POLAR
LISTENS TO YOUR BODY

POLAR

loop



User Manual

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1. INTRODUCTION

Thanks for buying the new and exciting Polar Loop!

This user manual helps you get started with your new friend. To check the video tutorials and the latest version of this user manual, please go to http://www.polar.com/en/support/loop.

Overview

Polar Loop keeps track of all your activity – every step and jump throughout the day - and shows how it's good for you.

It'll reward you when you've done enough and help you move if there's still a bit missing from your daily activity goal.

Together with the Polar Flow web service and mobile app it's a perfect solution to get active.



The big picture: Polar Loop activity tracker, Polar Flow web service, and Polar Flow mobile app.

This Is Your Polar Loop



Polar Loop parts

1. Display
2. Touch button
3. Buckle
4. Custom USB connector

What's in the Box



Box contents

1. Polar Loop
2. Buckle with spring bars (attached to Polar Loop)
3. Buckle tool
4. Extra spring bar
5. Custom USB cable
6. Getting started guide with measuring tool

2. GET STARTED

To get your Polar Loop into use, you'll need a computer with internet connection to access the Polar Flow web service. That's where you'll take it into use.

Plug in Your Polar Loop

Plug in your Polar Loop to your computer's USB port with the custom USB cable to wake it up. The Polar-branded magnetic end of the cable snaps into place when it's properly connected to your bracelet. Let your computer install any USB drivers if it suggests so.



Download and Install Polar FlowSync

You need to download and install the Polar FlowSync software to set up your Polar Loop and to keep your activity data synced.

1. Go to www.flow.polar.com/loop [http://www.flow.polar.com/loop] and download Polar FlowSync.
2. Open the installation package and follow on-screen instructions.

If you get a pop-up suggesting to restart your computer, you can cancel it and continue.

Join Polar Flow

1. Once FlowSync installation is complete the Polar Flow web service opens automatically to your internet browser.
   Polar Loop display will start showing the syncing sign.



Unplug and plug your Polar Loop again if Polar FlowSync doesn't recognize it.

Avoid using USB hubs. They may not provide enough power to charge the activity tracker.

2. **Create a Polar account** or sign in if you already have one.
   Polar account is your ticket to all the Polar services out there for which you need to sign in: the Polar Flow web service, polarpersonaltrainer.com and the discussion forum.
3. **Select settings** for your Polar Loop:
   Fill in your physical details. They make it possible to get personal guidance and accurate interpretation of your daily activity and training sessions.
   Select the time format you'd like to see on the Polar Loop display. You can also select the display

orientation by choosing the wrist you'll be wearing the bracelet.

We recommend wearing the bracelet on your non-dominant hand to get the most accurate results.

You can edit your settings any time at the Polar Flow web service and the mobile app.

4. **Start synchronization** by clicking **Done** and the settings will be synchronized between the bracelet and the service.
   When finished, the Polar Loop display will show a check mark and will change to charging symbol as it charges.



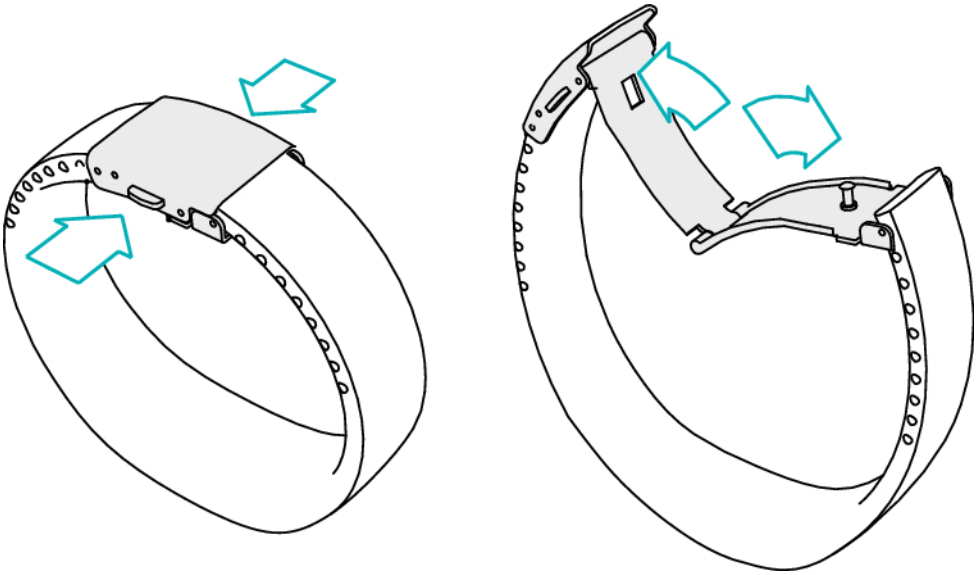
5. Now, you can either charge your Polar Loop till it's full or unplug it and start customizing the bracelet size. You can also start using your Polar Loop right away if you want as long as you remember to charge it full later.

