync
3. Factory Reset

Polar
Polar Precision Prime™

Stages

- Plus Stages
- Nightly Recharge
- Sleep

LED

Polar Precision Prime™
H10 Bluetooth®

/NIGHTLY RECHARGE
1. BACK

2. Start training

3. GPS

4. GPS

5. Bluetooth

6. GPS

7. GPS

8. GPS

9. GPS

10. GPS

11. Polar

12. Polar

13. Polar Flow

14. Polar Flow
1. BACK
2. Start training
3. ✔
4. Start
5. Recording started

---

FitSpark

GPS

SWOLF

Pool length

Pool length

25
Favorites( )

Interval timer( ):

Timer for this session( ) > On( )
  Interval timer( ) > Set timer

1. Time-based( )
   Distance-based( )
   Time-based( )
   Distance-based( )
   Set another timer( )

2.

Countdown timer( ):

Timer for this session( ) > On( )
  Countdown timer( ) > Set timer

Favorites( )

Training suggestions( )

Polar Flow

Flow
ZonePointer

ZonePointer

ZonePointer

ZonePointer

Always on ( ) Automatic ( )

Automatic ( )
1. **Interval timer**
   - Set interval timer

2. **Time-based**
   - Distance-based
   - Time-based

3. **Set another timer?**

4. **Start**

3. **Stop timer**
1. Countdown timer( )
2. Start( )
3. Set countdown timer( )
4. Start( )
5. Start( )

Polar Flow
- Automatic lap( )
- Lap distance( )
- Lap duration( )
- Lap distance( )
- Lap duration( )

Flow

FitSpark
Altitude:

101 m
15 m
20 m

Latest training sessions:

14/20

Latest training session:
23 hours ago

POLAR FLOW Bluetooth

Polar Flow Bluetooth BACK Flow
NIGHTLY RECHARGE™

Nightly Recharge™

Nightly Recharge™ (ANS ) ANS( ) 28 ANS

Polar Flow Nightly Recharge Polar Flow

Nightly Recharge

1. Nightly Recharge

2. Nightly Recharge Settings( ) > General Settings( ) > Continuous HR tracking( ) On( ) Night-time only( )

3. 3

4. Nightly Recharge Already awake?( )

Nightly Recharge

Nightly Recharge ANS

Nightly Recharge
1. Nightly Recharge
2. Nightly Recharge
3. ANS
4. ANS
5. ANS
6. (bpm)
7. (ms)
8. (ms)
9. ( / )
10.
11. (1~100)
12. =
13. " " 43

Flow
Nightly Recharge

Polar Flow
Nightly Recharge
**Nightly Recharge**

- **ANS** charge:
  - Above usual
  - ANS: 40, 30, 20

- **Heart rate (6 h average):** 51 bpm
- **Heart rate variability (6 h average):** 26 ms
- **Breathing rate (4 h average):** 13.4 br/min

**HRV (4 h average):** 20~150 ms

**Flow**

- ANS:
  - ANS(+10)
  - ANS(-10)
  - ANS(0)

- **Recommended activity range:** 40~100 bpm

**Tips for the day:**
- For exercise: You're ready to take on the world!
- Nightly Recharge
- ANS
  
  FitSpark™

  -
  -
  -

  ANS
Nightly Recharge

Wednesday, 12 June 2019

Nightly recharge status

Tips for the day

For exercise:

A rest day might be just what you need. If you want to train, take it easy.

For sleep:

Make sure you get enough sleep. A warm cup of something before bedtime might relax you, just as long as it doesn't contain caffeine or alcohol. Alcohol hinders your REM sleep.

For regulating energy levels:

Do something that gives you pleasure and comfort. Music, gentle exercise, reading, cooking... whatever lifts up your spirits can help you recover!

SLEEP PLUS STAGES™

Sleep Plus Stages

Polar Flow

Polar Sleep Plus Stages™

1. Polar Flow
Done( ) Flow

flow.polar.com, Settings( ) > Physical settings( ) > Your
preferred sleep time( ) Save( )

Settings( ) > Physical settings( ) > Your preferred sleep time( )

Your preference 8 hours ▼ 15 minutes ▼ ✓ Within recommended range

Tell us how long you’d like to sleep each night. We’ll use this information to give you
better feedback. The recommended sleep range for most adults is 7-9 hours. This
setting is available with Polar Sleep Plus.

