POLAR TEAM PRO

USER MANUAL

CONTENTS

INTRODUCTION

Thanks for choosing Polar! In this user manual, we'll walk you through the basics of using and caring for the Polar Team Pro training and coaching solution designed for monitoring and analyzing top-tier team sports performance.

Due to continuous development, this user manual is updated when new software/firmware versions are available. The latest user manual is available at support.polar.com/en/polar-team-pro, and you'll also find links to it in the Polar Team Pro web service and app.

POLAR PRO TEAM DOCK

The dock is used to charge Polar Pro sensors and sync training data from them to the Polar Team Pro app and Polar Team Pro web service. It also serves as a base and charger for your iPad®.

POLAR PRO SENSOR

The Polar Pro sensor measures extensive player performance data, records the data in detail and sends it live to iPad® via *Bluetooth*® Smart allowing you to follow real-time information during training. After each training session, place the sensor into the Polar Pro team dock to charge it, and to sync the data to the Polar Team Pro iPad app and web service for detailed further analysis.

The Polar Pro sensor can be worn with the Polar Team Pro shirt that has a designated pocket for the sensor. The shirt is comfortable to wear and transfers moisture away from the skin.

POLAR TEAM PRO APP

View extensive key performance data live from up to 60 players. Compare players and add notes and markers during training. Instant session summaries after training as well as a heat map view for player location analysis.

POLAR TEAM PRO WEB SERVICE

Powerful session analysis and reporting tools. Analyze session data in detail for the whole team, as well as compare players. Create custom reports for the whole team or individual players. Get a holistic view of the players' recovery and sleep data when using Polar watches outside of training sessions.

IPAD (SOLD SEPARATELY)

You'll also need an iPad® to complete the Polar Team Pro solution. With the Polar Team Pro app running on your iPad® you'll be able to follow live training data during sessions.

Make sure you have the latest iOS version on your iPad. To be able to sync data from the app to the web service, you need an internet connection.

> ⓘ Please note that the large 12.9 inch iPad Pro model does not fit in the dock connector, but can be connected to the Team Pro dock with a Lightning to USB cable via the USB port

FACTS AND FEATURES

POLAR PRO SENSOR

- Bluetooth Smart heart rate compatible
- Live data broadcast straight to Polar Team Pro iPad app
- Long range and live data buffering
- Range Up to 200 meters
- Running speed, distance, sprints, accelerations and running cadence both outdoors and indoors
- Heart rate
- Heart rate variability
- GPS
- MEMS motion sensor (Accelerometer, gyroscope, digital compass)
- 10 hours of operating time
- Sensor memory up to 72 hours
- Recharging (from empty to full) 3 hours
- Polar Pro red soft strap compatible
- Updatable firmware

POLAR PRO TEAM DOCK

- 20 sensor slots
- Data sync on the go and convenient recharging for iPad and Polar Pro sensors
- Updatable firmware

POLAR TEAM PRO WEB SERVICE AND APP
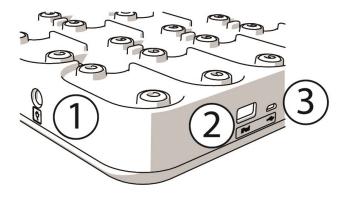
- Cloud-based software and database solution
- Multiple teams supported
- Multiple coaches access supported
- Secured individual login
- Customizable heart rate zones
- Customizable speed zones
- Heart rate graph in training results
- Heart rate analysis selection and zooming functions
- Speed, distance and sprints analysis functions
- Customizable sprint threshold setting
- Customizable acceleration/deceleration zones
- Location analysis with heat map
- Phases
- Markers
- Export training session data to Excel
- Long term reports (week, month, season)

GET TO KNOW POLAR TEAM PRO
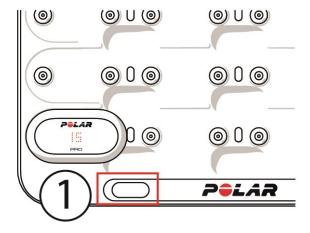
WHAT'S IN THE BOX

- Polar Pro Team Dock (includes four AC adapters)
- 10 Polar Pro Sensors and Straps
- Washing pouch
- Sensor folder
- Shoulder bag

POLAR PRO TEAM DOCK
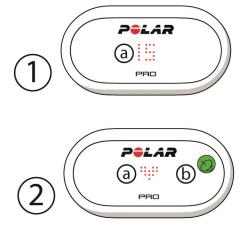
1. **AC power port**:Recharge the dock with power cord that came in the box.

2. **USB port**: Alternative way to connect iPad to the dock with a Lightning to USB connector. Use the USB port if your iPad is not compatible with a Lightning cable or the iPad does not fit in the dock connector. **Please note that when iPad is connected to the dock via the primary connection (placed into the dock and connected via Lightning connector), the USB port connection does not work at the same time. The USB port connection can only be used when iPad is not placed into the dock.**

3. **Micro USB port**: For service done by Polar.

1. **Dock button**: Press to display the player numbers on the sensors when the dock is not connected to a wall outlet.

POLAR PRO SENSOR

1a. **Player number**: When a sensor is in the dock the player number is shown. When a sensor is out of the dock, press the connectors on the backside of the sensor with your fingers to view the number. When wearing the sensor, tap the display twice to view the number.

2a. **Heart rate**: A heart symbol is shown when heart rate is detected.

2b. **GPS**: The satellite symbol stops blinking when GPS signal is found.

FIRST TIME SETUP

After unboxing the Polar Team Pro training and coaching solution, the first thing you need to do is charge the Polar Pro team dock and Polar Pro sensors.

CHARGE

1. Place the sensors into the dock and snap them firmly into place (make sure both ends of the sensors snap into place). **When the Polar logos on the sensor and dock face the same way, the sensors are placed correctly**.
2. Attach the AC power cord for your region to the dock first, and then plug the other end into a wall outlet.
3. The charging animation appears on the sensors.

ACTIVATE ACCOUNT

After purchase you'll get a confirmation e-mail with a link. Click it to open a wizard which guides you through setting up your organization and team in the web service. Follow the wizard and fill in the needed information. Then go to teampro.polar.com, and sign in with your credentials.

TEAM SETUP THREE STEP WIZARD

The three step team setup wizard will guide you through the whole setup process in the Polar Team Pro web service. With the wizard you'll create your team, choose the sport and add players. Fill in all the required fields for each setting during the setup. If you do not have all of the player information available at this time, the information can be updated later in the **Team settings**.

When you are done with a setting, choose **NEXT** to proceed to the next step of the setup. If at any time you want to go back during the setup, choose **PREVIOUS** in the lower right corner.

1/3 General

Fill in the basic details of your team.

- Team name
- Team logo (optional)

- Default sport
- Team roles (you can use the default ones, create your own roles or not use the roles at all)
- View Training load as (choose Cardio load and Muscle load, Recovery time or Score)

Choose **NEXT** to continue to the next step.

2/3 Sport Profile

Choose if you want to use Muscle load and power zones. Define the heart rate zones, speed zones, acceleration/deceleration zones and sprint threshold your team will use.

- Muscle load and power zones (choose on or off)
- Heart rate zones (choose default or free)
- Speed zones (default or free)
- Acceleration zones (default or free)
- Deceleration zones (default or free)
- Sprint threshold type (default or free) and speed value (km/h) or acceleration (m/s2)
- Power zones (default or free)

Choose **NEXT** to continue to the next step.

3/3 Players

Add players to your team.

1. Choose **Add new players**.
2. Fill in the player information fields. Link the players personal Flow account by adding their email address to the Link Flow account field.
3. **ADD PLAYER TO THE TEAM** must chosen after creating each player profile. Otherwise the player will not be added to the team.
4. Choose to view Nightly Recharge, recovery status or Cardio load status from the drop-down list.

Choose **DONE** when you have added all the players to the team. Then choose **NEXT**. **Welcome to the team** is shown on the screen when you have finished the team setup wizard.