Customizing the Bracelet Size

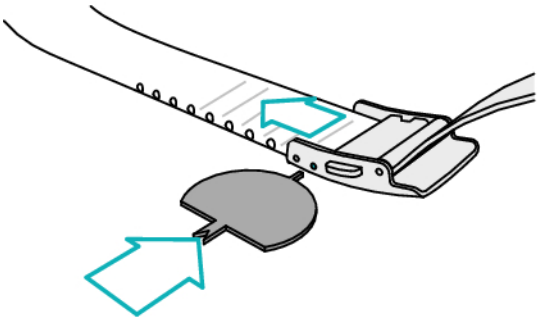
Check out this video to see how to shorten the bracelet: http://youtu.be/6w5dyJpB9gY

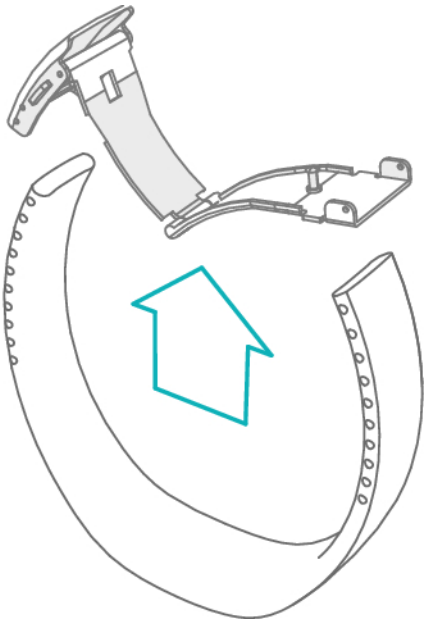
Follow these steps to make Polar Loop your own by adjusting it to your wrist size.

1. **Open the buckle by pressing the buckle side buttons.**

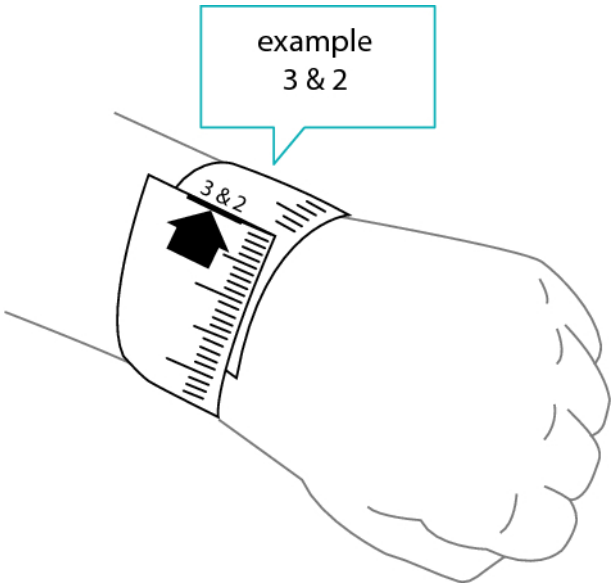


2. **Detach the buckle from both ends.**
   Take the buckle tool that came in the box and make the spring bars pop out with it. Then remove the buckle from the bracelet.