(18~64 8 ), 8

2. Sleep Plus Stages

Settings( ) > General Settings( ) > Continuous HR tracking( )

On( Night-time only( )

3. Sleep Plus Stages 3D

4. (1~100) ( , , , REM )

5. Flow
Nightly Recharge

Sleep charge details:

1. Fell asleep: 23:21:01
2. Sleep duration: 7.53 h
3. Sleep efficiency: 95%
4. Already awake? ( )
5. Open ( )

1. Nightly Recharge
2. Open ( )
3. Sleep charge
4. Above usual

1. 84
2. 3
3. 2
4. 4
5. 5
6. 6
7. 7
8. 8
9. 9
10. 10
11. 11

Sleep charge details:

1. Fell asleep: 23:21:01
2. Sleep duration: 7 hours 33 minutes
3. Sleep efficiency: 95%
4. Already awake? ( )
5. Open ( )

1. Nightly Recharge
2. Open ( )
3. Sleep charge
4. Above usual

1. 84
2. 3
3. 2
4. 4
5. 5
6. 6
7. 7
8. 8
9. 9
10. 10
11. 11

Sleep cycles:

1. REM sleep: 24%
2. Deep sleep: 22%
3. Light sleep: 57%
4. Interruptions: 6%

Polar Flow
Flow

Flow (REM) 8

REM 4-5

Flow (REM)
Polar Sleep Plus Stages

FITSPARK™
FitSpark™
Nightly Recharge
2~4
4
19
FitSpark
Polar
FitSpark (FitSpark)

• VO2max:
  28

FitSpark
FitSpark

FitSpark

FitSpark

: Polar Flow

FitSpark

More( )

( )

Start( )
Resistance training improves your cardiovascular fitness and muscular endurance. Do each exercise for 40 s, then rest until the minute is full. Choose and adjust your equipment so you can do the whole workout with a brisk pace.
1. Start in a push-up position, with your hands under your shoulders. Your elbows should be at about 90°. Your feet should be shoulder-width apart.
2. Keep your body in a straight line from your shoulders to your heels. Engage your core throughout the movement.
3. Lower your body until your chest is close to the floor.
4. Push back up to the start position.

**Quick settings ( )**
- Always on ( )
- Automatic ( )
- Automatic ( )

**Polar Flow**
- Polar Flow
- Polar Flow
SERENE™

Serene™ 6

3

Serene

51
Polar

1. 
2. 
3. BACK() 
4. Serene Start exercise() 
5. 
6. BACK() 
7. 
8. 

Amethyst, Sapphire, Diamond 

Diamond
Settings() > Physical settings()

Fitness Test() Relaxes and starts the test()

- Lie down & relax()
- BACK()

Test canceled()

Ignite

Update to VO2\textsubscript{max} to physical settings?(VO2\textsubscript{max})

- Physical settings()
- VO2\textsubscript{max}

Tests() > Fitness test() > Latest result()

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\[ \text{VO}_{2}\text{max} \]

\[ \text{VO}_{2}\text{max} = \frac{\text{ml}}{\text{min}} = \frac{\text{ml}}{\text{kg} \cdot \text{min}} \]

\[ \text{TRAINING LOAD PRO™} \]

Training Load Pro™
Perceived Exertion (RPE)

Flow

10

1 \~ 10

1

KUVA VAIHDETTAVA

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<th>Training Load Pro</th>
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<tr>
<td><strong>Heart rate</strong></td>
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<td>Medium</td>
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</table>
| Cardio load (TRIMP) | 232
| Low               |
| Perceived load    | 420
| Somewhat Hard     | 4/10

Your estimate (RPE)

3

2
POLAR

Polar Running Program

5K, 10K, 3
5
17, 25, 9, 20

In-depth guide

POLAR

1. Flow
2. Programs
3.
4.
5.
6.
7.
8. Start program

*4
1. Start training.