DOWNLOAD POLAR TEAM PRO APP ONTO YOUR IPAD

After completing the team setup in the Polar Team Pro web service, it's time to finalize the first time setup by downloading the Polar Team Pro app, and syncing the player information via the Polar Pro team dock to the sensors.

1. Download the Polar Team Pro app onto your iPad from the App Store.
2. Login to the app with the same account details that you used with the Polar Team Pro web service.
3. Place the iPad into the dock. Make sure it is properly leveled and resting firmly against the base.
4. The **SENSORS & DOCK** view appears on the iPad screen.
5. Tap **Auto assign** in the upper left corner to assign the sensors to the players.
6. When a sensor is assigned the player number and a green check mark is displayed on each sensor on the iPad screen, and

Your Polar Team Pro solution is now set up, and ready for the first training session.

> (i) Players without a sensor are listed when assigning the sensors.

CHARGING

CHARGING POLAR PRO TEAM DOCK

Plug your dock into an outlet with the AC adapter and the AC power cord for your region. Only use the AC adapter unit and AC power cord provided with your dock. The AC adapter is for indoor use only. Only charge the dock and sensors indoors.

CHARGING POLAR PRO SENSORS

Charge the sensors in a Polar Pro team dock. Detach the sensors from the straps, and place them into the dock and snap them firmly into place (make sure both ends of the sensors snap into place). **When the Polar logos on the sensors and dock face the same way, the sensors are placed correctly**. Charging the sensors from empty to can take three hours.

UPDATE FIRMWARE

The Polar Pro Team dock and Polar Pro sensors have updatable firmware. When a new firmware version available, Polar Team Pro app will notify you, and ask you to download it. Both sensor and dock firmware are updated via the Polar Pro Team app on your iPad. Please update the firmware of whenever updates are available.

How to Update Firmware

1. Place your iPad into the dock, the Polar Team Pro app will go to the **Sensors & dock** view.
2. **UPDATE AVAILABLE** is displayed when new firmware is available.
3. Tap **UPDATE AVAILABLE**, and then tap Update dock or Update sensors depending on what firmware is available.

Update Information

- Do not take the iPad out of the dock during the update, this will interrupt the update.
- Please note that the update may take up to 40 minutes with a full dock (20 sensors).
- All sensors can be updated at the same time.

LANGUAGES

The Polar Team Pro solution is available in the following languages: English, German, French, Italian, Dutch, Spanish, Portuguese, Danish, Finnish, Norwegian, Swedish, Polish, Czech, Russian, Turkish, Japanese, Simplified Chinese, Korean, Indonesian, Hungarian, Slovenian and Estonian.

The language of the Polar Team Pro web service and app depend on the language settings of your internet browser or iPad. To change the language of the web service, go to the language settings of your internet browser. To change the language of the app, go to the language settings of your iPad.

NAVIGATION

POLAR TEAM PRO WEB SERVICE

The Polar Team Pro web service has two main views: **Activities** and **Reports**.

Activities

Every time you sign in you'll be taken to the **Activities** view and see a calendar containing your teams training sessions for that week. You can change the view to a month or day view, and choose to view the training sessions for the whole

team or just one player. Scroll down to the bottom of the screen to see a summary of the training sessions from the chosen time period, which includes the number and total duration of the sessions.

The activities view serves as the base from which you can choose what training session data you wish to analyze in depth. For more information on analyzing training session data, see "Analyze Data in Team Pro Web Service" on page 25

 Settings, User manual and Sign out: Choose (name/profile photo) in the upper right corner to view and edit your Settings (Account and General), open the user manual and sign out.

 Team settings, Sport profiles, Player roster and Coaches. Choose in the upper right corner to view and edit **Team settings** and **Organization settings**

Multiple Teams in Organization: If you have multiple teams in your organization, choose which team's calendar you wish to view from the drop down in the upper left corner.

Notifications: Click in the upper right corner to open the notification panel, which informs you when a new coach is added to your team for example.

Reports

In the reports section you can generate different types of reports from your team's training sessions. You can choose the period from which you want to generate the report as well as how you want to view the data. A report can be generated for whole team at once or you can choose to just include certain players.

For more information on creating reports see, "Reports" on page 28

POLAR TEAM PRO APP

The Polar Team Pro app has three main views: Team home, Players and Sensors & dock.

 Team home

In Team home you'll see your team's training sessions in a week view. The current week is shown by default. Swipe left or right to switch between weeks. You'll see your team's totals for the chosen week in this view.

To view totals for a single player, choose the player from the upper left corner.

 Players

In the Players view, you'll see all the players in your team, and the ID of the sensor assigned to them.

 Sensors & dock

When you place your iPad into the dock, the Sensors & dock view will appear. In this view you'll see all the sensors, and to which player each of them are assigned to. Press Sync in the upper left corner to synchronize information between the Polar Pro sensors Polar Team Pro app and web service.

Start Session

Press to go to the training session preview view.

User Manual

Press to view the user manual. Please note that you need to have an internet connection to be able to access it.

ORGANIZATION SETTINGS

Manage and update information related to your organization.

In the organization settings you'll find:

- **ORGANIZATION SETTINGS**: Add and edit general organization information including organization name, sport, address and more. View your subscription status.
- **PLAYER ROSTER**: You can see all the players in your organization, and also which team they are assigned to.
- **COACHES**: Add, edit and remove coaches from your organization.
- **PRODUCTS**: View what products your organization has.

EDIT ORGANIZATION SETTINGS

1. Choose ⚙ in the upper right corner.
2. From the list under the name of your organization choose the setting you wish to edit (**Organization settings**, **Player roster**, **Coaches** or **Products**.

ADD COACH TO ORGANIZATION

1. Choose **COACHES**.
2. Click **ADD NEW COACH**.
3. Add the coach's email address and the teams you want to assign him to.
4. Click **SAVE**.

The coach receives an email with a link to activate their personal account in the Team Pro web service. The same email address that the invitation was sent to must be used when registering to the web service. **Pending** is displayed in the **COACHES** section of the team he is assigned to until the coach has accepted the invitation.

ADD EXISTING COACH TO TEAM

1. Choose **COACHES**.
2. Click **EDIT TEAMS** in the coach view.
3. Choose which teams the coach is assigned to.
4. Click **SAVE**.

TEAM SETTINGS

Manage and update information related to your team.

In the team settings you'll find:

- **TEAM SETTINGS**: Add and edit general team information including team name, logo and sport. Delete a team. Choose how to view Training Load.
- **SPORT PROFILES**: Manage and edit your team's sport profile information including heart rate zone and speed zone limits.
- **PLAYER ROSTER**: Add, edit and remove players from your team. View the players' role, Recovery status, Nightly Recharge™ status, Cardio Load status, detailed sleep data, flow connectivity indicator and player options.
- **COACHES**: Add, edit and remove coaches from your team.

Edit team settings

1. Choose ⚙ in the upper right corner.
2. From the list under the name of your team choose the setting you wish to edit

Add coach to team

1. Choose **COACHES**.
2. Click **ADD NEW COACH**
3. Add the coach's email address.
4. Click **SAVE**.

The coach receives an email with a link to activate their personal account in the Team Pro web service. **Pending** is displayed in the until the coach has accepted the invitation.

PLAYER ROSTER VIEW

The player roster view allows you to view all the players on a team and their data at a glance. Add, edit and remove players from your team. View the players' role, Recovery status, sleep data, flow connectivity indicator and player options.

Role: Setting a role for a player, and viewing the roster view based on role, the roster view will be categorized accordingly

Recovery status: The recovery status of a player will now also be indicated under the Player roster view when available.

Sleep data: Similarly, the sleep time and data is shown under the Player roster view when available.

- Sleep time uses the last available sleep time during the past 7 days.

Connectivity indicator: The red ribbon on the upper right corner indicates that the player has been linked with a Polar Flow account.

