Polar 360



USER MANUAL

Contents

Contents **2**
Polar 360 user manual **3**
Introduction 3
First-time use 3
Charge 3
Set up 3
Troubleshooting Polar 360 Setup 4
Wearing your Polar 360 4
Polar 360 LEDs 6
Battery 7
Charging the battery 8
Caring for your Polar 360 9
Keep your Polar 360 clean 9
Storing 9
Restarting and resetting 9
After restarting: 10
To reset Polar 360 to factory settings 10
Precautions 10
Interference during training 10
Health and training 10
Warning 11
Technical specification 11
Polar 360 11
Water resistance of Polar products 12
Regulatory information 13
Disclaimer 14

Polar 360 user manual

Introduction

Congratulations on your new Polar 360! This user manual gives you basic information about your device and instructions for its care. For details on using the device with the app you are using, check out the user guide from the app's developers.

First-time use

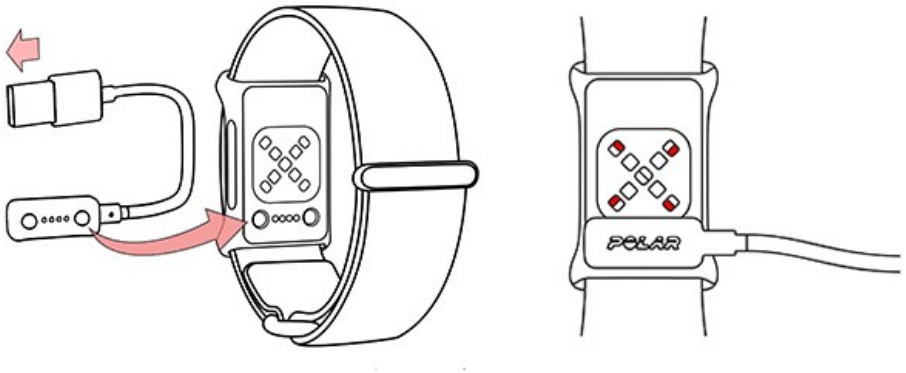
Before you can start using your Polar 360, **you need to pair and set it up with the app**. The Polar 360 will automatically turn on when you plug it in to charge. Once plugged in, you can set it up using the app.

The Polar 360 connects to your phone via Bluetooth. Bluetooth turns on automatically when you plug in the device to charge and stays on unless the battery runs out or the device is turned off via the app settings.

Charge

To charge your Polar 360, plug it into a powered USB port or a USB charger using the custom cable that came with the product set.

During charging, the four red LEDs light up in a repeating clockwise sequence. When the battery is fully charged, all four red LEDs remain on.



If the battery is completely empty, it may take several minutes for the charging to start. See Batteries for detailed information on charging the battery.

Set up

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.

If you unplug Polar 360 from the charger before it is set up and paired with a phone, the device continues searching for a connection to a phone for 30 minutes before turning off. During the search, the four red LEDs light up one at a time in a repeating clockwise sequence, faster than during charging. To restart the search, **plug the device into a charger again**.

Troubleshooting Polar 360 Setup

If you're having trouble setting up your Polar 360 with your phone and the app, make sure that Bluetooth is turned on in your phone and the airplane mode/flight mode is off. You can try to fix a problem in the Bluetooth connection by turning it off and on again in the phone's settings.

The Polar 360 has to be set up with your phone using the app, not in your phone's Bluetooth settings. If you have paired the device with your phone in your phone's Bluetooth settings, follow the instructions below to unpair the Bluetooth connection, and then set up the device using the app.

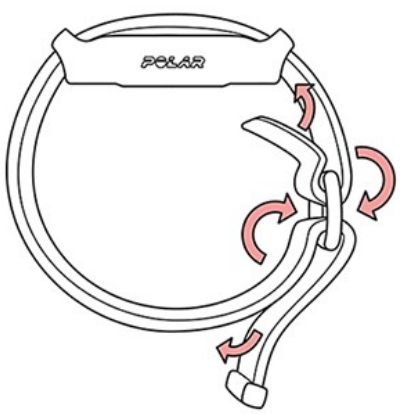
1. On your phone remove your device from the list of paired Bluetooth devices as follows: **iOS**: Go to **Settings** > **Bluetooth**, tap the ⓘ icon to the right of your device and choose **Forget this Device**. **Android**: Go to **Settings** > **Bluetooth**, choose your device and **Forget this Device**.
2. To remove the pairing from your device, reset it to factory settings by pressing the restart/reset button with a pin when the device is plugged in to a powered USB port or a USB charger. For detailed instructions, see Restarting and resetting.
3. Follow the instructions for setting up the device with the app.

