

# **POLAR® LOOP**



**USER MANUAL**

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# Polar Loop User Manual

This user manual helps you get started with your new Polar device. To see video tutorials and FAQs, go to [support.polar.com/en/polar-loop](https://support.polar.com/en/polar-loop).

## Introduction

Congratulations on your new Polar Loop!

Polar Loop is a screen-free, subscription-free wearable health band that helps you sleep better, recover smarter, and stay active—without distractions. Designed for 24/7 wear, it provides effortless tracking of sleep, heart rate, and movement, giving you the insights you need to improve your well-being, fitness, and daily performance—without screens or hidden fees. Together with the Polar Flow app and web service Polar Loop helps you to understand how your daily habits and choices affect your well-being.

Polar Loop provides a full analysis of your body's recovery overnight and a forecast of your energy and alertness for the day ahead. [Sleep Plus Stages™ sleep tracking](#) monitors your sleep stages (REM, light and deep sleep) and gives you sleep feedback and a numerical sleep score. [Nightly Recharge™](#) is an overnight recovery measurement that shows you how well you recover from the demands of your day. The [Sleepwise™](#) feature helps you grasp how sleep contributes to your daytime alertness level and readiness to perform

Polar Loop offers several options for [tracking your training sessions](#), allowing you to choose what best suits your activity and preferences. You can track sessions manually—either with the Flow app or with the device (using the Flow app to start and stop the session)—or use automatic tracking directly on the device. The [24/7 Activity tracking](#) feature tracks your activity throughout the day and gives you a daily activity goal based on your personal data and activity level setting.

Get [Polar Flow app](#) from the App Store® or Google Play™. In the Flow app you can see how active you've been during the day, how your body has recovered from training and stress during the night and how well you have slept. Polar Loop [automatically syncs](#) your data with the Flow app if your phone is within Bluetooth range and the Flow app is running at least in the background. You can also manually sync it via the app. The [Polar Flow web service](#) gives you detailed insight into your activity and sleep information. In the Polar Flow web service, you can also plan and analyze your training in detail and learn more about your performance.



We are continuously developing our products for a better user experience. To keep your Polar Loop up to date and get the best performance, always make sure to [update the firmware](#) whenever a new version is available. The firmware updates enhance the functionality of your device through improvements.



For accurate heart rate and activity tracking, wear the device correctly. See [Wearing your Polar Loop](#) for instructions.

# What's in the box



- Wrist band (two wristband sizes included: Small-Medium and Medium-Large)



Polar Loop comes with the Small-Medium size wristband pre-attached. To change the size or switch to an accessory band, see the section [Changing the wristband](#).

- Polar Loop device
- Wristband buckle
- Polar Charge 2.0 charging cable
- Getting started guide and Important information note

# Get started

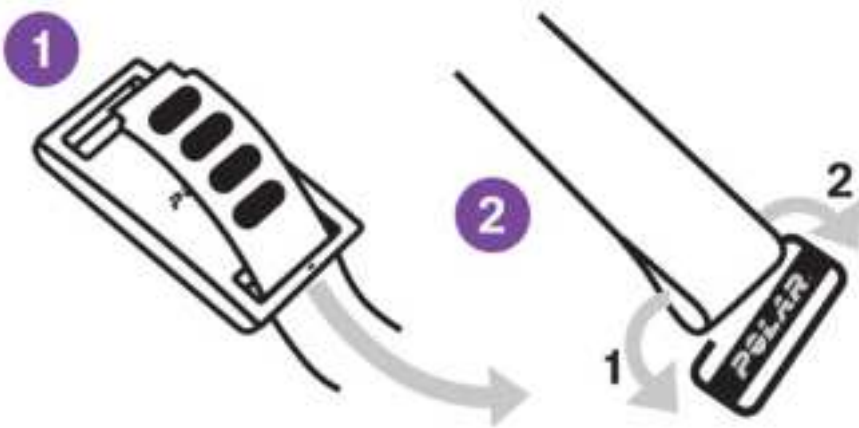
## Changing the wristband



Polar Loop comes with the Small-Medium size wristband pre-attached. To change the size or switch to an accessory band, follow the instructions in this section.

### To detach the wristband

1. Gently pull the wristband through the device slots.
2. Detach the buckle from the wristband loop.

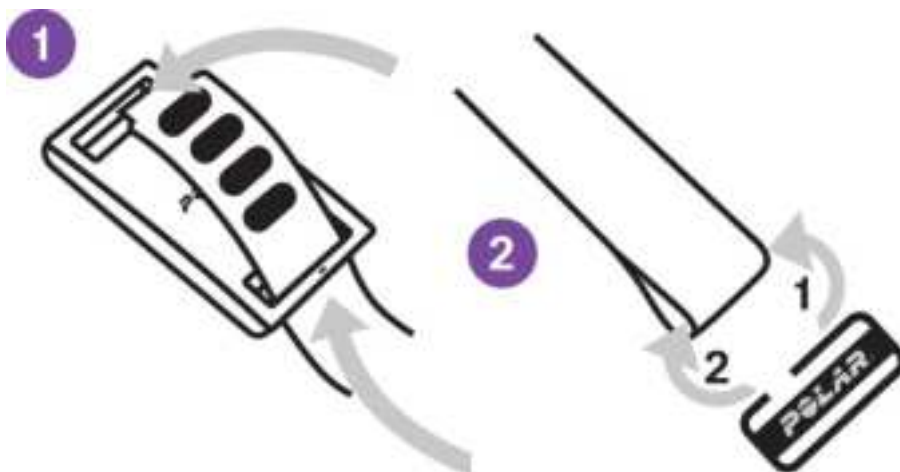


### To attach the wristband

1. With fasteners facing up, thread the wristband through the device slots.
2. Attach the buckle to the wristband loop.
3. Adjust for a snug, comfortable fit and secure with the fasteners.



Slide the device near the buckle for an optimal fit.





Additional wristbands in various colors are available for purchase from [Polar's selection](#) in the web shop.

## Setting up your Polar Loop

Before you can start using your Polar Loop, **you need to pair and set it up with the Flow app**. The Polar Loop will automatically turn on when you plug it in to charge. Once plugged in, you can set it up using the Flow app.

After setup, your Polar Loop is ready to use. It will automatically track your heart rate, activity and sleep when worn. It will also sync your data with the Flow app automatically if your phone is within Bluetooth range and the Flow app is running at least in the background.



The device connects to your phone via Bluetooth. Bluetooth turns on automatically when you plug in the device to charge and remains on unless the battery runs out or the device is turned off in the device settings of the Flow app.

### Step 1: Download Polar Flow app

Download Polar Flow app from the App Store® or Google Play™. Sign in with your Polar account or create a new one.

### Step 2: Charge

To charge your Polar Loop, plug it into a powered USB port or a USB charger using the custom cable included in the box.





While charging, the LEDs indicate progress: four clockwise rotating red LEDs show that charging is in progress, and when the battery is fully charged, the red LEDs remain continuously on.



If the battery is completely empty, it may take several minutes for the charging to start. See [Batteries](#) for detailed information on charging the battery.

## Step 3: Set up



Make sure your phone is connected to the internet and turn on Bluetooth.



Note that you have to do the pairing in the Flow app and **NOT in your phone's Bluetooth settings**.

1. After plugging in your Polar Loop to charge, open the Flow app to start the setup.
2. The Flow app will automatically discover your Polar Loop and prompt you to start pairing it.
3. Accept the Bluetooth pairing request on your phone. **Pairing done** is displayed once the pairing is completed.
4. We'll walk you through the setup within the app. Keep your Polar Loop close to your phone during setup. When you're done with the settings, tap **Save and sync** and your settings are synced to your device.



To keep your device up to date, always update the firmware whenever a new version is available. You'll be notified via Flow app when a new version is available.



If you disconnect Polar Loop from the charger before it is set up and paired with a phone, it will continue to search for a connection to a phone for 30 minutes before turning off. This search is indicated by four clockwise rotating red LEDs, turning on one at a time and rotating faster than during charging. To restart the search, plug the device in to charge again.

## Wearing your Polar Loop

For accurate heart rate, activity and sleep tracking and a secure, comfortable fit, follow the instructions in this section.



Polar Loop comes with the Small-Medium size wristband pre-attached. To change the size or switch to an accessory band, see the section [Changing the wristband](#).

## Position the device correctly

- Make sure the setting on which hand you wear the device is correct in the [Flow app's device settings](#).
- Wear the Polar device on top of your wrist, at least a finger's width up from the wrist bone.

- Make sure the **oval mark** on the frame is facing the **thumb side** of your wrist:



## Secure the fit

- Adjust the wristband for a snug but comfortable fit and secure with the fasteners. The optical heart rate sensor on the back must stay in constant contact with your skin.
- You can check the fit by gently pushing the band upward from both sides. If the sensor lifts or you see the LED light shining, tighten the band slightly.

## Keep it clean



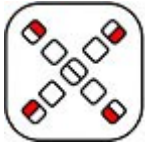
The device is fully water-resistant, and the wristband is washable. You can safely clean both with a mild soap and water solution and rinse them under running water.

- You should regularly wash the device, the wristband and the skin on your arm – especially after you've been sweating.
- Use a mild soap and water solution and running water. Do not clean with alcohol, disinfectant or any other chemicals.
- For full care instructions, see [Caring for your Polar Loop](#).



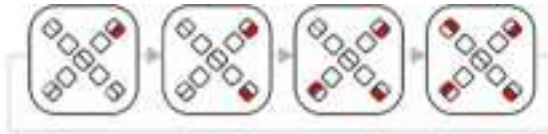
Every once in a while it's a good idea to let your wrist have a breather, especially if you have sensitive skin. Loosen the wristband, for example, when your activity is low, to avoid skin irritation. You can also change the place of the device on your wrist a bit. From time to time, you should remove the Polar device completely from your wrist.

# Polar Loop LEDs



## When the device is charging / searching for connection / updating firmware

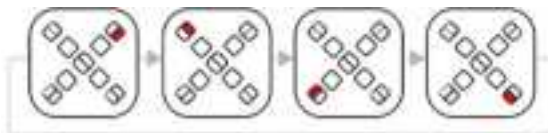
- Charging is indicated by **four clockwise rotating red LEDs**. When the battery is fully charged, the red LEDs remain continuously on.



- If you disconnect Polar Loop from the charger before it is set up and paired with a phone, it will continue to search for a connection to a phone for 30 minutes before turning off. This search is indicated by **four clockwise rotating red LEDs**, turning on one at a time and rotating faster than during charging. To restart the search, plug the device in to charge again.



- Firmware update is indicated by **four counterclockwise rotating red LEDs**.



## When the device is on, but not worn

These LEDs are on when the device is on and ready to measure your heart rate, but the optical heart rate sensor is not in contact with your skin.



## When the device is measuring your heart rate

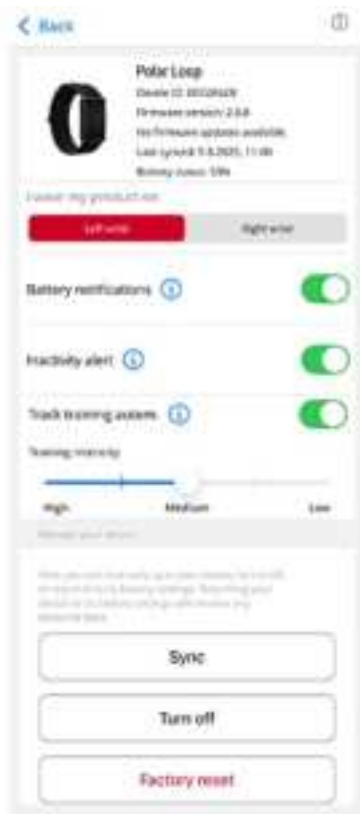
These LEDs are on when you are wearing the device and the device is measuring your heart rate.

# Settings

## Settings in Polar Flow app

In the Flow app, open the device settings by tapping the device card in **Diary**. You can also go to **Devices** and choose Polar Loop if you have more than one Polar device.

At the top of the device page, you will see information about your device, such as its current firmware version and if an update is available, as well as the device's battery status and when the device was last synced.



