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

1. 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 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. To set up your watch, we recommend option A.

   - Make sure your mobile device is connected to the internet and turn on Bluetooth.
   - 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 recognizes your watch 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 watch nearby and prompts you to start pairing it.
   - When you do the setup from the watch, your watch is not yet connected with Polar Flow. Firmware updates for your watch are only available through Polar Flow. It may take up to 10 minutes to complete.
   - Follow the instructions on your watch to complete the setup.

3. To get to know your Vantage V, how to get started

   - Set up with a computer
     - Go to flow.polar.com/start and download and then install the Polar FlowSync data transfer software to your computer.
     - 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.

4. 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 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.

5. Accept the Bluetooth pairing request on your mobile device. A notification will appear on your mobile device, check that the code shown on your watch matches the code shown on your watch.

   - The Polar Precise 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.

Features

- Polar Running Power is an easy way to monitor real-time power in running sessions without any sensors. Running Power provides additional data to analyze your running economy and performance improvements, and gives you a more comprehensive insight into the intensity of your running sessions.

- Training Load Pro together with Recovery Pro provides a holistic understanding of training and recovery.

- Polar FlowSync is connected with Polar Flow.

- Polar Flow app

- Training Load Pro

- Recovery Pro

- Running Power from the Wrist

- Wrist-based Heart Rate Training

- Recovery Pro

- Heart rate sensor required
Heart rate training
To get accurate heart rate readings during training, make sure that you wear the watch correctly:
• Wear the watch 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 watch should not be able to move on your arm.
• Give your skin a few minutes to adapt to the watch before starting a training session.

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 upwards to catch GPS satellite signals. 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.
5. When all signals are found, press OK to start training recording.

PAUSE AND STOP TRAINING
Press BACK to pause your training session. To continue training, press OK. To stop the session, press and hold BACK when paused until Recording ended is displayed. You get a summary of your training session on your watch right after you’ve stopped training.

View your training data
When not measuring heart rate, loosen the wristband a bit for a more comfortable fit and to let your skin breathe.

When measuring heart rate, your skin must be in constant touch with the watch. Make sure:
• 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 sensor with the skin.
• Your watch is compatible with the Polar V101 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-v.

Polar Flows app and web service
VIEW YOUR TRAINING DATA AT A GLANCE ON THE MOBILE APP
Get the Polar Flow app on the Apple or Google Play. Sync your watch with the Polar Flow app after training and get an instant overview and feedback on your training result and performance. In the web 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 the Flow mobile app after training and get an instant overview of your training result and feedback on your training data. In the web app you can also customize your watch with your favorite sports and the information you want to follow during your sessions with the Polar Flow web service and app.

How do you feel?
You can customize your watch with your favorite sports and the information you want to follow during your sessions with the Polar Flow mobile app.

Detaill analysis
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.

Take care of your Vantage V
Your watch is automatically water resistant. To keep your watch in good condition, rinse it under running water after each training session. Before charging, you can remove dirt, moisture, dust or dirt on the charging contacts of your watch and spray some dry compressed air on the wrist bone. Do not change the temperature of the device when it’s wet.

Getting Started Guide
Learn more at support.polar.com/en/vantage-v

Technical specification
BATTERY TYPE: LI-PO POLYMER
HEART RATE SENSOR: INTERNAL OPTICAL
MORE INFORMATION: GO TO OUR FAQs
COMPATIBLE WITH:

- iOS 10.0 or later
- Android 5.0 or later
- Bluetooth
- ANT+:
  - CORNING GORILLA GLASS, SUS 316, AUSTENITIC STAINLESS STEEL / X15
  - MULTISPORT WATCH

- GPS:
  - Medium

- RADIO EQUIPMENT:
  - FOR USE IN EEE AREA 1
  - 2.402 - 2.480 GHz ISM frequency band(s) and 2,8 mW
  - CABLE: BRASS, PA66+PA6, PC, TPE, CARBON STEEL, NYLON
  - DEVICE: CORNING GORILLA GLASS, TITANIUM, SUS 316, SUS 304, TPU, CARBON STEEL, METAL
  - WRISTBAND: SUS 316, SUS 304, ORANGE, WHITE AND BLUE

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