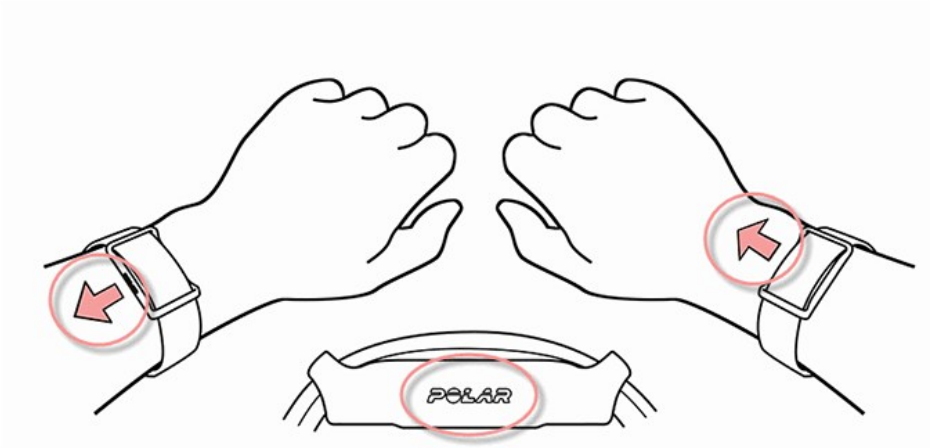
Wearing your Polar 360

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.

For accurate measurement, it’s important that the device is positioned correctly:

- **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.





- Wear the Polar device on top of your wrist, at least a finger’s width up from the wrist bone.
- Tighten the wristband firmly around your wrist. The sensor on the back must be in constant touch with your skin and the Polar device should not be able to move on your arm.
- A good way to check that the wristband is not too loose is if you push the wristband lightly up from both sides of your arm and make sure the sensor doesn’t lift from your skin. When pushing the wristband up you shouldn't see the LED light shining from the sensor.

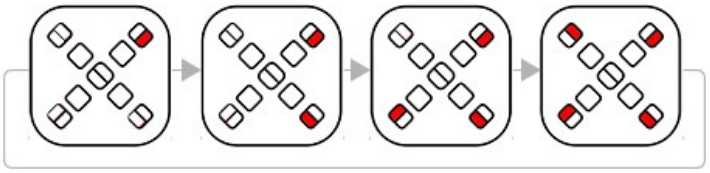
Every once in a while it's a good idea to let your wrist have a breather, especially if you have sensitive skin. Loosen the wristband, for example, when your activity is low, to avoid skin irritation. You can also change the place of the device on your wrist a bit. From time to time, you should remove the Polar device completely from your wrist.

You should regularly wash the device, the wristband and the skin on your arm – especially after you've been sweating. Use a mild soap and water solution and running water. For more information, see Caring for your Polar 360.

Polar 360 LEDs

When the device is charging

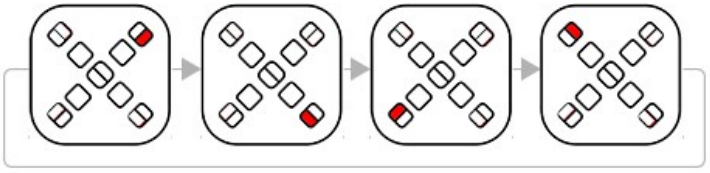
During charging, the four red LEDs light up in a repeating clockwise sequence. When the battery is fully charged, all four red LEDs remain on.



When the device is searching for a connection

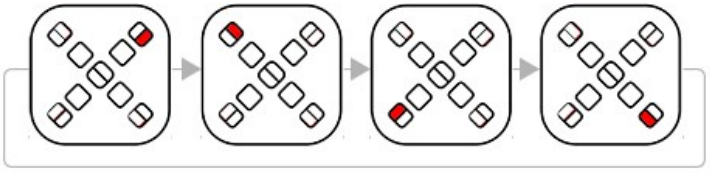
If you unplug Polar 360 from the charger before it is set up and paired with a phone, the device continues searching for a connection to a phone for 30 minutes before turning off. During the search, the four red LEDs light up one at a time in a repeating clockwise sequence, faster than during charging. To restart the search, **plug the device into a charger again**.

The same repeating red LED pattern appears after the device restarts and indicates that you need to sync your device. Syncing restores the correct date and time settings on the device.