On the device page, you can edit the following settings:

### I wear my product on

Choose **Left hand** or **Right hand**.

For accurate measurement and tracking, it's important that the device is positioned correctly on your wrist: the side with the oval mark should face the thumb side of your wrist. For more information, see [Wearing Polar Loop](#).

### Battery notifications

If you want to receive notifications on your phone about the device's battery status, turn on the **Battery notifications**.



To get battery notifications, you need to allow notifications for the Flow app in your phone settings.

### Inactivity alert

Turn inactivity alerts on or off. To receive inactivity alerts, you must allow notifications for the Flow app in your phone settings, and the app must be running at least in the background. For more information, see [24/7 Activity tracking](#).

## Track training automatically

Turn automatic training detection on or off and adjust its sensitivity. For more information, see [Automatic training detection](#).

## Sync

Choose **Sync** to manually sync your device with the Flow app. For more information, see [Syncing](#).

## Turn off

You can turn off the device through the Flow app's settings, for example during a flight. When the device is turned off, Bluetooth is also disabled. To turn the device back on, plug it in to charge.

## Factory reset

If you experience problems with your device, you can reset it back to factory settings. Note that resetting the device back to factory settings empties all personal data and settings from the device, and you will need to set it up again for your personal use. All data that you have synced from your device to your Flow account is safe. For more information, see [Restarting and resetting](#).

## Updating the firmware

To keep your Polar Loop up to date and to get the best performance, always make sure to update the firmware whenever a new version is available. Firmware updates are performed to improve the functionality of your device.

You can update the firmware with your phone using the Polar Flow app. The app will let you know if there's an update available and will guide you through it. We recommend that you plug the device into a power source before starting the update to ensure a flawless update operation. The firmware update may take up to 7 minutes, depending on your connection.



You won't lose any data due to the firmware update. Before the update begins, the data from your device is synced to your Flow account.

## Restarting and resetting

If you experience problems with your device, you can try restarting it. Restarting the device will not delete any of your personal data from the device. However, when restarting, the device's date and time settings will return to the default, and any ongoing processes (such as sleep calculation) will end. To ensure your sleep and activity data accumulate correctly, sync the device with the Flow app after restarting to get the correct date and time settings on the device.

The restart/reset button is on the top side of the device, under the wristband. To restart the device, press the button with a pin when the device is NOT plugged in to charge.



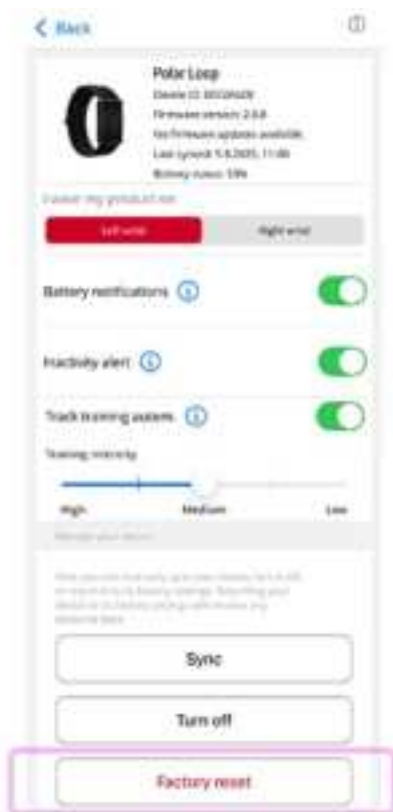
## To reset Polar Loop to factory settings

If restarting your device didn't help, you can reset the device back to factory settings. Note that resetting the device back to factory settings empties all personal data and settings from the device, and you will need to set it up again for your personal use. All data that you have synced from your device to your Flow account is safe.

Factory reset can be done in two ways:

- Through the device settings in the Flow app.
- By pressing the device's restart/reset button with a pin when the device is plugged in to charge.

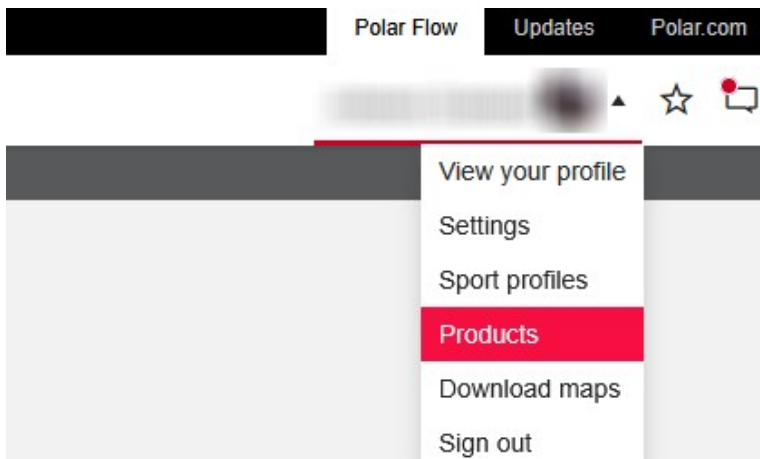
To factory reset your device using the Flow app, go to **Devices** in the Flow app and choose Polar Loop if you have more than one Polar device. Then choose **Factory reset**.



### After the factory reset:

When you perform a factory reset, Polar Loop is unpaired from your phone but may still appear in your phone's paired Bluetooth devices list and in your Polar Flow account. Before setting up it again, remove it from both by following these steps:

1. Go to [flow.polar.com](https://flow.polar.com) and sign in.
2. Click your name in the upper right corner and choose **Products**.



3. Find the product from the list and click the delete icon (X). Confirm by clicking **Remove**.
4. Check the list of paired Bluetooth devices on your phone, and remove Polar Loop from the list if it's there:
  - iOS: Settings > Bluetooth > tap “i” next to Polar Loop > Forget This Device.
  - Android: Settings > Bluetooth > tap the cogwheel image next to your Polar Loop, and FORGET.

[Set up your Polar Loop](#) again. Remember to use the same Polar account in the setup you've used before resetting.

## Pairing a phone

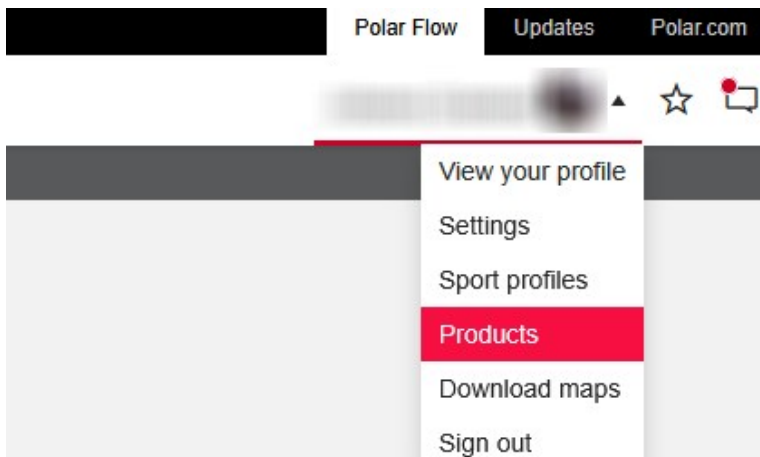
If you've done the setup for your Polar Loop with the Flow app as described in chapter [Setting up your Polar Loop](#), it has already been paired with your phone. If you get a new phone and want to pair your device with it, you can do so by following the instructions below.

### Before pairing your Polar Loop with a new phone

Polar Loop can only be paired with one phone at a time. Once paired, it will only be visible to that phone. Before pairing it with a new phone, you must **perform a factory reset** to remove the existing pairing. See [Restarting and resetting](#) for instructions.

When you perform a factory reset, Polar Loop is unpaired from your phone but may still appear in your Flow account and in your phone's list of paired Bluetooth devices. If you wish to remove it from both, follow these steps:

1. Go to [flow.polar.com](https://flow.polar.com) and sign in.
2. Click your name in the upper right corner and choose **Products**.



3. Find the product from the list and click the delete icon (X). Confirm by clicking **Remove**.
4. Check the list of paired Bluetooth devices on your phone, and remove Polar Loop from the list if it's there:
  - iOS: Settings > Bluetooth > tap "i" next to Polar Loop > Forget This Device.
  - Android: Settings > Bluetooth > tap the cogwheel image next to your Polar Loop, and FORGET.

## To pair a new phone

Note that you have to do the pairing in the Flow app and **NOT in your phone's Bluetooth settings**. Keep the device within one meter of your phone during pairing.

1. Download the Flow app from the App Store or Google Play.
2. Make sure your phone has Bluetooth turned on, and airplane mode/flight mode is not turned on.



**Android users:** make sure location is enabled for the Polar Flow app in the phone's application settings.

3. Plug the device into a powered USB port or a USB charger.
4. On your phone, open the Flow app and sign in with your Polar account.



**Android users:** If you have several Flow app compatible Polar devices in use, make sure you have chosen Polar Loop as the active device in the Flow app. By doing this the Flow app will connect with your device when pairing.

5. Flow app automatically prompts you to pair your Polar Loop. Accept the Bluetooth pairing request on your phone.



# Training

## Training with Polar Loop

The Polar Loop offers several options for tracking your training sessions, allowing you to choose what best suits your activity and preferences. You can track sessions manually—either with the Flow app or with the device (using the Flow app to start and stop the session)—or use automatic tracking directly on the device.

### Manual training recording

You can manually start and stop your training session using the Flow app. Before starting the training session, you can choose whether to record it with the Flow app or with your device.

- **Recording training sessions with the Flow app:**

When you use the Flow app to record your training, both heart rate and location-related data are recorded, and you can monitor them in real time during your session. You can also receive voice guidance and use quick targets.

Best for: Planned workouts like gym sessions or runs, where precise start and stop tracking is important, or when you need GPS data (speed, distance, route) tracked.



Keep your phone nearby during the session to ensure GPS accuracy and uninterrupted heart rate tracking.

- **Recording training sessions with your device:**

When recording with the device, you need to start and stop the session manually using the Flow app, but you don't need to carry your phone during the workout. Once started, the recording is handled by the device. When using the device alone, only heart rate data is recorded.

Best for: Activities where you find carrying your phone inconvenient, or when the start of your training is too low in intensity for automatic training detection to recognize.



Before you can manually record training sessions with the Flow app or your device, the device must be paired as a heart rate sensor on the **Training settings** page in the Flow app.

For more information, see [Manual training recording](#).

### Automatic training detection

**Automatic Training Detection** enables your Polar Loop to detect and record workouts automatically—no need to manually start or stop a session.

When enabled, your device begins recording once it detects elevated heart rate and activity levels. The data is then automatically synced to the Flow app when your phone is within Bluetooth range. This feature ensures your training is tracked even if you forget to start it manually—and you don't need to carry your phone during the session. You can focus fully on your training while your device handles the tracking in the background.

Best for: Spontaneous or casual activities such as brisk walking and cycling.

For more information, see [Automatic training detection](#).

# Manual training recording

You can record your training sessions manually either with your phone using the Flow app or with your device.

When you use the Flow app to record your training, both heart rate and location-related data are recorded, and you can monitor them in real time during your session. You can also receive voice guidance and use quick targets.

When recording with the device, you need to start and stop the session manually using the Flow app, but you don't need to carry your phone during the workout. Once started, the recording is handled by the device. When using the device alone, only heart rate data is recorded.



To manually record training sessions with the Flow app or with your device, you need to pair your device as a heart rate sensor on the **Training settings** page of the Flow app. For instructions, see the *How to Get Started* section.

