

Polar Flow User Guide

Device Set Up



Plug your device into a charger and wait a while for it to wake up. Choose how to set up your device.

For further guidance, check out the Polar videos from YouTube.



Your Phone



Download the Polar Flow app to your phone and pair it with your device. Set it up and get updates.



Your Computer



Get Polar FlowSync and connect your device with the USB cable. Set the device up and get updates.



Using your Device



Turn it on & Enjoy your session!

Polar Verity Sense Settings

- A) Heart Rate Mode
- B) Recording Mode
- C) **Swimming Mode**

after choosing and all 6 lights are on you can begin your session.



After the Session, open the app and upload Heart Rate Data

