

POLAR®

Polar Ignite 3



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Polar Ignite 3

support.polar.com/en/ignite-3

Polar Ignite 3

Polar Ignite 3

AMOLED

Polar Ignite 3

◦ [Sleep Plus Stages™](#)

◦ [Nightly Recharge™](#)

◦ [Sleepwise™](#)

[Training Load Pro](#)

◦ [FitSpark™](#)

◦ [FuelWise™](#)

◦ FuelWise™

◦ [Running Index](#)

◦ Polar Flow

◦ Polar

24

◦ [24 /365](#)

[Serene™](#)

Polar Ignite 3 ◦ Polar Precision Prime™

◦ GPS

◦ GPS

◦ Polar Ignite 3

◦ Bluetooth

◦ Polar Club

◦ [Polar Club](#)



Polar Ignite 3

Polar

Polar Flow

App Store®

Google Play™

Polar Flow

Polar Flow

Polar Flow

Nightly Recharge

Polar Flow

Polar Flow

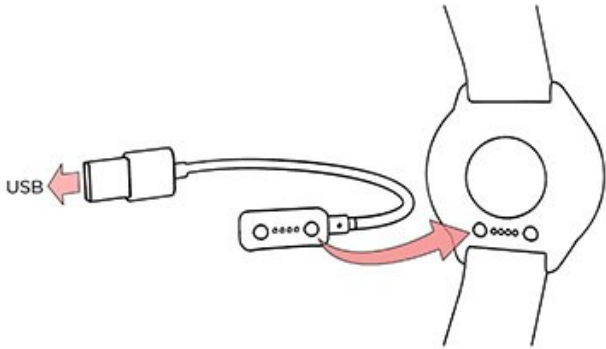
FlowSync®

Polar Flow

Polar Flow

flow.polar.com

USB USB



3 :

A. :USB

B. :



A B

C. :

Polar Flow

• **Ignite 3**

• Flow

A B

A: **Polar Flow**



Bluetooth , Polar Flow

1. ,
2. , Bluetooth
3. Polar Flow App Store Google Play ,
4. Polar Flow
5. Flow , Polar Flow ,
6. **Bluetooth** ,
7. Bluetooth
8. , PIN
9. , **Pairing done()** ,

10. Polar



B:

1. flow.polar.com/start Polar FlowSync

2. Polar
USB Polar Flow

C:



Polar Flow
Polar Flow
A B Polar Flow
Polar
Polar Flow

1

Polar Ignite 3

Serene



Polar Ignite 3



Serene™



Serene

Serene™

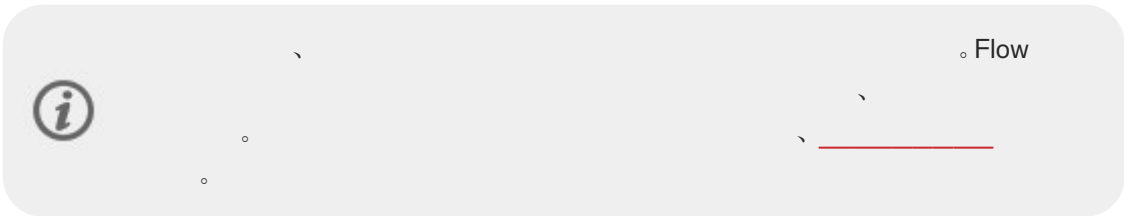
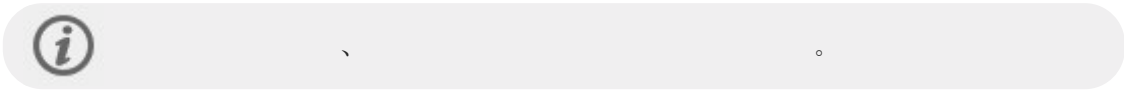


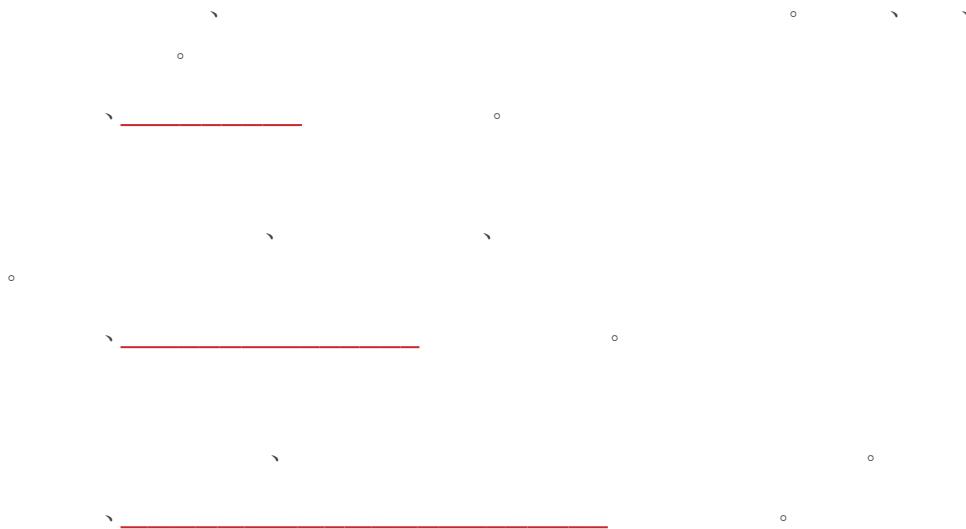
FuelWise™

◦ FuelWise™ \

3

\ FuelWise





-
-
-
-
-

Flowmeter

Valve

Polar Flow

Flow



Polar Flow

Polar Flow

Polar Flow

Polar Flow

- Flow App Store Google Play
- Bluetooth
- Android : Polar Flow

1. Polar Flow Polar



Android : Polar Flow Polar Polar Flow
 Polar Ignite 3 Polar Flow Polar Flow
 Polar Flow Polar Ignite 3