## How to get started

1. Wear your Polar Loop snugly on your wrist.




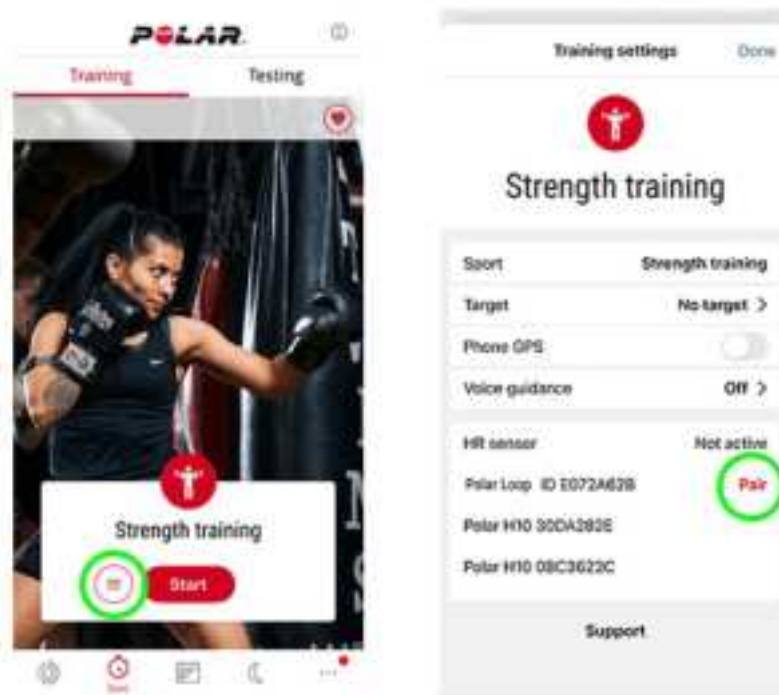
For accurate measurement and tracking, it is important that the device is positioned correctly on your wrist. See instructions in [Wearing Polar Loop](#). Also, make sure that you are wearing the device on the wrist you selected in the Flow app device settings.

2. In the Flow app, go to **Start > Training**.

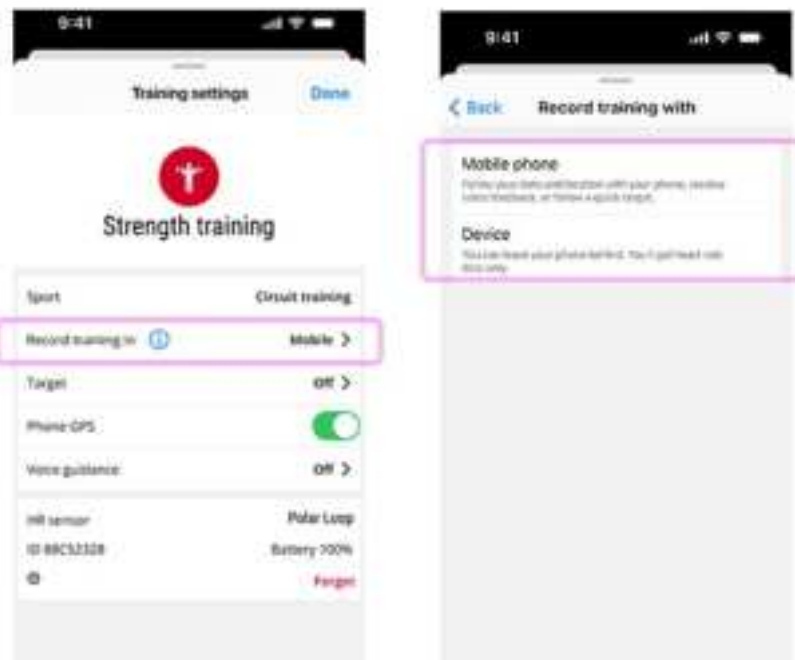


If automatic training detection is turned on and the device has already started recording due to elevated heart rate and activity levels, you must stop the ongoing recording before starting a manual training session. The ongoing recording is shown in the **Start** view. To stop it, press and hold the **Hold to stop** button. If you want to delete the automatically recorded session, press and hold the session in the **Calendar** view and select **Delete**.

3. Before you can manually record training sessions with the Flow app or your device, the device must be paired as a heart rate sensor on the **Training settings** page in the Flow app. Tap the  icon to open the **Training settings** page. Find your device on the page and tap **Pair**.



4. From the **Training settings** page, you can choose whether you want to record your session with your phone or your device:

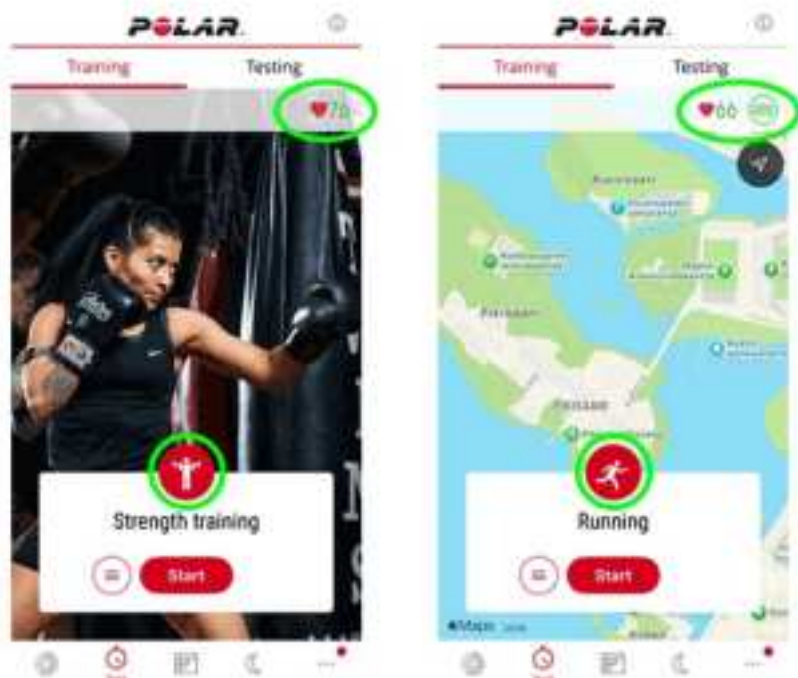




5. Tap **Done** to return to the **Training** page.

## Recording training sessions with your phone

Once you have paired your device as a heart rate sensor with the Flow app and selected a recording method, you're ready to choose a sport profile and start training.

On the **Training** page, select a sport profile by tapping the sport icon. If you choose an outdoor sport profile, phone GPS will be activated to track your training route on the map. When you see your current heart rate and a solid circle GPS icon, tap **Start** to begin the session.



You can change the map view by tapping the  icon on the top of the map. You can also scroll and zoom the map as you want by swiping and pinching it. Bring back focus to your location by tapping the  icon. Swipe the bottom of the page to change between heart rate and pace views.



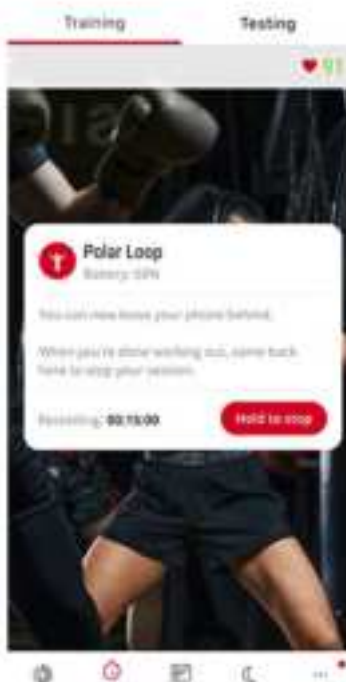
To end a training session:

- Tap **Pause**.
- Tap and hold **Stop** to save the session and view the training summary.

## Recording training sessions with your device

Once you have paired your device as a heart rate sensor with the Flow app and selected a recording method, you're ready to choose a sport profile and start training.

On the **Training** page, select a sport profile by tapping the sport icon. When you see your current heart rate, tap **Start** to begin the session.



- The ongoing training recording and its current duration are shown on the **Start** page and on the device card in the **Diary**.
- To end the training session, press and hold the **Hold to stop** button in either of these views. The device will automatically sync your training data to the Flow app once the recording is complete.
- After syncing, the training session will appear in the **Diary** and **Calendar** views of the Flow app. You can view the training analysis by tapping the session.

## Automatic Training Detection

Automatic Training Detection allows your Polar Loop to automatically detect and record training sessions without requiring you to manually start recording via the Flow app. When enabled, your device begins recording once it detects elevated heart rate and activity levels. This feature ensures your training is tracked even if you forget to start it manually—and you don't need to carry your phone during the session. You can focus fully on your training while your device handles the tracking in the background.



For accurate measurement and tracking, it's important that the device is positioned correctly on your wrist. See instructions in [Wearing Polar Loop](#). Also, make sure that you are wearing the device on the wrist you selected in the Flow app device settings

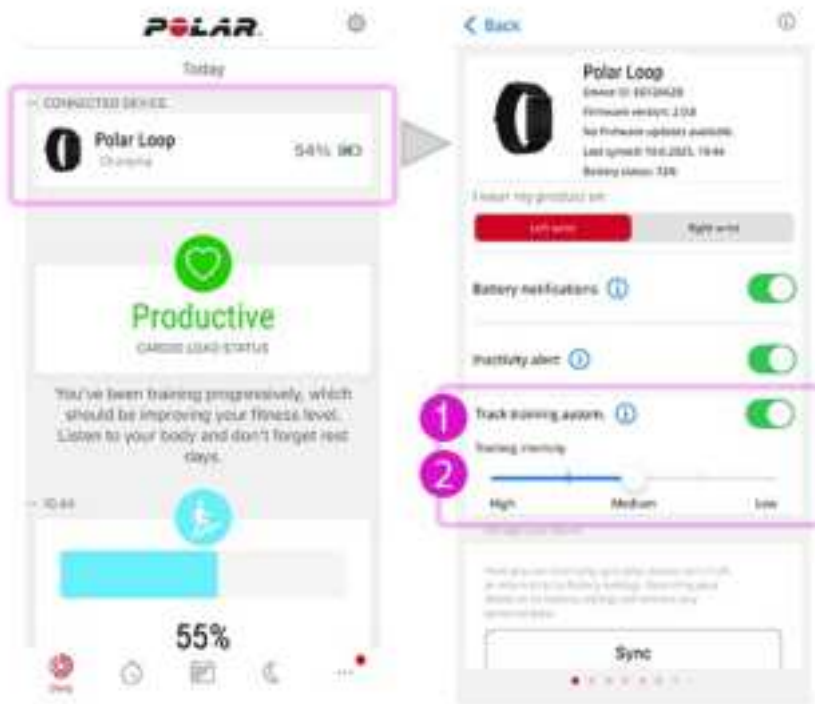
### Turning automatic training detection on or off



Automatic Training Detection is on by default. You can turn it on or off during the setup or later in the Flow app's [device settings](#) where you can also adjust its sensitivity.

In the Flow app, open the device settings by tapping the device card in **Diary**. You can also go to **Devices** and choose Polar Loop if you have more than one Polar device.

1. In the device settings, use the **Track training automatically** switch to turn automatic training detection on or off.
2. Adjust the sensitivity of automatic training detection by moving the **Training intensity** slider toward **Low**, **Medium** or **High**. This setting determines the intensity level at which tracking begins. The higher the intensity, the harder you need to work. You can try different intensity settings to find the optimal intensity level for your training.



## Training intensities:

- **Low:** Even light activity, such as leisurely walking or doing household chores, can trigger training recording.
- **Medium (default):** Activities like a brisk walk or light jog are enough to start recording.
- **High:** Training is only recorded when you're doing vigorous activities, such as running, skiing, or other high-intensity sports.

## How the automatic training detection works

For a training session to be automatically recorded, it must meet certain duration and intensity requirements.

**Duration:** The activity must last at least 10 minutes to be saved as a workout.

**Intensity:** Your **heart rate** and **activity** need to reach and maintain certain levels:

- To start tracking, your heart rate must exceed 50% of your Heart Rate Reserve (HRR) — the difference between your maximum and resting heart rates. This typically means the activity should fall within [Heart Rate Zone 1](#) or higher. To keep tracking, your heart rate must stay above 25% of your HRR, or alternatively, the device must detect continuous high physical activity via the accelerometer.

Example for a person with a maximum heart rate of 190 bpm and a resting heart rate of 50 bpm:

- Heart Rate Reserve (HRR) =  $190 - 50 = 140$  bpm
- Start threshold (50% HRR) =  $(140 \times 0.5) + 50 = 120$  bpm
- Continue threshold (25% HRR) =  $(140 \times 0.25) + 50 = 85$  bpm
- Your activity level must reach 6.0 METs (a measure of exercise intensity) or higher to start. Tracking stops when activity drops to 3.0 METs or below, unless your heart rate remains high enough despite low movement. This can happen, for example, when cycling, where your wrist stays almost still while holding the handlebars.

