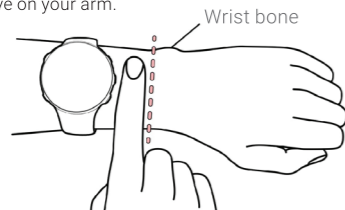



## Wrist-based heart rate

To get accurate heart rate readings during training, make sure that you wear the watch correctly:

- Wear the watch on top of your wrist, at least a finger's width up from the wrist bone.
- Tighten the wristband firmly around your wrist. The sensor on the back must be in constant touch with your skin and the watch should not be able to move on your arm.



When not measuring heart rate, loosen the wristband a bit for a more comfortable fit and to let your skin breathe.

 Your watch is also compatible with Polar heart rate sensors with chest straps. You can buy a heart rate sensor as an accessory. Find a [full list of sensors and accessories](https://support.polar.com/en/compatibility) your watch is compatible with at [support.polar.com/en/compatibility](https://support.polar.com/en/compatibility)

## Start training

1. Wear your watch and tighten the wristband.
2. Press **BACK** to enter the main menu, choose **Start training**, and then browse to a sport profile.
3. Go outdoors and away from tall buildings and trees. Keep your watch still with the display upwards to catch GPS satellite signals. The circle around the GPS icon will turn green when the GPS is ready.
4. The watch has found your heart rate when your heart rate is shown.
5. When all signals are found, press **OK** to start training recording.

### PAUSE AND STOP TRAINING

Press **BACK** to pause your training session. To continue training, press **OK**. To stop the session, press and hold **BACK** when paused until **Recording ended** is displayed. You'll get a summary of your training session on your watch right after you've stopped training.

### TAKE CARE OF YOUR WATCH

Keep your watch clean by rinsing it under running water after each training session. Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your watch and cable. Gently wipe off any dirt or moisture. **Do not charge the watch when it's wet.**

## Polar Flow app and web service

Sync your watch with the **Flow app** after training and get an **instant overview** of and feedback on your training, activity and sleep.

Sync your training data to the **Flow web service** with your computer or via Flow app to track your achievements, get guidance and see a **detailed analysis** of your training results, activity and sleep.

**Information about materials and technical specifications are available in the user manual at [support.polar.com/en](https://support.polar.com/en)**

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

The Polar Precision Prime optical heart rate sensor fusion technology uses a very small, safe amount of electric current on the skin to measure the contact of the device to your wrist to enhance accuracy.

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COMPATIBLE WITH



17982757.01 ENG 05/2020

# GPS MULTISPORT WATCH

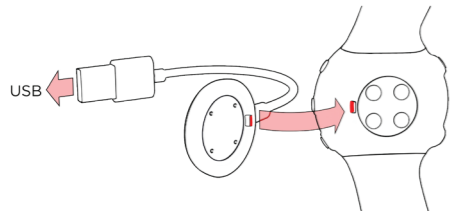
## Getting Started Guide

Learn more at [support.polar.com/en](https://support.polar.com/en)

English

## How to get started

1. To wake up and charge your watch, plug it into a powered USB port or a USB charger with the custom cable that came in the box.



2. To set up your watch, choose your language and setup method. The watch gives you three options for setup: set up (A) on your phone, (B) on your computer or (C) on your watch. Browse to the option most convenient for you with UP/DOWN and confirm your selection with OK. We recommend option A or B.

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

### A SET UP ON YOUR PHONE

You have to do the pairing in the Polar Flow app and NOT in your phone's Bluetooth settings.

1. Make sure your phone is connected to the internet and turn on Bluetooth®.
2. Download the Polar Flow app from the App Store or Google Play.
3. Open the Flow app on your phone. The Flow app recognizes your watch and prompts you to start pairing it. Tap the Start Button.
4. Accept the Bluetooth pairing request on your phone. Confirm the pin code on your watch and the pairing is done.
5. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the app.

When you're done with the settings, tap Save and sync and your settings are synced to your watch.

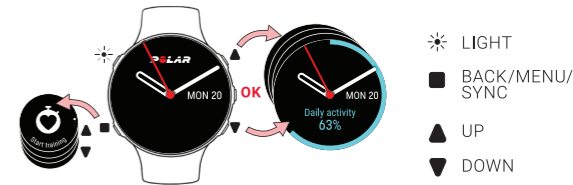
### B SET UP ON YOUR COMPUTER

1. Go to [flow.polar.com/start](https://flow.polar.com/start) and download and then install the Polar FlowSync data transfer software to your computer.
2. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the Polar Flow web service.

**i** If there is a firmware update available for your watch, we recommend you install it during the setup. It may take up to 10 minutes to complete.

**i** Your watch syncs your training data with the Flow mobile app automatically if your phone is within the Bluetooth range and the Flow app is running. You can also sync your training data manually with the Flow app by pressing and holding the BACK button of your watch.

