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. Make sure your mobile device is connected to the internet and turn on Bluetooth®.
2. Download the Polar Flow app from the App Store or Google Play on your mobile device.
3. Open the Flow app on your mobile device. The Flow app recognizes your watch nearby and prompts you to start pairing it.
4. When the Bluetooth Pairing Request confirmation message appears on your mobile device, check that the code shown on your watch matches the code shown on your mobile device.
5. Accept the Bluetooth pairing request on your mobile device.
6. Tap the Start button.
7. 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 your watch and the unique Polar features at their best, it's important that you're precise with the settings in the setup.

To get the most accurate and personal training and activity data, it's important that you do the setup later in the Polar Flow web service.

To get to know your Vantage M

Set up with a 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 setup and sign-up within the Polar Flow web service.

Get to know your Vantage M

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.

Integrated 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. Season-by-season and long-term monitoring.

Running program
Train for a running event with a personal and adaptive training plan in Polar Flow web service. Choose from four different target distances: 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.

How to get started

To 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 cable on 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.

To set up your watch, choose your language and preferred setup method. The watch gives you three options for setup: set up (A) with a mobile device, (B) with a computer or (C) from the watch. Browse to the option most convenient for you with UP/DOWN and hold for 4 seconds.

3. Open the Flow app on your mobile device. The Flow app recognizes your watch nearby and prompts you to start pairing it.
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.
5. 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 once the pairing is completed.
6. 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.

When you're done with the settings, tap Save and sync and your settings are synced to your watch.

Options A and B: 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

As shown in the setup menu, you can use the following buttons:

• Return, pause and stop with BACK.
• Press and hold LIGHT to lock buttons.
• Press and hold BACK to enter the menu, press BACK/UP/DOWN to move through selection lists, and adjust a chosen value.
• Return, pause and stop with BACK. In time view press BACK to enter the menu, press and hold to start pairing and syncing.
• Press and hold LIGHT to lock buttons.

MATCH YOUR STYLE WITH EASY-TO-CHANGE WRISTBANDS
You can buy additional wristbands separately at www.polar.com.

RUNNING INDEX
Get a comprehensive view of how your training sessions strain your body in different ways. Season-by-season and long-term monitoring.

RUNNING PROGRAM
Train for a running event with a personal and adaptive training plan in Polar Flow web service. Choose from four different target distances: 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.

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

B SET UP WITH A COMPUTER
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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.
Start training

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 up to GPS satellites signal. The circle around the GPS icon will turn green when the GPS is ready.
4. The watch has found your heart rate when your heart rate is shown.

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 data with the Flow app after training and get an instant overview and feedback on your training result and performance. In the Flow app you can also check how you’ve slept and achieve 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.

DETAILED ANALYSIS
You can choose your watch with your favorite sports and the information you want to follow during your sessions with your favorite sports and the information you want to follow during your sessions.

You can customize your watch with your favorite sports and the information you want to follow during your sessions with your favorite sports and the information you want to follow during your sessions.

Technical specification

MANUFACTURED BY POLAR ELECTRO OY KEMPELE, FINLAND, TEL +358 8 5202 100
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