MET examples:

**1.0 MET:** Sitting quietly



**2.5 METs:** Walking slowly

**5.0 METs:** Walking briskly

**9.8 METs:** Running at a 10-minute mile pace (6:00 min/km).

**11.0 METs:** Running at 7.0 mph (11 km/h, or about 5:25 min/km)



Note: These intensity values apply to the **Medium** training intensity setting, which is the default. The thresholds are higher for the **High** setting and lower for the **Low** setting.

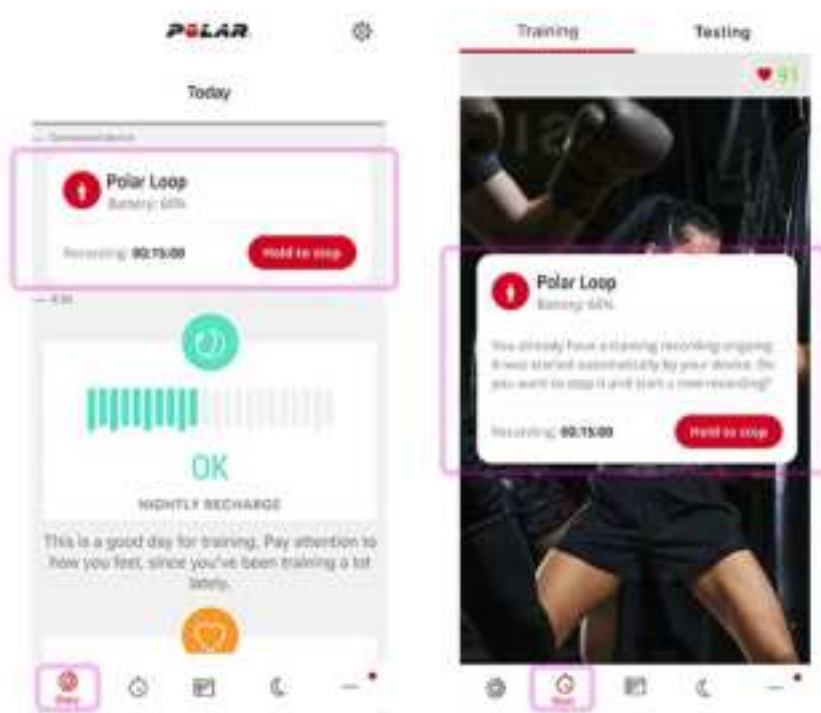
## When you start a training session

The device starts recording your training session when it recognizes your heart rate and activity level are high enough.

## During the training session

The ongoing training recording and its current duration are shown in the Flow app on the device card in the **Diary** and on the **Start** page.

If you want, you can manually stop the training recording by pressing and holding the **Hold to stop** button.

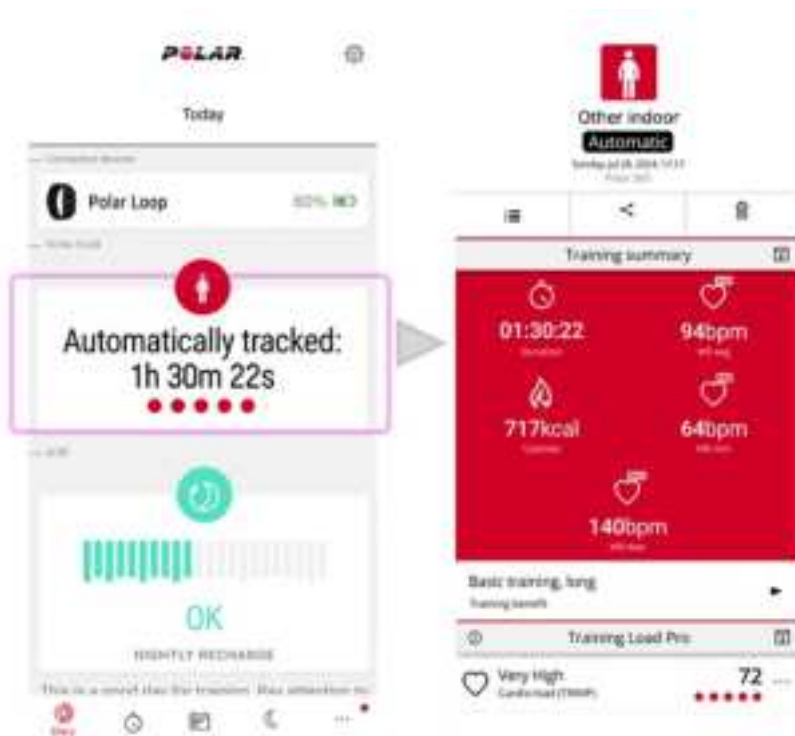


## After the training session

The recording will automatically end when your heart rate drops below the specified thresholds, and no continuous high physical activity is detected. The device will then sync your training data to the Flow app, once your phone is within Bluetooth range. Note that the app must be running, at least in the background, for automatic syncing to work.

The automatically recorded training session will appear in the **Diary** and **Calendar** views of the Flow app. You can view the training analysis by tapping the session.





By default, the **Other indoor** sport profile is used for all automatically recorded training sessions, but you can change it if you want. When you open the training analysis view from the **Calendar**, you'll be prompted to select the sport profile before entering the analysis view. Tap a sport profile to select it, or select **Cancel** if you want to keep the **Other indoor** sport profile.



After selecting a sport profile, you will be asked to rate your session. You can choose a rating on a scale from 1 to 10, where 1 represents very, very easy and 10 indicates maximum effort. If you prefer, you can disable this question for future sessions by switching off the "Keep asking" slider at the bottom of the page. After rating, the training analysis view opens.

## How to ensure accurate training detection

For automatic training detection to work properly, please make sure that your physical settings in the Flow app are up to date. To access these settings, go to the **More** menu, then tap your profile image or name at the top of the page.

Your **maximum heart rate** and **resting heart rate** values are essential for calculating your heart rate reserve. Other physical details—**sex**, **date of birth**, **height**, and **weight**—are used to estimate calorie consumption.

- **Maximum heart rate:** Set your maximum heart rate, if you know your current maximum heart rate value. Your age-predicted maximum heart rate value (220 minus age) is displayed as a default setting when you set this value for the first time.
- **Resting heart rate:** This is your lowest heart rate when you're fully relaxed and without distractions. If you don't know your resting heart rate, you can refer to the **Lowest heart rate of the day** value shown in the **Activity** view.

For accurate measurement, it is important that the device is positioned correctly on your wrist. See instructions in [Wearing Polar Loop](#). Also, make sure you wear the device on the wrist you selected in the Flow app device settings.



If you want your training sessions to start and end at exactly the right time, we recommend using manual recording in the Flow app. Automatic detection may have slight delays—such as at the beginning of a session if your hands are cold and blood circulation is low, or at the end if your heart rate stays elevated after an intense workout.

# Training analysis in the Flow app

Polar Loop automatically syncs with the Flow app after you finish a training session, if your phone is within Bluetooth range. You can also manually start the sync via the app. For more information, see [Syncing](#). After syncing, the training session will appear in the **Diary** and **Calendar** views of the Flow app. You can open the training analysis view by tapping the session. The information shown in your training summary depends on the sport profile and data collected. For example, your training summary can include the following information:

## Training summary



- Duration of the session
- Distance covered in the session\*
- Heart rate (avg, min, max)
- Calories
- Speed (avg, max)\*

## Training benefit



- Textual feedback on the effect of your training session. The feedback is based on training time distribution between heart rate zones, calorie expenditure and duration of the session.

For more information, see [Training benefit](#).

## Training Load Pro



- Cardio load shows your cardiac response to your training session
- Perceived load describes the hardness of your training session based on your own estimate and session duration
- Your estimate (RPE, rate of perceived exertion)

For more information, see [Training Load Pro](#).

## Training zones



- Training time spent in different heart rate zones
- Training time spent in different speed zones\*

*\*Speed and distance information is only available in training summaries if the session is recorded using the Flow app and the phone GPS is enabled in the training settings.*

# Features

## 24/7 Activity tracking

Polar Loop tracks your activity with an internal 3D accelerometer that records your wrist movements. It analyzes the frequency, intensity and regularity of your movements together with your physical information, allowing you to see how active you really are in your everyday life, on top of your regular training.



For accurate measurement, it's important that the device is positioned correctly on your wrist. See instructions in [Wearing Polar Loop](#). Also, make sure that you are wearing the device on the wrist you selected in the Flow app device settings. For the most accurate activity tracking, we recommend wearing Polar Loop on your non-dominant hand.

### Activity goal

You'll get your personal activity goal when you set up your device and create your Polar account. The activity goal is based on your personal data and activity level setting, which you can find in the Polar Flow app or in the Polar Flow web service.

If you want to change your goal, open the Flow app, tap your name/profile photo in the menu view, and swipe down to see **Activity goal**. Or go to [flow.polar.com](https://flow.polar.com) and sign in to your Polar account. Then click your name > **Settings** > **Activity goal**. Choose one of the three activity levels that best describes your typical day and activity.

The time you need to be active during the day to reach your activity goal depends on the level you have chosen and the intensity of your activities. Meet your goal faster with more intense activities or stay active at a slightly more moderate pace throughout the day. Age and gender also affect the intensity you need to reach your activity goal. The younger you are, the more intense your activity needs to be.

### Activity guide

The Activity Guide feature shows how active you've been during the day, and tells you how much you need to still do to reach the recommendations for physical activity per day. You can check how you're doing in reaching your activity goal for the day either from the Flow app or web service.

### Activity benefit

Activity benefit gives you feedback on the health benefits that being active has given you, and also on what kind of unwanted effects sitting for too long has caused to your health. The feedback is based on international guidelines and research on the health effects of physical activity and sitting behavior. The core idea is: the more active you are, the more benefits you get! Both the Flow app and Flow web service show the activity benefit of your daily activity. You can view the activity benefit on daily, weekly and monthly basis. In the Flow web service, you can also view the detailed information on health benefits.

### Inactivity alert 🔔

It's widely known that physical activity is a major factor in maintaining health. In addition to being physically active, it's important to avoid prolonged sitting. Sitting for long periods of time is bad for your health, even on those days when you train and gain enough daily activity.

Your Polar Loop detects if you've been inactive for too long during the day, and reminds you to move to help reduce the negative effects of prolonged inactivity on your health. Inactivity alerts are sent via the Flow app.

You can turn inactivity alerts on or off in the Flow app's [device settings](#). To receive these alerts, ensure that notifications are allowed for the Flow app in your phone settings, and that the app is running, at least in the background.

Inactivity alert reminds you to get up after 55 minutes of sitting and helps you add the active breaks to your daily routines. Stand up and find your own way to be active; take a short walk, stretch, or do some other light activity to benefit your health. If you're not active in the next five minutes you'll get an inactivity stamp. Inactivity stamps are shown in Flow app and web service where you can follow your daily amount of inactivity stamps.

Besides the many details you get about your physical activity and all the health benefits that come with it, it's also good to see the inactive periods and when you've been still for too long. This way you can check back on your daily routine and make changes toward a more active life.

## Activity data in Flow app and web service

You can see your activity data in the Polar Flow app and web service. With the Flow app you can follow and analyze your activity data on the go. The Flow web service gives you the most detailed insight into your activity information. With the help of the activity reports (under the **REPORTS** tab), you can follow the long-term trend of your daily activity.

Learn more about the 24/7 Activity tracking feature in this [in-depth guide](#).

## Continuous heart rate

Continuous Heart Rate is a feature that complements the 24/7 Activity Tracking feature of Polar devices. Together they track all your daily physical activity automatically. While the 24 /7 Activity Tracking feature records your wrist movements to track your activity, the Continuous Heart Rate feature tracks your heart rate around the clock. It enables more accurate measurement of daily calorie consumption and your overall activity because also physical activities with very little wrist movement, such as cycling, can be tracked. The Continuous Heart Rate feature is automatically on in your Polar Loop.

