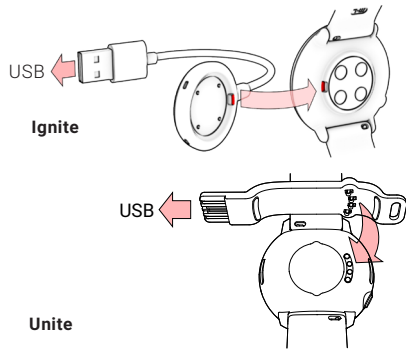


How to get started

1. **To wake up and charge your watch**, plug it into a powered USB port or a USB charger with the custom cable (Ignite) or the USB charging adapter (Unite) 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**.

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.

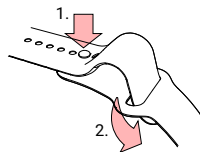
- i** Your watch syncs your training data with the Flow mobile app automatically if your phone is within the Bluetooth range and the Flow app is running. You can also sync your training data manually with the Flow app by pressing and holding the **BACK** button of your watch.

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.

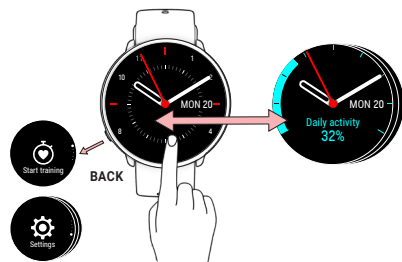
- i** To get the most accurate and personal training and activity data, it's important that you're precise with the settings in the setup.
- i** If there is a firmware update available for your watch, we recommend you install it during the setup. It may take up to 10 minutes to complete.

WEARING THE UNITE WRISTBAND



1. Push the pin into the hole.
2. Slide the excess strap underneath.

Get to know your watch

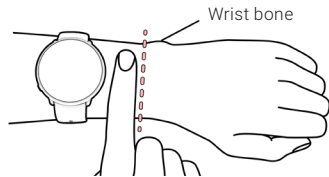


- Tap the display to confirm selections and choose items.
- Return, pause and stop with the **BACK** button. In time view press **BACK** to enter the menu, press and hold **BACK** to start pairing and syncing.
- Swipe up or down to scroll.
- Swipe left or right in time view to view different watch faces. Tap to see more detailed information.
- Swipe left or right during training to see different training views.
- **Unite**: To change the watch face color theme, go to **Settings > Watch settings > Watch face**.

Wearing your watch

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.



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

TAKE CARE OF YOUR WATCH

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.

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

Ignite: 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.

Unite: To get GPS data, connect your watch to your mobile phone. Install the Polar Flow app on your mobile phone, pair it with your Unite and give it permission to always use your phone's location. You need to keep your mobile phone with you during the training session.

Polar Flow app and web service

Sync your watch with the **Flow app** after training and get an **instant overview** of and feedback on your training, activity and sleep.

Sync your training data to the **Flow web service** with your computer or via Flow app to track your achievements, get guidance and see a **detailed analysis** of your training results, activity and sleep.

Information about materials and technical specifications are available in the user manual at support.polar.com/en/ignite or support.polar.com/en/unite.

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

In Polar Ignite 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.

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Getting Started Guide

Learn more at support.polar.com/en

English