

**POLAR®**

# POLAR A370



**USER MANUAL**

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# INTRODUCTION

Congratulations on your new A370! Polar A370 is a sleek and sporty fitness tracker with continuous wrist-based heart rate, advanced Sleep Plus sleep analysis and Polar's trusted training features. Get an instant overview of your daily activity on your A370 or with Polar Flow app. Together with the Polar Flow web service and the Flow app your A370 helps you to understand how your choices and habits affect your well-being.

This user manual helps you get started with your new A370. To check the video tutorials and the latest version of this user manual, go to [support.polar.com/en/A370](https://support.polar.com/en/A370).



1. Touchscreen
2. Button

- To activate the display: press the button or turn your wrist when you're wearing the fitness tracker.
- To change the watch face: tap and hold the display in time view, and swipe up or down. Then choose one by tapping it.

## POLAR A370

Polar A370 is a sleek and sporty fitness tracker that keeps you on the pulse by monitoring heart rate from the wrist 24/7. It tracks your daily steps, distance and calories burned, and keeps you connected with smart notifications from your phone. The advanced Polar Sleep Plus sleep analysis follows your sleeping patterns and gives you feedback on your sleep. Polar A370 helps you train smarter with Polar's trusted training features, such as heart rate zones and Polar Running Program, and uses your phone's GPS to track speed and distance during your outdoor workouts. You can even use Polar A370 as a heart rate sensor and connect your heart rate to fitness apps or compatible Bluetooth devices, like Polar training devices, e.g. Polar M460. You can buy additional wristbands separately.



## USB CABLE

The product set includes a standard USB cable. You can use it for charging the battery and syncing data between your A370 and Flow web service via FlowSync software.

## POLAR FLOW APP

You can start using your A370 also with the Flow app and update your A370 wirelessly too. View your activity and training data at a glance. Flow app syncs your activity and training data wirelessly to the Polar Flow web service. Get it on the App Store<sup>SM</sup> or Google play<sup>TM</sup>.

## POLAR FLOWSYNC SOFTWARE

Polar FlowSync syncs your data between your A370 and the Polar Flow service on your computer. Go to [flow.polar.com/start](https://flow.polar.com/start) to start using your A370 and to download and install the FlowSync software.

## POLAR FLOW WEB SERVICE

Plan your training, follow your achievements, get guidance and see detailed analysis of your activity and training results. Let all your friends know about your achievements. Find all this at [flow.polar.com](https://flow.polar.com).

# GET STARTED

## SET UP YOUR A370

When you get hold of your new A370, it's in storage mode. It wakes up when you plug it into a computer for setup or a USB charger for charging. We recommend that you charge the battery before you start using your A370. If the battery is completely empty, it takes a couple of minutes for the charging to start. See [Batteries](#) for detailed information on charging the battery, battery operating times and low battery notifications.

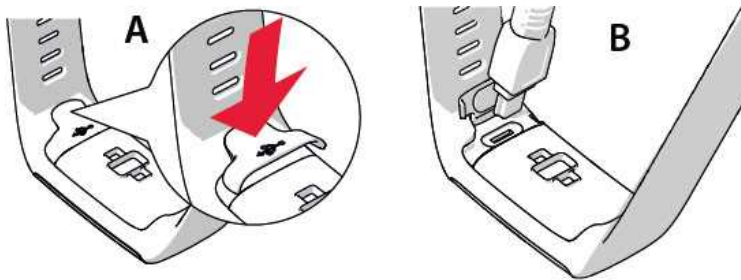
### CHOOSE ONE OPTION FOR SETUP: COMPUTER OR A COMPATIBLE MOBILE DEVICE

You can choose how to set up your A370, with a computer and a USB cable or wirelessly with a compatible mobile device. Both methods require an Internet connection.

- Mobile setup is convenient if you don't have access to a computer with a USB port, but it might take longer.
- Wired setup is quicker and you can charge your A370 at the same time, but you need a USB cable and computer available.

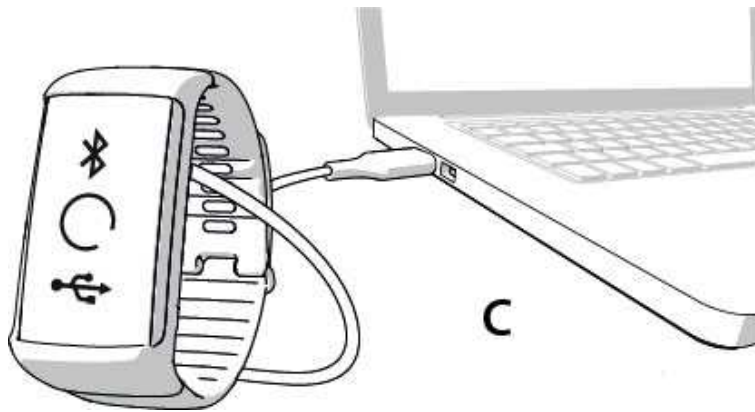
### OPTION A: SET UP WITH YOUR COMPUTER

1. Go to [flow.polar.com/start](http://flow.polar.com/start) and install the FlowSync software to set up your A370 and [update the firmware](#) if needed.
  2. Push down the top part (A) of the USB cover inside the bracelet to access the micro USB port and plug in the supplied USB cable (B).
- i** **Don't charge the device when its USB port is wet.** If the USB port of your A370 has gotten wet, let it dry up before plugging in.



3. Plug the other end of the cable into the USB port of your computer for setup and charging the battery

(C).



4. Then we'll walk you through signing up for the Polar Flow web service and personalizing your A370.

**i** To get the most accurate and personalized activity and training data, it's important that you're precise with the physical settings when signing up for the web service. When signing up, you can choose a [language](#) and get the latest firmware for your A370.

When closing the USB cover, make sure it fits flush on the device.

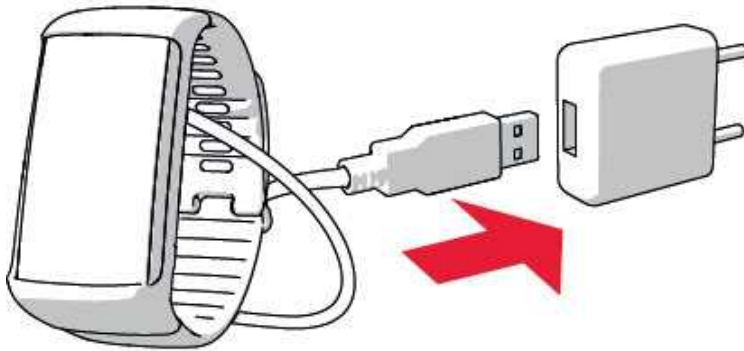
**After the setup is done, you're ready to go. Have fun!**

#### **OPTION B: SET UP WITH POLAR FLOW APP USING YOUR MOBILE DEVICE OR TABLET**

Polar A370 connects to the Polar Flow mobile app wirelessly via Bluetooth Smart, so remember to have it turned on in your mobile device.

1. To make sure there's enough charge in your A370 during the mobile setup, just plug the USB cable in a powered USB port or a USB power adapter. Make sure that the adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA. The display begins to show an animated circle with Bluetooth and USB icons.

**i** **Don't charge the device when its USB port is wet.** If the USB port of your A370 has gotten wet, let it dry up before plugging in.



2. Go to the App Store<sup>SM</sup> or Google Play<sup>TM</sup> on your mobile device and search and download the Polar Flow app.  
The mobile compatibility is available at [support.polar.com](https://support.polar.com).
3. When you open the Flow app it recognizes your new A370 nearby and prompts you to start pairing it. Accept the pairing request and enter the Bluetooth pairing code from your A370 to the Flow app.  
**i** Make sure your A370 is powered up in order to make the connection possible.
4. Then create an account or sign in if you already have a Polar account. We'll walk you through the sign-up and setup within the app. Tap Save and sync when you've defined all the settings. Your personalized settings will now be transferred to the bracelet.  
To get the most accurate and personal activity and training data, it's important that you're precise with the settings.  
**i** Please notice your A370 may get the latest firmware update during the wireless setup, and depending on your connection it may take up to 20 minutes to complete. Your A370 will receive the [language](#) package according to your selection in the setup and it will also take some time.
5. A370 display will open to the time view once the synchronization is done.

You're ready to go, have fun!