Player options

Hoovering the mouse a the player profile will provide the following options:

- Edit player profile (In the player profile you can edit player name and number, role in team, height, weight, training background, maximum heart rate, resting heart rate, anaerobic threshold, VO2max, MAS, MAP as well as add a photo.)
- Remove player
- Go to the player's recovery status (shown if available)

ⓘ   Note that the data is updated in 10-minute intervals.

Add new player to team

1. Choose **PLAYER ROSTER**.
2. Click **NEW PLAYER**.
3. Fill in the player information, and click **SAVE**,
4. Click **SAVE ROSTER**.

Add existing player to team

1. Choose **PLAYER ROSTER**.
2. Click **ADD PLAYER**, all the players in your organization are shown.

3. Click a player, and check mark appears.
4. Click **SAVE ROSTER**, and all the players that have been chosen (that have a check mark) are added to the team.

Edit Player Settings

1. Choose **PLAYER ROSTER**.
2. Click on a player.
3. After editing, click **SAVE**.

In the player settings you can edit player name and number, role in team, height, weight, training background, maximum heart rate, resting heart rate, aerobic threshold, anaerobic threshold, VO2max, MAP, MAS, personal Flow account email address as well as add a photo.

PROFILE SETTINGS

Edit information related to your account and customize the general settings.

In the profile settings you'll find:

- **Account**: In the account settings you can edit your email and password as well as add your address to the profile.
- **General**: In the general settings you can customize date, time and unit settings.

Edit Profile Settings
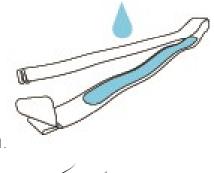
1. Choose (name/profile photo) in the upper right corner.
2. Choose **Settings**. Edit the settings you wish.
3. Click **SAVE** after editing.
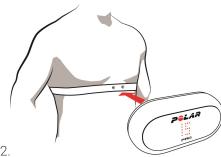
WEAR POLAR PRO SENSOR

WEAR POLAR PRO SENSOR WITH A STRAP

Before starting a training session, hand out the Polar Pro sensors and straps to the players, and help them to put them on correctly. If your Polar Team Pro dock is not connected into a wall outlet with the cable you can see the player numbers by pressing the button on the dock.

1. Moisten the electrode area of the strap (picture 1).
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the sensor (picture 2).
4. After each training session, detach the sensor and rinse the strap under running water to keep it clean.

1.

2.

WEAR POLAR PRO SENSOR WITH TEAM PRO SHIRT

Wear the Polar Team Pro shirt so that the sensor pocket is on the back.

1. Insert the sensor into the pocket on the top back of the shirt so that the Polar logo on the sensor is upright.
2. Snap it firmly into place. Make sure both ends of the sensor snap into place.

START TRAINING SESSION

Before starting a training session make sure all the players taking part are wearing the Polar Pro sensors correctly. The green light on the sensor stops blinking when GPS signal is found and you can see a heart symbol when heart rate is found.

1. Login to the Polar Team Pro app on your iPad.
2. Press ▶ on the screen (located in the middle on the left side panel)
3. On the training session preview view you will see each player's name and number, heart rate and if GPS is OK.
4. Press **START** in the upper right corner to start training session recording.

A training session can be started even though all the players are not present when starting. Players that arrive later are automatically added to the session, and their data can becomes visible on Team Pro iPad app when they have joined the session. No additional actions are needed.

> (i) Note that a training session can be performed without using an iPad and the app. In this case the sensors record the session data and it can be viewed after syncing the data from the sensors.

VIEW LIVE DATA

Live training session data can be viewed on your iPad from the Polar Team Pro app. The Team Pro app training session view has three main views: List, Whole Team and Comparison.

You can view key performance data live that includes:

- Heart rate (bpm and % of max)
- Distance
- Number of sprints
- Time in heart rate zones
- Distance in speed zones
- Training load
- Real-time speed

View Detailed Player Data

1. Tap a player in the List, Whole team or Comparison view.
2. Tap 👥ⓘ in the pop up.

Detailed information of that player is shown. Swipe left or right to switch between players.

Tips

- You can hold your iPad in a horizontal or vertical position, the Team Pro app works both ways.
- Switch between views by swiping left or right.
- It is recommended that the Home button is positioned to the right side when holding the iPad to ensure the best connectivity to the sensors. The iPad's Bluetooth radios are located in the corner to the right from the home button. To get the best connectivity, it is important not to cover the corner with your hand.
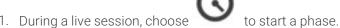
> (i) If the GPS connection is lost during a session you'll get a notification.

LIVE PHASES

Create phases during a live session. After the session the phases will be synchronized to the web service and can be viewed in the training session data. You can record several live phase at the same time. Adding phases during a session allow you to mark certain drills or periods, and view and examine them in detail after the session.

ADD A LIVE PHASE

1. During a live session, choose ⏱ to start a phase.
2. Name the phase by typing a name in the **Add phase name** field at the bottom of the phase selection view.
3. Choose **Start** to start recording the phase.
4. Stop recording the phase by choosing ⏹ next to the phase time.

> (i) Note that you can start a new phase even if an earlier one is still running so you can have multiple phases simultaneously.

ADD MARKERS

Add markers with notes that you can come back to after training. They can be used to mark the beginning and end of different phases for example. The markers can be viewed in the Polar Team Pro web service after data sync.

Add Team Marker

1. Tap in the upper right corner of the screen.
2. Add a note to the marker (optional).
3. Tap **DONE** to close the marker pop up.

Add Player Marker

1. Tap a player.
2. Tap in the pop up.
3. Add a note to the marker (optional).
4. Tap **DONE** to close the marker pop up.

COMPARE PLAYERS

Have a closer look at certain players during a session by adding them to the comparison view. It allows you to easily view and compare live data from the chosen players.

Add Player to Comparison View

1. Tap a player.
2. Tap in the pop up.
3. The player is added to the comparison view.

Release a Player from Comparison

1. Tap a player.
2. Tap in the pop up.

Release All Players from Comparison

Tap Release players to remove all players from the comparison view.

END TRAINING SESSION

End training session and save

1. Tap in the upper left corner.
2. Tap Save to stop training session recording and save it.

After ending the session before syncing you can view data from your session on the app. The information includes distance, detailed speed and heart rate data, and sprints.

> When ending a training session an animation indicates that the session is being saved.

> If time between training session files is less than one minute the iPad will merge these into a single session when synchronizing training files.

End Training Session and Delete

1. Tap `■ 00:00:31` in the upper left corner.
2. Tap Delete to stop training session recording and delete it.

SYNC DATA FROM SENSORS TO WEB SERVICE VIA DOCK

After ending a training session, it's time to sync the data from the sensors to the Polar Pro Team dock and then to the Team Pro web service for further analysis.

1. Collect the Polar Pro sensors and straps from the players.
2. Place the Polar Pro sensors into the dock.
3. Place the iPad into the dock.
4. Press **SYNC** in the **SENSORS & DOCK** view on the app.
5. A green check mark will appear on the sensors on the screen when the sync is complete.

SYNCING INFORMATION

- A maximum of 20 sensors can be synced at a time. If you have more than 20 sensors, they can be synced successively.
- Your iPad needs to have an internet connection for the data to be transferred to the Polar Team Pro web service.
- Synced data is stored in a secure cloud server.

UNSYNCED DATA

- If is displayed next to the session, the data is not synced with the dock. Tap to open a pop up, and tap Sync now.
- If the data from all sensors is not synced (one or more sensors are not synced), Partly synced is displayed in the pop up. In this case place the sensors that have not been synced in the dock and sync.
- If is displayed next to the session, the data is not synced with the web service. Place your iPad into the dock. Tap to open a pop up, and tap Sync now.

> ⓘ Non-synchronized training files will be stored in the iPad until they are successfully synchronized to the web service.

> ⓘ Do not sign out of the app during synchronization to keep the data in the app until the synchronization is complete.