When the device is updating firmware

During a firmware update, the four red LEDs light up one at a time in a repeating counterclockwise sequence.



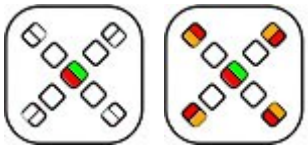
When the device is on, but not worn

The red and green LEDs are on when the device is on and ready to measure your heart rate, but the optical heart rate sensor is not in contact with your skin.



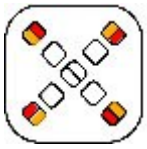
When you wear the device and the optical heart rate sensor is in contact with your skin, the device starts measuring your heart rate. The LEDs that are on during measurement vary depending on the situation:

- At rest (for example, while sleeping, lying down, or sitting): The red and green LEDs are on.
- During activity: The red and green LEDs and the four corner LEDs are on.



When the device memory is almost full

When the device memory is almost full, the corner LEDs flash repeatedly. If you see this LED pattern, perform a factory reset to free up memory.



Battery

The Polar 360 has an internal, rechargeable battery. Rechargeable batteries have a limited lifespan, which depends on several factors, including battery technology, operating temperatures, charging habits, and how the device is used and cared for. You can maximize the battery lifespan by keeping your device in good condition and charging and storing it according to the instructions below.

- Keep the charging contacts of your device clean to effectively protect your device from oxidation and other possible damage caused by dirt and salt water (e.g. sweat or sea water). The best way to keep the charging contacts clean is to rinse the device after each training session with lukewarm tap water. The device is water resistant and you can rinse it under running water without damaging the electronic components.
- Before charging, make sure there's no moisture, dust or dirt on the charging contacts of the device and cable. Gently wipe off any dirt or moisture.
- Do not charge the device in temperatures under 0 °C/ +32 °F or over +40 °C/ +104 °F.
- Do not charge the device near flammable materials or on flammable surfaces.
- Do not charge the device when it's wet.
- Do not leave the device in extreme cold (below –10 °C/14 °F) and heat (above 50 °C/120 °F) or under direct sunlight.
- Avoid discharging the battery completely before recharging and charging the battery full every time. Keeping the battery charge between 10-90% puts less strain on the battery, helps the battery maintain optimal performance, and extends the battery's life.
- Do not leave the battery fully discharged for a long period of time or keep it fully charged all the time.
- Store the device partially charged in a cool and dry place. If you won't be using your device for a while, charge it to around 50 percent before storing it. Also, turn off the device through the app settings. The battery slowly loses its charge when it is stored. If you are going to store the device for several months, it is recommended to recharge it after a few months.

Over time, rechargeable batteries gradually wear out, and their capacity decreases. The average lifespan of rechargeable lithium-ion batteries used in phones and sports watches, including Polar watches and devices, is about 2-3 years. The battery will have approximately 80% of its original capacity left at this stage, and the percentage continues to decrease with time and use. The actual battery lifespan varies depending on use and operating conditions.

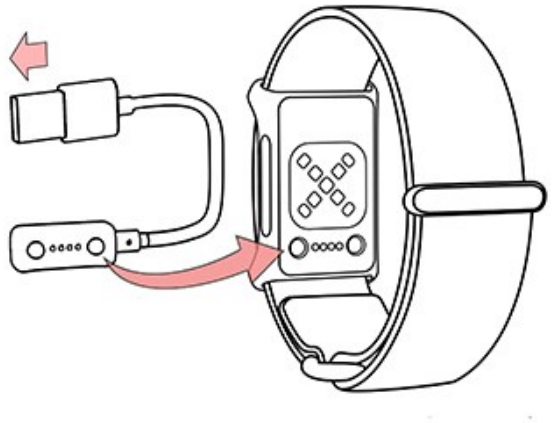
At the end of the working life of the product Polar encourages you to minimize possible effects of waste on the environment and human health by following local waste disposal regulations and, where possible, utilizing separate collection of electronic devices. Do not dispose of this product as unsorted municipal waste.

Charging the battery

Use the USB cable included in the product set to charge it via the USB port on your computer.

