Congratulations on your great choice! In this guide we’ll walk you through the first steps in starting to use your new Polar Vantage M.

1. Wake up and charge your watch, 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, just make sure to align the ledge on the cable with the slot on your watch (marked with red). Please note that it may take a while for the charging animation to appear on the display. You can also wake up your watch by pressing and holding OK for 4 seconds.

2. When you’re done with the settings, tap OK and confirm your selection with OK. We recommend option A or B.

3. Open the Flow app on your mobile device. The Flow app recognizes your watch nearby and prompts you to start pairing it. Tap the Start button.

4. When the Bluetooth pairing request confirmation message appears on your mobile device, check that the code shown on your mobile device matches the code shown on your watch. Accept the Bluetooth pairing request on your mobile device and confirm the pin code on your watch by pressing the OK. Pairing done is displayed on the pairing is completed.

5. When you do the setup from the watch, we recommend you install it during the setup. It may take up to 10 minutes to complete.

To get to the most accurate and personal training and activity data, it’s important that you’re precise with the settings in the setup.

**Options A and B**

1. 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.

**A SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP**

- Make sure your mobile device is connected to the internet and turned on.
- Download the Polar Flow app from the App Store or Google Play on your mobile device.
- Open the Flow app on your mobile device. The Flow app renews your watch nearby and prompts you to start pairing it. Tap the Start button.
- When the Bluetooth pairing request confirmation message appears on your mobile device, check that the code shown on your mobile device matches the code shown on your watch. Accept the Bluetooth pairing request on your mobile device and confirm the pin code on your watch by pressing the OK. Pairing done is displayed on the pairing is completed.

**B SET UP FROM THE WATCH**

Adjust the values with UP/DOWN and confirm each selection with OK. If you want to return and change a setting at any point, press BACK, and you can return to the watch’s settings you want to change.

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**SET UP WITH A 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.

**A SET UP FROM THE WATCH**

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**GET TO KNOW YOUR VANTAGE M**

**How to get started**

**Get the most accurate and personal training and activity data, it’s important that you’re precise with the settings in the setup.**

**Key features**

**WRIST-BASED HEART RATE TRAINING**

The cutting-edge wrist-based Polar Precision Prime sensor fusion technology combines optical heart rate measurement with skin contact measurement providing accurate wrist-based heart rate monitoring throughout the day, even in the most demanding training conditions.

**INTERCONNECTED GPS**

Built-in GPS keeps track of your pace, distance and altitude during training. You can view your route on a map in the Polar Flow app or Flow web service after your session.

**TRAINING LOAD PRO**

Get a comprehensive view of how your training sessions strain your body in different ways. Session-by-session and long-term monitoring.

**RUNNING PROGRAM**

Train for a running event with a personal and adaptive training plan in the Polar Flow web service. Choose from four different targets: 5K, 10K, half marathon or marathon, and get a training plan that fits you and your goals.

**RUNNING INDEX**

Running Index gives you valuable information about your running performance, providing an easy way to monitor your progress.
Heart rate training

To get accurate heart rate readings during training, make sure that you wear the watch correctly:

1. Wear your watch and tighten the wristband.
2. Press BACK to enter the main menu, choose Start training, and then browse to a sport profile.
3. Go outdoors and away from tall buildings and trees. Keep your watch still with the display to catch GPS satellite signals.
4. When not measuring heart rate, loosen the wristband a bit for a more comfortable fit and to let your skin breathe.

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Your watch is also compatible with the Polar H10 heart rate sensor with a chest strap. You can buy a heart rate sensor as an accessory. Find a full list of sensors and accessories your watch is compatible with at support.polar.com/en/vantage-m.

Your estimate (RPE)

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Polar Flow app and web service

VIEW YOUR TRAINING DATA AT A GLANCE ON THE MOBILE APP

Get the Polar Flow app on the App Store or Google Play. Sync your watch with the Flow app after training and get an instant overview and feedback on your training result and performance. In the app, you can also check how you’ve slept and how active you’ve been during the day.

POLAR FLOW WEB SERVICE FOR MORE DETAILED ANALYSIS

Sync your training data to the Flow web-service with your computer or via Flow mobile app. In the web service you can track your activity and sleep. You can customize your watch profile with your favorite sports and the information you want to follow during training. You can also check how you’ve slept and how active you’ve been during the day.

Polar Flow web service

The Flow web-service allows you to browse to a sport profile.

Start training

Press 

PAUSE AND STOP TRAINING

Press 

Recording ended

Press OK to start training recording.

The circle around the GPS icon will turn green when the GPS is ready.

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.

Your estimate (RPE)

Keep your watch on and running water after each training session.

When charging, please make sure there’s no moisture, dust or dirt on the charging contacts of your watch and the charging cable. Gently wipe off any dirt or moisture.

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Technical specification

Manufactured by Polar Electro Oy and licensed to want to know about Polar’s contributions to the health industry. POLAR FLOW WEB SERVICE FOR MORE DETAILED ANALYSIS

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