## LANGUAGES

When you [set up](#) your A370, you can select one from the following languages to use it with:

- English
- Spanish
- Portuguese

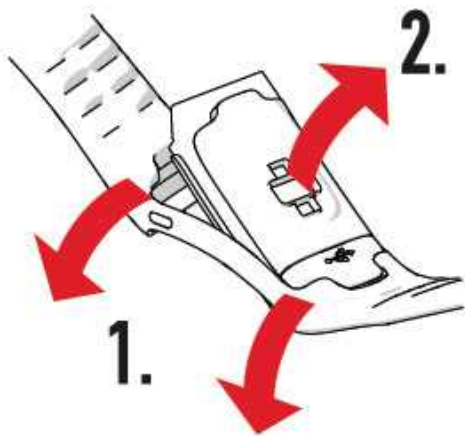
- French
- Danish
- Dutch
- Swedish
- Norwegian
- German
- Italian
- Finnish
- Polish
- Russian
- Chinese (simplified)
- Japanese
- Indonesian
- Turkish
- Czech
- Korean

After the setup you can change the language in the Flow app or in the web service.

## **WRISTBAND**

The wristband of your A370 is easy to change. Very handy if you want to color coordinate with your outfit, for example.

1. Bend the wristband from both sides, one side at a time, to detach it from the device.



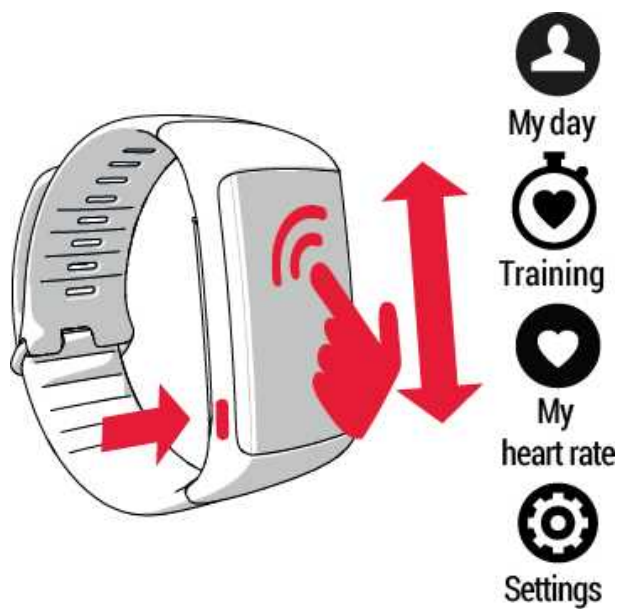
2. Pull the device from the wristband.

To attach the wristband, perform the steps in the reverse order. Make sure the band fits flush with the device on both sides.

## MENU STRUCTURE

You can turn on the display by turning your wrist or press the button on the side.

Enter and browse through the menu by swiping the touch screen up or down. Select items by tapping the icons, and return with pressing the button on the side.



## ACTIVITY

Your daily activity goal is visualized in some of the watch faces and in the activity bar in **My day** menu. For example, you can see your progress towards the goal how the clock numbers fill up with color in one.

For more information, see [24/7 Activity Tracking](#).

## MY DAY

Here you'll see the progress of your daily activity goal in more detail, steps and calories and any training sessions you've done so far during the current day or any planned training sessions you've created in the Flow web service. If you wear your A370 at night, you'll see your sleep information from the previous night. Also if you have continuous HR on, you'll see your lowest recorded heart rate from the previous night and during the day the lowest and the highest so far.

Tap each event in your day to see the it in more detail. To see what you have left to go to reach your daily activity goal, tap the activity data.

## TRAINING

This is where you start your training sessions. Tap the icon to access the sport selection menu. You can edit the selection in the Flow web service to keep your favorite sports more easily accessible on your A370. Go to Flow, click your name and **Sport profiles**. Add or remove your favorite sports from there and remember to sync to get them on your device.

To start training, wait for your heart rate to appear next to a sport icon and tap the sport icon and the training session begins.

If you want to have your location information of your outdoor training session, you need to have your phone with you during the training session. Wait for the GPS icon to become static before starting the session. See [here](#) for more information.

## FAVORITES

In **Favorites** you'll find training sessions you have saved as favorites in the Flow web service. If you've not saved any favorites in Flow, this item is not in the A370 menu.

For more information, see [Favorites](#).

## MY HEART RATE

Here you can quickly check your current heart rate.

## SETTINGS

In **Settings** you can toggle [Continuous HR mode](#), [Flight mode](#), Do not disturb mode and [HR sensor mode](#) on and off, power the device down, reset Bluetooth connections and see device-specific information.

## WATCH FACES

To change the watch face of your fitness tracker:

1. Tap and hold the touch display with your finger until you see a thumbnail menu of the watch faces:



2. Swipe up or down to see them all and tap the one you choose.

Here are the options:



- Vertical clock and date
- Activity bar filling from left to right



- Big clock with date and running seconds
- Available in several colors: tap and hold the touch display until you see a thumbnail of the big clock watch face. Tap the thumbnail, swipe up or down to see the available colors and tap the one you choose.





- Analog clock with date



- Default vertical clock
- Activity shown with color filling up the numbers with the daily activity goal progress



- Horizontal clock and date, no activity bar
- The color changes with the time of day: yellow during the day and dark blue during the night

 *Good choice for checking the time during night time.*

## PAIRING

*Bluetooth®* heart rate sensor has to be paired with your A370 for them to function together. Pairing takes only a few seconds, and ensures that your A370 receives signals from only your sensors and devices, and allows disturbance-free training in a group. Before entering an event or race, make sure that you do the pairing at home to prevent interference from other devices.

Polar A370 fitness tracker is compatible with Polar Bluetooth® heart rate sensors H6, H7, H10 and OH1.

### PAIR A HEART RATE SENSOR WITH A370

 *When using a Polar Bluetooth® heart rate sensor, A370 does not measure heart rate from the wrist.*

There are two ways to pair a heart rate sensor with your A370:

1. Wear the heart rate sensor, and press and hold the button in time view until a message displays to touch the device with the A370.
2. Touch the heart rate sensor with your A370.
3. **Pairing completed** is shown when you're done.

OR

1. Wear the heart rate sensor, tap **Training** on your A370.
2. Touch the heart rate sensor with your A370.
3. **Pairing completed** is shown when you're done.

# SETTINGS

## SETTINGS MENU

You can access [Settings](#) from the main menu. Tap to turn icons green when their function is ON.



Continuous heart rate. Toggle off or on the continuous tracking of your HR.



Flight mode. Cuts off all wireless connections from the fitness tracker.



Do not disturb mode. Disables the display turning on from your wrist movement and blocks Smart notifications from your phone.



HR sensor mode. Use your A370 as a heart rate sensor accessory with a HR receiving device.



Power off. Turn off the device.



Reset current Bluetooth connections. To use any Bluetooth accessories, you need to pair them again with the device.




Information. See your device ID, firmware version, etc.

Press the side button to return to time view.

## DISPLAY SETTING

You can choose on which hand you want to wear your A370 either in the Polar Flow web service or the Polar Flow mobile app. The setting changes the orientation of the A370 display accordingly.

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

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

### To change the display setting on your computer

1. Plug in your A370 to your computer's USB port, go to [flow.polar.com](https://flow.polar.com) and sign in.
2. Go to **Products** and **Settings**.
3. Choose your A370, click and change the handedness.

The display orientation on your A370 will change on the next synchronization.

### To change the display setting on the mobile app

1. Go to **Devices**.
2. Choose the desired wrist handedness for your A370.


The display orientation on your A370 will change on the next synchronization.

## TIME OF DAY SETTING

The current time and its format are transferred to your A370 from your computer system clock when you sync with the Polar Flow web service. To change the time, you'll first need to change the time zone on your computer and then sync your A370.

If you change the time or time zone on your mobile device and sync the Polar Flow app with the Polar Flow web service and your A370, the time also changes on your A370. Your mobile device needs to have Internet connection available in order to change the time.

## RESTART A370

You can restart your A370 from the **Settings** menu. Touch the power icon  to turn the device off. Press the side button to restart it.


## RESET A370

If you experience problems with your A370, try resetting it. Resetting empties your A370 of all information and you need to set it up again for your personal use.

Reset your A370 in FlowSync with your computer:

1. Connect your A370 to the computer with the supplied USB cable.
2. Open settings in FlowSync.
3. Press the Factory Reset button.

You can also reset your A370 from the bracelet itself:

1. Go to **Settings** in the main menu.
2. Tap the power icon  to turn the device off.
3. While the Turning off text is shown, press the button again for five seconds.

Now you need to set up your A370 again, either via mobile or computer. Just remember to use the same Polar account in the setup you've used before resetting.


## FIRMWARE UPDATE WITH COMPUTER

You can update the firmware of your A370 yourself to keep it up to date. Whenever a new firmware version is available, FlowSync will notify you when you connect A370 to your computer. The firmware updates are downloaded via FlowSync.

Firmware updates are performed to improve the functionality of your A370. They can include improvements to existing features, completely new features or bug fixes.