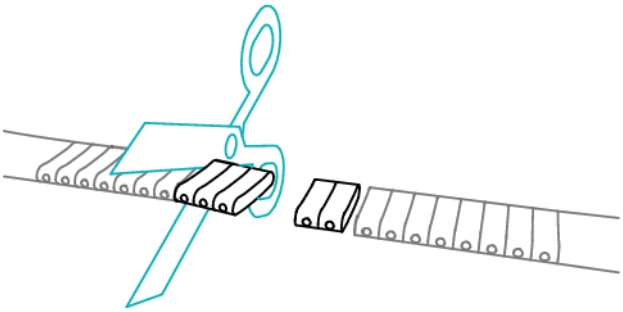
3. **Measure your wrist size.**
   Separate the measuring tool from the getting started guide along the perforated line.
   Wrap it around your wrist snugly and take note of the numbers you get. There's one number for both ends. Each number represents the number of blocks between the grooves inside your bracelet you need to take off.



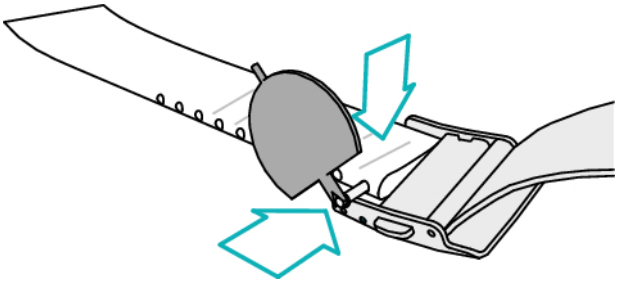
4. **Trim the band carefully from both ends.**
   To make sure the display will be in the center, it's important that you shorten the band from both ends. Count as many blocks from one end as the number you measured. Follow the straight line in the groove and between the spring bar holes and then carefully cut the band.

   Be careful not to cut into the spring bar holes.

   Repeat the action to the other side of the bracelet.



5. **Put the buckle back on.**
   Take one spring bar and place it inside the first hole at the end of the bracelet and put one end of the spring bar in the buckle's spring bar hole.
   Use the tool to ease the other end of the spring bar inside the other spring bar hole in the buckle.
   Do the same on the other end of the band.



6. **Try the band on to see if it fits.**
   You can adjust the length if needed by moving one of the buckle spring bars to the outer spring bar hole until it fits perfectly. Or, if necessary, trim the band once more by one block at a time.

3. DISPLAY

Your Polar Loop has a LED display you can view with a touch of a button.

Cycle through the display views by repeatedly tapping the touch button: ACTV, CALS, STEP, TIME.

You will see more detailed information about each headline. Just wait two seconds and the screen will scroll by itself.

Wear Polar Loop on your wrist to make the touch button work properly. If you want to browse the display views without wearing the bracelet, touch the custom USB connector on the inside while tapping the touch button.

Follow Your Daily Activity

 ▼  Activity bar - fills up as you move ▼	**ACTV** stands for daily activity. The daily activity goal is visualized with an activity bar. The activity bar fills up as you reach your daily goal. You can meet your goal faster with more intense activities or stay active at a slightly more moderate pace throughout the day.
 To go - what's left to do to reach your goal ▼	**TO GO** stands for the options how you can reach your daily activity goal. It tells you how much longer you need to be active if you choose low, medium or high intensity activities. You have one goal, but number of ways to achieve it. The daily activity goal can be reached at low, medium or high intensities. In the Polar Loop bracelet, 'UP' means low intensity, 'WALK' means medium intensity, and 'JOG' means high intensity. You can find more examples for low, medium and high intensity activities at the Polar Flow web service and choose your way to reach your goal.
 ▼  ▼ **OR**	**JOG** stands for high intensity activity like jogging, exercise class, rope skipping, basketball, football, tennis, handball or squash. Polar Loop displays the time remaining to reach your goal, if you do high intensity activities.