ANALYZE DATA IN TEAM PRO APP

The Polar Team Pro app provides instant session summary right after training, an advanced analysis view for in-depth sample data comparison and a heat map view for location analysis. The Polar Team Pro app training session view has three main views: **SUMMARY**, **ANALYSIS** and **MAP**.

EDIT

Choose **Edit** in the upper right corner to edit the start or end time of a session. The area highlighted in red shows the live session recorded with app, and the area outside it shows the whole session recorded with the sensors.

REPORT

Located in the upper right corner of the **Summary** view after finishing a session. Choosing **Report** opens the team session average view and player specific views. The report can be saved to the iPad file system or sent over several media options using the share icon in the top right corner of the view.

SUMMARY

The **SUMMARY** view shows all the player data from the session.

Sort Players

Players can be sorted by name, number or by training data (heart rate, speed, sprints etc.). Tap the variable to sort the players by it.

View Player Session Summary

- Tap a player profile on the **SUMMARY** view to open a detailed session summary.
- Use the horizontal scroll bar under the graph to see heart rate, speed or cadence data from a certain point.
- Swipe left or right to switch between players.

ANALYSIS

In the analysis view you can compare player data with the team average or compare two players with each other. You can also view and edit markers.

Compare Player Data with Team Average

1. Choose **Tap to compare**.
2. Choose the player you wish to compare.

Compare Two Players with Each other

1. Choose **Tap to compare**.
2. Choose the player you wish to compare.
3. Tap **Team average**, and choose a player.

View Markers

Tap [icon] to view the markers for the session.

Edit Markers

1. Tap [icon] to view the markers.
2. Tap the marker you wish to edit.
3. After editing, tap **Done**.

MAP

The map is a visual representation of players' locations on the field over the selected time range. The warmer the color the more the player has been positioned within that given area. You can choose to view all the players' heat maps or just the heat maps of certain players. A line graph or a heat map, and a satellite or illustration view of the field can be viewed. Please note that:

- The sensors must be synced with the dock to be able to see the heat map.
- To view a heat map on the training field illustration you need to create a field in the app. This only needs to be done once for each field.

Create Training Field for Heat Map

1. Tap a training session in the **Team home** view.
2. Choose the **MAP** view, and tap **Create a new field**.
3. Drag, zoom and rotate the field inside the frame with two fingers.

4. Drag the handles to the field corners with one finger.
5. Place the corners as accurately as possible, and tap **Lock corners**.
6. Name your field, and tap **Create**.

ANALYZE DATA IN TEAM PRO WEB SERVICE

The Polar Team Pro web service provides training summaries, an overview for the entire team or a selected player, powerful session analysis and comparison, player location on a heat map or a line graph, breakdown graphs of heart rate and speed zones and number of sprints during a session as well long-term reports and data export.

If training session data is not visible in the web service, make sure you have synced the data from the sensors to the web service via the dock. For more information, see "Sync Data from Sensors to Web Service via Dock" on page 23

View and analyze single training session: Choose a session from the calendar in the **Activities** view. Training sessions have two main views: **SUMMARY** and **ANALYSIS**.

SUMMARY

The summary view shows you an overview of the your team's session, and player specific performance variables.

Team Average: This section displays the team averages for the variables.

Players: All the players included in the training session are listed.

View: There are two views: full and compact.

Sort players: There are two ways to sort players: Click the variable you wish to sort by in the players tab or choose the variable after **SORT BY**.

EDIT SESSION

The Session edit feature allows coaches to edit the session roster by removing players from it or moving players into another existing session. In addition coaches can create new sessions.

Move players

1. Open a session summary.
2. Choose the players to be moved.
3. At the bottom of the screen choose **Move**.
4. Choose the session to which the players will be moved.

5. Choose **Save**. The players are then moved into the session.

(i) Note that you can only move players into sessions done on the same day.

Remove players

1. Open a session summary.
2. Choose the players to be removed.
3. At the bottom of the screen choose **Remove**.

Create new session

1. Open a session summary.
2. Choose the players you want to include in the new session.

3. At the bottom of the screen choose **Create new**.
4. A new page opens, choose sport, type, and add a name and notes. Then choose **Save**.

ANALYSIS

In the analysis view you can compare players' performance data.

ADD MARKER

Markers can also be added to the training session in the analysis view. Click on the graph to add a marker to it.

VIEW MARKER

The markers you have added to a training session can be viewed by choosing **SHOW MARKERS**.

COMPARE

Compare several players at a time. You can compare heart rate, speed, cadence graphs as well as view heart rate zone, speed zone and sprint data.

COMPARE PLAYERS

When choosing one player you can view several variables at a time on the graph, and when choosing several players you can compare one variable at a time on the graph.

1. Choose a training session.
2. Click **ANALYSIS**.
3. Choose the players to compare from the drop-down list.

or

1. Choose a training session.
2. Click the players on the list.
3. Click **ANALYZE** at the bottom of the screen.

COMPARE PHASE SPECIFIC DATA

1. Tick the phase box of the phase you want to view.
2. The data for that phase only is shown.

ZOOM THE COMPARE VIEW

1. On the graph, press and hold the right mouse button at the point you want to start the phase, and drag until you reach the point you want to end the phase, and then release the mouse button.
2. To reset the zoom and return to the default view, click .

TRIM

Edit the start and end time of a training session. You can trim a training session from the start, end or both.

TRIM SESSION

1. Choose a training session.
2. Click on the right
3. Choose **TRIM SESSION**, and use the slider to trim the session start time or end time. Or type the start and end time in the boxes.
4. Click **SAVE**.

> (i) Please note that after trimming a session it cannot be undone.

PHASES

Add phases to your training session. After adding a phase you can choose to view performance data from that phase only. Phases can only be added in the web service, and they can only be added after a training session is finished. Phases cannot be added during a training session.

ADD PHASE

1. Choose a training session in the **Activities** view.
2. Click on the right.
3. Click **ADD PHASE**, press and hold the right mouse button and at the point you want to start the phase, and drag until you reach the point you want to end the phase, and then release the mouse button. Or type the phase start and end time in the boxes.
4. Name the phase.
5. Click **SAVE PHASE**.

VIEW PHASE DATA

1. Choose a training session.
2. Tick the phase box of the phase you want to view.
3. The data for that phase only is shown.

Now a user can create phases already during a live session. Phases will be synchronized to the web service and are seen in the training session data.

There can be several phase recordings going on at the same time.

Live phase recording has independent start/stop mechanisms from the live session corresponding ones, i.e. stopping a live phase does not stop a live session. Then again a live phase cannot be started without starting a live session first.

RR INTERVAL

View the RR intervals, i.e. time between successive heartbeats, from heart rate data from training sessions or matches on a graph. The graph allows you to zoom in and isolate sections of the data for further analysis. Information shown includes min RR interval, max RR interval, avg RR interval and HRV (RMSSD).

EXPORT DATA

Export training session data in XLS or CSV format. You can choose to export the data of the whole team or just the data of certain players, and you can also choose if you want to export the data from just certain phases or from the

whole session. Choose the information and variables displayed in the columns.

The variables you can choose from include: Player number, Player name, Session name, Type, Phase name, Duration, Start time, End time, HR min (bpm), HR avg (bpm), HR max (bpm), HR min (%), HR avg (%), HR max (%), Time in HR zone, Total distance, Distance / Min, Maximum speed, Average speed, Sprints, Distance in speed zone, Number of accelerations, Calories, Training load score, Cardio load, Recovery time, Time in power zones, Muscle load in power zones, Muscle load, Min RR interval, Max RR interval, Avg RR interval and HRV (RMSSD).

EXPORT SESSION DATA

1. Choose a training session in the **Activities** view.
2. Click **EXPORT** in the upper right corner.
3. Choose the players.
4. Choose the phases.
5. Choose what data is shown.
6. Click **EXPORT AS XLS** or **EXPORT AS CSV**.

EXPORT RAW PLAYER DATA

1. Choose a training session in the **Activities** view.
2. Click **EXPORT** in the upper right corner.
3. Choose the players.
4. Click **EXPORT RAW DATA**.