You can see your Continuous Heart Rate data in Polar Flow, either in web or in the mobile app. Learn more about the Continuous Heart Rate feature in this [in-depth guide](#).



# Nightly Recharge™ recovery measurement

**Nightly Recharge™** is an overnight recovery measurement that shows you how well you recover from the demands of your day. Your **Nightly Recharge status** is based on two components: how you slept (**sleep charge**) and how well your autonomic nervous system (ANS) calmed down during the early hours of your sleep (**ANS charge**). Both components are formed by comparing your last night to your usual levels from the past 28 days.

Your Polar Loop automatically measures both sleep charge and ANS charge during the night. You can see your Nightly Recharge status in the Polar Flow app. Based on what we've measured from you, you also get personalized daily tips on exercise, and tips on sleep and regulating your energy levels on those particularly rough days. Nightly Recharge helps you make optimal choices in your everyday life to maintain overall well-being and reach your training goals.

## How to start using Nightly Recharge?

1. Tighten the wristband firmly around your wrist and wear the device when you sleep. The optical heart rate sensor on the underside of the device must be in constant touch with your skin. For more detailed wearing instructions, see [Wearing Polar Loop](#).

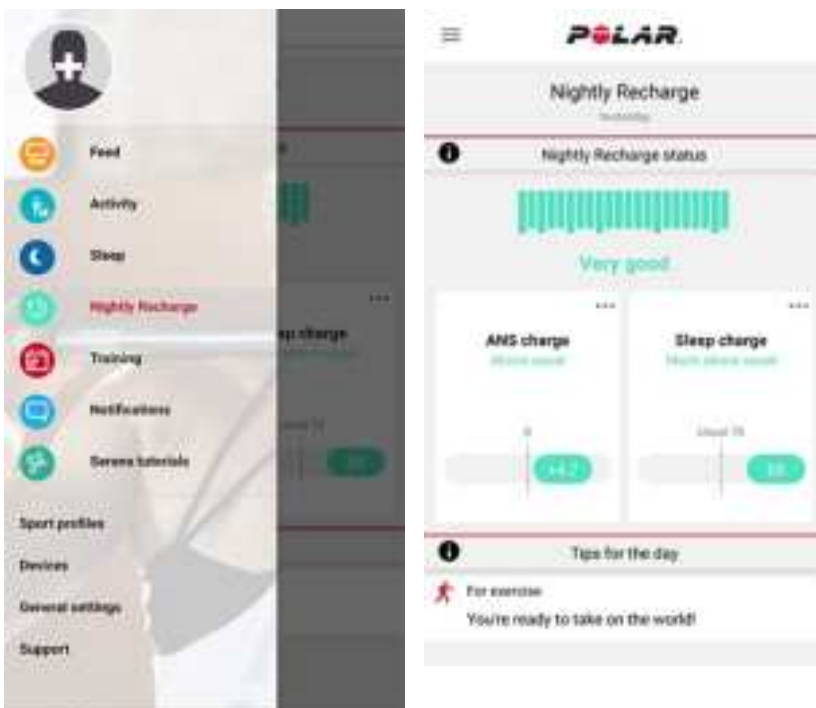


For accurate tracking, wear the device well before bedtime.

2. You need to wear your device for **three nights** before you start to see the Nightly Recharge status in the Flow app. This is how long it takes to establish your usual level. Before you get your Nightly Recharge you can view your sleep and ANS measurement details (heart rate, heart rate variability and breathing rate). After three successful nightly measurements you can see your Nightly Recharge status in the Polar Flow app.

## Nightly Recharge in the Flow app

You can compare and analyze your Nightly Recharge details from different nights in the Polar Flow app. Choose **Nightly Recharge** from the Flow app menu to see the details of your last night's Nightly Recharge. Swipe the display right to see the Nightly Recharge details for previous days. Tap the **ANS charge** or **sleep charge** box to open detailed view of ANS charge or sleep charge.



## ANS charge details in the Flow app



**ANS charge** gives you information on how well your autonomic nervous system (ANS) calmed down during the night. The scale is from -10 to +10. Around zero is your usual level. The ANS charge is formed by measuring your **heart rate**, **heart rate variability** and **breathing rate** during roughly the first four hours of sleep.

A normal **heart rate** value for adults can range between 40 and 100 bpm. It is common for your heart rate values to vary between nights. Mental or physical stress, exercising late at night, illness, or alcohol can keep your heart rate up during the early hours of your sleep. It's best to compare your last night's value to your usual level.

**Heart rate variability (HRV)** refers to the variation between successive heart beats. In general, high heart rate variability is linked to general good health, high cardiovascular fitness and resilience to stress. It can vary greatly from person to person, ranging from 20 to 150. It's best to compare your last night's value to your usual level.

**Breathing rate** shows your average breathing rate during roughly the first four hours of sleep. It is calculated from your beat-to-beat interval data. Your beat-to-beat intervals shorten when you breathe in and lengthen when you breathe out. During sleep, breathing rate slows down and varies mainly along with sleep stages. Typical values for a healthy adult at rest range from 12 to 20 breaths per minute. Higher values than usual may indicate a fever or impending illness.

## Sleep charge details in Polar Flow

For sleep charge information in the Polar Flow app, see "Sleep data in the Flow app and web service" on page 33.

## Personalized tips in the Flow app

Based on what we've measured from you, you get personalized daily tips in the Polar Flow app on exercise, and tips on sleep and regulating your energy levels on those particularly rough days. Tips for the day are displayed on the opening view of Nightly Recharge in the Flow app.

### For exercise

You get an exercise tip every day. It tells you if you should take it easy or go for it. The tips are based on:

- Nightly Recharge status
- ANS charge
- Sleep charge
- Cardio load status

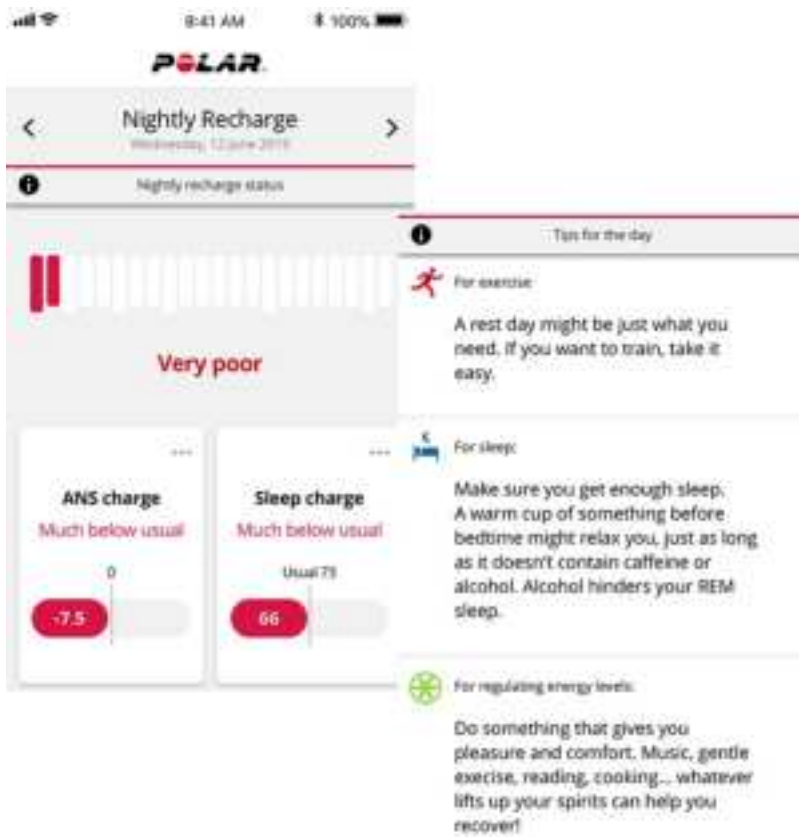
### For sleep

If you didn't sleep as well as usual, you get a sleep tip. It tells you how to improve the aspects of your sleep that weren't as good as usual. Besides parameters we measure from your sleep, we take into account:

- sleep rhythm over a longer period of time
- Cardio load status
- exercise on the previous day

### For regulating energy levels

If your ANS charge status or sleep charge is particularly low, you get a tip that helps you get through the days with a lower recharge. They are practical tips on how to calm down when you're in overdrive, and how to energize when you need a boost.



Learn more about the Nightly Recharge in this [in-depth guide](#).



# Sleep Plus Stages™ sleep tracking

**Sleep Plus Stages** automatically tracks the **amount** and **quality** of your sleep and shows you how long you spent in each **sleep stage**. It gathers your sleep time and sleep quality components into one easily glanceable value, **sleep score**. Sleep score tells you how well you slept compared to the indicators of a good night's sleep based on the current sleep science.

Comparing the components of the sleep score to your own usual level help you recognize which aspects of your daily routine may affect your sleep and may need adjusting. Nightly breakdowns of your sleep are available in the Polar Flow app. Long-term sleep data in the Polar Flow web service helps you analyze your sleep patterns in detail.

## How to start tracking your sleep with Polar Sleep Plus Stages™

1. Make sure you have **set your preferred sleep time** in the Polar Flow. In the Flow app, tap your profile, and choose **Your preferred sleep time**. Choose your preferred time and tap **Done**.

**Sleep time preference** is the amount of sleep you want to get each night. By default, it is set to the average recommendation for your age group (eight hours for adults from 18 to 64 years). If you feel that eight hours of sleep is too much or too little for you, we recommend you adjust your preferred sleep time to meet your individual needs. By doing this, you'll get accurate feedback on how much sleep you got in comparison to your preferred sleep time.

2. Tighten the wristband firmly around your wrist. The optical heart rate sensor on the underside of the device must be in constant touch with your skin. For more detailed wearing instructions, see [Wearing Polar Loop](#).



For accurate tracking, wear the device well before bedtime.

3. Polar Loop automatically detects when you fall asleep, when you wake up and how long you spent sleeping. The Sleep Plus Stages measurement is based on recording the movements of your non-dominant hand with a built-in 3D acceleration sensor and recording your heart's beat-to-beat interval data from your wrist with an optical heart rate sensor.
4. Once Polar Loop has summarized your sleep from last night, it [automatically syncs](#) the data to the Flow app. Note that the app must be running, at least in the background, for automatic syncing to work. You can also stop sleep tracking manually via the Flow app if your Polar Loop has not yet summarized your sleep. You receive sleep stages information (light sleep, deep sleep, REM sleep) and a sleep score after one night, including feedback on sleep themes: amount, solidity and regeneration. After the third night, you get a comparison to your usual level.
5. You can record your own perception of your sleep quality in the morning by rating it in the Flow app. Your own rating is not taken into account in the sleep charge calculation, but you can record your own perception and compare it to the sleep charge assessment you get.

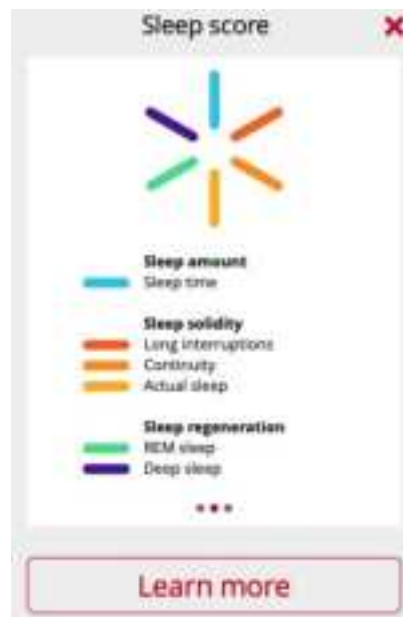
## Sleep data in the Flow app and web service

How you sleep is always individual – instead of comparing your sleep stats to others, follow your own long-term sleeping patterns to get a full understanding of how you sleep. Follow your sleep on a daily and weekly basis in the Flow app, and see how your sleeping habits and activity during the day affect your sleep.