### To update the firmware:

1. Plug your A370 to your computer with the USB cable.
2. FlowSync starts syncing your data.
3. After syncing, you are asked to update the firmware.
4. Choose **Yes**. New firmware is installed (this may take some time), and A370 restarts.

 *You won't lose any data due to the firmware update: Before the update begins, the data from your A370 is synced to the Flow web service.*

## WITH MOBILE DEVICE OR TABLET

You can also update the firmware with your mobile device if you're using Polar Flow mobile app to sync your A370 training and activity data. The app will let you know if there's an update available and will guide you through it. We recommend you plug in the A370 to a power source before starting the update to ensure flawless update operation.

 *The wireless firmware update may take up to 20 minutes, depending on your connection.*

## FLIGHT MODE

Flight mode cuts off all wireless communication from your A370. You can still use it, but you can't sync your data with the Polar Flow mobile app or use it with any wireless accessories.

## TURN FLIGHT MODE ON

1. Go to **Settings** in the main menu.







2. Tap the airplane icon, FLIGHT MODE ON is shown and the icon turns green. The airplane icon appears in the time view.

## TURN FLIGHT MODE OFF

1. Go to **Settings** in the main menu.
2. Tap the icon and FLIGHT MODE OFF is shown.

## TIME VIEW ICONS

In time view the following icons may be found beside the time and date.

-  **Flight mode** is on. All wireless connections to your mobile phone and accessories are disconnected.
-  Do not disturb mode is on. The display does not turn on from your wrist movement and you will not receive smart notifications.
-  Vibrating alarm is set. You can set the alarm from the Flow app.
-  Your paired phone is disconnected and you have smart notifications turned on. Press and hold the side button to reconnect.

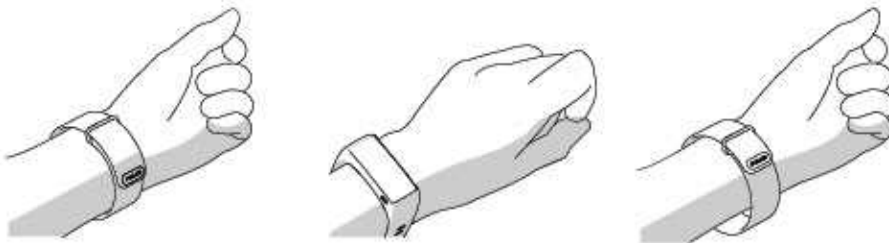
# TRAINING

## HOW TO WEAR YOUR A370

A370 continuously measures heart rate from the wrist, in everyday-wear and during exercises. To get accurate heart rate readings, find a comfortable fit for your wrist by following these tips.

In everyday-wear, secure the wrist band on top of your wrist, behind the wrist bone. Do NOT place the fitness tracker on top of the wrist bone. The band can be slightly loose as long as the sensor on the back is touching your skin and stays in place when you move.

Tighten the band a little bit when you start a training session, so the sensor will not move when you exercise. The wrist band should not be uncomfortably tight either. Remember to loosen the wrist band after training for a more comfortable fit.



If you have tattoos on the skin of your wrist, avoid placing the sensor right on it as it may prevent accurate readings.








Also it's a good idea to warm up the skin if your hands and skin get cold easily. Get the blood going before starting your session!

In sports where it's more challenging to keep the sensor stationary on your wrist or where you have pressure or movement in muscles or tendons near the sensor, we recommend using a Polar H10 heart rate sensor with a chest strap to get better measurement of your heart rate.

Follow your heart rate zones directly from your device and get guidance for training sessions you've planned in the Flow web service.

Although there are many subjective clues as to how your body is doing during exercise (perceived exertion, breathing rate, physical sensations), none of them are as reliable as measuring heart rate. It is objective and is affected by both internal and external factors - meaning you will have a dependable measure of your physical state.

## START A TRAINING SESSION

	<p>In the time view, swipe the display up or down and tap <b>Training</b> to enter pre-training mode.</p>
	<p>Choose the sport profile you want to use by swiping up or down.</p> <p>Stay in the pre-training mode until the A370 has found your heart rate to make sure your training data is accurate.</p> <p> The heart icon begins to display your heart rate when it's detected.</p> <p> When you're wearing a Polar heart rate sensor that's paired with your A370, the A370 automatically uses the connected sensor to measure your heart rate during training sessions. A blue circle around the heart rate symbol indicates that your A370 uses the connected sensor to measure your heart rate.</p>
	<p> If you use your mobile's location, the GPS icon with static circle will show you when the location is fixed and you can start tracking your training session.</p>
	<p>Tap the chosen sport icon to start the session.</p>

See [Functions During Training](#) for more information on what you can do with your A370 during training.



To **pause a training session**, press the button. **Paused** is displayed and the A370 goes to pause mode. To continue your training session, tap the green arrows icon.

To **stop a training session**, press and hold the button during training recording or in pause mode until the session summary comes up. Or you can tap and hold the red stop icon for three seconds to end the recording.

## START A TRAINING SESSION WITH A TARGET

You can plan your training and [create detailed training targets](#) in the Flow web service and sync them to your A370 with Flowsync software or Flow app. Your A370 will guide you towards completing your target during training.

To start a training session with a target:


1. Go to **My day**.
2. Choose the target from the list by tapping it.
3. Choose the sport you want to use by tapping its icon.
4. Training display comes up and you can start training.



## DURING TRAINING TRAINING VIEWS


You can activate the display by a wrist gesture and browse through training views by swiping the display up or down. The display turns off automatically to save battery. You can set the display not to turn off by tapping and holding the touchscreen during training mode until you see a light bulb icon. To turn off this feature, tap and hold the touchscreen again until you see a light bulb off icon.

You can see the available training views below.

### TRAINING WITH HEART RATE



	<p>Your current heart rate in the color of the current heart rate zone.</p> <p>The duration of your training session so far.</p>
---	--



	<p>Time of day.</p> <p>Calories burned so far during training.</p>
	<p>Current speed or pace of the session. Modify the sport profiles in Flow to define which one you want to see here.</p> <p>Distance covered in the session so far.</p>

 You can also disable the heart rate sensor for your next session by tapping and holding a sport icon while in the Training menu.

### TRAINING WITH A DURATION OR CALORIE BASED TRAINING TARGET

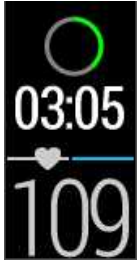


If you have created a training target based on duration or calories in the Flow web service and synced it to your A370, you have the following views:

	<p>If you've created a target based on calories, you can see how many calories of your target you have left to burn and your current heart rate.</p>
<p>OR</p> 	<p>If you've created a target based on time, you can see how much of your target you have still to go to reach it and your current heart rate.</p> <p>The color of the heart rate number shows in which heart rate zone you are.</p>


 <p>The image shows a smartwatch display with a black background. At the top, there is a red stopwatch icon. Below it, the number '46:57' is displayed in white. Underneath that is a blue clock icon with 'AM' to its right. At the bottom, the number '2:52' is displayed in white.</p>	<p>The duration of your training session so far.</p> <p>Time of day.</p>
 <p>The image shows a smartwatch display with a black background. At the top, there is a yellow flame icon with 'kcal' to its right. Below it, the number '486' is displayed in white. At the bottom, there is a bar chart with five vertical bars of different heights and colors: grey, blue, green, yellow, and red. The green bar is the tallest and is highlighted.</p>	<p>Calories burned so far during training.</p> <p>Heart rate zones in vertical bars you've spent your session in. The current one is highlighted.</p>


## TRAINING WITH A PHASED TRAINING TARGET


If you have created a phased target in the Flow web service, defined the heart rate intensity for each phase and synced the target to your A370, you have the following views:

	<p>You can see your heart rate, the lower and upper heart rate limit of the current phase and the duration of the training session so far. The heart symbol visualizes your current heart rate between the heart rate limits.</p> <p>The color of your heart rate shows the heart rate zone you are currently in.</p>
	<p>The duration of your training session so far.</p> <p>Time of day.</p>
	<p>Calories burned so far during training.</p>

## PAUSE/STOP A TRAINING SESSION

	<p>1. To pause a training session, press the button. <b>Paused</b> is displayed. To continue your training session, tap the green arrows icon.</p>
---	--

	<p>2. To stop a training session, press and hold the button for three seconds during training recording or in pause mode until the counter hits zero. Or you can tap and hold the red stop icon on the display.</p>
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 *If you stop your session after pausing, the time elapsed after pausing is not included in the total training time.*


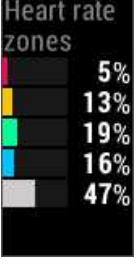


## TRAINING SUMMARY AFTER TRAINING

You'll get a summary of your training session on your A370 right after you've stopped training. Get a more detailed and illustrated analysis in the Flow app or in the Flow web service.