The export raw data function exports second-by-second data from a training session. Raw data export gives you a zip file with player specific folders which contain a CSV file, and a .txt file and a GPX file.

- The CSV file contains second by second information about heart rate, speed, distance, acceleration/deceleration and running cadence.
- The .txt file contains unfiltered RR interval data that can be analyzed with third party heart rate variability tools.
- The GPX file contains location information that can be viewed in third party tools.

REPORTS

In the reports section you can generate different types of reports from your team's training sessions. You can choose the period from which you want to generate the report as well as how you want to view the data. A report can be generated for the whole team or you can choose to just include certain players. You also can create weekly individual or multiple player reports.

Reports can be printed directly from the service and summary reports can be exported in .csv format. Name, type and a note can be added to every team training session export summary.

TEMPLATES

Create custom templates to get the data you need easily every time.

Create Custom Report Template

1. Choose **Custom template** from the **Report template** drop-down list.
2. Choose what information is shown on the bar graph.
3. Choose what information is shown on the line graph.
4. Chose the sport.
5. Click **Create report**.

Save Report Template

After creating a report template it needs to be saved.

1. Choose **SAVE TEMPLATE**.
2. Name the template.
3. Click **SAVE**.

The template is added to your report template drop-down list.

Remove Template

1. Choose **REMOVE TEMPLATES**.
2. Choose the templates you wish to remove.
3. Click **REMOVE**.

SUMMARY

Generate Summary Report

Use a template or follow the instructions below:

1. Choose the time period from which you want the report. You can choose **Daily report, Weekly report, Monthly report, Yearly report** or **Custom Period**.
2. Choose the time period/date for the report.
3. Choose the players.
4. Chose the type of session.
5. Choose the values shown.
6. Click **CREATE REPORT**.

You can also export your chosen players' data into individual .csv files by choosing **Export**.

GRAPHS

Create reports which can include one bar and two line graphs for individual players or the whole team. Choose the period from which you want to generate the report as well as what data you want to see and how you want to view the data.

Generate Graph Report

Use a template or follow the instructions below:

1. Choose the time period from which you want the report. You can choose **Daily report, Weekly report, Monthly report, Yearly report** or **Custom Period**.
2. Choose how the data from the chosen time period is shown in the report. You can view data classified by **Day, Week** or **Month**.
3. Choose the time period/date for the report.
4. Choose the players.
5. Chose the sport.
6. Choose what information is shown on the bar graph.
7. Choose what information is shown on the line graph.
8. Click **CREATE REPORT**.

TRAINING LOAD

Under Training load you'll find **Cardio load** and **Muscle load**.

The Cardio load report shows you the Cardio load status and Cardio load buildup of the chosen player. Cardio Load Status looks at how Strain compares to Tolerance and shows how training is impacting the body. Following Cardio Load Status helps you keep your total training volume in control in the short and long-term. Choose the time period from which you want to view the report from by choosing **Last month**, **Last 3 months**, or **Last 6 months**.

The Muscle load report can help to monitor the players' training habits' effect on their readiness to endure training. When power zones are used, only the data in the power zones is used for creating the report. Choose the time period from which you want to view the report from by choosing **Last month**, **Last 3 months**, or **Last 6 months**.

You can choose to include Power zones in the graph as well. Note that only the chosen Power zones are included in the Muscle load status.

For more information on Cardio load and Muscle load see "Training Load" on page 37

POLAR HEART RATE ZONES

When the player's maximum heart rate is selected as the heart zone calculation method, heart rate zones which the user can determine are specified as a percentage of a player's maximum heart rate. As the zones are based on percentages of a player's own maximum heart rate, they are individual for each player. The same percentages are, however, used for the whole team. Training is divided into five heart rate zones based on percentages of maximum heart rate. The zones can be edited in the Team Pro web service, and can be individually customized for each sport.

EDIT HEART RATE ZONES

1. Choose ⚙ in the upper right corner.
2. Choose **Team settings**.
3. Choose **SPORT PROFILES**, and the profile you wish to edit (if you only have one sport profile, it is automatically chosen).
4. Choose **Free** under **HEART RATE ZONE TYPE**, and adjust the zones.
5. Click **SAVE**.

Target zone	Intensity % of HRmax*, bpm	Example durations	Training effect
MAXIMUM	90–100% 171–190 bpm	less than 5 minutes	Benefits: Maximal or near maximal effort for breathing and muscles. Feels like: Very exhausting for breathing and muscles. Recommended for: Very experienced and fit athletes. Short intervals only, usually in final preparation for short events.
HARD	80–90% 152–172 bpm	2–10 minutes	Benefits: Increased ability to sustain high speed endurance. Feels like: Causes muscular fatigue and heavy breathing. Recommended for: Experienced athletes for year-round training, and for various durations. Becomes more important during pre competition season.
MODERATE	70–80% 133–152 bpm	10–40 minutes	Benefits: Enhances general training pace, makes moderate intensity efforts easier and improves efficiency. Feels like: Steady, controlled, fast breathing. Recommended for: Athletes training for events, or looking for performance gains.

Target zone	Intensity % of HRmax*, bpm	Example durations	Training effect
LIGHT	60–70% 114-133 bpm	40–80 minutes	Benefits: Improves general base fitness, improves recovery and boosts metabolism. Feels like: Comfortable and easy, low muscle and cardiovascular load. Recommended for: Everybody for long training sessions during base training periods and for recovery exercises during competition season.
VERY LIGHT	50–60% 104–114 bpm	20–40 minutes	Benefits: Helps to warm up and cool down and assists recovery. Feels like: Very easy, little strain. Recommended for: For recovery and cool-down, throughout training season.

*HR_{max} = Maximum heart rate (220-age). Example: 30 years old, 220−30=190 bpm.

Training in heart rate zone 1 is done at a very low intensity. The main training principle is that performance improves when recovering after, and not only during training. Accelerate the recovery process with very light intensity training.

Training in heart rate zone 2 is for endurance training, an essential part of any training program. Training sessions in this zone are easy and aerobic. Long-duration training in this light zone results in effective energy expenditure. Progress will require persistence.

Aerobic power is enhanced in heart rate zone 3. The training intensity is higher than in zones 1 and 2, but still mainly aerobic. Training in zone 3 may, for example, consist of intervals followed by recovery. Training in this zone is especially effective for improving the efficiency of blood circulation in the heart and skeletal muscles.

If your goal is to compete at top potential, you will have to train in heart rate zones 4 and 5. In these zones, you exercise anaerobically in intervals of up to 10 minutes. The shorter the interval, the higher the intensity. Sufficient recovery between intervals is very important. The training pattern in zones 4 and 5 is designed to produce peak performance.

The Polar target heart rate zones can be personalized in the sport profile settings in the web service by using a laboratory measured HR_{max} value, or by taking a field test to measure the value yourself. When training in a target heart rate zone, try to make use of the entire zone. The mid-zone is a good target, but keeping your heart rate at that exact level all the time is not necessary. Heart rate gradually adjusts to training intensity. For instance, when crossing from heart rate target zone 1 to 3, the circulatory system and heart rate will adjust in 3-5 minutes.

Heart rate responds to training intensity depending on factors such as fitness and recovery levels, as well as environmental factors. It is important to look out for subjective feelings of fatigue, and to adjust your training program accordingly.

INDIVIDUAL TRAINING

The individual training feature combines data from the players' individual training sessions with data from team training sessions. In addition to data from individual training sessions, you can view the players' activity, sleep, Nightly Recharge™, training load ,Cardio load status, and recovery status information. Find the perfect balance between

training and rest and get a true picture of your players' recovery status before getting out there again. Training load shows you how training affects your players and helps you recognize their limits, adjust training intensity and prevent injuries. The players' data is available right after they sync their Polar device with the Flow web service and can be viewed from the **Activities** calendar view as well as from the player cards.