2. > > >

3. **Open Flow app and bring your watch close to phone(Polar Flow)**

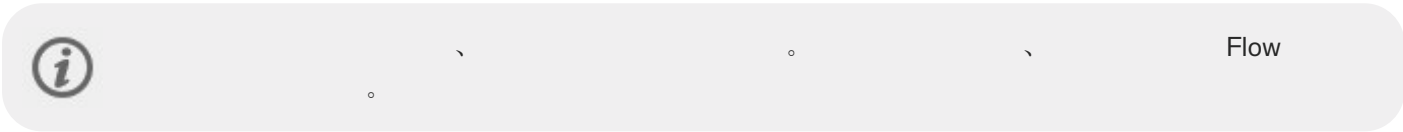
4. **Bluetooth**

5. Bluetooth

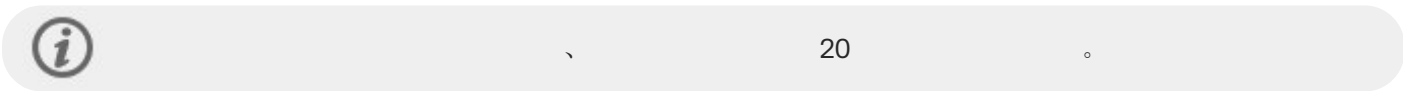
6. PIN

7. Pairing done()

1. > > >
- 2.
3. Remove pairing?(?)
- 4.



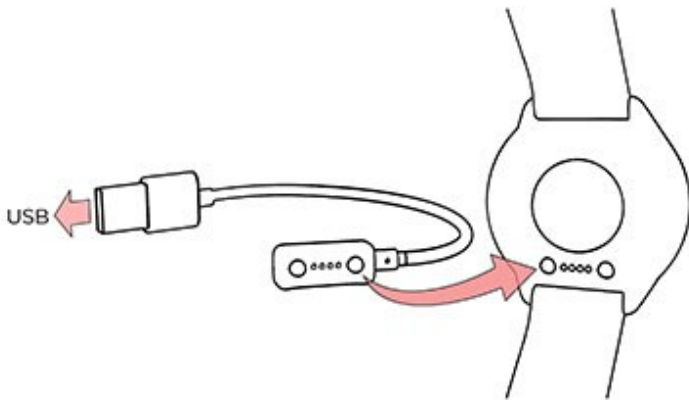
Polar Flow



FlowSync

FlowSync

1. ()



2. FlowSync
- 3.

4.

。

(10

)、

。

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-
-
-
-
-
-
-
-
-
-
-
-
-
-
-

◦ Polar Flow

/

:



Polar Flow

(kg, cm)

(lb, ft)

: Bahasa Indonesia, Čeština, Dansk, Deutsch, English, Español, Français, Italiano, Nederlands, Norsk, Polski, Português, Русский, Suomi, Svenska, 简, Türkçe.

(GPS)

(GPS)

ID,

A-GPS(GPS)

, Polar Ignite 3

Restart

Turn off

Reset all data and settings

10

Polar Ignite 3

Nightly Recharge

FitSpark

Activity

75%

10932

Activity NOW

75%

10932

Active time 2h 7min

Inactivity stamps 2

Heart rate

67 bpm

153 bpm

52 bpm

Energy used

1363 kcal

Metabolism 930 kcal

Activity 113 kcal

Training 320 kcal

1

BMR(Basal metabolic rate :

24 /365



1

This week's training summary

06:11 25

103.2 km

6

4380 kcal

Heart rate zones

5	00:05:00
4	00:10:00
3	03:30:00
2	02:00:00
1	01:00:00

Monday

- Road cycling 01:20:45
- Medium run 01:00:00
- Swimming 01:02:15

Tuesday

- Yoga 01:05:40
- Walking 01:22:20

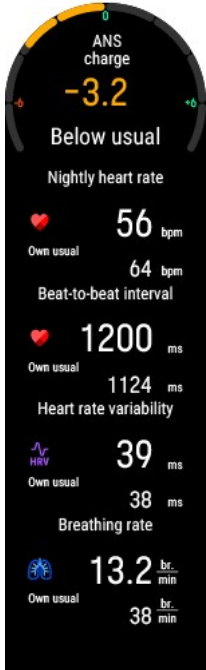
Wednesday

- Interval 00:40:25

Last week

Next week

Nightly Recharge



Nightly Recharge

Nightly Recharge

()

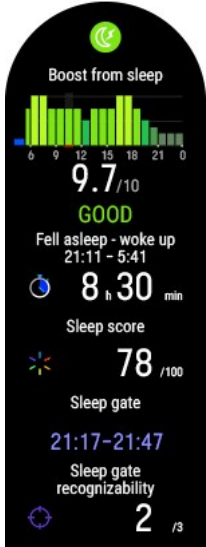
Nightly Recharge™

Nightly Recharge

Nightly Recharge

()

Sleep Plus Stages™



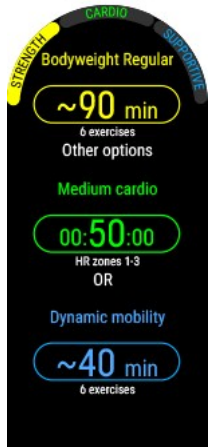
Sleepwise™



Cardio Load Status
OVERREACHING
1.4
Strain: 85 | Tolerance: 60

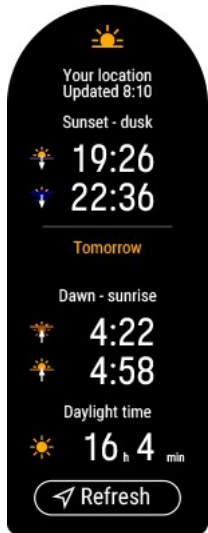
You've been training more than usual. If you keep this up for long, your training will become counter-productive.

[Training Load Pro](#)



FitSpark

1



Polar Flow

GNSS



Arlanda
20.10.2020 8:10

22 °C

24 °C

Rain
0.0 min

Wind speed
0.3 m/s

Direction
174°

Humidity
91 %

Forecast

11:00	23°	1 ↑
12:00	24°	1 ↑
13:00	22°	2 ↑
14:00	18°	2 ↑
15:00	17°	2 ↑
16:00	18°	2 ↑
17:00	19°	2 ↑
18:00	21°	2 ↑

Polar Band

My Heart Rate Will Go On

00:03:15 / 00:04:29

⏮ ⏪ ⏩ ⏭



- / 4
- / 3
- / 4
- / 2



BMR(Basal metabolic rate :



Serene™



:24 12

Polar Flow Polar Flow

// // // - - - . . .