 **OR**	**WALK** stands for medium intensity activity like walking, mowing the lawn, circuit training, bowling, skateboarding, gentle dancing, gentle swimming or table tennis. Polar Loop displays the time remaining to reach your goal, if you do medium intensity activity.
	**UP** stands for low intensity activity up on your feet like cleaning, washing dishes, gardening, playing guitar, baking, playing pool, slow walk, playing darts or tai chi. Polar Loop displays the time remaining to reach your goal, if you do low intensity activities.

	**CALS** stands for calories burned measured as kilocalories. The calories reading includes your basic metabolic rate as well as your activity calories burned during the day. In addition if you wear a heart rate sensor during your training sessions, heart rate based calories are also calculated in daily calories. The basic metabolic rate calories are calculated even if you don't wear the activity tracker.
	**STEP** stands for steps you have taken. The amount and type of movements are registered and transferred to estimation of steps. A basic recommendation is to aim for 10 000 steps or more a day.

	**TIME** stands for time of day. The current time and its format is transferred from your computer system clock when you synchronize with the Polar Flow web service. To change time on your activity tracker you'll first need to change time on your computer and then synchronize your Polar Loop.

Other Display Views

	**BATT. LOW** text is displayed when the battery charge level is getting low. You must recharge in the next 24 hours.
	**CHARGE** text is displayed when the battery is almost drained. You can no longer use a heart rate sensor nor the Polar Flow mobile app with Polar Loop until you recharge it.
	**MEM. FULL** is displayed when the Polar Loop memory capacity is 80% full. Transfer your activity data to the Polar Flow web service via a USB cable or the Polar Flow mobile app. Polar Loop can store 12 days of activity data. When the memory becomes full, the oldest activity data is overwritten by the most recent one.
	**FLIGHT MODE** Flight mode cuts off all wireless communication from the device. You can still use it to collect activity, but you can't use it in training sessions with a heart rate sensor nor sync your data to the Polar Flow mobile app. Turn the flight mode on by touching and holding the button while **TIME** is on display for 10 seconds. Release the button when you see the airplane icon. Turn it off by touching and holding the button for 10 seconds in any display mode until you see the airplane icon and **OFF**.

Display Settings

You can choose in which hand you want to wear your activity tracker either in the Polar Flow web service or the Polar Flow mobile app. The setting changes the orientation of the Polar Loop display accordingly.

We recommend wearing the bracelet on your non-dominant hand to get the most accurate results.

You can edit your settings any time at Polar Flow web service and mobile app.

To change the display setting on your computer

1. Plug in your Polar Loop to your computer's USB port, go to polar.com/flow [http://www.polar.com/flow] and sign in.

2. Go to **Settings** and **Products**.
3. Choose your Polar Loop, **Settings** and change the handedness.
   The display orientation on your Polar Loop will change on the next synchronization.

To change the display setting on the mobile app

1. Go to **Settings**.
2. Select the desired wrist under your Polar Loop.

4. POLAR FLOW WEB SERVICE

Living an active life has never been this fun and easy. Check the Polar Flow web service at polar.com/flow [http://www.polar.com/flow] and learn how all your small choices and daily habits can make a world of difference.

Sync Your Data

Sync your activity to the Polar Flow web service regularly and follow your achievements. You can sync your data automatically with the Polar Flow mobile app or via USB cable.

Sync via Web Service

Every time you plug in your Polar Loop with the Polar custom USB cable to your computer, the activity data is transferred to the web service via Polar FlowSync.

Sync via Mobile app

Your activity data from the activity tracker will be synced to the Polar Flow mobile app wirelessly via Bluetooth and to the web service via internet connection of your mobile device.