2. Start Interval training?

3. Yes

4. Start training.

5. Recording started.

USB Flow

Flow Programs

RUNNING INDEX

Running Index

Running Index

Running Index

Running Index

Running Index GPS

Running Index

Running Index

Polar Flow

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**Aviat Space Environ Med; 61:3-11, 1990.**

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**Running Index**

**Polar Flow**

**Progress( )**

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**Polar**

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<th>Running Index</th>
<th>(m)</th>
<th>5 km (h:mm:ss)</th>
<th>10 km( : )</th>
<th>21.098km( : )</th>
<th>42.195km( : )</th>
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<td>5:43:00</td>
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<td>21.098km (h:mm:ss)</td>
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**TRAINING BENEFIT**

<table>
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<tr>
<th>Training Benefit( )</th>
<th>Flow</th>
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</table>

61
Settings > General settings > Continuous HR tracking

Polar Ignite

HR

VO2

(kcal)
Polar Flow

Current heart rate

Heart rate SO FAR

LED
It's time to move.

BACK(5).

Flow Flow Flow Flow PROGRESS(

Activity Benefit

Flow Flow Activity Benefit Activity Benefit

24/7 Activity Tracking(24/7)

4 Polar Flow

20 Polar Flow Polar Flow

Flow
<table>
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<tr>
<th>Intensity % of HR&lt;sub&gt;max&lt;/sub&gt;</th>
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<td>MAXIMUM</td>
<td>90-100%</td>
<td>171-190 bpm</td>
<td>5</td>
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<tr>
<td>HARD</td>
<td>80-90%</td>
<td>152-172 bpm</td>
<td>2-10</td>
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<tr>
<td>MODERATE</td>
<td>70-80%</td>
<td>133-152 bpm</td>
<td>10-40</td>
</tr>
<tr>
<td>LIGHT</td>
<td>60-70%</td>
<td>114-133 bpm</td>
<td>40-80</td>
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<tr>
<td>Intensity % of $HR_{\text{max}}(*)$</td>
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<td>VERY LIGHT( )</td>
<td>50-60%</td>
<td>104-114 bpm</td>
<td>20-40</td>
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</table>

**HR = (220- )

** 30 190 bpm(220-30)

1

2

3 1 2

3

4 5

4 5

HR Polar Flow Polar

1 3 3-5
SPEED ZONES

Flow .5

Default()

Default()

Free()

Free()

/ . FlowSync

Flow

GPS

Polar Flow
Flow

SWOLF

SWOLF

SWOLF

Pool length

GPS

i

SWOLF

SWOLF

SWOLF

( )
1. BACK( )
   Start training( )
   Swimming( ), Pool swimming( )
   Open water swimming( )

2. /

3. START( )

Flow

- ZonePointer
- ( )
- ( )
- ( )
- Maximum heart rate( )
Maximum heart rate:

Heart rate zones:

Calories:

Pace:

Cadence:

Flow:

iOS   Android
1. Settings( ) > General settings( ) > Pair and sync
   Pair sensor or other device( )

2. Settings( ) > General settings( ) > Pair and sync

3. ID( : Polar H10 xxxxxxxx)

4. Pairing done( )
POLAR FLOW

Polar Flow

Polar Flow

flow.polar.com/start

Feed

Diary

Progress

Running Index

Running Index ( : 10K )
COMMUNITY

Flow Groups(Flow ), Clubs( ), Events( )

Polar Flow

SNS

Polar Flow

PROGRAMS

Polar

Polar Flow

support.polar.com/en/support/flow

POLAR FLOW

14

Polar Flow

support.polar.com/en/support/flow

20

20

Polar Flow

Polar Flow

Polar Flow

1.

2.

3.

Android
Polar Flow:
1. 
2. **Sport Profiles**
3. Add sport profile
4. 

Polar Flow:
1. 
2. 
3. 

---

78
Flow

1. Sport Profiles
2. Edit
3. Basics

Heart Rate

- ()
- Bluetooth Smart
- Polar Club
- Polar Club
- Free

Speed/Pace settings

- / (km/h / mph min/km / min/mi)
- / (km/h / mph min/km / min/mi)
- / (km/h / mph min/km / min/mi)
- Free

Add new view

Gestures and feedback
GPS altitude (GPS)

- Automatic pause (GPS)
- GPS High Accuracy (GPS)
- GPS (GPS)
- Save (GPS)

Polar Flow

Flow

Polar Flow for Coach
Polar Flow

1. Diary( ) Add( ) > Training target( )
2. Add training target( ) Sport( ) Target name( )(45)
   Date( ) Time( ) Notes( )

