

# Polar 360

## Getting Started Guide



COMPATIBLE WITH

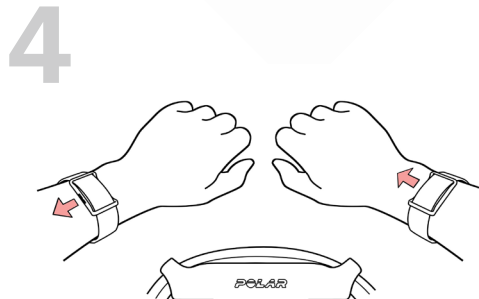
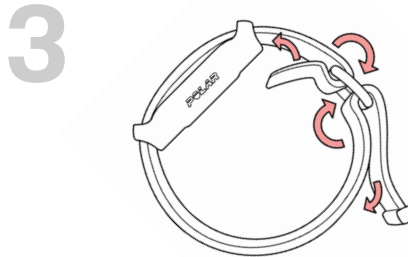
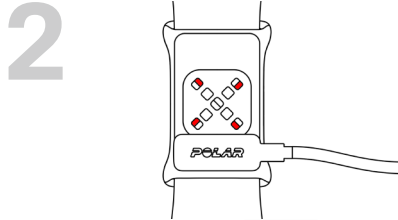
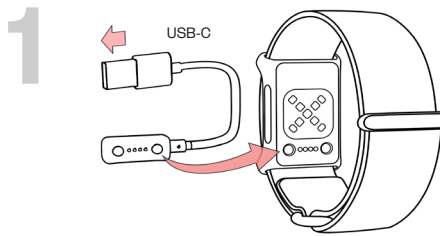


Model: 5T

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



Manufactured by  
Polar Electro Oy



## 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 progress: clockwise rotating red LEDs show that charging is ongoing, and when the battery is full, the red LEDs remain continuously on (**Picture 2**).

After plugging in your Polar 360 to charge, you can set it up using the application. Refer to the application developer's user guide for setup, pairing, and usage instructions. Keep your Polar 360 close to your phone during the setup and pairing.

### 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.

### 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.