PERSONAL FLOW ACCOUNT AND POLAR DEVICE

To get the most out of the individual training feature, and gain a thorough understanding of your players' overall condition and readiness throughout the season, each player will need a **personal Polar Flow web service account** available at flow.polar.com/start and a **Polar device with the activity tracking feature**. **The individual training feature can also be used without a Polar device, but it cannot be utilized fully without one**.

When using the Flow web service with a Polar device:

- Players can see their Team Pro training sessions in their personal Flow account
- Players wear their Polar devices during personal training sessions, and sync the data to the Flow web service
- Coach can see the players' personal training sessions in the Team Pro web service
- Coach can see the players' activity and sleep information
- Coach and players can view training load, Cardio load status and Nightly Recharge™ recovery information for balancing training and rest
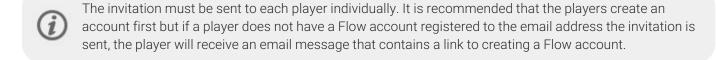
When using the Flow web service without a Polar device:

- Players can see their Team Pro training session in their personal Flow account
- Players can manually add training sessions to their Flow account

GETTING STARTED GUIDE FOR COACH

Preparations: The players create personal Polar Flow web service accounts at flow.polar.com/start. If they have Polar devices they will be instructed how to take them into use during the account creation process. Once they have created accounts, they will give you their Flow account usernames.

1. Make sure you have synced all unsynced training data from the Polar Pro sensors before linking personal player accounts with the Team Pro web service.
2. Log into your team's account in the Team Pro web service.
3. Click , and choose **Player Roster**.
4. Click on a player to open the player profile.
5. Type the player's existing Flow account username into the **Link Polar account** field.
6. Click **Save**.
7. The players then log into their personal Flow accounts, and accept the linking invitations from the **Notifications** tab .
8. Their personal Flow accounts are now linked with your team's Polar Team Pro account.
9. Always sync the Polar Pro sensors after linking a personal player account with the Team Pro web service.

> (i) The invitation must be sent to each player individually. It is recommended that the players create an account first but if a player does not have a Flow account registered to the email address the invitation is sent, the player will receive an email message that contains a link to creating a Flow account.

> (i) The players whose personal accounts have been linked are indicated with a chain icon on their profile picture in the player roster view in Team Pro web service. All personal training sessions (including ones done in the past) become visible in the Team Pro account after linking the accounts. Team training sessions done before linking the accounts do not become visible in the player's personal Flow account.

> (i) It's possible to cancel a player invitation before the player has accepted it. Once the invitation is accepted, the same option changes to **Unlink** which allows you to unlink a personal Flow profile.

GETTING STARTED GUIDE FOR PLAYER

1. Create a personal Flow web service account at flow.polar.com/start, and follow the on-screen instructions. If you have a Polar device you'll be instructed how to take it into use during the account creation process.
2. Once you have created an account, give your account email address to your coach. Your coach will then send you an account linking invitation.
3. Log into your personal Flow account with your email address and password, and accept the linking invitation from the **Notifications** ▢ tab .
4. Your personal Flow account is now linked with your team's Polar Team Pro account.

> (i) All personal training sessions (including ones done in the past) become visible to the coaches in the Team Pro account after linking the accounts. In addition to personal training sessions the coaches can see the players' sleep statistics, nightly recharge status recovery status and cardio load status. Team training sessions done before linking the accounts do not become visible in your personal Flow account.
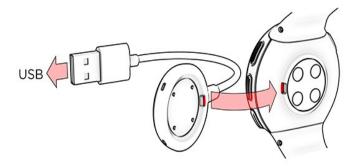
1. Read your Device's Getting Started Guide

Get to know your Polar device by reading the getting started guide that came with it. For more information and help see the full user manual and tutorial videos at support.polar.com.

2. Sync your Polar device Daily

Remember to sync your Polar device with the Flow web service daily. This makes sure that all of your training, activity and sleep data, as well as other information is up to date at all times.

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

1. Connect your Polar device to your computer with the USB cable that came with it.
2. The FlowSync window opens on your computer, and the syncing starts.
3. Completed is displayed when you are done.

Every time you plug your Polar device into 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 Polar device is plugged into your computer, press the synchronize button on FlowSync to transfer to the settings to your Polar device.

You can also sync your device wirelessly with the Flow mobile app for iOS and Android. Flow app is the easiest way to sync your training data from your Polar device with the web service. 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 www.polar.com/en/support/Flow_app. Before taking a new mobile device (smartphone, tablet) into use, it has to be paired with your Polar device.

TEAM PRO INDIVIDUAL PLAYER CALENDAR MONTH VIEW

The individual training feature brings new elements to the individual player view in the Team Pro web service. These include personal training sessions, activity information and any Polar tests* (for example fitness test, orthostatic test, jump test, RR recording, running performance test, cycling test, leg recovery test) the player has performed.

* Please note that the available features depend on your Polar device.

Recovery status: The recovery status feature estimates how much training load you can tolerate. It keeps track of your cumulative load – that is, intensity, volume and frequency of your training and activity – taking your training background into account, and estimates your current and future level of physical strain. Click to open in a new window. You'll see the same recovery status view that is shown in the player's personal Flow account. This is a view only, the information cannot be accessed.

 Inactivity stamp: If you've been still for too long (1 hour), you'll get an inactivity stamp.

 Percentage of daily activity goal accumulated: Shows how much of your daily activity goal you've reached.

 Tests performed: RR recording, Orthostatic test, Fitness test, Jump test, Running perfomance test, Cycling performance test, Leg recovery test.
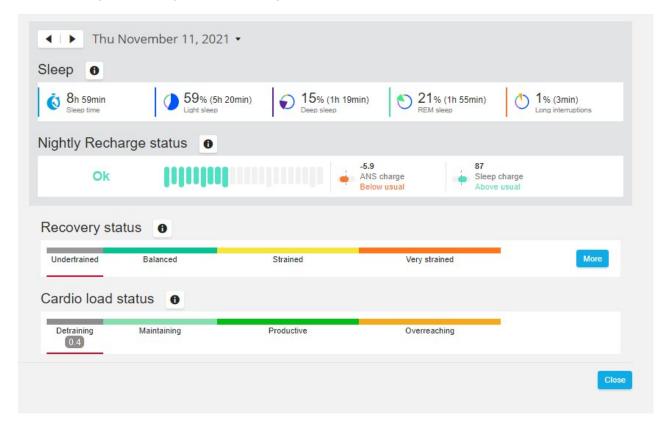
 Team training session: Team training sessions are shown with the team logo.

 Personal training sessions: Personal training sessions are shown with the sport icon. Click to open in a new window. You'll see the same recovery status view that is shown in the player's personal Flow account. This is a view only, the information cannot be accessed.

 Match/game: Team sessions that are match/game type are illustrated with a black sport icon.

TEAM PRO INDIVIDUAL PLAYER CALENDAR DAY VIEW

Good to know

- In the **whole team** calendar view only team training sessions are shown.
- In the individual player calendar view team training sessions as well as personal training sessions are shown.
- Reports only include team training sessions, no individual sessions are included.
- In the players' personal Flow accounts team training sessions are shown with the sport profile icon (in the Team Pro account these sessions are shown with the team logo).

Unlink a Player's Personal Flow Account from Team Pro web Service

A player or coach can remove the account access link at any time. When unlinking a player from the Team Pro account, the players' personal training information is deleted from the team's account. The link can be deleted by the coach in Team Pro web service or by the player in their personal Flow account.

Coach

1. Log into your team's account in the Team Pro web service.
2. Click ⚙, and choose **Player Roster**.
3. Click 🖉 on a player to open the player profile.
4. Click **Unlink** after the player's email address in **Linked Polar account** field.
5. Click **Save**.

Player

1. Log into your personal Polar Flow account at flow.polar.com
2. Click 👤 (name/profile photo) in the upper right corner.
3. Choose **Settings**.
4. In the Account access section, click **remove** on the organization you wish to remove.