Polar Flow Polar Flow

Polar Flow Polar Flow

-
-
-

-
-
-
-
-
-
-

• VO_{2max}

(kg) (lbs) °

cm() () °

(24 : . . . , 12 : / /) °

- 々(0~1 /): () °
- (1~3 /): 5~10 km(3~6) ° 1~3 °
- (3~5 /): 20~50 km(12~31) ° 3 °
- (5~8 /): 5 ° 々 °
- (8~12 /): °
- (12 /): °

°3

、1

1

2

(18 ~ 64

8)

8

(220 -)

(bpm)

55 ~ 75 bpm

2

:

1.

2. 1

3. 3 ~ 5

4. Polar

Polar Flow

(HR min)

Polar Flow

VO_{2max}

VO_{2max}

VO_{2max} (

VO_{2max}

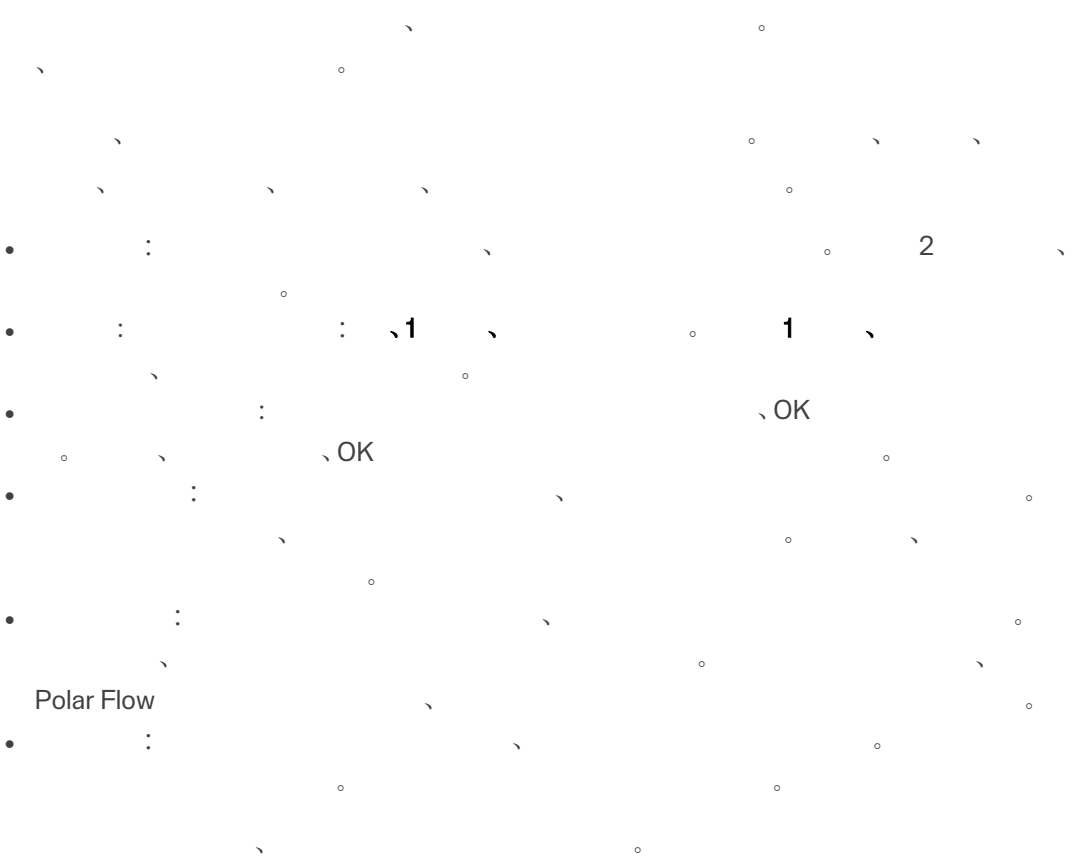
(:

VO_{2max}

Running Index

Polar

VO_{2max}



Polar Flow



Polar Flow





Bluetooth

Bluetooth



2

10



FlowSync

Flow

FlowSync

1. flow.polar.com/start Polar FlowSync
2. USB
3. FlowSync
- 4.
5. Polar Flow Bluetooth

Polar

1.

2.

3.

4.

5.

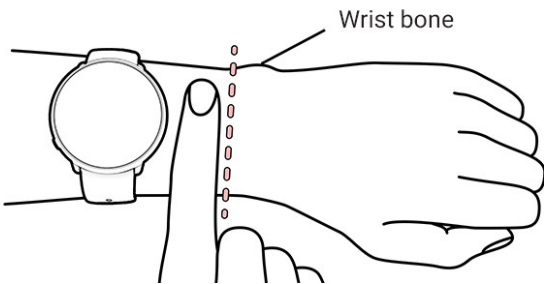


Polar

Polar Precision Prime™

(_____ Nightly Recharge Sleep Plus Stages)

- 1 ()
- LED
- !



i Polar Polar

Polar H10 N Bluetooth® Polar H10 N

i

/Nightly Recharge



1. _____

2.



GPS

3.

4.

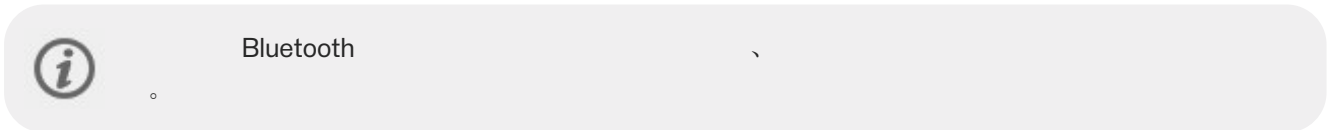
GPS

(

)

GPS

GPS





~38



89

89

Polar



GPS

(4)

GPS



GPS

GPS



5.

Polar Flow

Polar Flow

1.

2.



3.

4.

5.



[FitSpark](#)



GPS



GPS



Bluetooth



FitSpark



SWOLF

50

25

25

20



Flow



:

(10K 45)、

Flow



:

1.



?



2.



