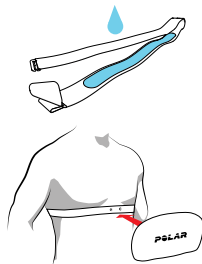# TRAIN

## WEAR THE HEART RATE SENSOR

1. Moisten the electrode area of the strap.
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector.

*ⓘ After training, detach the connector and rinse the strap under running water to keep it clean.*

## PAIR THE HEART RATE SENSOR

Before your first training session, you need to pair the heart rate sensor with your A300. Wear your heart rate sensor, press START and touch the sensor with your A300.

## START AND STOP TRAINING

Press START and choose your sport*. Press START again when you're ready to go.

Press BACK to pause your training session. To continue training, press START. To stop the session, press and hold BACK for three seconds when paused until **Recording ended** is displayed.

*\* You can download more sports from the Flow web service.*

# IT'S MUCH MORE

Your A300 guides you towards more active and healthier life. But together with Polar Flow web service and mobile app it helps you to understand how your choices and habits affect your well-being.

## POLAR A300

Your A300 keeps track of all your activity and guides you towards your daily activity goal. Change the wristband and accessorize any outfit! You can buy additional wristbands separately.

## POLAR H7 HEART RATE SENSOR*

Wear the comfortable heart rate sensor with your A300 and get more out of your daily sports. The heart rate sensor detects your heart rate also when swimming.

*\* If you bought your A300 without a heart rate sensor, not to worry, you can buy one at any time.*

## POLAR FLOW WEB SERVICE

Follow up your achievements, get guidance and see detailed analysis of your activity and training results. Find all this and more at polar.com/flow.

## POLAR FLOW APP

View your activity and training data at a glance. The app syncs the data wirelessly from your A300 to the Polar Flow web service. Get it on the App Store^SM.

# TECHNICAL SPECIFICATION

## A300

| | |
|---|---|
| Battery type | 68 mAh Li-pol battery |
| Operating time | Up to 26 days with 24/7 activity tracking and 1h/day training |
| Water resistance | 30 m |
| Materials | Wristband: silicone, stainless steel; Device: acrylonitrile butadiene styrene, glass fiber, polycarbonate, stainless steel, polymethylmethacrylate |

## POLAR H7 HEART RATE SENSOR

| | |
|---|---|
| Battery type | CR2025 |
| Battery sealing ring | O-ring 20.0 x 0.90 Material Silicone |
| Water resistance | 30 m |
| Connector material | Acrylonitrile butadiene styrene |
| Strap material | 38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester |

### To change the heart rate sensor battery:

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR 2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
3. Press the cover back into the connector.
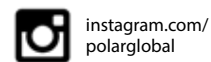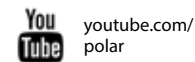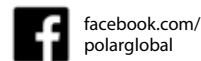4. Use the coin to turn the cover clockwise to CLOSE.
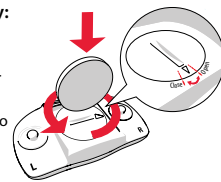
⚠ *For safety reasons, please ensure you use the correct battery.*

# FIND PRODUCT SUPPORT

polar.com/support/A300

## STAY TUNED WITH POLAR

**f** facebook.com/ polarglobal

**▶** twitter.com/ polarglobal

**▶** youtube.com/ polar

**▶** instagram.com/ polarglobal

App Store is a service mark of Apple Inc.

Compatible with

**Bluetooth** SMART

**GymLink**

# POLAR

®

# Polar A300
**GETTING STARTED GUIDE**

Setup at flow.polar.com/start

English

# SET UP YOUR A300

When you get hold of your new A300, it's in storage mode. It wakes up when you plug it to a computer or a USB charger for setup. We recommend that you charge the battery before you start using your A300.

