Heart rate training

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. When the signal is found the GPS icon is displayed.
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, then browse to a sport profile.

Sync 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

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 that your watch is still with the display upwards to catch GPS satellite signals.

Polar Flow app and web service

View your training data at a glance on your watch and in the Flow 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 Flow 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 compatible device. In the web service you can track your training result and feedback on your training result and performance. In the Flow app you can also get detailed analyses of your training results, activity and sleep.

You can customize your watch with your favorite sports and the information you want to follow during your sessions with the Flow mobile app. Find a full list of sensors and accessories your Vantage V is compatible with at support.polar.com/en/VantageV.

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 wrist still with the display upwards to catch GPS satellite signals. When the signal is found the GPS icon is displayed.
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, then browse to a sport profile.

Sync 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

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 that your watch is still with the display upwards to catch GPS satellite signals.

Polar Flow app and web service

View your training data at a glance on your watch and in the Flow 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 Flow 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 compatible device. In the web service you can track your training result and feedback on your training result and performance. In the Flow app you can also get detailed analyses of your training results, activity and sleep.

You can customize your watch with your favorite sports and the information you want to follow during your sessions with the Flow mobile app. Find a full list of sensors and accessories your Vantage V is compatible with at support.polar.com/en/VantageV.
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.

2. 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 confirm your selection with OK. We recommend option A or B.

Get to know your Vantage V

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
Please note that you have to do the pairing in the Flow app and NOT in your mobile device’s Bluetooth settings.

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.
4. The Flow app recognizes your Vantage V nearby and prompts you to start pairing it. Accept the pairing request and enter the Bluetooth pairing code shown on the watch display to Flow app.
5. 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.

B 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 sign-up and setup within the Polar Flow web service.

C 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 until you reach the setting you want to change.

When you do the setup from the watch, your watch is not yet connected with Polar Flow. Firmware updates for your watch are available only through Polar Flow. To make sure you get to enjoy your watch and the unique Polar features at their best, it’s important that you do the setup later in the Polar Flow web service or with the Polar Flow mobile app by following the steps in options A or B.

Key features

TRAINING LOAD PRO
Get a comprehensive view of how your training sessions strain your body in different ways. Sex-in-season by sex and long-term monitoring.

RECOVERY PRO*
Avoid overtraining and injuries by follow your recovery level on a daily and longer-term basis. Training Load Pro together with Recovery Pro provides a holistic understanding of training and recovery.

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

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.

*H10 heart rate sensor required