:

> ON



:

OK



GPS

1



Polar Flow

Polar Flow

Flow

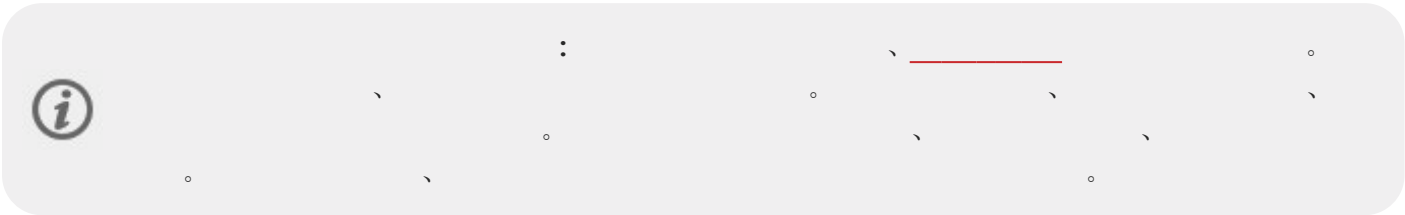


ZonePointer



ZonePointer



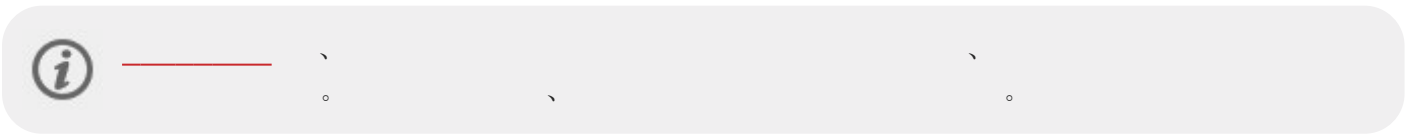


Flow

Speed | Time | Distance | Cadence | Body measurement | Environment | **Fullscreen**

- + Back to start
- + Countdown timer
- + HR graph
- + Interval timer
- + Speed/pace graph
- + Watch face

Flow



1.

3

2.



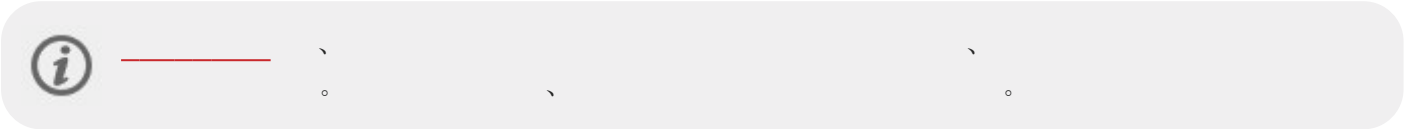
3.

?



4.

3



1.

3

2.

3.

3

2

Polar Flow

Polar Flow



Polar Flow

Polar Flow





(10)



Flow

Flow





Running Index



(/)
(/)



• ()
•
•
• /



:



20

Polar Flow

Bluetooth
Flow
Polar Flow

Bluetooth
Flow

Polar Flow
Flow

Polar Flow

Polar Flow



Smart Coaching

Smart Coaching

々

Polar

- Nightly Recharge™
- Sleep Plus Stages™
- Sleepwise™
- _____
- FitSpark™
- _____
- Serene™
- _____
- _____
- _____
- _____
- _____
- Training Load Pro
- FuelWise™
- _____
- _____
- _____
- _____
- 24 /365
- _____
- _____

Nightly Recharge™

Nightly Recharge™

Nightly Recharge

(ANS)

2

28

Nightly Recharge

Polar Flow

Polar Flow

Nightly Recharge

Nightly Recharge



1. Nightly Recharge

2.

3. Nightly Recharge

)

3

ANS

3

Nightly Recharge

Nightly Recharge

Nightly Recharge

Nightly Recharge

Nightly Recharge

Nightly Recharge



Nightly Recharge

Nightly Recharge

- - - OK - -

Nightly Recharge

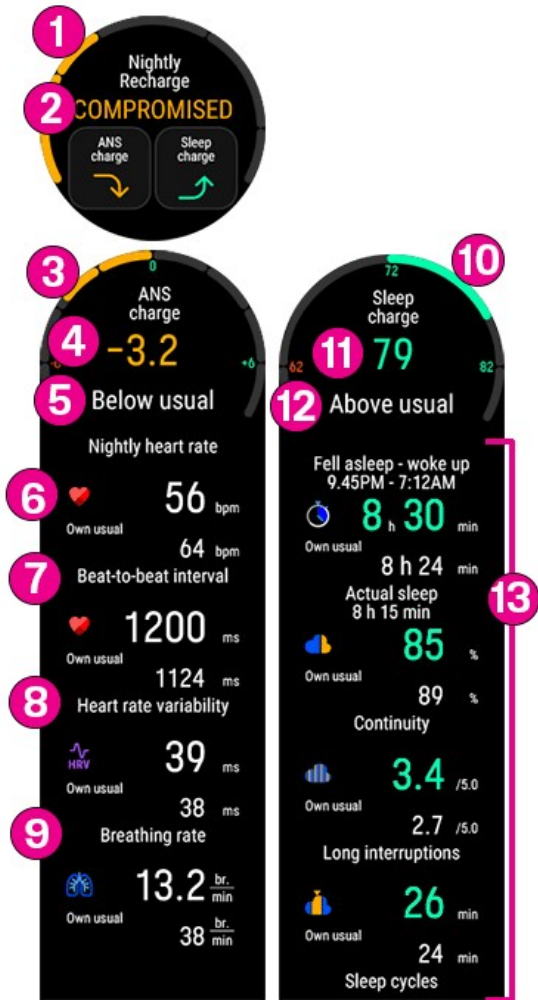
:



4

Nightly Recharge
Nightly Recharge

?



1. Nightly Recharge
2. Nightly Recharge : - - - OK - - .
- 3.
4. -10 ~ +10 .0 , .
5. : - - - - .
6. (4)
7. (4)
8. (4) (4)
9. br./ (4)
- 10.
11. (1 ~ 100) 1 . .
12. = . : - - - -
13. , 52 .