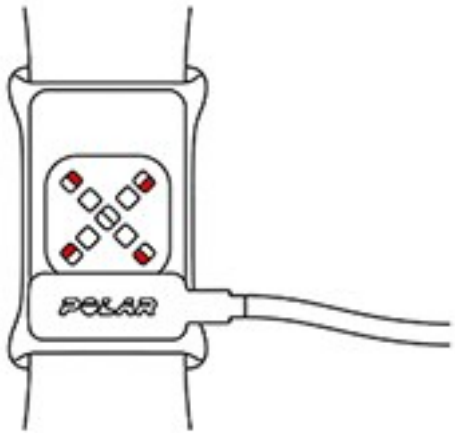
You can also charge the battery via a wall outlet. When charging via a wall outlet, use a USB power adapter (not included in the product set). If you use a USB power adapter, make sure that the adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA. Only use an adequately safety approved USB power adapter (marked with "LPS", "Limited Power Supply", "UL listed" or “CE”).

1. To charge your device, plug it into a powered USB port or a USB charger with the custom cable that came in the box. The cable magnetically snaps into place.



2. During charging, the four red LEDs light up in a repeating clockwise sequence. When the battery is fully charged, all four

red LEDs remain on.



Caring for your Polar 360

Like any electronic device, the Polar 360 should be kept clean and treated with care. The instructions below will help you keep the device in peak condition and avoid any issues in charging and optical heart rate measurement.

Keep your Polar 360 clean

Keep the device and the wristband clean by washing them regularly (at least once a week) with a mild soap and water solution. Rinse the device and the wristband thoroughly with water. When drying the wristband, hang it up or lay it flat, and allow it to dry completely. Do not clean with alcohol or disinfectant.

Keep the charging contacts of your device clean to ensure smooth charging and effectively protect your device from oxidation and other possible damage caused by dirt and salt water (e.g. sweat or sea water). Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your device. Gently wipe off any dirt or moisture. Do not use any sharp tools for cleaning to avoid scratching. **Do not charge the device when it's wet.**

Take good care of the optical heart rate sensor

Keep the optical sensor area clean and scratch-free. Scratches and dirt will reduce the performance of the optical heart rate measurement.

Avoid using perfume, lotion, suntan/sunscreen or insect repellent on the area where you wear the device. If the device comes into contact with these or any other chemicals, wash it with a mild soap and water solution and rinse well under running water.

Storing

Keep the device and the wristband in a cool and dry place. Do not keep the device and the wristband in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose the device to direct sunlight for extended periods, such as by leaving it in a car. It is recommended to store the device partially or fully charged. The battery slowly loses its charge when it is stored. If you are going to store the training device for several months, it is recommended to recharge it after a few months. This will prolong the battery lifetime.

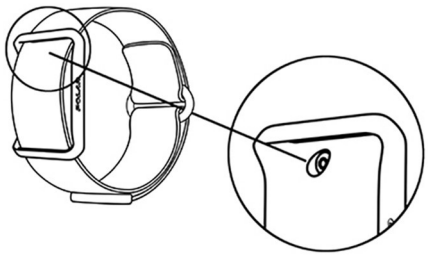
Do not leave the device in extreme cold (below –10 °C/14 °F) and heat (above 50 °C/120 °F) or under direct sunlight.

Restarting and resetting

If you experience problems with your device, you can try restarting it. Restarting the device will not delete any of your personal data from the device. However, when restarting, the device's date and time settings will be reset to their default values, and any

ongoing processes (such as sleep calculation) will end. After reset, the device should be synced with the app to get the correct time settings on the device.

The restart/reset button is on the top side of the device, under the wristband. To restart the device, briefly press the button with a pin when the device **is NOT plugged** in to charge.



Shortly after you release the button, all LEDs will turn off for a few seconds. All LEDs will then illuminate briefly, after which the four red LEDs will light up one at a time in a repeating clockwise sequence.

After restarting:

The repeating red LED pattern indicates that you need to sync your device. Restarting resets the device's date and time settings to their default values. Syncing restores the correct date and time and ensures that your sleep and activity data accumulate correctly.

To reset Polar 360 to factory settings

If restarting your device didn't help, you can reset the device back to factory settings. Note that resetting the device back to factory settings empties all personal data and settings from the device, and you will need to set it up again for your personal use.

To factory reset your device, press the device's restart/reset button with a pin while the device **is plugged** in to charge.

After the factory reset you need to Set up your Polar 360 again.

Precautions

The Polar 360 is designed to measure your heart rate, activity and sleep. No other use is intended or implied. The device should not be used for obtaining environmental measurements that require professional or industrial precision.

We recommend washing the device and wristband regularly to avoid any skin problems caused by dirt.

Interference during training

Electromagnetic Interference and Training Equipment

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with the training device. To avoid erratic reading or misbehavior, move away from possible sources of disturbance.