1. Go to flow.polar.com/start and install the FlowSync software.
2. Detach the wristband as described in chapter **Wristband**.
3. Plug your A300 to your computer for setup and charging the battery.
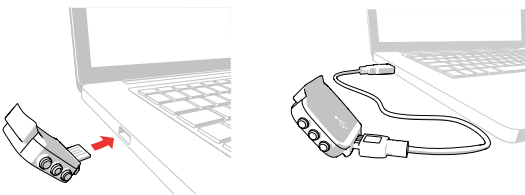


4. Then we'll walk you through signing up to the Flow web service and setting up your A300.

> *To get the most accurate and personal activity and training data, it's important that you're precise with the settings.*

After the setup is done, you're ready to go. Have fun!

If you're in a hurry for the first active day with your A300, let's do a quick setup to get you going:

> *You can use your A300 only in English, if you do the quick setup. To use it in other language, do the setup as described earlier.*

1. Detach the wristband and plug your A300 into a computer or a USB charger to wake it up and charge the battery.
2. Set up your A300 by entering the basic settings on the device. **Ready to go!** is displayed when you're done.

To get accurate activity and training data and to make sure you get the latest software, please do the setup in Flow web service as described earlier.

## LEARN MORE ABOUT YOUR A300

You can download the full-length user manual and the latest version of this guide at polar.com/support/A300. For more help, there are some great video tutorials at polar.com/support/A300 you may want to check out.

# WRISTBAND

The USB connector of your A300 is in the device inside the wristband. You need to detach the wristband for setting up your A300 with a computer, charging the battery and changing the wristband.

1. Bend the wristband from the buckle side to detach it from the device.

2. Hold the wristband from the buckle side. Pass the wristband over the buttons first from one side and then from the other side. Stretch the wristband only when necessary.

3. Pull the device from the wristband.
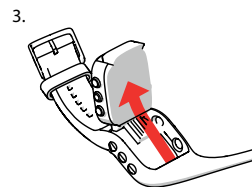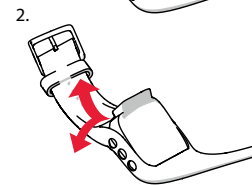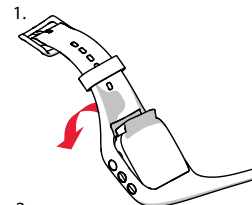
To attach the wristband, perform the steps in the reverse order.



# GET TO KNOW YOUR A300

- » Browse through the menu by pressing UP or DOWN.
- » Confirm selections with START.
- » Return, pause and stop with BACK.
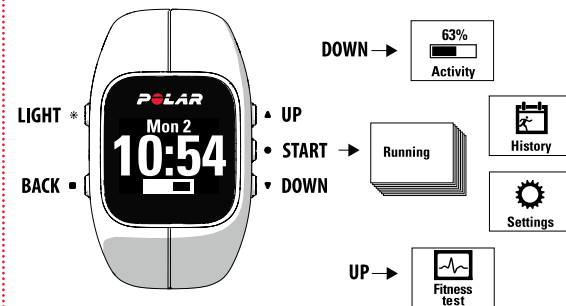


### USEFUL TIPS
- » Change the watch face by pressing and holding UP.
- » Lock buttons by pressing and holding LIGHT.
- » Sync data to the Polar Flow app by pressing and holding BACK.
- » Bring your A300 close to your heart rate sensor to see the time of day during training.

# TRACK YOUR ACTIVITY

As soon as you've set up your A300, it automatically starts to track your activity 24/7.

You'll get a personal daily activity goal, and A300 shows your progress towards the goal by filling up an activity bar. View the activity bar easily in time view.



In **Activity** menu you can see in more detail how active your day has been so far and get guidance on how to reach your goal.

You can view your activity data visualized on Flow app or Flow web service. There you can get details about your physical activity and health benefits that come with it.

The A300 counts the steps you have taken and tells the distance covered.

It shows calories you have burned.

Wear it while you sleep and it detects your sleep time and quality. Check the sleep info from the Flow app or Flow web service.

It is your personal motivator reminding you when you've been still for too long and it's time to move.