## Get to know your watch



### KEY BUTTON FUNCTIONS

- Press OK to confirm selections.
- Browse the watch faces, training views and menu with UP/DOWN, move through selection lists, and adjust a chosen value.
- Return, pause and stop with BACK. In time view press BACK to enter the menu, press and hold to start pairing and syncing.
- Press and hold LIGHT to lock buttons.

### TOUCH DISPLAY\* (NOT AVAILABLE IN ALL MODELS)

- Tap the display to choose items
- Swipe up or down to scroll
- Swipe left or right in time view to view different watch faces

\*Disabled during training sessions



Model number: 4A

## POLAR 4A

### English

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

### Deutsch

Dieses Produkt erfüllt die Anforderungen der Richtlinien 2014/53/EU, 2011/65/EU und 2015/863/EU. Die zugehörige Konformitätserklärung ist erhältlich unter [www.polar.com/de/rechtliche\\_informationen](http://www.polar.com/de/rechtliche_informationen).

### Français

Ce produit est conforme aux dispositions des directives 2014/53/UE, 2011/65/UE et 2015/863/UE. La Déclaration de Conformité correspondante est disponible à l'adresse [www.polar.com/fr/informations\\_reglementaires](http://www.polar.com/fr/informations_reglementaires).

### Ελληνικά

Το προϊόν αυτό είναι συμβατό με την Ευρωπαϊκή Οδηγία 2014/53/EU, 2011/65/EU και 2015/863/EU. Η σχετική Δήλωση συμμόρφωσης είναι διαθέσιμη στην ηλεκτρονική διεύθυνση [www.polar.com/el/regulatory\\_information](http://www.polar.com/el/regulatory_information).

### Nederlands

Dit product voldoet aan de richtlijnen 2014/53/EU, 2011/65/EU en 2015/863/EU. De desbetreffende conformiteitsverklaring is beschikbaar op [www.polar.com/nl/wettelijk\\_verplichte\\_informatie](http://www.polar.com/nl/wettelijk_verplichte_informatie).

### Italiano

Questo prodotto è conforme alle Direttive 2014/53/UE, 2011/65/UE e 2015/863/UE. La Dichiarazione di conformità relativa è disponibile sul sito [www.polar.com/it/informazioni\\_normative](http://www.polar.com/it/informazioni_normative).

### Español

Este producto cumple con las Directivas 2014/53/UE, 2011/65/UE y 2015/863/UE. La Declaración de conformidad correspondiente se puede encontrar en [www.polar.com/es/informacion\\_reguladora](http://www.polar.com/es/informacion_reguladora).

### Português

Este produto está conforme às Directivas 2014/53/EU, 2011/65/EU e 2015/863/EU. A respectiva Declaração de Conformidade está disponível em [www.polar.com/pt/informacao\\_regulatoria](http://www.polar.com/pt/informacao_regulatoria).

### Suomi

Tämä tuote on direktiivien 2014/53/EU, 2011/65/EU ja 2015/863/EU mukainen. Asiaankuuluva Vaatimustenmukaisuusvakuutus on luettavissa osoitteessa [www.polar.com/fi/lainsaadannolliset\\_tiedot](http://www.polar.com/fi/lainsaadannolliset_tiedot).

### Svenska

Denna produkt uppfyller direktiven 2014/53/EU, 2011/65/EU och 2015/863/EU. Tillämplig försäkran om överensstämmelse finns tillgänglig på [www.polar.com/sv/gallande\\_bestamnelser](http://www.polar.com/sv/gallande_bestamnelser).

### Dansk

Dette produkt er i overensstemmelse med direktiv 2014/53/EU, 2011/65/EU og 2015/863/EU. Den relevante Erklæring om overensstemmelse findes på adressen [www.polar.com/da/oplysninger\\_om\\_regulering](http://www.polar.com/da/oplysninger_om_regulering).

### Norsk

Dette produktet er i samsvar med EU-direktivene 2014/53/EU, 2011/65/EU og 2015/863/EU. Den relevante samsvarserklæringen finner du på [www.polar.com/nb/informasjon\\_om\\_forskrifter](http://www.polar.com/nb/informasjon_om_forskrifter).

## Compliance statement

### CANADA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approuvé aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

### Innovation, Science and Economic Development Canada (ISED) regulatory information

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This device complies with the safety requirements for RF exposure in accordance with RSS-102 Issue 5 for portable use conditions.

### Avis de conformité à la réglementation d'Innovation, Sciences et Développement économique Canada (ISDE)

Le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet appareil est conforme aux exigences de sécurité concernant l'exposition aux RF selon la norme RSS-102, 5ème édition, pour des conditions d'utilisation portable.

### Class B digital device notice

This Class B digital apparatus complies with Canadian RSS-Gen and RSS-247.

Cet appareil numérique de la classe B est conforme à la norme CNR-Gen et CNR-247 du Canada.

CAN ICES-3(B)/NMB-3(B)

### USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

### FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/ TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.