Training equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals.

If the training device does not work with the training equipment, it may be electrically too noisy for wireless heart rate measurement.

Health and training

Training may include some risk. Before beginning a regular training program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor

before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to training intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during training. **If you feel unexpected pain or excessive fatigue when training, it is recommended that you stop the training or continue at a lighter intensity.**

Note! If you are using a pacemaker or other implanted electronic device, you can use Polar products. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. If you experience any skin reaction, stop using the product and consult your physician.

The combined impact of moisture and intense abrasion may cause color to come off the surface of the device, possibly staining light-colored clothes. It may also cause a darker color to come off clothing, possibly staining lighter-colored devices. To keep a light-colored device glowing for years to come, please make sure the clothing you wear while training does not bleed color. If you use perfume, lotion, suntan/sunscreen or insect repellent on your skin, you must ensure that it does not come into contact with the device. If you train in cold conditions (-20 °C to -10 °C / -4 °F to 14 °F) we recommend that you wear the device under the sleeve of your jacket.

Warning

This product is not a toy. Do not allow children or pets to play with this product. This product contains small components that can be a choking hazard.

Technical specification

Polar 360

Model: 5T

Battery type:

148 mAh Li-pol rechargeable battery

Operating time:

Up to 5 days of use on a single charge

Operating temperature:

-10 °C to +50 °C / 14 °F to 122 °F

Materials:

Sensor

ABS+GF, PMMA, SUS 316 (Stainless steel)

Wristband

47% Polyamide, 40% Polyester, 13% Elastane

Buckle and end cap: Aluminium

USB adapter materials

PC+ABS, SUS 301 (Stainless steel) Gold plated

Water resistance:

30 m (suitable for bathing and swimming)

Sensors:

Precision Prime™

Skin Temp: GEN 1

OHR: GEN 3.5

Accelerometer

Connectivity:

The device connects to your phone using wireless Bluetooth technology.

Supported BLE services:

HRS (Heart Rate Service)

BAS (Battery Service)

DIS (Device Information Service)

Polar 360 is compatible with the Polar BLE SDK, which uses Polar proprietary BLE services for file transfer (PSFTP) and live measurement data streaming (PMD). For more information, see https://github.com/polarofficial/polar-ble-sdk.

USB connection:

Charging only. Data transfer via USB is disabled by default.

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 5 mW maximum power.

Water resistance of Polar products

Most Polar products can be worn when swimming. They are not, however, diving instruments. To maintain water resistance, do not press the buttons of the device under water.

Polar devices with wrist-based heart rate measurement are suitable for swimming and bathing. They will collect your activity data from your wrist movements also when swimming. In our tests, however, we found that the wrist-based heart rate measurement doesn't work optimally in water, so we cannot recommend wrist-based heart rate measurement for swimming.

In the watch industry, water resistance is generally indicated as meters, which means the static water pressure of that depth. Polar uses this same indication system. Water resistance of Polar products is tested according to International Standard **ISO 22810** or **IEC60529**. Every Polar device that has water resistance indication is tested before the delivery to stand water pressure.

Polar products are divided into four different categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

When performing any underwater activity, the dynamic pressure generated by moving in water is greater than the static pressure. This means that moving the product under water subjects it to a greater pressure than if the product were stationary.

Marking on the back of the product	Wash splashes, sweat, rain-drops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant IPX7	OK	-	-	-	Do not wash with a pressure washer. Protected against splashes, rain-drops etc. Reference standard: IEC60529.
Water resistant IPX8	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: IEC60529.
Water resistant Water resistant 20/30/50 meters Suitable for swimming	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: ISO22810.
Water resistant 100 meters	OK	OK	OK	-	For frequent use in water but not SCUBA diving. Reference standard: ISO22810.

Regulatory information

CE

This product is compliant with Directives 2014/53/EU, 2011/65/EU and 2015/863/EU. The relevant Declaration of Conformity and other regulatory information for each product are available at www.polar.com/en/regulatory_information.



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2012/19/EU of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries/accumulators used in products are in compliance with Regulation (EU) 2023/1542 of the European Parliament and of the Council of 12 July 2023 concerning batteries and waste batteries. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices for products, and battery and accumulator collection for batteries and accumulators.

Disclaimer

- The purpose of this instruction is to inform the user of the device. The devices described are subject to change without prior notice due to the manufacturer's continuous development program.
- Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this instruction or with respect to the devices described herein.
- Polar Electro Inc./Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the devices described herein.

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