Choose **Sleep** from the Flow app menu to see your sleep data. In the Sleep structure view you see how your sleep has progressed through different sleep stages (light sleep, deep sleep and REM sleep) and any interruptions to your sleep. Usually sleep cycles proceed from light sleep into deep sleep and then to REM sleep. Typically, a night's sleep consists of 4 to 5 sleep cycles. This equals to approximately 8 hours of sleep. During a normal night's sleep there are numerous short and long interruptions. The long interruptions are displayed with the tall orange bars in the sleep structure graph.



The six components of the sleep score are grouped under three themes: amount (sleep time), solidity (long interruptions, continuity and actual sleep) and regeneration (REM sleep and deep sleep). Each bar in the graph represents the score for each component. Sleep score is the average of these scores. By choosing the weekly view you can see how your sleep score and sleep quality (solidity and regeneration themes) vary during the week.



The Sleep rhythm section provides a weekly view of your sleep time and sleep stages.



To view your long-term sleep data with sleep stages in the Flow web service go to **Progress**, and choose the **Sleep report** tab.

Sleep report gives you a long-term view to your sleep patterns. You can choose to view your sleep details for a 1-month, 3-month or 6-month period. You're able to see averages for the following sleep data: fell asleep, woke up, sleep time, REM sleep, deep sleep and interruptions to your sleep. You can view a nightly breakdown of your sleep data by hovering your mouse over the sleep graph.



Learn more about the Polar Sleep Plus Stages in this [in-depth guide](#).

# Sleepwise™ guide to daytime alertness

Polar SleepWise™ helps you grasp how sleep contributes to your daytime alertness level and readiness to perform. In addition to the amount and quality of your recent sleep, we also take the effect of sleep rhythm into account. SleepWise shows how your recent sleep boosts your daytime alertness and readiness to perform. This is what we call Boost from sleep. It helps you reach and maintain a healthy sleep rhythm and it describes how your recent sleep affects your daytime alertness. Better alertness adds up to better readiness to perform by improving reaction time, accuracy, judgement and decision-making.

To ensure personalized feedback, please make sure that your Preferred sleep time setting matches your real sleep need.

SleepWise is completely automatic and all you need to do is to track your sleep with Sleep Plus Stages compatible Polar device. It is available in the Polar Flow app.

Learn more about the Polar SleepWise™ feature in this [in-depth guide](#).

## Heart Rate Zones

The range between 50% and 100% of your maximum heart rate is divided into five heart rate zones. By keeping your heart rate within a certain heart rate zone you can easily control the intensity level of your workout. Each heart rate zone carries its own main benefits, and understanding these benefits will help you achieve the effect you want from your workout.

Here's the level of intensity and percentage of maximum heart rate used in each heart rate zone.

Zone	Intensity	Percentage of HRmax
Zone 1	Very Light	50–60%
Zone 2	Light	60–70%
Zone 3	Moderate	70–80%
Zone 4	Hard	80–90%
Zone 5	Maximum	90–100%

Learn more about the Heart Rate Zones: [What are Heart Rate Zones?](#).

## Smart Calories

The most accurate calorie counter on the market calculates the number of calories burned based on your individual data:

- Body weight, height, age, gender
- Individual maximum heart rate ( $HR_{max}$ )
- The intensity of your training or activity
- Individual maximal oxygen uptake ( $VO2_{max}$ )

The calorie calculation is based on an intelligent combination of acceleration and heart rate data. The calorie calculation measures your training calories accurately.

You can see your cumulative energy expenditure (in kilocalories, kcal) during training sessions, and your total kilocalories of the session afterwards. You can also follow your total daily calories.

# Training Benefit

Training Benefit gives you textual feedback on the effect of each training session helping you to better understand the effectiveness of your training. **You can see the feedback in Flow app and Flow web service.** To get the feedback, you need to have trained at least a total of 10 minutes in the [heart rate zones](#).



Training Benefit feedback is based on heart rate zones. It reads into how much time you spend and how many calories you burn in each zone.

The descriptions of different training benefit options are listed in the table below

Feedback	Benefit
Maximum training+	What a session! You improved your sprint speed and the nervous system of your muscles, which make you more efficient. This session also increased your resistance to fatigue.
Maximum training	What a session! You improved your sprint speed and the nervous system of your muscles, which make you more efficient.
Maximum & Tempo training	What a session! You improved your speed and efficiency. This session also significantly developed your aerobic fitness and your ability to sustain high intensity effort for longer.
Tempo & Maximum training	What a session! You significantly improved your aerobic fitness and your ability to sustain high intensity effort for longer. This session also developed your speed and efficiency.
Tempo training+	Great pace in a long session! You improved your aerobic fitness, speed, and ability to sustain high intensity effort for longer. This session also increased your resistance to fatigue.
Tempo training	Great pace! You improved your aerobic fitness, speed, and ability to sustain high intensity effort for longer.
Tempo & Steady state train-	Good pace! You improved your ability to sustain high intensity effort for longer. This session

Feedback	Benefit
ing	also developed your aerobic fitness and the endurance of your muscles.
Steady state & Tempo training	Good pace! You improved your aerobic fitness and the endurance of your muscles. This session also developed your ability to sustain high intensity effort for longer.
Steady state training +	Excellent! This long session improved the endurance of your muscles and your aerobic fitness. It also increased your resistance to fatigue.
Steady state training	Excellent! You improved the endurance of your muscles and your aerobic fitness.
Steady state & Basic training, long	Excellent! This long session improved the endurance of your muscles and your aerobic fitness. It also developed your basic endurance and your body's ability to burn fat during exercise.
Steady state & Basic training	Excellent! You improved the endurance of your muscles and your aerobic fitness. This session also developed your basic endurance and your body's ability to burn fat during exercise.
Basic & Steady state training, long	Great! This long session improved your basic endurance and your body's ability to burn fat during exercise. It also developed the endurance of your muscles and your aerobic fitness.
Basic & Steady state training	Great! You improved your basic endurance and your body's ability to burn fat during exercise. This session also developed the endurance of your muscles and your aerobic fitness.
Basic training, long	Great! This long, low intensity session improved your basic endurance and your body's ability to burn fat during exercise.
Basic training	Well done! This low intensity session improved your basic endurance and your body's ability to burn fat during exercise.
Recovery training	Very nice session for your recovery. Light exercise like this allows your body to adapt to your training.

## Training Load Pro

The Training Load Pro™ feature measures how your training sessions strain your body and helps to understand how it impacts your performance. Training Load Pro gives you a training load level for your cardiovascular system **Cardio Load**, and with **Perceived Load** you can rate how strained you feel.

### Cardio Load

Cardio Load is based on training impulse calculation (TRIMP), a commonly accepted and scientifically proven method to quantify training load. Your Cardio Load value tells you how much strain your training session put on your cardiovascular system. The higher the Cardio Load, the more strenuous the training session was for the cardiovascular system. Cardio Load is calculated after every workout from your heart rate data and session duration.

### Perceived Load

Your subjective feeling is one useful method of estimating training load for all sports. The **Perceived Load** is a value that takes into account your own subjective experience of how demanding your training session was and the duration of your session. It's quantified with **Rate of Perceived Exertion (RPE)**, a scientifically accepted method to quantify subjective training load. Using the RPE scale is especially useful for sports where measuring training load based on heart rate alone has its limitations, for example strength training.



Rate your session in the Flow mobile app to get your **Perceived Load** for the session. You can choose from a scale from 1-10, in which 1 is very, very easy and 10 is maximum effort.

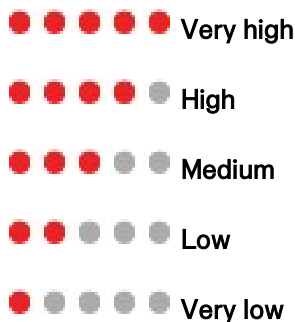
## Training Load from a single session

Your Training Load from a single session is shown in the summary of your training session in the Flow app and in the Flow web service.

You'll get an absolute training load number for each measured load. The higher the load, the more strain it caused to your body. In addition, you can see a visual bullet scale interpretation and a verbal description of how hard your training load from the session was compared to your 90 days training load average.



The scale of bullets and verbal descriptions adapts according to your progress: the smarter you train, the higher loads you tolerate. As your fitness and tolerance for training improves, a training load that was ranked worth 3 bullets (Medium) a couple of months ago, could rank for only 2 bullets (Low) later on. This adaptive scale reflects the fact that the same kind of training session can have a different impact on your body depending on your current condition.



## Strain and Tolerance

In addition to the Cardio load from individual training sessions, the new Training Load Pro feature measures your short term Cardio load (Strain) and long term Cardio load (Tolerance).

**Strain** shows you how much you have strained yourself with training lately. It shows your average daily load from the past 7 days.

**Tolerance** describes how prepared you are to endure cardio training. It shows your average daily load from the past 28 days. To improve your tolerance for cardio training, you need to slowly increase your training over a longer period of time.

## Cardio load status

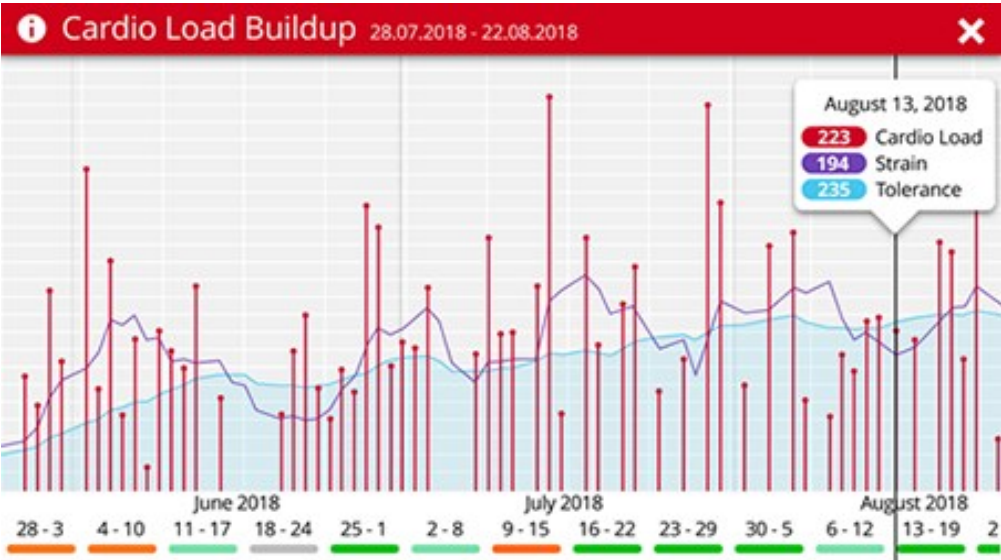
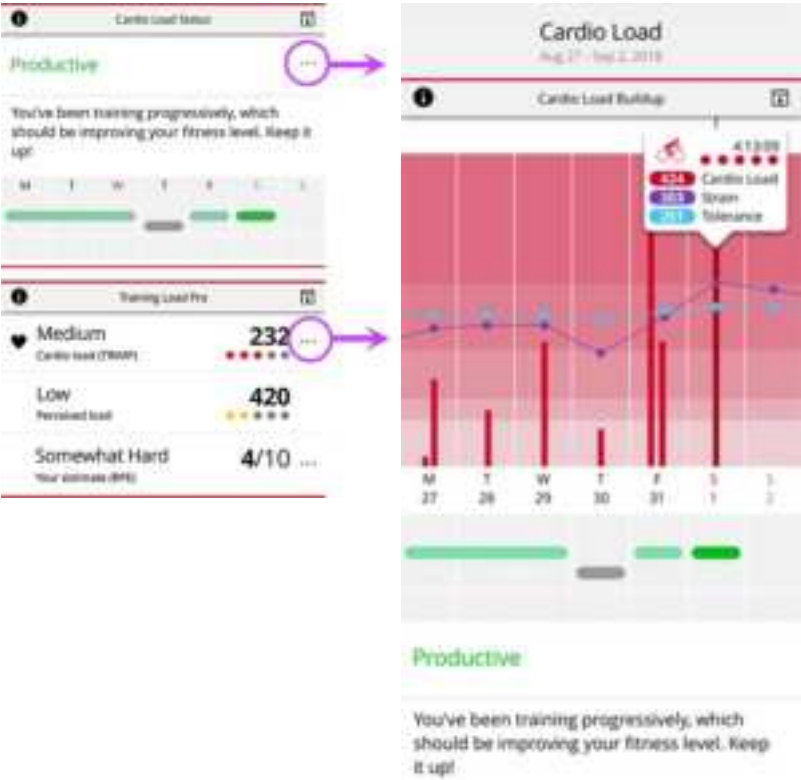
Cardio load status looks at the relation between your **Strain** and **Tolerance** and based on that shows you whether you are in a detraining, maintaining, productive or overreaching Cardio load status. Cardio load status guides you in evaluating the impact your training has on your body and how it affects your progress. Knowing how your past training affects your performance today



allows you to keep your total training volume in control and optimize the timing of training at different intensities. Seeing how your training status changes after a session helps you understand how much load was caused by the session.