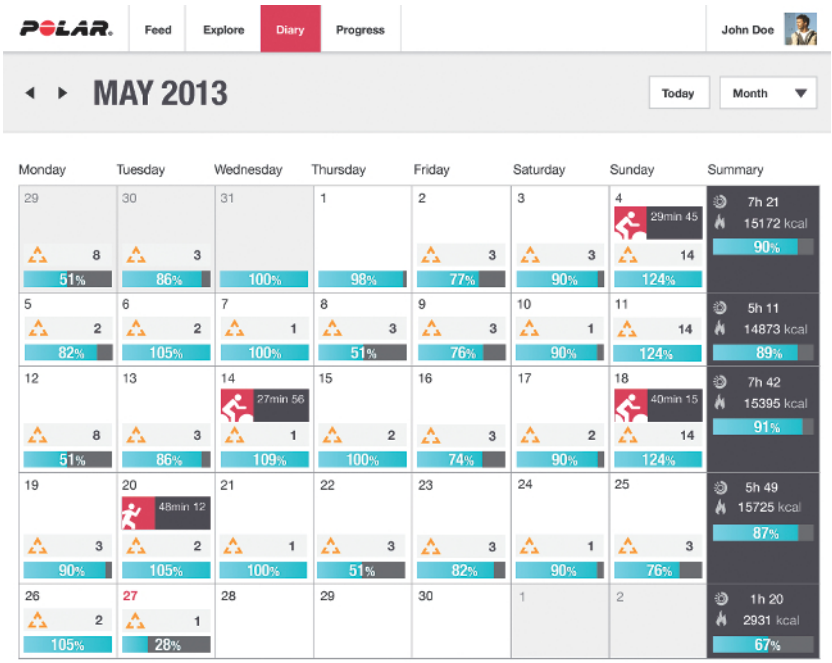
Follow Your Achievement

Activity Benefit tracks all your active choices during the day and shows how they help you stay healthy. It'll reward you when you've done enough and make you move if there's still a bit missing from your daily activity goal. Activity Benefit gives you daily, weekly and monthly feedback, because the more you move, the greater the health benefits. You can check up on how you're doing either from your mobile or from the web.

Activity zones: Polar Loop tracks your daily activities at five intensity levels: resting, sitting, low, medium and high. It measures the different activity zones (low, medium, high) so that the higher the intensity, the faster your goal is reached. In the Polar Loop bracelet, 'UP' means low intensity, 'WALK' means medium intensity, and 'JOG' means high intensity. You can find more examples for low, medium and high intensity activities at the Polar Flow web service.

Advanced activity analysis: The total active time tells you the cumulative time of body movements that are good for your body and health. Besides the many details you get about your physical activity and all the health benefits that come with it, you can also see the inactive periods and when you've been still for too long.

Diary is available at the Polar web service. When you transfer your activity and training results from your activity tracker to the Diary, you can easily follow up your activity. You can choose to see your activity and training history in a month or week view, along with a monthly or weekly summary in addition to the daily view.



Polar Flow diary view

5. POLAR FLOW MOBILE APP

With the Polar Flow mobile app you can follow and analyze your activity data on the go and have your data synced wirelessly from your Polar Loop to the Polar Flow service.

It's compatible with iOS devices with Bluetooth Smart connectivity, starting with iPhone 4S and iPhone 5 series and iPod touch (5th gen. or newer) with iOS 6 operating system and newer.

Please note: to use Polar Loop with the Polar Flow mobile app, you need to set up the product with your computer. More information about the product setup see Get Started (page 5).

Get the App and Pair Your Polar Loop

Make sure Bluetooth is toggled on in your iOS device and you have internet connection available for your iOS device.

To start using the Polar Flow mobile app with Polar Loop

1. Download the app from the Apple App Store.
2. Open the app and sign in with your Polar account. Wait for the **Connect device** pop-up to appear.
3. Press the button on your Polar Loop to pair it with the app.

   Wear your Polar Loop close enough to the phone so that the pairing succeeds.

4. Tap **OK** on your iOS device to accept the pairing.

Now your Polar account settings will be transferred to the app from the Polar Flow web service and the app will display your personal activity data and guidance.

Sync Your Data

The Polar Flow mobile app will automatically sync your activity data and settings with the Polar Flow web service when the app is running and you have your iOS device nearby. The automatic sync takes place once an hour. You can also sync your data manually by tapping the touch button of your Polar Loop.