### TRAINING SUMMARY IN A370

You can only view your training summary for the current day in A370. Go to [My day](#) and choose the training session you want to view.

<p>Start time</p> <p><b>8:18</b></p> <p>Duration</p> <p><b>0:31</b> <small>18</small></p>	<p><b>Start time</b></p> <p>The time when your session started.</p> <p><b>Duration</b></p> <p>The duration of the session.</p>
<p>Average heart rate</p> <p><b>120</b></p> <p>Maximum heart rate</p> <p><b>172</b></p>	<p><b>Average heart rate</b></p> <p>Your average heart rate during the session.</p> <p><b>Maximum heart rate</b></p> <p>Your maximum heart rate during the session.</p>

	<p><b>Training Benefit</b></p> <p>The main effect / feedback of your session. To get Training Benefit, you'll need to have spent at least 10 minutes in Sport Zones with heart rate measurement on.</p>
	<p><b>Heart rate zones</b></p> <p>The percentage of training time spent in each heart rate zone.</p>
	<p><b>Calories</b></p> <p>Calories burned during the session.</p> <p><b>Fat burn %</b></p> <p>The percentage of fat burning calories during the session.</p>
	<p>Average and maximum speed or pace of the session.</p>
	<p>Distance covered in the session.</p>

## POLAR FLOW APP

Sync your A370 with Flow app by pressing and holding the button in the time view. In Flow app you can analyze your data at a glance after each session. The app allows you to see a quick overview of your training data offline.

For more information, see [Polar Flow App](#).

## **POLAR FLOW WEB SERVICE**

The Polar Flow web service allows you to analyze every detail of your training and learn more about your performance. Follow your progress and also share your best sessions with others.

For more information, see [Polar Flow Web Service](#).

# FEATURES

## 24/7 ACTIVITY TRACKING

A370 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. We recommend to wear you A370 on your non-dominant hand for more accurate activity tracking.

### ACTIVITY GOAL

You'll get your personal activity goal when you register your Polar account in Flow. It guides you in reaching the goal each day. You can view the goal on your A370 and in Polar Flow app or web service. The activity goal is based on your personal data and activity level setting, which you can find in the Daily Activity Goal settings in the [Flow web service](#).


If you want to change your goal, sign in to the Flow web service, click your name/profile photo in the upper right corner and go to the Daily Activity goal tab in Settings. The Daily Activity goal setting lets you choose the one that best describes your typical day and activity from three activity levels. Below the selection area, you can see how active you need to be to reach your daily activity goal on the chosen level. For example, if you're an office worker and spend most of your day sitting, you would be expected to reach about four hours of low intensity activity during an ordinary day. For people who stand and walk a lot during their working hours, the expectations are higher.

### ACTIVITY DATA

A370 gradually fills up an activity bar to indicate your progress towards your daily goal. When the bar is full, you've reached your goal and you'll get a vibrating alert. You can view the activity bar in [My day](#) menu and in some of the watch faces.

In the [My day](#) menu you can see how active your day has been so far along with any training sessions you've done or planned for the day.

- **Steps:** Steps you've taken so far. The amount and type of body movements are registered and turned into an estimation of steps.
- **Calories:** Shows how many calories you've burned through training, activity and BMR (Basal metabolic rate: the minimum metabolic activity required to maintain life).

 *Note that your training session information is not included in the daily activity data. In other words, the steps, the distance, the active time and the calories as well as the overall progress towards reaching your daily activity goal that are shown under the [My day](#) menu on your fitness tracker, and under [Activity](#) in the Polar Flow mobile app and web service, represent all the other activity you perform during the day, in addition to any recorded training session.*



## 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 A370 spots if you're being inactive for too long during your day and this way helps you to break up your sitting to avoid the negative effects it has on your health.

If you've been still for 55 minutes, you'll get an inactivity alert: **It's time to move** is shown along with a small vibration. Stand up and find your own way to be active. Take a short walk, stretch, or do some other light activity. The message goes away when you start moving or press any button. If you don't get active in five minutes, you'll get an inactivity stamp, which you can see on the Flow app and Flow web service after syncing.

Both Flow app and Flow web service will show you how many inactivity stamps you have received. This way you can check back on your daily routine and make changes towards a more active life.

## SLEEP INFORMATION IN THE FLOW WEB SERVICE AND FLOW APP

Polar devices with 24/7 activity measurement automatically detect when you fall asleep, when you're sleeping and when you wake up from your wrist movements. They observe your movements during the night tracking all interruptions during your sleep span, and tell you how much time you actually spent asleep. The sleep detection is based on recording the movements of your non-dominant hand with a digital 3D acceleration sensor.

Tracking your sleep gives you an insight into your sleep patterns, allowing you to see where to make improvements or changes. Comparing your night to night averages and assessing your patterns can help you spot what you're doing during the day that can affect your sleep. Weekly summaries in your Polar Flow account help you evaluate how regular your sleep-wake pattern is.

### What Polar Sleep Plus™ Measures – Key Components of Sleep Tracking

- **Sleep time** - Sleep time tells you the total duration between when you fell asleep and when you woke up. Your Polar device observes your body movements and can detect when you fall asleep and wake up. It also detects interruptions to your sleep during the entire Sleep time.
- **Actual sleep** - Actual sleep tells the time spent asleep between the time you fell asleep and when you woke up. More specifically, it is your sleep time minus the interruptions. Only the time you actually spend asleep is included in actual sleep. Actual sleep can be presented as both percentage [%] and duration [h:min].
- **Interruptions** - During a normal night's sleep there are numerous short and long interruptions when you actually awaken from your sleep. Whether you remember these interruptions or not depends on their duration. The shorter ones we don't usually remember. The longer ones, for instance when one might get up for a sip of water, we can remember.

- Sleep continuity - Sleep continuity describes how continuous your sleep was. The continuity of your sleep is assessed on a scale of 1-5, where 5 reflects very continuous sleep. The lower the value the more fragmented your sleep was. A good night's sleep consists of long uninterrupted sleep segments and does not contain interruptions at frequent intervals.
- Self-evaluation - In addition to showing objective sleep metrics the Flow service encourages you to self-evaluate your sleep daily. You can rate how well you've slept last night with a five-step scale: very poorly - poorly - okay - well - very well. By answering this question, you get a longer version of textual feedback about your sleep duration and quality.

## ACTIVITY DATA IN FLOW APP AND FLOW WEB SERVICE

With the Flow app you can follow and analyze your activity data on the go and have your data synced wirelessly from your A370 to the Flow web service. The Flow web service gives you the most detailed insight into your activity information.

## GPS FROM MOBILE

You can track the routes, speed and distance of your outdoor training sessions with A370, using your mobile device's GPS. You need Polar Flow mobile app installed in your mobile, [paired](#) with your A370 and give it permission to use your phone's location.

When you start your outdoor training session under [Training](#), the GPS icon with static circle will show you when the location is fixed and you can start tracking your training session.

 *You need to keep your mobile device with you during the training session.*

## SMART NOTIFICATIONS

The Smart Notifications feature allows you to get notifications from your phone to your Polar device. Your Polar device notifies you if you get an incoming call or receive a message (for example an SMS or a WhatsApp message). It also notifies you about the calendar events you have on your phone's calendar. To use the Smart Notifications feature, you need to have the Polar Flow mobile app for iOS or Android, and your Polar device needs to be paired with the app.


For detailed instructions on using Smart notifications, see the support document [Smart Notifications \(Android\)](#) or [Smart Notifications \(iOS\)](#).

## USING A370 AS A HEART RATE SENSOR ACCESSORY


You can use your A370 as a heart rate sensor with another Bluetooth device that can receive HR sensor profile, like a cycling computer, sporting app like Polar Beat or another wrist-worn device. To use it, first you need to pair the A370 with the receiving device just like another Bluetooth accessory. See the pairing instructions in the receiving device's user guide.

To turn on the HR sensor mode:

1. Go to **Settings** on the main menu.

2. Tap  , accept the confirmation request to turn on the HR sensor mode

To turn off the HR sensor mode, press the back button and confirm your selection.

 Note that this way the A370 does not record your training sessions to your Flow diary. Only if the HR receiving device is Flow compatible will you get them in your diary.

## POLAR SMART COACHING FEATURES


Whether it's assessing your day-to-day fitness levels, creating individual training plans, working out at the right intensity or receiving instant feedback, Polar Smart Coaching offers a choice of unique, easy-to-use features, personalized to your needs and designed for maximum enjoyment and motivation when training.