Polar Flow

Nightly Recharge

Polar Flow
Recharge

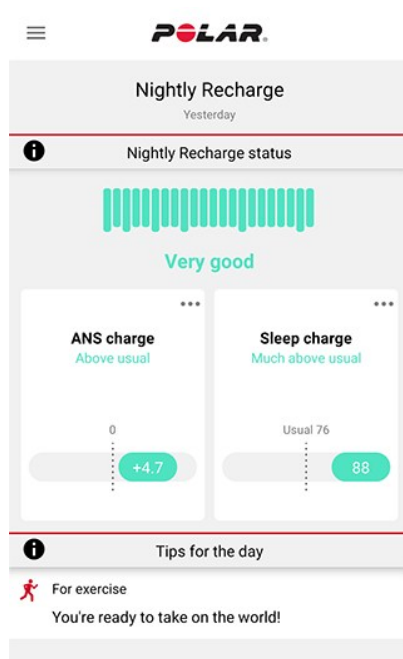
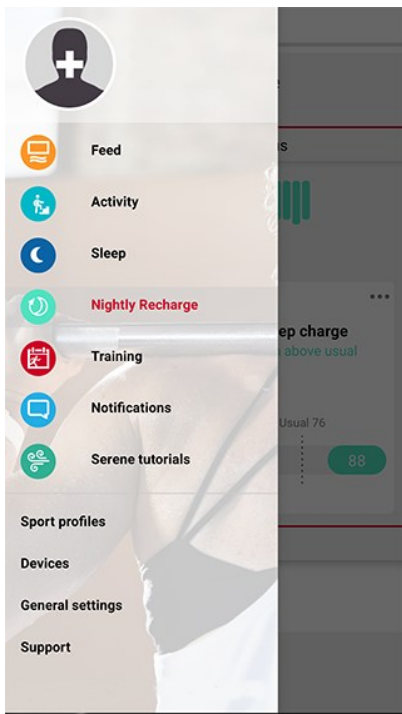
, Nightly Recharge

, Polar Flow

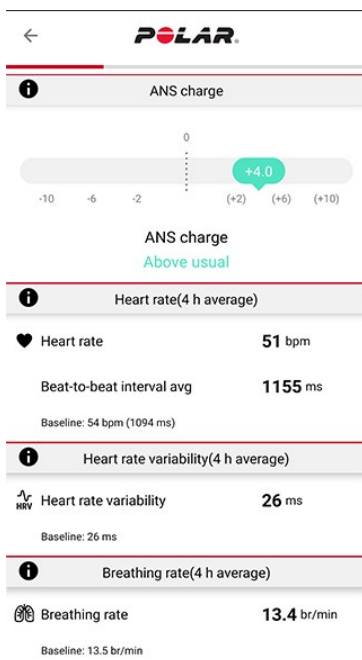
, **Nightly Recharge**

, Nightly

Nightly Recharge



Polar Flow



(ANS)

-10 ~ +10

0

4

Polar Flow

Polar Flow

40 ~ 100 bpm

Polar Flow

53

(HRV)

20 ~ 150

4

12 ~ 20

Polar Flow

Polar Flow

Polar Flow

Nightly Recharge

• Nightly Recharge

-
-
-

-
-
-

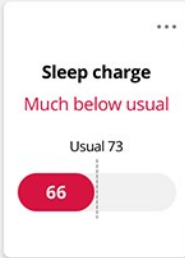
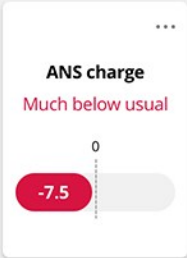
Nightly Recharge

Wednesday, 12 June 2019

Nightly recharge status



Very poor



Tips for the day

For exercise

A rest day might be just what you need. If you want to train, take it easy.

For sleep:

Make sure you get enough sleep. A warm cup of something before bedtime might relax you, just as long as it doesn't contain caffeine or alcohol. Alcohol hinders your REM sleep.

For regulating energy levels:

Do something that gives you pleasure and comfort. Music, gentle exercise, reading, cooking... whatever lifts up your spirits can help you recover!

_____, Nightly Recharge

Sleep Plus Stages™

Sleep Plus Stages

Polar Flow

Polar Flow

Polar Sleep Plus Stages™

1. Polar Flow Polar Flow

flow.polar.com Flow

Your preference

8 hours

15 minutes



Within recommended range

Tell us how long you'd like to sleep each night. We'll use this information to give you better feedback. The recommended sleep range for most adults is 7-9 hours. This setting is available with [Polar Sleep Plus](#).

(18~64

8)

.8

2. Sleep Plus Stages

3.

Sleep Plus Stages

3D

4.

(1~100)

(

)

(

1

.3

5.

Polar Flow

Nightly Recharge

Nightly Recharge



- 1.
2. (1~100)
3. =
- 4.
5. (%)
6. (1~5):
7. () , 1
8. : , 4~5
9. (%) : REM() , Rapid Eye Movement()
10. (%) :
11. (%) :

Polar Flow

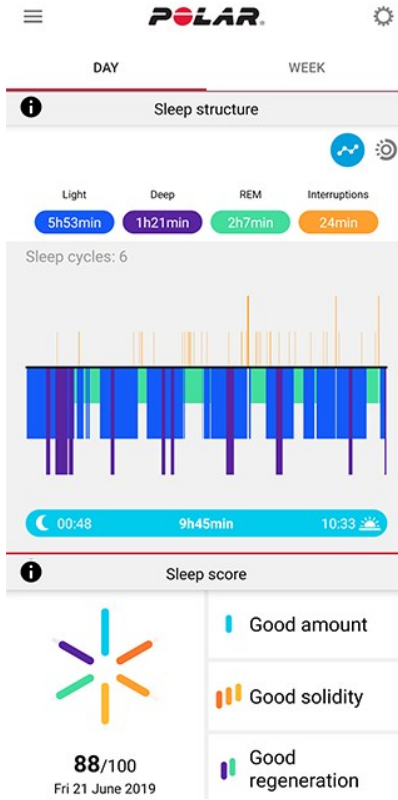
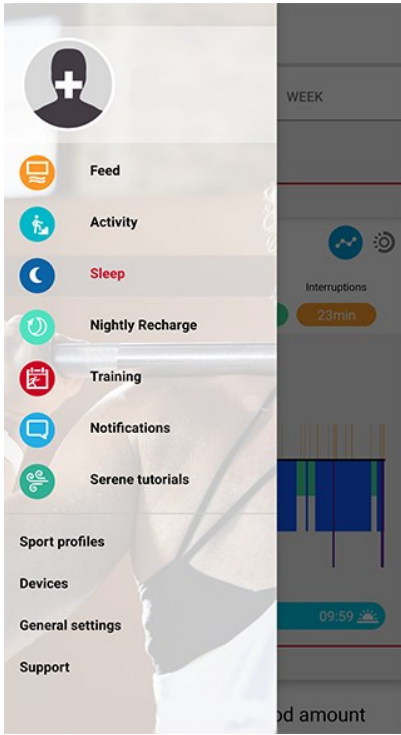
Polar Flow