Even if the app isn't active on your iOS device, it's still running in the background. Pressing the button on your Polar Loop will start the synchronization if there hasn't been one in the last 15 minutes.

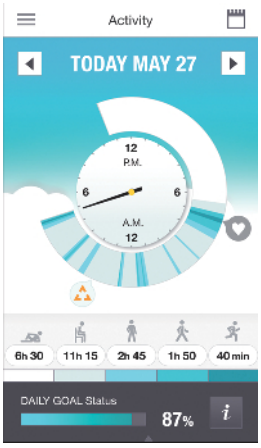
Know More About Your Activity

Activity Benefit tracks all your active choices during the day and shows how they help you stay healthy. It'll reward you when you've done enough and make you move if there's still a bit missing from your daily activity goal. Activity Benefit gives you daily, weekly and monthly feedback, because the more you move, the greater the health benefits. You can check up on how you're doing either from your mobile or from the web.

Activity zones: Polar Loop tracks your daily activities at five intensity levels: resting, sitting, low, medium and high. It measures the different activity zones (low, medium, high) so that the higher the intensity, the faster your goal is reached. In the Polar Loop bracelet, ‘UP’ means low intensity, ‘WALK’ means medium intensity, and ‘JOG’ means high intensity. You can find more examples for low, medium and high intensity activities in Activity Guidance on mobile and at the Polar Flow web service.

Inactivity Alert: Reminds you when you have been sitting for too long.

Advanced activity analysis: The total active time tells you the cumulative time of body movements that are good for your body and health. Besides the many details you get about your physical activity and all the health benefits that come with it, you can also see the inactive periods and when you've been still for too long.



Polar Flow app

Analyze Your Heart Rate Training

If you've used a heart rate sensor in your training sessions, you can also get a closer look at your training results on the go. Just select your training session you want to examine and you will see the heart rate curve with maximum and average heart rate, calories burned, as well as fat percentage of the calories burned. You can also check the time spent at fat burning and fitness improvement zones and read more about Training Benefit. The Training Benefit feature gives motivating feedback about your training session and tells about the effects of your exercise.

Please note: Training Benefit is available only if your training session lasted for more than ten minutes in a heart rate zone higher than 50% of your maximum heart rate.

6. HEART RATE SENSOR

Polar Loop tracks all of your activity. To get even more out of your daily sports, the Polar Bluetooth Smart heart rate sensor is an optional, but a perfect match for Polar Loop.

Pairing a Heart Rate Sensor

You can pair a Polar Bluetooth Smart heart rate sensor with your Polar Loop activity tracker. We recommend using Polar H6 and H7 Bluetooth Smart heart rate sensors. We cannot guarantee compatibility with other manufacturer's heart rate sensors.

If you have previously used a heart rate sensor with other devices or software, make sure the sensor is not in contact with the device or software when you are pairing it with Polar Loop.

1. Wear your compatible heart rate sensor. Make sure the electrode areas of the strap are moistened. If necessary, see further instructions from the heart rate sensor's user guide.
2. Bring Polar Loop right next to the sensor.
3. Tap the Polar Loop touch button - wait couple of seconds until **PAIRED** scrolls on the display.



Now your current heart rate and EnergyPointer are added to the display rotation.

Start the Training

To start a heart rate training session, just wear your heart rate sensor and Polar Loop, tap the touch button and wait for the heart rate to appear on screen.



While you train with a heart rate sensor, you can't sync Polar Loop with the Polar Flow mobile app. You can sync your data after you've stopped the training session.

Your current heart rate is shown in beats per minute (bpm) figures.



Heart Rate Guidance

After your bpm number, you will see the current main effect of your training. EnergyPointer tells you during a training session if the main effect of your training is fat burning or fitness improvement.

