

# Polar 360

## Getting Started Guide



COMPATIBLE WITH



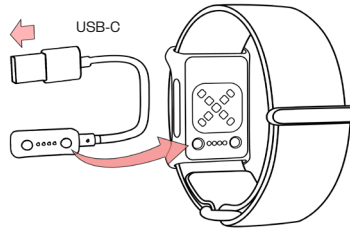
Model: 5T

[support.polar.com/en/polar-360](https://support.polar.com/en/polar-360)



Manufactured by  
Polar Electro Oy

# 1



ENGLISH

## Charge

To charge your Polar 360, plug it into a powered USB port or a USB charger using the custom cable that came with it (**Picture 1**).

- » The Polar 360 turns on when you plug it in to charge.
- » The Bluetooth feature turns on automatically and remains on unless the battery runs out.
- » While charging, the LEDs indicate the progress: clockwise rotating red LEDs show that charging is ongoing, and when the battery is full, the red LEDs remain continuously on (**Picture 2**).

## Set up

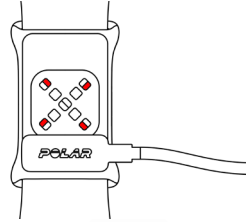
After plugging in your Polar 360 to charge, you can set it up using the Polar Flow app. Keep your Polar 360 close to your phone during the setup and pairing. Make sure your phone is connected to the internet and turn on Bluetooth®.

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

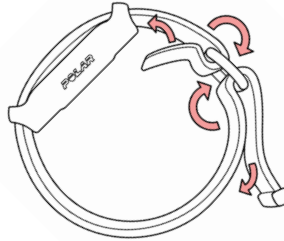
Download the Flow app onto your phone from the App Store or Google Play. Once downloaded, open the app and sign into your Polar account or create a new one. The Flow app will automatically discover Polar 360 and guide you through the setup. You will receive the latest firmware updates for your Polar 360 via the Flow app, and your Polar 360 will also be paired with the Flow app during the setup.

If you use the Polar 360 with another application, refer to the application developer's user guide for instructions on how to connect and use Polar 360 with that application.

# 2



# 3



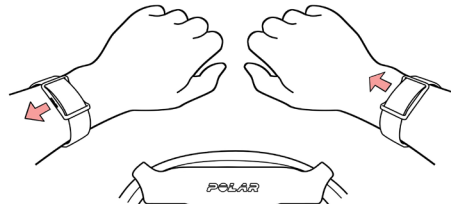
## Wear

Wear your Polar 360 around your wrist so that the optical heart rate sensor on the underside of the device is firmly against your skin. Adjust the wristband so that it fits snugly and comfortably on your wrist. The hook-and-loop fasteners on both ends allow you to easily adjust the wristband to a suitable size (**Picture 3**).

For accurate measurement, it's important that the device is positioned correctly (**Picture 4**):

- » If you wear the device on your left hand, make sure the **POLAR** logo faces up towards your arm.
- » If you wear the device on your right hand, make sure the **POLAR** logo faces down towards your fingers.

# 4



## Care

Keep the device and the wristband clean by washing them regularly (at least once a week) with a mild soap and water solution. Rinse thoroughly with water. When drying the wristband, hang it up or lay it flat, and allow it to dry completely.

Keep the device and the wristband in a cool and dry place. Do not expose them to direct sunlight for extended periods. Do not clean with alcohol or disinfectant. Do not charge the device when the charging contacts are wet.

More detailed care instructions as well as information about materials and technical specifications are available in the user manual at [support.polar.com/en/polar-360](https://support.polar.com/en/polar-360).

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 5.0 mW maximum power.

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