

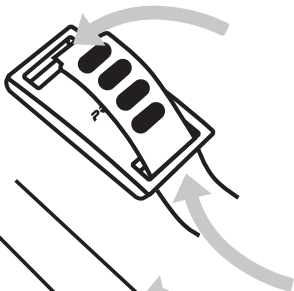
Polar Loop

Getting Started Guide

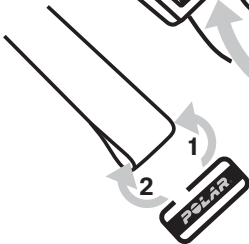


1 Attach and adjust the wristband

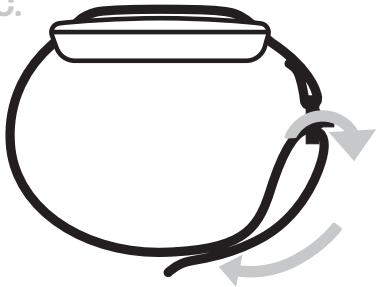
A.



B.



C.

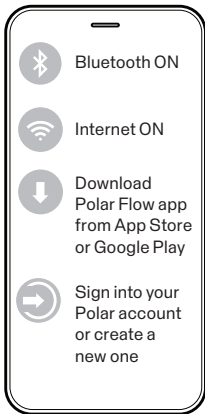


A. With fasteners facing up, thread the wristband through the device slots.

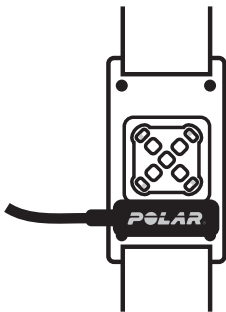
B. Attach the buckle to the wristband loop.

C. Adjust for a snug, comfortable fit and secure with the fasteners.

2 Download Polar Flow app

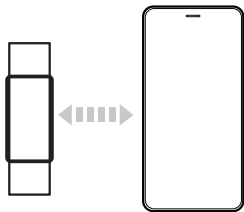


3 Charge



The Polar Loop turns on when you plug it in to charge. While charging, the LEDs indicate progress: clockwise rotating red LEDs show that charging is in progress, and when the battery is fully charged, the red LEDs remain continuously on.

4 Setup



After plugging in your Polar Loop to charge, open the Flow app to start the setup.

The Flow app will automatically discover Polar Loop and guide you through the setup. Keep your Polar Loop close to your phone during the pairing and setup.

Note that you have to do the pairing in the Polar Flow app, not in your phone's Bluetooth settings.

5 Wear



For accurate measurement, it's important that the device is positioned correctly: the side with the oval mark should face the thumb side of your wrist.

Wear Polar Loop around your wrist so that the optical heart rate sensor is firmly against your skin. Make sure you wear the device on the wrist you selected in the Flow app device settings.

6 Use with Polar Flow

The Polar Loop automatically tracks your heart rate, sleep, activity, and training sessions when worn. It syncs data with the Flow app automatically every half hour if your phone is within Bluetooth range.

In the Flow app, you can view detailed analyses of your training, activity, and sleep data. You can also, for example:

- Manually start a training session
- Sync data manually
- Turn automatic training detection on or off and adjust its sensitivity
- Adjust device settings, check battery status, and turn off the device
- Receive firmware updates

Keep the device and wristband clean: wash them regularly (at least once a week) with a mild soap solution. Rinse thoroughly with water and allow them to dry completely before wearing them again.

Information about materials and technical specifications are available in the user manual at **support.polar.com/en/polar-loop**.

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 5.0 mW maximum power.

App Store is a service mark of Apple inc. Google Play is a trademark of Google Inc.

Need help?

Visit **support.polar.com/en/polar-loop** to access more detailed user manuals, support videos and troubleshooting guidance. Contact us by chat or email.

Learn more at
support.polar.com/en/polar-loop



Compatible with



Model: 6F

Manufactured by
Polar Electro Oy
customercare@polar.com
www.polar.com

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