A370 includes the following Polar Smart Coaching features:

- [Activity Guide](#)
- [Activity Benefit](#)
- [Continuous Heart Rate](#)
- [Heart Rate Based Training](#)
- [Running Program](#)
- [Sleep Plus](#)
- [Smart Calories](#)
- [Sport Profiles](#)
- [Training Benefit](#)

### 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 your A370, from the Polar Flow mobile app or from the Polar Flow web service.

 Note that your training session information is not included in the daily activity data. In other words, the steps, the distance, the active time and the calories as well as the overall progress towards reaching your daily activity goal that are shown under the **My day** menu on your fitness tracker, and under **Activity** in the Polar Flow mobile app and web service, represent all the other activity you perform during the day, in addition to any recorded training session.

## ACTIVITY GUIDE ON THE A370

Some of the watch faces on your A370 show your progress towards your daily activity goal.

Under My day menu item you can see Activity card that shows your Activity for the day in more detail. Here you can see the percentage of how much of your day's activity goal you've reached. The same is visualized also with an activity bar.

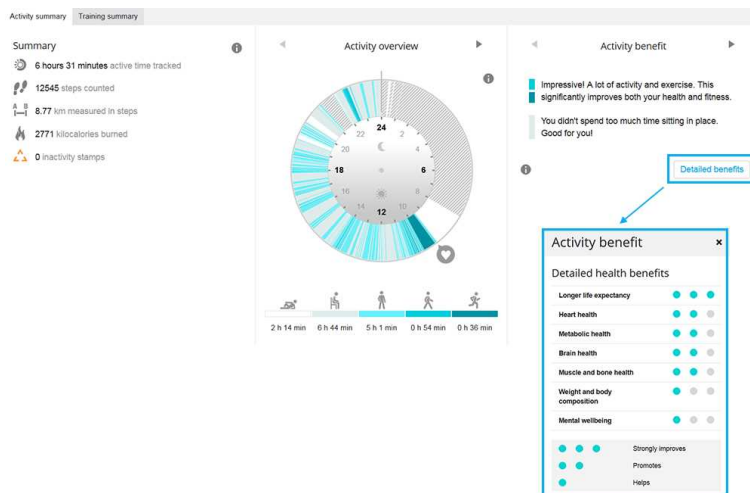
Tap the bar to see an example how to reach your goal for the day. 'Up' means low intensity, 'walking' means medium intensity, and 'jogging' means high intensity activities. With practical guidance like '50 min walking' or '20 min jogging', you can choose how to reach your goal. You'll find more examples for low, medium and high intensity activities at the Polar Flow web service and Polar Flow app.

For more information, see [24/7 Activity Tracking](#).

## 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.




For more information, see [24/7 Activity Tracking](#).

## CONTINUOUS HEART RATE

Continuous Heart Rate feature measures 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 now be tracked.

The Continuous HR feature is automatically on in your A370. You can toggle between turning the Continuous

HR feature on and off on your A370 under **Settings** by tapping the  icon. Polar's Continuous HR feature measures your heart rate in an intelligent, adaptable and optimized manner. Still, keeping the Continuous HR feature on in your Polar device will drain the battery quicker.

Under **My day** you'll be able to follow what will be the highest and lowest heart rate readings of your day and you can check what your lowest heart rate reading was during the previous night. You can follow the readings in more detail and in longer periods in Polar Flow, either in web or in the mobile app.

Polar's Continuous Heart Rate tracking starts every few minutes or based on your wrist movements.

The timed measurement checks your heart rate every few minutes and if your heart rate is elevated during the check, the Continuous HR feature starts to track your heart rate. Continuous HR tracking can also start based on your wrist movements, for example, when you're walking with a fast enough pace for at least one minute.

The continuous tracking of your heart rate stops automatically when your activity level drops low enough. When your Polar device detects that you've been sitting for a long time, the Continuous HR tracking starts in order to find the lowest heart rate reading of your day.

## SMART CALORIES

The most accurate calorie counter on the market calculates the number of calories burned, with continuous HR tracking it is even more accurate. The energy expenditure calculation is based on:

- Body weight, height, age, gender
- Individual maximum heart rate ( $HR_{max}$ )
- Heart rate during training and during continuous HR tracking
- Activity measurement outside of training sessions and when you train without heart rate
- Individual maximal oxygen uptake ( $VO2_{max}$ )  
 $VO2_{max}$  tells about your aerobic fitness. You can find out your estimated  $VO2_{max}$  with the Polar Fitness Test. Available only with Polar H7 and H10 heart rate sensors.

## 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.

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

## **POLAR RUNNING PROGRAM**

Polar Running program is a personalized program based on your fitness level, designed to make sure that you train right and avoid overreaching. It's intelligent and adapts based on your development, and lets you know when it might be a good idea to cut back a little and when to step it up a notch. Each program is tailored for your event, taking your personal attributes, training background and preparation time into account. The program is free, and available in the Polar Flow web service at [flow.polar.com](http://flow.polar.com).

Programs are available for 5k, 10k, half marathon and marathon events. Each program has three phases: Base building, Build-up and Tapering. These phases are designed to gradually develop your performance, and make sure you're ready on race day. Running training sessions are divided into five types: easy jog, medium run, long run, tempo run and interval. All sessions include warm-up, work, and cool-down phases for optimal results. In addition, you can choose to do strength, core, and mobility exercises to support your development. Each training week consists of two to five running sessions, and the total running training session duration per week varies from one to seven hours depending on your fitness level. The minimum duration for a program is 9 weeks, and the maximum is 20 months.

Learn more about the Polar Running Program in this [in-depth guide](#). Or read more about how to [get started with the Running Program](#).

### **CREATE A POLAR RUNNING PROGRAM**

1. Log into the Flow web service at [flow.polar.com](http://flow.polar.com).
2. Choose **Programs** from the Tab.
3. Choose your event, name it, set the event date, and when you wish to start the program.
4. Fill in the physical activity level questions.\*
5. Choose if you want to include supporting exercises in the program.
6. Read and fill in the physical activity readiness questionnaire.
7. Review your program, and adjust any settings if necessary.
8. When you're done, choose **Start program**.

\*If four weeks of training history is available, these will be pre-filled.

### **START A RUNNING TARGET**

After you've synced your A370 with Flow, your running target for the current day is automatically suggested to you when you tap **Training** on your A370. Accept them to start your target.

## FOLLOW YOUR PROGRESS

Sync your training results from your device to the Flow web service via the USB cable or Flow app. Follow your progress from the **Programs** tab. You'll see an overview of your current program, and how you've progressed.


### Weekly award

If you're training for a running event using the Polar Running program, your A370 will award you for sticking to your training plan.

You'll receive award stars to your A370 as feedback based on how well you've followed the program each week. You'll get the award as the week changes, that is either on Monday, Saturday or Sunday, depending on the First day of week setting you've chosen in your Polar account's General settings.

The number of stars you get depends on how well you've met your targets. Your actual time spent on the different heart rate zones during training is compared to the training target's planned time for each heart rate zone. Check the info below to see what is needed for each number of stars, or why you didn't get any stars some week.

- 1 Star: On average, you've met 75% of your target on each heart rate zone.
- 2 Stars: On average, you've met 90 % of your target on each heart rate zone.
- 3 Stars: On average, you've met 100 % of your target on each heart rate zone.
- No stars: You've trained too much (more than 200%) on moderate zones (1 -3).
- No stars: You've trained too much (more than 150%) on high intensity training zones (4 and 5).

 *Remember to start your training sessions using the training targets, so your training session results will be compared to the targets.*

## POLAR SLEEP PLUS™

The A370 tracks your sleep if you wear it at night. It detects when you fall asleep and when you wake up and collects the data for deeper analysis in the Polar Flow app and web service. The A370 observes your hand movement during the night to track all interruptions over the entire sleep span, and tells you how much time you actually spent asleep.

### Sleep data on your A370

You can check your sleep data from **My day** sleep card. Tap it to get detailed information.



- **Sleep time** tells you the total duration between when you fell asleep and when you woke up.
- **Actual sleep** tells the time spent asleep between the time you fell asleep and when you woke up. More specifically, it is your sleep time minus the interruptions. Only the time you actually spend asleep is included in actual sleep.
- **Sleep continuity** is a rating of how continuous your sleep time was.
- The times you fell asleep and woke up.
- **Feedback** based on your sleep data, preferred sleep time and how you rated your sleep.
- Your given sleep rating with a smiley icon.

### Sleep data in the Flow app and web service

Your sleep data is shown in the Flow app and web service after your A370 is synced. The Flow app and web service show your sleep data in one night and week views. In the Flow web service, you can view your sleep under the **Sleep** tab in your **Diary**. You can also include your sleep data to **Activity reports** under the **Progress** tab.