### Long term analysis in the Flow app and web service

In the Flow app and web service you can follow how your Cardio Load builds up over time and see how your Cardio loads have varied over the past week or months. To view your Cardio Load Buildup in the Flow app, tap the three dots icon in the training summary (Training Load Pro module).







To view your Cardio load status and Cardio load buildup in the Flow web service, go to **Reports > Cardio Load**.





## Cardio load status

-  Overreaching (Load much higher than usual):
-  Productive (Load slowly increasing)
-  Maintaining (Load slightly lower than usual)
-  Detraining / Recovering (Load lower than usual)



The red bars illustrate the cardio load from your training sessions. The higher the bar, the harder the session was on your cardio system.



The background colors show how hard a session was compared to your session average from the past 90 days, just like the scale of five bullets and verbal descriptions (Very low, Low, Medium, High, Very high).



**Strain** shows how much you have strained yourself with training lately. It shows your average daily cardio load from the past 7 days.




**Tolerance** describes how prepared you are to endure cardio training. It shows your average daily cardio load from the past 28 days. To improve your tolerance for cardio training, slowly increase your training over a longer period of time.

Learn more about the Polar Training Load Pro feature in this [in-depth guide](#).

## Voice guidance

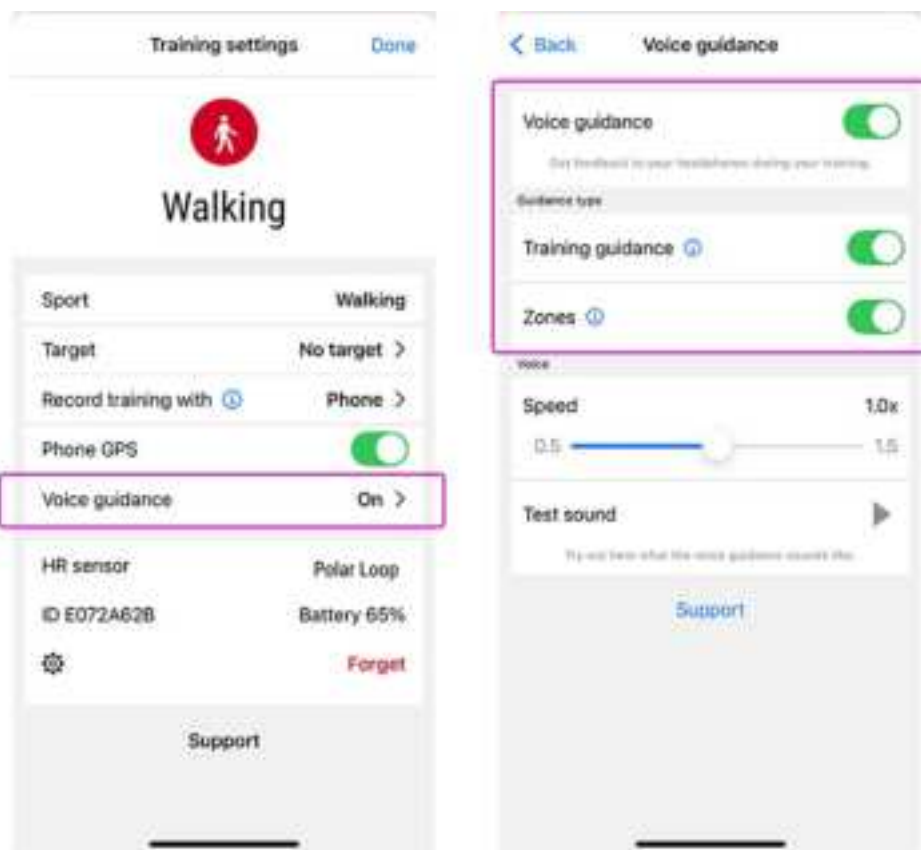
The voice guidance feature helps you focus on your training by providing relevant training data straight to your headphones. The information you receive in audio format includes changes in heart rate and guidance during training phases. You can use the voice guidance feature when [recording your training session with the Flow app](#).

You can set the voice guidance feature on in the **Training settings** in the Flow app. Tap the  icon to open the **Training settings** page.



Tap to open the **Voice guidance** setting and turn the feature on. Then choose what type of information is included in the voice guidance:

- Choose **Training guidance** to get guidance during training phases.
- Choose **Zones** to find out about changes in your heart rate.



Note that in addition to the information you choose from the above options, you will receive audio feedback when

- you start, pause, continue or stop the training session and when you receive a training summary
- real-time connection between phone and watch is lost/recovered
- the device battery is low

## Fitness Test in Polar Flow app

You can perform the Polar Fitness test with Polar Loop and the Polar Flow app. The Polar Fitness Test is an easy, safe and quick way to estimate your aerobic (cardiovascular) fitness at rest. It's a simple 5-minute fitness level assessment that gives you an estimate of your maximal oxygen uptake (VO<sub>2</sub>max). The Fitness Test calculation is based on your resting heart rate, heart rate variability and your personal information: gender, age, height, weight, and self-assessment of your physical activity level called the training background. The Polar Fitness Test is developed for use by healthy adults.

Aerobic fitness relates to how well your cardiovascular system works to transport oxygen to your body. The better your aerobic fitness, the stronger and more efficient your heart is. Good aerobic fitness has many health benefits. For example, it helps in decreasing the risk of high blood pressure and your risk of cardiovascular diseases and stroke. If you want to improve your aerobic fitness it takes, on average, six weeks of regular training to see a noticeable change in your fitness test result. Less fit individuals see progress even more rapidly. The better your aerobic fitness, the smaller the improvements in your result.

Aerobic fitness is best improved by training types that use large muscle groups. Such activities include running, cycling, walking, rowing, swimming, skating, and cross-country skiing. To monitor your progress, start by performing the test a couple of times during the first two weeks in order to get a baseline value, and then repeat the test approximately once a month.

**To make sure the test results are reliable, the following basic requirements apply:**

- You can perform the test anywhere - at home, at the office, at a health club - provided the testing environment is peaceful. There should be no disturbing noises (e.g. television, radio, or telephone) and no other people talking to you.

- Always take the test in the same environment and at the same hour.
- Avoid eating a heavy meal or smoking 2-3 hours prior to testing.
- Avoid heavy physical exertion, alcohol, and pharmaceutical stimulants on the test day and the previous day.

You should be relaxed and calm. Lie down and relax for 1-3 minutes before starting the test.

#### To perform the Fitness test:

1. [Wear your Polar Loop](#) snugly on your wrist.
2. In the Flow app, go to **Start > Testing**.



3. Tap the settings cogwheel icon to open the **Test settings** page. Find your device on the page and tap **Pair**. Tap **Done** to return to the **Testing** page.
4. When you see your current heart rate, tap **Start** to begin the test.
5. Stay relaxed and limit body movements and communication with other people. It is important to stay as still as possible during the test, as even small movements can interfere with the test and cause it to fail. When the test is completed, the Flow app shows a description of your fitness test result and your estimated VO2max.

Learn more about the Polar Fitness test in this [in-depth guide](#).

# Polar Flow

## Polar Flow App

In the Polar Flow app, you can see an instant visual interpretation of your training and activity data. You can also plan your training in the app.

### Diary

The Diary view gives you a quick daily overview of your training, activity and sleep in one place. Tap any item to view detailed information about it. You can customize the Diary to display only the data you want to follow.

### Sleep data

Follow your sleeping patterns to see if they're affected by any changes in your daily life and find the right balance between rest, daily activity and training. With the Polar Flow app, you can view the timing, amount, and quality of your sleep.

You can set your preferred sleep time to define how long you aim to sleep every night. You can also rate your sleep. You'll receive feedback on how you slept based on your sleep data, your preferred sleep time and your sleep rating.

### Activity data

See details of your 24/7 activity. Find out how much you're missing from your daily activity goal and how to reach it. See steps, covered distance based on steps and estimated calorie consumption.

### Training data

Train with live heart rate, track your route and distance and get personalized feedback on every workout. Get a quick overview of your training, and analyze every detail of your performance right away. Easily access the information of your past and planned training sessions and create new training targets. You can also share the highlights of your training with your friends with the [Image sharing](#) function. For instructions on training with the Flow app, see [Manual training recording](#).

### Image sharing

With Flow app's image sharing function you can share images with your training data on them to most common social media channels, like Facebook and Instagram. You can either share an existing photo or take a new one and customize it with your training data. If you had GPS recording on during your training session, you can also share a snapshot of your training route.

To see a video, click on the following link:

[Polar Flow app | Sharing training results with a photo](#)

## Start using the Flow app

You can [set up your Polar Loop](#) using a phone and the Flow app.

To start using the Flow app, download it from the App Store or Google Play onto your mobile device.

Before taking a new mobile device (smartphone, tablet) into use, it has to be paired with your device. See [Pairing a phone](#) for more details.

Your device automatically syncs with the Flow app if your phone is within Bluetooth range and the Flow app is running at least in the background. For more information, see [Syncing](#). If your phone has an internet connection, your training data is also synced automatically to the Flow web service.

# Polar Flow Web Service

The Polar Flow web service gives you detailed insight into your activity and sleep information. In the Polar Flow web service, you can also plan and analyze your training in detail and learn more about your performance.

If you have done the setup using a phone and the Flow app, you can log into the [Flow web service](#) with the credentials you created in the setup.

## Diary

In **Diary** you can see your daily activity, sleep, planned training sessions (training targets), as well as review past training results.

## Reports

In **Reports** you can follow your development.

With the help of the activity reports, you can follow the long-term trend of your daily activity. You can choose to view either daily, weekly or monthly reports. In the activity report you can also see your best days regarding daily activity, steps, calories and sleep from your chosen time period.

Training reports are a handy way to follow your progress in training over longer periods. In week, month and year reports you can choose the sport for the report. In custom period, you can choose both the period and the sport. Choose the time period and sport for report from the drop-down lists, and press the wheel icon to choose what data you want to view in the report graph.

## Syncing

Polar Loop automatically syncs your data to the Polar Flow app if your phone is within Bluetooth range. You can also sync it manually via the device settings in the Flow app. If your phone has an internet connection, the data is also synced automatically to the Flow web service. To sync data between Polar Loop and the Flow app, you must have a Polar account. If you've [set up Polar Loop](#), you've created a Polar account.

## Automatic sync

Polar Loop automatically syncs with the Flow app every half hour if your phone is within Bluetooth range. Automatic syncing also occurs when you plug the device in to charge, change device settings in Flow app, finish a training session, reach your daily activity goal, or when the device has summarized your sleep last night. Note that the app must be running, at least in the background, for automatic syncing to work.

If the automatic sync doesn't work, please make sure that:

- The Polar Flow app is running at least in the background
- Your phone is within the range of 10 m/33 ft from your Polar Loop
- Bluetooth is turned on in your phone settings and it is working
- Android phone users: Disabling power save mode and background restrictions for the Polar Flow app in your Android device may be required for the sync to work.

## Manual sync

In the Flow app, go to **Devices**. Choose Polar Loop if you have more than one Polar device, and then choose **Sync**.



Note: Polar Loop syncs with the Flow app only. It is not compatible with the Polar FlowSync data transfer software.