Polar Flow

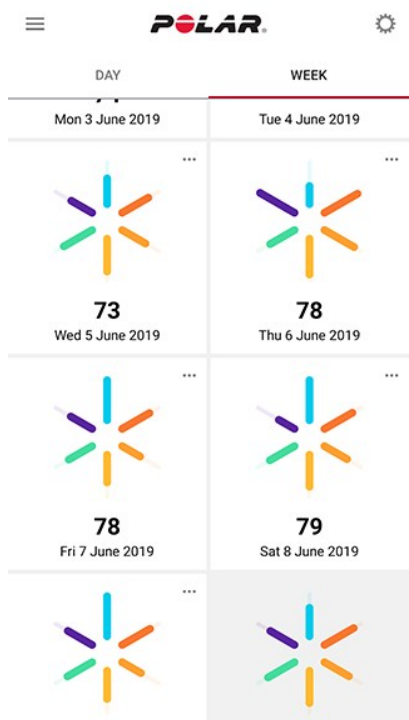
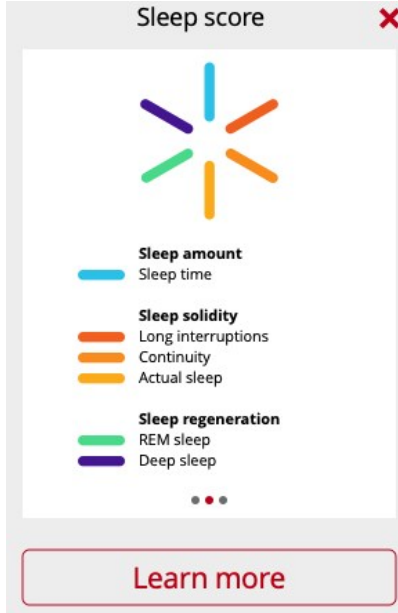
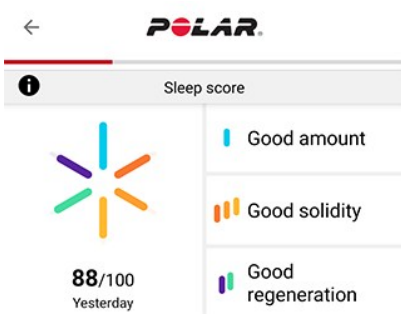
Polar Flow

4~5

8



6 , 3 (() , (, ,))
 ()
 .
 , ()
 .





Flow

.1 .3 .6



Polar Sleep Plus Stages

Sleepwise™

Polar SleepWise™

Polar

SleepWise

Polar

SleepWise

Sleep Plus Stages

Polar

Polar Flow

Polar Flow

7

5

Polar Flow

POLAR Edit

Melissa Hamilton
meo.hamilton@gmail.com

- Shop
- Nightly Recharge
- Boost from sleep**
- Feature tutorials
- Blog
- Activity
- Sport profiles
- Favorites
- Devices
- Notifications
- General settings
- Support

POLAR ⚙️

Today

23:34 - 8:10

Good
NIGHTLY RECHARGE

Go for it!

9,7/10
Good
BOOST FROM SLEEP

< Back



Boost from sleep Today



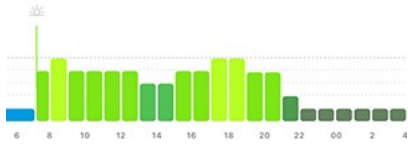
Forecast for the day

Good

9,6 / 10

Boost score

Boost levels Sleep Sleep gate



22:55 - 23:25
Sleep gate

Polar Ignite 3



4

?



Zzz



1.

2.

3.

4.

5.

6.

(1-100):

1

(1/3, 2/3, 3/3):

(3/3)。

< Back



< Back



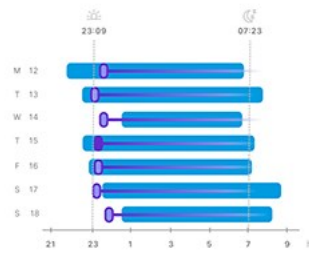
Weekly sleep

9 - 15 November 2022

Sleep insights



Sleep & internal rhythm



Boost levels Sleep

Sleep Sleep gate Sleep window

Trends

Trends



Boost from sleep



Boost from sleep

Boost from sleep

Time	Boost Level
9.0	9.8
9.6	9.6
9.5	9.5
10.0	10.0
9.6	9.6

&

2

3/3

2/3

1/3

(3/3)

2

59

々、 ()

Polar SleepWise

Polar

、1

、1

、SleepWise 1~2

28

+37°C (98.6 °F)

+1.8°F

+1°C /

()



1.

2.

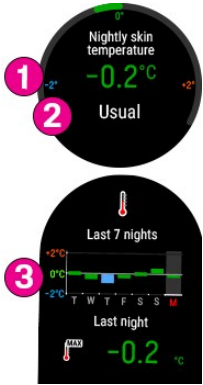
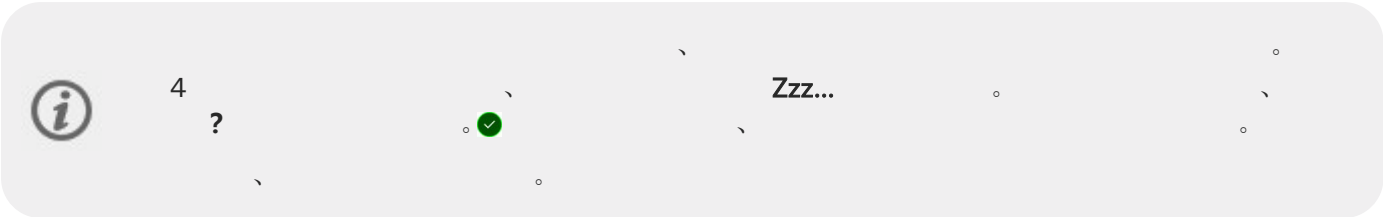
3.