In the Polar Flow app and web service, you can set **Your preferred sleep time** to define how long you aim to sleep every night. You can also rate your sleep. You will receive feedback on how you slept based on your sleep data, your preferred sleep time and your sleep rating.

By following your sleep patterns you can see if they're affected by any changes in your daily life and find the right balance between rest, daily activity and training.

## POLAR SPORT PROFILES

We have created seven default sport profiles to your A370. In the Flow web service you can add new sport profiles and sync them to your A370, and this way create a list of all your favorite sports. You can also define some specific settings for each sport profile. For example, set vibration feedback off in the yoga sport profile. For more information, see [Sport Profiles in Flow Web Service](#).

Using sport profiles makes it possible for you to keep up with what you've done and see the progress you've made in different sports. You can do this in the [Flow web service](#).

Please note that in a number of indoor sports, group sports and team sports profiles the **HR visible to other devices** setting is enabled by default. This means that compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can check which sport profiles have Bluetooth broadcasting enabled by default from the [Polar Sport profiles list](#). You can enable or disable Bluetooth broadcasting from [sport profile settings](#).



## TRAINING BENEFIT

Training Benefit gives you textual feedback on your performance for each training session helping you 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+	That was a hard 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	That was a hard 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 training	Good pace! You improved your ability to sustain high intensity effort for longer. This session 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.

Feedback	Benefit
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.

## FITNESS TEST

The Polar Fitness Test is an easy, safe and quick way to estimate your aerobic (cardiovascular) fitness at rest. The result, Polar OwnIndex, is comparable to maximal oxygen uptake (VO<sub>2</sub>max), which is commonly used to evaluate aerobic fitness. Your long-term training background, heart rate, heart rate variability at rest, gender, age, height, and body weight all influence OwnIndex. The Polar Fitness Test is developed for use by healthy adults.

 You need to wear a compatible Polar heart rate sensor (H6, H7, H9, H10) to perform the Fitness test. When you're wearing a Polar heart rate sensor that's paired with your A370, the A370 automatically uses the connected sensor to measure your heart rate during the test.

For instructions on performing the Polar Fitness test with A370, see the support document [How do I perform Fitness test and what is it used for?](#).

## ALARM

The alarm in A370 is silent and vibrating. You can set an alarm only in the Polar Flow mobile app.

 When the alarm is set on, a clock icon is displayed in the time view.

You can check the alarm time from [My day](#) by pulling the view upwards with your finger.

# POLAR FLOW APP AND WEB SERVICE

## POLAR FLOW APP

Polar Flow app allows you to see an instant visual interpretation of your activity and training data offline whenever you want.

Get details of your 24/7 activity. Find out what you're missing from your daily goal and how to reach it. See steps, covered distance, burned calories and sleep time.

Flow app lets you easily access your training targets and view fitness test results. Get a quick overview of your training and analyze every detail of your performance right away. See the weekly summaries of your training in the training diary. You can also share the highlights of your training with your friends in the Flow community.


You can also wirelessly setup your new A370 with it. See [Setup your A370](#) how.

To start using the Flow app, download it from App Store or Google Play onto your mobile. For support and more information about using Polar Flow app, go to [support.polar.com/en/support/Flow\\_app](https://support.polar.com/en/support/Flow_app). Before taking a new mobile device (smartphone, tablet) into use, it has to be paired with your A370.

## PAIR A MOBILE DEVICE WITH A370

Before pairing a mobile device

- download Flow app from the App Store or Google Play.
- make sure your mobile device has *Bluetooth* turned on, and airplane mode/flight mode is not turned on.

 *Please note that you have to do the pairing in the Flow app and NOT in your mobile device's Bluetooth settings.*

To pair a mobile device:

1. On your mobile device, open Flow app and sign in with your Polar account, which you have created when [setting up your A370](#).
2. Wait for the **Connect product** view to appear on your mobile device (**Waiting for A370**) is displayed.
3. On A370, press and hold the button.
4. **Pair: touch device with A370** is displayed. Touch the mobile device with your A370.
5. **Pairing** is displayed.
6. **Confirm on other dev. xxxx** is displayed on your A370. Enter the pin code from the A370 on the mobile device. The pairing starts.
7. **Pairing completed** is displayed when you're done.

To see your training data in Flow app, you must sync your A370 with it after your session. When you sync your A370 with the Flow app, your activity and training data are also synced automatically via an internet connection to the Flow web service. Flow app is the easiest way to sync your training data from your A370 with the web service. For information on syncing, see [Syncing](#).

## POLAR FLOW WEB SERVICE

The Polar Flow web service shows your activity goal and the details of your activity, and helps you understand how your daily habits and choices affect your well-being. Flow web service allows you to plan and analyze every detail of your training and learn more about your performance and progress in the long run. Set up and customize your A370 to perfectly fit your training needs by adding sport profiles and tailoring settings. You can also share the highlights of your training with your friends in the Flow community.

To start using the Flow web service [set up your A370](#) at [flow.polar.com/start](http://flow.polar.com/start). There you are guided to download and install the FlowSync software for syncing data between your A370 and the web service, and to create a user account for the web service. Also get the Flow app for your mobile for instant analysis and for easy data sync to the web service.

### FEED

In [Feed](#) you can see what you and your friends have been up to lately. Check out the latest training sessions and activity summaries, share your best achievements, comment and like your friends' activities.

### EXPLORE

In [Explore](#) you can browse the map and see other users' shared training sessions with route information. You can also relive other people's routes and see where the highlights happened.

### DIARY

In [Diary](#) you can see your daily activity, planned training sessions (training targets), as well as review past training results and fitness test results.

### PROGRESS

In [Progress](#) you can follow your development with reports. 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.

For support and more information about using the Flow web service, go to, [support.polar.com/en/support/flow](http://support.polar.com/en/support/flow).

### COMMUNITY

In the [Flow Groups](#), [Clubs](#) and [Events](#) you can find fellow exercisers who train for the same event or in the same health club as you do. Or you can create your own group for the people you want to train with. You can

share your exercises and training tips, comment other members' training results and be part of the Polar Community. In Flow Clubs you can view class schedules and sign up for classes. Join in and get motivation from your social training communities!

To see a video, click on the following link:

[Polar Flow Events](#)

## PROGRAMS

The Polar Running Program is tailored for your goal, based on Polar heart rate zones, taking your personal attributes and training background into account. The program is intelligent, it adapts along the way based on your development. The Polar Running Programs are available for 5 k, 10 k, half marathon and marathon events, and consist of two to five running exercises per week depending on the program. It's super simple!

For support and more information about using the Flow web service, go to, [support.polar.com/en/support/flow](https://support.polar.com/en/support/flow).

## PLAN YOUR TRAINING

Plan your training in the Flow web service by creating detailed training targets and syncing them to your A370 with Flowsync or via Flow app. Your A370 will guide you towards completing your target during training. Note that A370 uses [heart rate zones](#) in training sessions planned in the Flow web service - EnergyPointer feature is not available.


- **Quick Target:** Choose a duration or calorie target for the training. You can, for example, choose to burn 500 kcal or run for 30 minutes.
- **Phased Target:** You can split your training session into phases and set a different duration and intensity for each of them. This one is for e.g. creating an interval training session, and adding proper warm-up and cool-down phases to it.
- **Favorites:** Create a target, and add it to **Favorites** to easily access it every time you want to perform it again.

## CREATE A TRAINING TARGET


1. Go to **Diary**, and click **Add > Training target**.
2. In the **Add training target** view, choose **Quick** or **Phased**.

### Quick Target

1. Choose **Quick**.
2. Choose **Sport**, enter **Target name** (maximum 45 digits), **Date** and **Time** and any **Notes** (optional) you want to add.
3. Fill in either duration or calories. You can only fill in one of the values.

4. Click the favorite icon  if you want to add the target to your **Favorites**.
5. Click **Save** to add the target to your **Diary**.


### Phased target

1. Choose **Phased**.
2. Choose **Sport**, enter **Target name** (maximum 45 digits), **Date** and **Time** and any **Notes** (optional) you want to add.
3. Choose whether you want to create a new phased target (**CREATE NEW**) or use the template (**USE TEMPLATE**).
4. Add phases to your target. Click **DURATION** to add a phase based on duration. Choose name and duration for each phase, manual or automatic next phase start, and the intensity.
5. Click the favorite icon  if you want to add the target to your **Favorites**.
6. Click **Save** to add the target to your **Diary**.

### Favorites

If you have created a target and added it to your favorites you can use it as a scheduled target.

1. Choose **FAVORITE TARGETS**. Your training target favorites are shown.
2. Click **USE** to select a favorite as a template for your target.
3. Enter **Date** and **Time**.
4. You can edit the target if you wish, or leave it as it is.