POLAR SPEED ZONES

Speed zones provide an easy way to choose and monitor the intensity of your training based on speed, and help you mix up your training with different intensities for optimal effects. There are five zones, and you can use the default ones or define your own. The default zones are an example of speed zones for a person with a relatively high fitness level. The zones can be edited in the Team Pro web service, and can be individually customized for each sport.
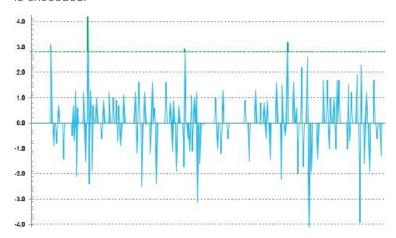
EDIT SPEED ZONES

1. Choose [icon] in the upper right corner.
2. Choose **Team settings**.
3. Choose **SPORT PROFILES**, and the profile you wish to edit (if you only have one sport profile, it is automatically chosen).
4. Choose **Free** under **SPEED ZONE TYPE**, and adjust the zones.
5. Click **SAVE**.

SPRINTS

The number of sprints a player takes during a training session is counted. All acceleration values over 2.8 m/s2 are classified as sprints. The length of an acceleration can vary. It can only be a three step explosive movement or it can be a longer 20-30 meter maximal sprint. Both efforts are classified as one sprint when the threshold value of 2.8 m/s2 is exceeded.

SPRINT THRESHOLD

Follow the number of sprints actions based on either acceleration or speed threshold. You can choose default or free. With free you can set the threshold manually. The value can be set as speed (km/h) or acceleration (m/s2). The default acceleration value is 2.8 m/s2.

You can edit the sprint threshold type in the Team Pro web service in **Settings > Sport profiles**.

TRAINING LOAD

The Training Load feature helps you to understand the amount of effort that you put into a training session. Training Load is calculated for every training session based on intensity and duration. The Training Load feature makes the effort of a short high intensity session comparable to that of a long low intensity session. Training Load value is indicated to the user in days and hours for more detailed comparison between sessions.

Training Load is based on intensity and duration of a training session. The intensity of a session is measured using heart rate and the calculation is further affected by your personal information, such as age, sex, weight, VO2max, and

training history. Before training history is available, your training background selection is used in the calculation. We also use your aerobic and anaerobic threshold values in the calculation. If you have reliably measured them, please update the default values in the web service. The sport of a session is taken into account via sport specific factor, which improves the calculation accuracy.

Mild 0-6 hours

Reasonable 7-12 hours

Demanding 13-24 hours

Very demanding 25-48 hours

Extreme Over 48 hours

Training load can be viewed as Cardio Load and Muscle load, recovery time or a as a score. Cardio Load measures your cardiac response to a training session, or in other words how much strain a training session put on your cardiovascular system. Muscle Load measures the strain a training session causes to your musculoskeletal system that is comprised of your joints, muscular and skeletal systems. Recovery time is an estimate of the time you need to fully recover from your training. Training load score is a numeric value of the approximate measure of carbohydrate and protein used as energy during training. Its numeric value typically ranges from 50 to 250 in a 30 to 90 minute training session.

You can edit how to view Training load in the Team Pro web service in **Team Settings > General**. You can choose to view Training load as **Cardio load and Muscle Load**, **Recovery time** or **Score**.

CARDIO LOAD

Cardio Load measures your cardiac response to a training session, or in other words how much strain a training session puts on your cardiovascular system. Your Cardio Load is shown as training impulse (TRIMP), a commonly accepted method to quantify training load. TRIMP is calculated after every workout from your heart rate and session duration, and it's affected by your physical settings, resting and maximal heart rate, and gender.

Cardio Load is not updated during live sessions to the application. It is calculated in the Team Pro web service after the session when syncing.

Verbal description and bullet scale

The verbal descriptions and bullet scales for Cardio Load uses a five-step scale: **Very low, Low, Medium, High, Very High**. The scales are adaptive and have been added in addition to the absolute numeric value to help you interpret the load of a single session. They show how hard your session was compared to your session average from the past 90 days. Since they are adaptive they do not have a direct link with the absolutes numeric values.

They adapt according to your progress: the more you train, the more you tolerate. This also means that a load value that was for example ranked as three bullets (medium) a couple of months ago could now be ranked as two bullets (low) as your tolerance for training has improved. This reflects the fact that the same kind of training session can have a different impact on your cardio system depending on your training history and current condition.

Cardio Load status

Your Cardio Load Status looks at how your Strain compares to your Tolerance and shows how your training is impacting your body. Following your Cardio Load Status helps you keep your total training volume in control in the short and long-term.

When you start following your Cardio Load Status, you need to gather data for a while to build up your personal baseline for analysis before we can give you accurate feedback on your status. You need a certain amount of training history before your strain and tolerance can be determined reliably. This why you won't see all of the available information right away. It takes some weeks to establish a baseline. Before we can give accurate feedback, you'll see an estimate (indicated with*).

Since your Cardio Load Status uses your average daily load from the past 28-day training window as an input, if you don't have any training history in Flow you're still gathering data to build a baseline during your first four training weeks. During this period your Cardio Load Status can still be inaccurate. Especially if you happen to have lighter or heavier training weeks that deviate from your regular training habits, they can distort your Cardio Load Status in the short-term and give you a status that may not be accurate. After a month of training that reflects your typical training amount your Cardio Load Status should be reliable.

MUSCLE LOAD

Muscle Load measures the strain a training session causes to your musculoskeletal system that is comprised of your joints, muscular and skeletal systems. It helps quantify training loads in anaerobic high-intensity training sessions, such as short intervals, sprints and hill sessions, when your heart rate doesn't have enough time to react to the changes in intensity.

Muscle load is illustrated with a numerical value. In addition, a verbal description and bullet scale for Muscle Load uses a five-step scale: Very low, Low, Medium, High, Very High. The scales are adaptive and have been added in addition to the absolute numeric value to help players interpret the load of a single session. Muscle Load is automatically calculated from your power data from training sessions with both outdoor and indoor profiles when GPS and or acceleration data is available from running based sport profiles (excluding ice hockey and volleyball).

Since Muscle load is calculated from power data it is important that the power zones are accurately defined for each player. Power zones are defined in relation to MAP (Maximum aerobic power). If the players' have measured their MAP (Maximum aerobic power) values, update the them player profile settings in the **Player roster** view under **Team settings**. If a players' personal Flow account is not linked to Team Pro, their MAP value is calculated from their VO2max value.

Add Muscle Load to a sport profile

1. Choose ⚙ in the upper right corner.
2. Choose Sport profiles.
3. Choose edit under the sport profile you wish to add muscle load to.
4. Set **Muscle load and power zones** On.
5. Choose **Save**.

> ⓘ After changing the Muscle load setting from the sport profile settings (on or off) from the Team Pro web service you need to log out from the Team Pro app and log back in again to activate the change.

CARING FOR YOUR POLAR TEAM PRO SOLUTION

It is important to follow the care and maintenance instructions to assure the long life of the Polar Team Pro training and coaching solution.

POLAR PRO SENSOR

- Detach the sensors from the straps and store separately.
- Rinse the sensors under running lukewarm water after every use.
- Do not insert wet sensors into the dock.
- Store the sensors in the dock.
- When the sensors are not in daily use or are stored for a longer period of time, recharge them regularly to prevent a complete exhaustion of the sensor batteries.

STRAPS

- Rinse the straps under running lukewarm water after every use.
- Wash the straps in a washing machine at 40 °C (104°F) after every fifth use. Always use the washing pouch (included in the set). Detach the sensor from the strap before washing!
- Do not use bleach or fabric softener.
- Store the straps in the Polar Team Pro bag, in a pocket with vents.
- Do not store the store straps wet.

POLAR PRO TEAM DOCK

- Wipe the dock with a moist cloth regularly.
- Do not use in rain or wet conditions.
- Avoid using and leaving the dock in direct sunlight.