3

28

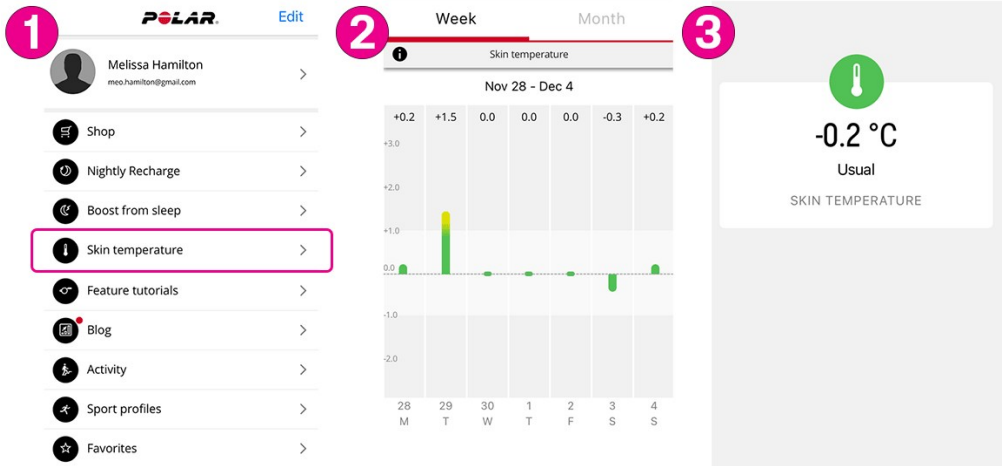
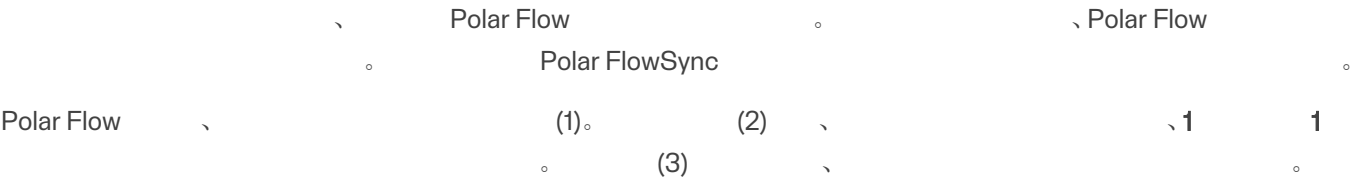
3

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1. ○
2. ○
3. 7

Polar Flow



FitSpark™



) 1 4 、 19 。

FitSpark

、Polar

。FitSpark

(FitSpark

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、FitSpark

7



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FitSpark

、FitSpark

Suggestion for today
Push your limits

Bodyweight Regular
 ~90 min
 6 exercises
 Other options

Medium cardio
 00:50:00
 HR zones 1-3
 OR

Dynamic mobility
 ~40 min
 6 exercises

Polar Flow FitSpark

40 20

Repeat
 3 rounds
 ~8 min
 Start

Ground to overhead plate
 30 s
 Lunges
 30 s
 Rest
 1 min 30 s

1/3 Round 1/3
 00:00:25

2/3 NEXT
 Lunges
 00:00:30

2/3 Round 1/3
 Lunges
 00:00:29

3/3 NEXT
 Rest
 00:01:30

3/3 Round 1/3
 Rest
 00:01:29



Polar Flow

Polar Flow

Polar Flow

Strength training
Monday, Jun 17, 2019 16:10 | Polar Ignite

00:37:31 Duration Cardio load Very low 29 113 bpm Average heart rate Max 133 | Min 88 230 kcal Calories Basic training more

Exercise breakdown

Exercise	Duration	Heart Rate (bpm)
1 Warm-up	00:10:00	111
2 Push-up	00:01:00	122
3 Box step-up	00:01:00	121
4 Rest	00:01:00	122
5 Push-up	00:01:00	106
6 Box step-up	00:01:00	114
7 Rest	00:01:00	121
8 Sit-up	00:01:00	103
9 Kettlebell swing	00:01:00	108
10 Rest	00:01:00	125
11 Sit-up	00:01:00	103
12 Kettlebell swing	00:01:00	105
13 Rest	00:01:00	122
14 Lat pull-down	00:01:00	109
15 Squat	00:01:00	118
16 Rest	00:01:00	120
17 Lat pull-down	00:01:00	112
18 Squat	00:01:00	111
19 Rest	00:01:00	121
20 Cool-down	00:05:00	110

HR (bpm) graph showing heart rate over time. The graph is divided into 20 segments corresponding to the exercise breakdown table. The heart rate ranges from approximately 88 bpm to 133 bpm. A legend on the right shows the percentage of time spent in each heart rate zone:

- 5: 0% (00:00:00)
- 4: 0% (00:00:00)
- 3: 0% (00:00:04)
- 2: 51% (00:18:49)
- 1: 49% (00:17:49)



Polar Flow



Work-rest guide
at your service

Start



135

Raise your HR



154

Work

Done

Rest!

146 → 135




146

Rest


Rest until your HR is
low enough

20



30

Work!



134

Work!


Raise your heart rate

!

?



Stop work-rest
guide?

 Polar H10 Polar Verity Sense

Serene™ 、

6 -

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、3

。Serene

Serene

Serene 、

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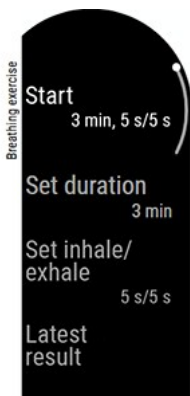
(+ = 10)

Serene 3

2~20

3 、 3

10 5 5 7



、Polar

- 1.
- 2.
3. **Serene** 、 15
- 4.
- 5.
- 6.
- 7.