 Editing the target in this view doesn't affect the favorite target. If you want to edit the favorite target, go to **FAVORITES** by clicking the star-icon right next to your name and profile photo.

5. Click **ADD TO DIARY** to add the target to your **Diary**.

### SYNC THE TARGETS TO YOUR A370

**Remember to sync the training targets to your A370 from the Flow web service via FlowSync or Flow App.** If you don't sync them, they are only visible in your Flow web service Diary or Favorites list.

After syncing your training targets to your A370, you can find the training targets listed as favorites in **Favorites**.


For information on starting a training target session, see [Start a training session](#).

## FAVORITES


In **Favorites**, you can store and manage your favorite training targets in the Flow web service and the Flow mobile app. You can use your favorites as scheduled targets on your watch. For more information, see [Plan your training in the Flow web service](#).

You can see the maximum number of your watch. The number of favorites in the Flow web service is not limited. If you have over 20 favorites in the Flow web service, the first 20 in the list are transferred to your watch when syncing. You can change the order of your favorites by dragging and dropping them. Choose the favorite you want to move and drag it into the place you want to put it in the list.


### ADD A TRAINING TARGET TO FAVORITES:

1. [Create a training target](#).
2. Click the favorites icon  on the lower right corner of the page.
3. The target is added to your favorites.


or

1. Open an existing target you've created from your **Diary**.
2. Click the favorites icon  on the lower right corner of the page.
3. The target is added to your favorites.

### EDIT A FAVORITE

1. Click the favorites icon  on the upper right corner next to your name. All your favorite training targets are shown.
2. Click the favorite you want to edit, then click **Edit**.
3. You can change the sport, the target name, and you can add notes. You can alter the training details of the target under **Quick** or **Phased**. (For more information, see the chapter on [planning your training](#).) After you've done all the needed changes, click **Update changes**.

### REMOVE A FAVORITE

1. Click the favorites icon  on the upper right corner next to your name. All your favorite training targets are shown.
2. Click the delete icon in upper right corner of the training target to remove it from the favorites list.

## POLAR SPORT PROFILES IN FLOW WEB SERVICE

There are seven sport profiles on your A370 by default. In the Flow web service you can add new sport profiles to your sports list, as well as edit them and existing profiles. Your A370 can contain a maximum of 20 sport profiles. If you have over 20 sport profiles in the Flow web service, the first 20 in the list are transferred to your A370 when syncing.

You can change the order of your sport profiles by dragging and dropping them. Choose the sport you want to move and drag it into the place you want to put it in the list.

## ADD A SPORT PROFILE

In the Flow web service:

1. Click your name/profile photo in the upper right corner.
2. Choose [Sport Profiles](#).
3. Click [ADD SPORT PROFILE](#), and choose the sport from the list.
4. The sport is added to your sport list.

## EDIT A SPORT PROFILE

In the Flow web service:

1. Click your name/profile photo in the upper right corner.
2. Choose [Sport Profiles](#).
3. Click [EDIT](#) under the sport you want to edit.

In each sport profile, you can edit the following information:

### Heart Rate

- Heart rate view
- Heart rate visible to other devices (Other compatible devices using Bluetooth® Smart wireless technology (e.g. gym equipment) can detect your heart rate.)
- Heart rate zone type of the training sessions you have created in the Flow web service and transferred to your A370.

### Gestures and Feedback

- Vibration feedback

### GPS and altitude

- Choose the GPS recording rate.

When you're done with the sport profile settings, click [SAVE](#). Remember to sync the settings to your A370.

Please note that in a number of indoor sports, group sports and team sports profiles the **HR visible to other devices** setting is enabled by default. This means that compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can check which sport profiles have



Bluetooth broadcasting enabled by default from the [Polar Sport profiles list](#). You can enable or disable Bluetooth broadcasting from sport profile settings.

## SYNCING

You can transfer data from your A370 via the USB port with FlowSync software or wirelessly via Bluetooth Smart® with the Flow app. To be able to sync data between your A370 and the Flow web service and app, you need to have a Polar account and FlowSync software. You already have created the account and downloaded the software, if you have [set up your A370](#) at [flow.polar.com/start](http://flow.polar.com/start). If you did the quick set up when starting to use your A370, go to [flow.polar.com/start](http://flow.polar.com/start) for the complete [setup](#). Download Flow app onto your mobile from the App Store or Google Play.

Remember to sync and keep your data up-to-date between your A370, the web service and the mobile app wherever you are.

### SYNC WITH FLOW MOBILE APP


Before syncing make sure:

- You have a Polar account and Flow app.
- Your mobile device has Bluetooth turned on, and airplane mode/flight mode is not turned on.
- You have paired your A370 with your mobile. For more information, see [Polar Flow app](#).

Sync your data manually:

1. Sign into Flow app and press and hold the button on your A370.
2. **Searching, Connecting** is displayed, followed by **Syncing**.
3. **Completed** is displayed when you're done.

Your fitness tracker syncs hourly with Polar Flow app without you having to start it. Also after every training session, inactivity alert, activity goal reached or a Fitness Test performed, the data is synced with the app in the background.

 *When you sync your A370 with the Flow app, your activity and training data are also synced automatically via an internet connection to the Flow web service.*

For support and more information about using Polar Flow app, go to [support.polar.com/en/support/Flow\\_app](http://support.polar.com/en/support/Flow_app)

### SYNC WITH FLOW WEB SERVICE VIA FLOWSYNC

To sync data with the Flow web service you need FlowSync software. Go to [flow.polar.com/start](http://flow.polar.com/start), and download and install it before trying to sync.

1. Plug your A370 to your computer with the USB cable. Make sure FlowSync software is running.
2. The FlowSync window opens on your computer, and the syncing starts.
3. Completed is displayed when you are done.

Every time you plug in your A370 to your computer, the Polar FlowSync software will transfer your data to the Polar Flow web service and sync any settings you may have changed. If the syncing does not automatically start, start FlowSync from the desktop icon (Windows) or from the applications folder (Mac OS X). Every time a firmware update is available, FlowSync will notify you, and request you to install it.



*If you change settings in the Flow web service while your A370 is plugged into your computer, press the synchronize button on FlowSync to transfer to the settings to your A370.*

For support and more information about using the Flow web service, go to [support.polar.com/en/support/flow](https://support.polar.com/en/support/flow).

For support and more information about using FlowSync software, go to [support.polar.com/en/support/FlowSync](https://support.polar.com/en/support/FlowSync).

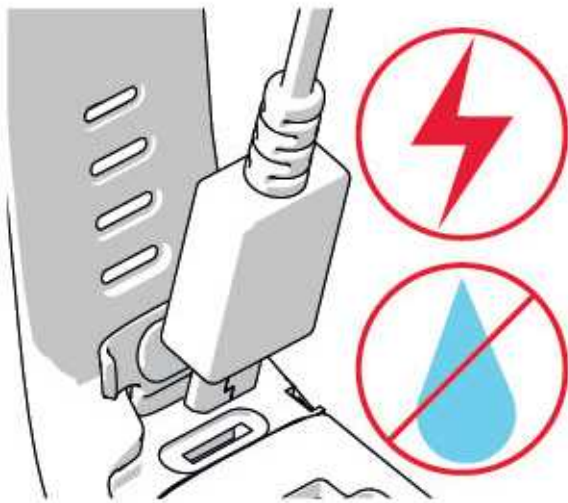
# IMPORTANT INFORMATION

## TAKING CARE OF YOUR A370

Like any electronic device, Polar A370 should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

The USB cable must be connected carefully to avoid damaging the device's USB port.

**Don't charge the device when its USB port is wet.** Let the USB port dry up by leaving the port cover open for a while before charging. This way you'll ensure smooth charging and syncing.



Keep your training device clean.

- We recommend that you wash the device and the silicone wristband after each training session under running water with a mild soap and water solution. Please remove the device from the wristband and wash them separately. Wipe them dry with a soft towel.

**i** *It is essential that you wash the device and the wristband if you wear them in a swimming pool where chlorine is used for keeping the pool clean.*

- If you don't wear the device 24/7, wipe off any moisture before storing it. Don't store in non-breathable material or in a damp environment, e.g. plastic bag or damp gym bag.
- Wipe it dry with a soft towel when needed. Use a damp paper towel to wipe dirt from the training device. To maintain the water resistance, do not wash the training device with a pressure washer. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

- When you connect your A370 to a computer or a charger, check that there is no moisture, hair, dust or dirt on the A370's USB connector. Gently wipe off any dirt or moisture. Don't use any sharp tools for cleaning to avoid scratching.