TECHNICAL SPECIFICATION

Polar Pro Sensor

Battery type: 390 mAh Li-pol rechargeable battery or 501 mAh Li-pol rechargeable battery (sensors marked with a circle symbol on the back).

Sensor materials: ABS, ABS + 30% GF, PC, stainless steel

Strap materials: 38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

Operating temperature: -10 °C to +45 °C (14 °F to 113 °F)

Polar Pro Team Dock

Battery type: 2800 mAh Li-poly rechargeable battery

Dock Materials: ABS + PC, PC, brass (gold plated), steel, stainless steel, aluminium, LDPE/TPR

Operating temperature: 0 °C to +35 °C (32 °F to 95 °F)

IMPORTANT SAFETY INFORMATION

AC-POWERED DEVICES

These precautions apply to all products that plug into a standard wall power outlet.

Failure to take the following precautions can result in serious injury or death from electronic shock or fire or in damage to the device.

To Select an Appropriate Power Source For Your Device:

- Use only the power supply unit and AC power cord that came with your device or that your received from an authorized repair center.
- AC adapters are only for indoor use.
- Confirm that your electrical outlet provides the type of power indicated on the power supply unit (in terms of voltage [V] and frequency [Hz]). If you are not sure of the type of power supplied to your home, consult a qualified electrician.
- Do not use non-standard power sources, such as generators or inverters,even if the voltage and frequency appear acceptable. Use only AC power provided by a standard wall outlet.
- Do not overload your wall outlet, extension cord, power strip, or other electrical receptacle. Confirm that they are rated to handle the total current (in amps [A]) drawn by the device (indicated on the power supply unit) and any other devices that are on the same circuit.

To Avoid Damaging the Power Cords and Power Supply:

- Protect the power cords from being walked on.
- Protect cords from being pinched or sharply bent, particularly where they connect to the power outlet, the power supply unit, and the device.
- Do not jerk, knot, sharply bend, or otherwise abuse the power cords.
- Do not expose the power cords to sources of heat.
- Keep children and pets away from the power cords. Do not allow them to bite or chew on them.
- When disconnecting the power cords, pull on the plug - do not pull on the cord.

If a power cord or power supply becomes damaged in any way, stop using it immediately. Unplug your device during lightning storms or when unused for long periods of time.

For devices with an AC power cord that connects to the power supply, always connect the power cord according to the following instructions:

1. Plug the AC power cord into the power supply unit until it stops.
2. Plug the other end of the AC power cord into the wall outlet.

BATTERY-POWERED DEVICES

These precautions apply to all products that use rechargeable or disposable batteries.

Improper use of batteries may result in battery fluid leakage, overheating, or explosion. Released battery fluid is corrosive and may be toxic. It can cause skin and eye burns, and is harmful if swallowed.

Rechargeable Batteries Only:

- Charge only with the recharger provided with the product.

WIRELESS DEVICES

Before boarding any aircraft or packing a wireless device in luggage that will be checked, remove the batteries from the wireless device or turn the wireless device off (if it has an on/off switch). Wireless devices can transmit radio frequency (RF) energy, much like a cellular telephone, whenever batteries are installed and the wireless device is turned on (if it has an on/off switch).

ALL DEVICES

Do Not Attempt Repairs

Do not attempt to take apart, open, service, or modify the hardware device or power supply. Doing so could present the risk of electrical shock or another hazard. Any evidence of any attempt to open and/or modify the device, including any peeling, puncturing, or removal of any of the labels, will void the Limited Warranty.

CHOKING HAZARD

This device may contain small parts that which may be a choking hazard to children under 3. Keep small parts away from children.

REGULATORY INFORMATION

POLAR PRO TEAM DOCK

Polar Electro Oy is a ISO 9001:2015 certified company.

This product is compliant with Directives 2014/35/EU, 2014/30/EU, 2011/65/EU and 2015/863/EU. The relevant Declaration of Conformity and other regulatory information for each product are available at www.polar.com/en/regulatory_information.

This product is compliant with Directives 2006/66/EC and 2012/19/EU. Separate disposal for battery and electronics.

Compliance Statement

Canada

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

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

USA

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

FCC regulatory information

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

POLAR PRO SENSOR

Polar Electro Oy is a ISO 9001:2015 certified company.

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This product is compliant with Directives 2014/53/EU, 2011/65/EU and 2015/863/EU. The relevant Declaration of Conformity and other regulatory information for each product are available at www.polar.com/en/regulatory_information.

This product is compliant with Directives 2006/66/EC and 2012/19/EU. Separate disposal for battery and electronics.

COMPLIANCE STATEMENT

Canada

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

Industry Canada (IC) regulatory information

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

Avis de conformité à la réglementation d'Industrie Canada

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

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

USA

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

FCC regulatory information

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

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

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

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

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

PRECAUTIONS

The Polar Team Pro solution shows performance indicators. The solution is designed to indicate the level of physiological strain and recovery during and after an exercise session. It measures heart rate, speed and distance. No other use is intended or implied.

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

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 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 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. For further information, see www.polar.com/support.

MINIMIZING RISKS WHEN 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, defibrillator 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, such as defibrillators, 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. 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 a black color to come off the heart rate sensor's surface, possibly staining light-colored clothes. If you use perfume 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.

LIMITED POLAR INTERNATIONAL GUARANTEE

- This guarantee 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.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- The receipt of the original purchase is your proof of purchase!
- The guarantee does not cover the battery, 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, armband, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

Manufactured by Polar Electro Oy, Professorintie 5, FI-90440 KEMPELE, Tel +358 8 5202 100, Fax +358 8 5202 300, www.polar.com.

Polar Electro Oy is a ISO 9001:2008 certified company.

POLAR PRIVACY

POLAR TEAM PRO – TEAM INSTRUCTIONS

When purchasing the Polar Team Pro product, the team enters into an agreement with Polar. In this agreement, Polar will be acting as the data processor responsible for storing and managing the information uploaded into Polar Team Pro service. The team acts as the data controller, and it is responsible for the data that is uploaded into the service and how the data is processed. The team is responsible for making sure that the players' information is correct, as well as handling data processing requests from individual players, such as deleting information from the service. Polar will process the information according to the instructions and terms of use agreed with the data controller.

When the main user of the team registers the Polar Team Pro service, a confirmation message will be sent to the email address they have provided. The email address must be confirmed within 30 days, otherwise the created account will be locked, and signing in to the Polar Team pro service will not succeed. However, verification is still possible after 30 days.

The players' personal information is stored in the Polar Team Pro service. The information should be handled according to the data privacy laws of the country in which Polar Team Pro is used. The team is responsible for obtaining permission from its players if the legislation of the country in question so requires. In the case of a minor, written consent from the player's legal guardian must be obtained if the legislation of the country in question so requires.

According to legislation in most countries, a person has the right to access their personal information. In practice this can mean for example that a player can request to see their information or request their information to be removed. In such cases the player should contact the person responsible for the team's information.

Polar privacy policy must be available to players and guardians of underaged players so they can understand how the information is handled in Polar's system.

POLAR TEAM PRO – PLAYER INSTRUCTIONS

The players' information (e.g., number, name, date of birth) is stored in the Polar Team Pro service. All information is saved on the servers of the service provider used by Polar. Training session information is stored on the team's iPad

for a maximum of two months, and from there it is sent to the Polar Team Pro web service. Individual players' personal Polar accounts can be linked to the Polar Team Pro service so that the coach can also see them. Each player grants the team permission to see their training information on their personal account. The player can also revoke this permission. Each player's personal Flow accounts are located in the Polar Flow service, and the information is saved on the servers of Polar's service provider. The servers are located in the EU or outside the EU.

Each player is player is entitled to access their information as stated in the data privacy laws of the country in question. Usually this means for example that the player has the right to see what information concerning them is saved, and request this information to be removed if necessary. When the player wishes to access their information, the player should contact the person responsible for the team's information.

More information on Polar data protection at https://www.polar.com/en/legal/privacy-notice

DISCLAIMER

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
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