# Important information

## Battery

The Polar Loop has an internal, rechargeable battery. Rechargeable batteries have a limited lifespan, which depends on several factors, including battery technology, operating temperatures, charging habits, and how the device is used and cared for. You can maximize the battery lifespan by keeping your device in good condition and charging and storing it according to the instructions below.

- Keep the charging contacts of your device clean to effectively protect your device from oxidation and other possible damage caused by dirt and salt water (e.g. sweat or sea water). The best way to keep the charging contacts clean is to rinse the device after each training session with lukewarm tap water and wash the device at least once a week with mild soap and water solution. The device is water resistant and you can rinse it under running water without damaging the electronic components.
- Before charging, make sure there's no moisture, dust or dirt on the charging contacts of the device and cable. Gently wipe off any dirt or moisture.
- Do not charge the device in temperatures under 0 °C/ +32 °F or over +40 °C/ +104 °F.
- Do not charge the device near flammable materials or on flammable surfaces.
- Do not charge the device when it's wet.
- Do not leave the device in extreme cold (below -10 °C/14 °F) and heat (above 50 °C/120 °F) or under direct sunlight.
- Avoid discharging the battery completely before recharging and charging the battery full every time. Keeping the battery charge between 10-90% puts less strain on the battery, helps the battery maintain optimal performance, and extends the battery's life.
- Do not leave the battery fully discharged for a long period of time or keep it fully charged all the time.
- Store the device partially charged in a cool and dry place. If you won't be using your device for a while, charge it to around 50 percent before storing it. Also, turn off the device through the app settings. The battery slowly loses its charge when it is stored. If you are going to store the device for several months, it is recommended to recharge it after a few months.

Over time, rechargeable batteries gradually wear out, and their capacity decreases. The average lifespan of rechargeable lithium-ion batteries used in phones and sports watches, including Polar watches and devices, is about 2-3 years. The battery will have approximately 80% of its original capacity left at this stage, and the percentage continues to decrease with time and use. The actual battery lifespan varies depending on use and operating conditions.

At the end of the working life of the product Polar encourages you to minimize possible effects of waste on the environment and human health by following local waste disposal regulations and, where possible, utilizing separate collection of electronic devices. Do not dispose of this product as unsorted municipal waste.

## Charging the battery

Use the USB cable included in the product set to charge it via the USB port on your computer.

You can also charge the battery via a wall outlet. When charging via a wall outlet, use a USB power adapter (not included in the product set). If you use a USB power adapter, make sure that the adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA. Only use an adequately safety approved USB power adapter (marked with "LPS", "Limited Power Supply", "UL listed" or "CE"). Fast chargers can also be used as long as they meet these specifications.





1. To charge your device, 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.



2. While charging, the LEDs indicate progress: four clockwise rotating red LEDs show that charging is in progress, and when the battery is fully charged, the red LEDs remain continuously on.

## Battery status in Flow App

In the Flow app, go to **Devices** and choose Polar Loop if you have more than one Polar device. You can see the battery status in the device information at the top of the page.

If you want to receive notifications on your phone about the device's battery status, turn on the **Battery notifications**.



To get battery notifications, you need to allow notifications for the Flow app in your phone settings.



## Caring for your Polar Loop

Like any electronic device, the Polar Loop should be kept clean and treated with care. The instructions below will help you keep the device in peak condition and avoid any issues in charging and optical heart rate measurement.

### Keep your Polar Loop clean



The device is fully water-resistant, and the wristband is washable. You can safely clean both with a mild soap and water solution and rinse them under running water.

Keep the device and the wristband clean by washing them regularly (at least once a week) with a mild soap and water solution. Rinse the device and the wristband thoroughly with water. When drying the wristband, hang it up or lay it flat, and allow it to dry completely. **Do not clean with alcohol, disinfectant or any other chemicals.**

Keep the charging contacts of your device clean to ensure smooth charging and effectively protect your device from oxidation and other possible damage caused by dirt and salt water (e.g. sweat or sea water). Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your device. Gently wipe off any dirt or moisture. Do not use any sharp tools for cleaning to avoid scratching. **Do not charge the device when it's wet.**

#### Take good care of the optical heart rate sensor

Keep the optical sensor area clean and scratch-free. Scratches and dirt will reduce the performance of the optical heart rate measurement.

Avoid using perfume, lotion, suntan/sunscreen, disinfectant or insect repellent on the area where you wear the device. If the device comes into contact with these or any other chemicals, wash it with a mild soap and water solution and rinse well under running water.

## Storing

Before storing, ensure the device and the wristband are clean. Keep them in a cool and dry place. Do not keep the device and the wristband in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose the device to direct sunlight for extended periods, such as by leaving it in a car. If you won't be using your device for a while, store it partially charged. The battery slowly loses its charge when it is stored. If you are going to store the device for several months, it is recommended to recharge it after a few months. This will prolong the battery lifetime.

**Do not leave the device in extreme cold (below -10 °C/14 °F) and heat (above 50 °C/120 °F) or under direct sunlight.**

## Precautions

The Polar Loop is designed to measure your heart rate, activity and sleep. No other use is intended or implied. The device should not be used for obtaining environmental measurements that require professional or industrial precision.

We recommend washing the device and wristband regularly to avoid any skin problems caused by dirt.

## Interference during training

### Electromagnetic Interference and Training Equipment

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with the device. To avoid erratic reading or misbehavior, move away from possible sources of disturbance.

Training equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals.

If the device does not work with the training equipment, it may be electrically too noisy for wireless heart rate measurement.

## Health and training

Training may include some risk. Before beginning a regular training program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to training intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during training. **If you feel unexpected pain or excessive fatigue when training, it is recommended that you stop the training or continue at a lighter intensity.**

**Note!** If you are using a pacemaker or other implanted electronic device, you can use Polar products. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual

sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in [Technical Specifications](#). If you experience any skin reaction, stop using the product and consult your physician. Also inform Polar Customer Care about your skin reaction. To avoid any skin reaction to the heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.



The combined impact of moisture and intense abrasion may cause color to come off the heart rate sensor's or wristband's surface, possibly staining light-colored clothes. It may also cause a darker color to come off clothing, possibly staining lighter-colored training devices. To keep a light-colored training device glowing for years to come, please make sure the clothing you wear while training does not bleed color. If you use perfume, lotion, suntan/sunscreen or insect repellent on your skin, you must ensure that it does not come into contact with the training device or the heart rate sensor. If you train in cold conditions (-20 °C to -10 °C / -4 °F to 14 °F) we recommend that you wear the training device under the sleeve of your jacket, directly on your skin.

## Warning

This product is not a toy. Do not allow children or pets to play with this product. This product contains small components that can be a choking hazard.

## How to use your Polar product securely

Keep your Polar device up to date and ensure optimal performance by updating the firmware whenever a new version is available. Firmware updates are performed to improve the functionality of your device and, if necessary, to fix critical vulnerabilities. Please update your Polar device regularly, and as soon as the Polar Flow mobile application notifies you about the availability of a new firmware version.

Before handing the device over to a third party for testing or before selling it, it is necessary to perform a factory reset on the device, and to remove the device from your Polar Flow account. For instructions on performing factory reset, see [Restarting and resetting](#). A factory reset will clear the device memory, and the device cannot be linked to your data anymore. To remove the device from your Polar Flow account, sign into the Polar Flow web service, choose products and click the "Remove" button next to the product you wish to remove.

Training sessions are stored on your mobile device with the Polar Flow application. For extra security, various security enhancing options can be enabled on your mobile device such as strong authentication and device encryption. Consult the user manual of your mobile device for instructions on enabling these options.

When using the Polar Flow web service, we recommend using a password that is no less than 12 characters in length. If using the Polar Flow web service on a public computer, please remember to clear the cache and browsing history in order to prevent others from accessing your account. In addition, do not allow a computer's browser to store or remember your password for the Polar Flow web service if it is not your private computer.

Please see also [Polar Privacy Notice](#) and [Privacy FAQ](#).

## Technical specification

### Polar Loop

Model: 6F

**Battery type:**

170 mAh Li-pol rechargeable battery

**Operating time:**

Up to 8 days of use on a single charge

**Operating temperature:**

-20 °C to +50 °C / -4 °F to 122 °F

**Materials:**

**Device**

Stainless steel, ABS+10%GF, PMMA

**Wristband**

Polyamide, Elastane, Stainless steel

**USB cable materials**

PA, N52 NdFeB (zinc plated), Brass 6801 (gold plated), TPE, Velcro, PBT, Brass

**Water resistance:**

30 m (suitable for bathing and swimming)

**Sensors:**

Precision Prime™

Skin Temp: GEN 1 (skin temperature monitoring via SDK only)

OHR: GEN 3.5

Accelerometer

**Connectivity**

The device connects to your phone using wireless Bluetooth technology.

**Supported BLE services:**

HRS (Heart Rate Service)

BAS (Battery Service)

DIS (Device Information Service)

**USB connection:**

Charging only. Data transfer via USB is disabled by default.

**Radio equipment**

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 5 mW maximum power.

**Polar Flow mobile application compatibility**

Check the latest compatibility information from [support.polar.com](https://support.polar.com).

## Water resistance of Polar products

Most Polar products can be worn when swimming. They are not, however, diving instruments. To maintain water resistance, do not press the buttons of the device under water.

**Polar devices with wrist-based heart rate measurement** are suitable for swimming and bathing. They will collect your activity data from your wrist movements also when swimming. In our tests, however, we found that the wrist-based heart rate measurement doesn't work optimally in water, so we cannot recommend wrist-based heart rate measurement for swimming.

In the watch industry, water resistance is generally indicated as meters, which means the static water pressure of that depth. Polar uses this same indication system. Water resistance of Polar products is tested according to International Standard **ISO 22810** or **IEC60529**. Every Polar device that has water resistance indication is tested before the delivery to stand water pressure.

Polar products are divided into four different categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

When performing any underwater activity, the dynamic pressure generated by moving in water is greater than the static pressure. This means that moving the product under water subjects it to a greater pressure than if the product were stationary.

Marking on the back of the product	Wash splashes, sweat, rain-drops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant IPX7	OK	-	-	-	Do not wash with a pressure washer. Protected against splashes, rain-drops etc. Reference standard: IEC60529.
Water resistant IPX8	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: IEC60529.
Water resistant Water resistant 20/30/50 meters Suitable for swimming	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: ISO22810.
Water resistant 100 meters	OK	OK	OK	-	For frequent use in water but not SCUBA diving. Reference standard: ISO22810.

## Limited International Polar Guarantee

- Polar Electro Oy issues a limited international guarantee for Polar products. For products which have been sold in the USA or Canada, guarantee is issued by Polar Electro, Inc.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of the Polar product that the product will be free from defects in material or workmanship for two (2) years from the date of purchase, with the exception of wristbands made of silicone or plastic, which are subject to a guarantee period of one (1) year from the date of purchase.

- The guarantee does not cover normal wear and tear of the battery, or other normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, textile armband or textile or leather wristband, elastic strap (e.g. heart rate sensor chest strap) and Polar apparel.
- The guarantee does also not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Guarantee does not cover products which have been purchased second hand.
- During the guarantee period, the product will be either repaired or replaced at any authorized Polar Central Service regardless of the country of purchase.
- Guarantee issued by Polar Electro Oy/Inc. does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- You should keep the receipt as a proof of purchase!
- Guarantee with respect to any product will be limited to countries where the product has been initially marketed by Polar Electro Oy/Inc.

Manufactured by Polar Electro Oy, Professorintie 5, 90440 KEMPELE, Finland [www.polar.com](http://www.polar.com).

Polar Electro Oy is a ISO 9001:2015 certified company.

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## Regulatory information



This product is compliant with Directives 2014/53/EU, 2011/65/EU and 2015/863/EU. The relevant Declaration of Conformity and other regulatory information for each product are available at [www.polar.com/en/regulatory\\_information](http://www.polar.com/en/regulatory_information).



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2012/19/EU of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries/accumulators used in products are in compliance with Regulation (EU) 2023/1542 of the European Parliament and of the Council of 12 July 2023 concerning batteries and waste batteries. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices for products, and battery and accumulator collection for batteries and accumulators.

## Disclaimer

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.

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1.0 EN 08/2025