Operating temperatures are -10 °C to +50 °C / +14 °F to +122 °F.

## STORING

Keep your training device in a cool and dry place. Do not keep them 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 training device to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.

It is recommended to store the training device partially or fully charged. The battery slowly loses its charge when it is stored. If you are going to store the training device for several months, it is recommended to recharge it after a few months. This will prolong the battery lifetime.

Dry and store the strap and the connector separately to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. To prevent snap oxidation, do not store the heart rate sensor wet in non-breathing material, such as a sports bag. Do not expose the heart rate sensor to direct sunlight for extended periods.

## SERVICE

During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For further information, see [Limited International Polar Guarantee](#).

For contact information and all Polar Service Center addresses, visit [support.polar.com](http://support.polar.com) and country-specific websites.

## BATTERIES

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 A370 BATTERY

The A370 has an internal, rechargeable battery. Rechargeable batteries have a limited number of charge cycles. You can charge and discharge the battery over 300 times before a notable decrease in its capacity. The number of charge cycles also varies according to use and operating conditions.

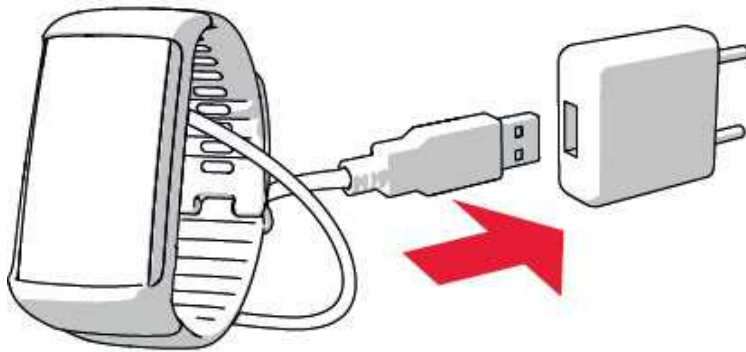
 *Do not charge the battery in temperatures under 0°C or over +40°C or when the USB port is wet.*

 *Do not charge the device if the USB port is broken.*

You can 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").

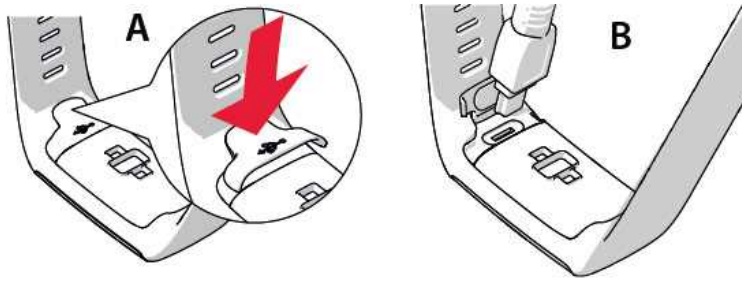


Do not charge Polar products with a 9 volt charger. Using a 9 volt charger can damage your Polar product.

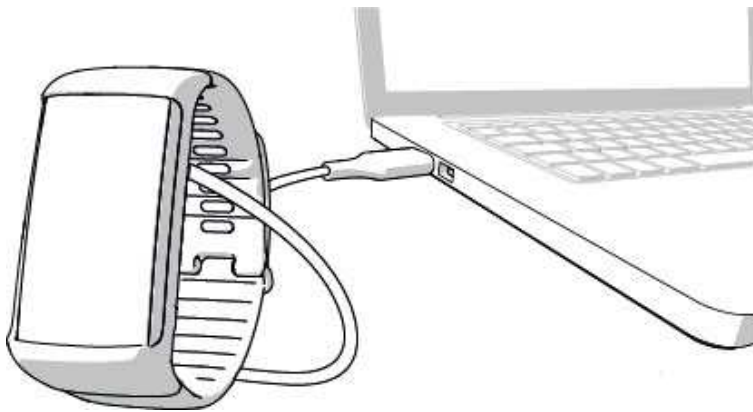


To charge with your computer just plug your A370 to your computer and at the same time you can have it synced it with FlowSync.

1. Push down the top part (A) of the USB cover inside the bracelet to access the micro USB port and plug in the supplied USB cable (B).



2. Plug the other end of the cable into your computer's USB port. Check that the USB port is dry before connecting it to the computer. If the battery is completely empty, it takes a couple of minutes for the charging to start.



3. After syncing, green battery icon animation begins to fill up on the display.
4. When the green battery icon is full, the A370 is fully charged.

**i** *Don't leave the battery fully discharged for a long period of time or keep it fully charged all the time, because it may affect the battery life time.*

## **BATTERY OPERATING TIME**

The battery operating time is up to 4 days with 24/7 activity tracking, continuous HR tracking and 1h/day training without Smart Notifications on. The operating time depends on many factors, such as the temperature of the environment in which you use your A370, the features you use, how much the display is on and battery aging. The operating time is significantly reduced in temperatures well below freezing. Wearing the A370 under your overcoat helps to keep it warmer and to increase the operating time.

## **LOW BATTERY NOTIFICATIONS**

### **Battery low. Charge**

The battery charge is low. It is recommended to charge A370.

### Charge before training.

The charge is too low for recording a training session. A new training session cannot be started before charging A370.

When the display doesn't wake up from a wrist gesture or a press of the button, the battery is empty and A370 has gone to sleep mode. Charge your A370. If the battery is totally drained, it may take a while for the charging animation to appear on the display.

## PRECAUTIONS

The Polar A370 is designed to measure heart rate and tell your activity. No other use is intended or implied.

The training device should not be used for obtaining environmental measurements that require professional or industrial precision.



The Polar A370 is not a medical device for measuring your heart rate.

We recommend that once in a while you wash the device and the wrist strap to avoid any skin problems from a dirty bracelet.

## 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 training 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. To solve these problems, try the following:

1. Remove the heart rate sensor strap from your chest and use the training equipment as you would normally.
2. Move the training device around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst directly in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the heart rate sensor strap back on your chest and keep the training device in this interference-free area as much as possible.

If the training device still 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 - KEEP BATTERIES OUT OF REACH OF CHILDREN

Polar heart rate sensors (for example H10 and H9) contain a button cell battery. If the button cell battery is swallowed, it can cause severe internal burns in as little as 2 hours and can lead to death. **Keep new and used batteries away from children.** If the battery compartment does not close securely, stop using the product and keep it away from children. **If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.**

## HOW TO USE YOUR POLAR PRODUCT SECURELY

Data security updates are performed two years onwards from a product's announced end-of-life date. Please update your Polar product regularly, and as soon as the Polar Flow mobile application or Polar FlowSync computer software informs you about the availability of a new firmware version.

Training session data and other data saved on your Polar device include sensitive information about you such as your name, physical information, overall health and location. Location data can be used to track you when you are out training and to find out what your usual routes are. For these reasons use extra caution when storing your device when not using it.

If you use phone notifications on your wrist device, be aware that messages from certain applications will be projected on the wrist device display. Your latest messages can also be viewed from the device menu. To ensure the confidentiality of your private messages, refrain from using the phone notifications feature.

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. A factory reset can be performed with the FlowSync software on your computer. 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.

The same training sessions are also 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.

Any security issues can be reported to [security\(a\)polar.com](mailto:security(a)polar.com) or to Polar Customer Care.

## TECHNICAL SPECIFICATION

### A370

Battery type:	100 mAh Li-pol rechargeable battery
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Operating time:	Up to 4 days with 24/7 activity tracking, continuous HR tracking and 1h/day training without Smart Notifications on.
Operating time in training mode:	Up to 13 hours with mobile GPS on. Up to 32 hours with mobile GPS off.
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Charging time:	Up to two hours.
Charging temperature:	0 °C to +40 °C / 32 °F to 104 °F
Fitness tracker materials:	Device: thermoplastic polyurethane, acrylonitrile butadiene styrene, glass fiber, polycarbonate, stainless steel, glass  Wristband: silicone, stainless steel, polybutylene terephthalate, glass fiber
Watch accuracy:	Better than ± 0.5 seconds / day at 25 °C / 77 °F temperature
Heart rate measuring range:	30-240 bpm
Water resistance:	30 m
Memory capacity:	60 h training with heart rate depending on your language settings

Uses Bluetooth® wireless technology.

Your A370 is compatible with the following Polar heart rate sensors as well: Polar H6, H7, H10 and OH1.

## **POLAR FLOWSYNC SOFTWARE**

To use FlowSync software you need a computer with Microsoft Windows or Mac operating system with an internet connection and a free USB port.

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

## **POLAR FLOW MOBILE APPLICATION COMPATIBILITY**

Check the latest compatibility information from [support.polar.com](http://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, raindrops 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.

## 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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1.1 EN 02/2022