 FAT BURN	In fat burn zone, training intensity is lower, and the source of energy is mainly fat. Therefore, fat burns efficiently and your metabolism, mainly fat oxidation, increases.
 FIT	In fitness zone, training intensity is higher and you are improving your cardiovascular fitness i.e. strengthening your heart and increasing blood circulation to muscles and lungs. The main energy source is carbohydrates.

Stop the Training

To stop the heart rate training session recording, untie the strap from your chest and detach the connector from the strap.

After removing the heart rate sensor, wait two minutes before trying to use it with any other device or software.

7. IMPORTANT INFORMATION

Charging Polar Loop

When fully charged, Polar Loop can hold its charge up to six days, depending on the usage.

Polar Loop has an internal, rechargable battery. Use the USB cable included in the product set to charge your Polar Loop via the USB connector on your computer. If you want to plug the USB connector to a wall outlet, use a USB power adapter (not included in the sales package).

If the battery has drained and the display doesn't light up after plugging in, it may take up to 20 seconds for the charging animation to appear.

It takes approximately 90 minutes to fully charge the battery.

If you use an AC adapter, make sure that the adapter is marked with "output 5Vdc 0.5A - 2A max". Only use an AC adapter which is adequately safety approved (marked with "LPS", "Limited Power Supply" or "UL listed").

The display will rotate between the charging symbol and the battery level percentage as it charges to 100%.



Caring for Your Polar Loop

Clean with a mild soap and water solution, dry with towel. Never use alcohol or any abrasive material (steel wool or cleaning chemicals). Keep in a cool and dry place. Do not store in a damp environment, in non-breathable material such as a plastic bag or a sports bag. Do not expose to direct sunlight for extended periods.

Water-resistance

Polar Loop is water-resistant up to 20 meters. You can wear it while bathing and swimming.

Updating Polar Loop

If new updates for Polar Loop are available, Polar FlowSync will automatically prompt you to update your device.

Polar FlowSync will synchronize all your data before resetting and updating the activity tracker. After the update, your settings will be synchronized back to the activity tracker.

Resetting Polar Loop

If you need to reset your Polar Loop, connect it to your computer and perform a **Factory Reset** under **Settings** in Polar FlowSync.

Factory reset empties all the data in the activity tracker and makes it possible to take it into use as new.

System Requirements for Your Computer and Mobile Device

- Windows XP, Windows 7, Windows 8 and later
- Mac OS X 10.6, OS X 10.7, OS X 10.8 and later
- Optional Polar Flow mobile app on iOS 6 and newer, compatible mobile devices iPhone 4S and iPhone 5 series and iPod touch (5th gen. or newer)

Technical Specifications

Battery

Operating time with full charge	Up to 6 days.
Type	25 mAH Lithium-polymer, rechargeable, non-replaceable.
Charging	USB compliant power supply or computer USB port equipped with USB type A connector.
Charging time to full	90 minutes

Memory

Capacity	4 Mb
Examples	12 days of activity and 4 one hour training sessions or 7 days of activity and 8 one hour training sessions.

Communication

USB	Polar custom USB cable
	The Polar Loop end of the cable is magnetized: keep it away from credit cards and iron objects.
Wireless	Bluetooth Smart

General

Water resistance 20 m	Suitable for bathing and swimming.
Operating temperature:	0 °C to +50 °C / 32 °F to 122 °F
Charging temperature:	0 °C to +45 °C / 32 °F to 113 °F
Accuracy of heart rate monitor:	± 1 bpm. Definition applies to stable conditions.
Heart rate measuring range:	15-240 bpm

Size

Circumference	Min. 145 mm / 5.7 inch
	Max. 240 mm / 9.4 inch
Weight	38 g / 1.34 oz
Width	20 mm / 0.8 inch

Display

85 LED lights in 5 x 17 matrix

Button

Capacitive touch button

Sensors

3D accelerometer

Bracelet Materials

Front plate and band	Polyurethane (TPU)
Front plate decoration parts	ABS + electro plating
Back plate	PA + GF
Back plate screws	Stainless steel
Back plate connector parts	Stainless steel
Buckle	Stainless steel