1. Duration( )
2. 
3. Add to favorites( )
4. Diary( ) Save( )

1. Distance( )
2. 
3. Add to favorites( )
4. Diary( ) Save( )

1. Calorie( )
2. 
3. Add to favorites( )
4. Diary( ) Save( )

1. Interval( )
2. Repeat phases( )
   Name( ), Duration( ), Select intensity
   Distance( ), Manual( ), Automatic( ), Done( )
3. Add to favorites( )
4. Diary( ) Save( )
1. **Phased**
2. **Create new** Use template
   - Create new:
     * Distance:
     * Name:
     * Duration:
     * Distance:
     * Manual:
     * Automatic:
     * Select intensity:
     * Done:
   - Using the template:
3. **Add to favorites**
4. **Diary** Save

---

1. **Diary** +Add(+)
2. **Favorite target**
3. **Diary** (18:00)
4. **Diary** Add to Diary

---

1. **Diary** Add( ) > Training target
2. **Add training target** Favorite targets
3. **Sport** Target name(45) Date Time Notes
4. **Diary** Add to Diary

---

Flows FlowSync Flow
Flow Diary Favorites

---

Flow Favorites (Flow)
1. Diary( )
2. Edit( )
3. Quick( ) Phased( )
   Update changes ( )

1. Bluetooth
2. Polar Flow
3. USB
4. FlowSync
   Polar Flow
   Flow
   FlowSync
   Polar
   FlowSync
   FlowSync
   Polar
   FlowSync

FLOW

* Polar Flow
  * Bluetooth

1. Flow BACK( )
2. Connecting to phone(Polar Flow)
   Connecting to Polar Flow app(Polar Flow)
3. Syncing completed( )

Bluetooth Flow Flow Polar Flow

Polar Flow

support.polar.com/en/support/Flow_app
1. FlowSync
2. FlowSync
3. Completed

FlowSync

Polar FlowSync

Polar Flow

(Windows)

(Mac OS X)

FlowSync

FlowSync

Flow

support.polar.com/en/support/flow

FlowSync

support.polar.com/en/support/FlowSync
Polar

0°C - 40°C

USB

500mA

"output 5Vdc"

"Limited Power Supply", "UL listed"

CE

UL

US

LISTED

9

Polar

9

Polar

FlowSync

1.

USB

USB

( )

USB

( )
2. Charging

3. Battery low. Charge

BACK

- Battery low. Charge

- Charge before training

- Battery low

- GPS

- Recording ended

- Flow

- Polar Ignite
(-10°C/14°F) (50°C/120°F)

2 / Polar

Polar Electro

Polar  support.polar.com

Polar

Polar

Polar

Polar

GPS

www.polar.com/en/products/accessories

WLAN

LED

1.

2.

3.
### POLAR IGNITE

<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
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<tbody>
<tr>
<td>Battery Capacity</td>
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<tr>
<td>GPS Accuracy</td>
<td>17</td>
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<tr>
<td>Operating Temperature</td>
<td>(-20°C to 10°C / -4°F to 14°F)</td>
</tr>
<tr>
<td>Operating Temperature</td>
<td>-10°C ~ +50°C / 14°F ~ 122°F</td>
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**Polar Bluetooth® Smart**
ABS+GF, PMMA, TPU

PA66+PA6, PC, TPE

30m

GPS 90

240 x 204

2.3mW

2.402 ~ 2.480GHz

Bluetooth®

Polar Precision Prime

POLAR FLOWSYNC

FlowSync Microsoft Windows Mac

USB

FlowSync

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POLAR FLOW

Polar
• iOS 11
• Bluetooth 4.0

5

, Bluetooth Low Energy (BLE), Polar

POLAR

Polar

GymLink

Polar

ECG

ECG

ECG

Polar

ISO 22810

IEC60529

Polar

Polar

ISO 22810

IEC60529

Polar

IPX7

IPX8

20/30/50

100

: IEC60529.

: ISO22810.

: ISO22810.

www.polar.com/en/regulatory_information
Polar Ignite Settings > General settings > About your watch

POLAR

- Polar Electro Oy
- Polar Electro Inc.
- Polar Electro Oy/Polar Electro Inc.
- Polar Electro Oy/Inc.
- Polar Electro Inc./Polar Electro Oy
- Polar Electro Inc./Polar Electro Oy

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Polar Electro Oy

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