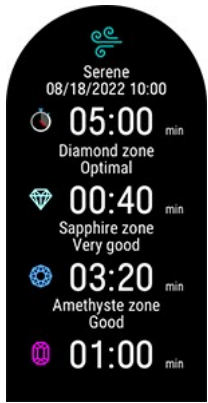


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Polar

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(VO2max)

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2~3

、1~3

VO_{2max} ?

- ✓
- VO_{2max} 1 ✗

Flow

 Bluetooth Polar Flow

/							
20-24	< 32	32-37	38-43	44-50	51-56	57-62	> 62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	> 59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	> 56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	> 54
40-44	< 26	26-31	32-35	36-41	42-46	47-51	> 51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	> 48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	> 46

/							
55-59	< 22	22-26	27-30	31-34	35-39	40-43	> 43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	> 40

/							
20-24	< 27	27-31	32-36	37-41	42-46	47-51	> 51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	> 49
30-34	< 25	25-29	30-33	34-37	38-42	43-46	> 46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	> 44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	> 41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	> 38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	> 36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	> 33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	> 30

、 、 7 VO_{2max} 、 62 。
 : Shvartz E、Reibold RC。 6 ~ 75 : 。 Aviat Space Environ
 Med 、 61:3-11, 1990。

VO_{2max}

、 、 (VO_{2max})
 。 VO_{2max} () 、 。
 。 VO_{2max} 、
 (: 、 、 Polar) 。 VO_{2max} 、 、 、
 、 、 。
 VO_{2max} 、 1 (ml/min = ml min⁻¹) 、 (Kg) (ml/kg/min = ml kg⁻¹ min⁻¹) 。

VO_{2max}

々/

3

15

65%
VO_{2max}

(

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GPS (GNSS)

GPS (GNSS)

々 GPS (GNSS)

65%

25

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(15

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GPS

(GPS

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4.

65%

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- ()
- (5)
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Polar Flow

VO₂max

Polar Flow

Flow

Polar Flow

Polar Flow

Polar Coach Polar Flow Update Polar app

POLAR RUN FEED EXPLORE DIARY REPORTS COMMUNITY PROGRAMS Janet Handlon

Training Activity Sleep Tests Running Index Cardio load

Test report

Walking test

05/04/2021 30/09/2021 Last 3 months **Last 6 months** Last 12 months

Walking Tests

05.11.2019 Latest result of the period	46 Very Good Vibmax	123 bpm Test heart rate	1.88 km Test distance	7.5 km/h Test speed
07.01.2019 First results of the period	44 Good Vibmax	131 bpm Test heart rate	1.67 km Test distance	6.7 km/h Test speed

Date	Fitness level	Test distance	Test speed	Test heart rate
05.11.2019	46 Very Good	1.67 km	5.5 km/h	128 bpm
05.11.2019	46 Very Good	1.67 km	5.5 km/h	128 bpm
05.11.2019	46 Very Good	1.67 km	5.5 km/h	128 bpm
05.11.2019	46 Very Good	1.67 km	5.5 km/h	128 bpm
05.11.2019	46 Very Good	1.67 km	5.5 km/h	128 bpm
05.11.2019	46 Very Good	1.67 km	5.5 km/h	128 bpm
05.11.2019	46 Very Good	1.67 km	5.5 km/h	128 bpm
05.08.2021	44 Very Good	1.67 km	5.5 km/h	128 bpm

Test analysis Remove

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85%

)

1~3

85%

85%



6

85%

GPS

1.

4~10 /km

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GPS

(GPS

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85%

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(MAP) 、
(HR_{max})

(MAS) 、

(VO₂max)



- (MAP) (VO₂max)
- (MAS) (VO₂max)
- (VO₂max)

MAP、MAS、VO_{2max}

(HR_{max})

)
Polar Flow

Polar Flow

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: Running Index

1

Flow

Polar Flow

Polar Flow

Polar Coach | Polar Flow | Updates | Polar.com

FEED | EXPLORE | DIARY | **REPORTS** | COMMUNITY | PROGRAMS

Janet Hamilton

Training | Activity | Sleep | **Tests** | Running Index | Cardio load

Test report

Running test

06/01/2019 | 07/11/2019 | **Last 3 months** | Last 6 months | Last 12 months

Running Tests

05.11.2019 Latest result of the period	Maximal test Result	03:20 min/km Maximal Aerobic Speed (+5.8%)	855 w Maximal Aerobic Power	58 VO2 max
07.01.2019 First results of the period	Submaximal test Result	03:47 min/km Maximal Aerobic Speed	730 w Maximal Aerobic Power	52 VO2 max

Date	Test type	Maximal Aerobic Speed	Maximal Aerobic Power	Maximal Heart Rate	Vo2 max
05.11.2019	Maximal test	03:20 min/km	840 W	202 bpm	58
28.10.2019	Submaximal test	03:27 min/km	831 W	-	59
16.09.2019	Maximal test	03:31 min/km	823 W	191 bpm	59
26.08.2019	Maximal test	03:25 min/km	810 W	198 bpm	59
29.07.2019	Submaximal test	03:20 min/km	803 W	-	53
15.07.2019	Maximal test	03:37 min/km	789 W	197 bpm	59
17.06.2019	Maximal test	03:43 min/km	785 W	189 bpm	56
06.05.2019	Maximal test	03:33 min/km	771 W	199 bpm	57
01.04.2019	Submaximal test	03:51 min/km	765 W	-	55
18.02.2019	Maximal test	03:41 min/km	749 W	201 bpm	59
07.01.2019	Submaximal test	03:47 min/km	733 W	-	52

Test analysis | Remove

Polar

Polar

Polar Flow

(flow.polar.com)

5k, 10k,

3

5

2~5

1

1~7

9

20

Polar

- 1. Polar Flow (flow.polar.com)
- 2.
- 3.
- 4. *
- 5.
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- 7.
- 8.

*4

- 1.
- 2.



- 3. ✓
- 4.
- 5.

USB

Polar Flow

Flow

(VO2max)

HR_{max}

- 6 Km/h / 3.7 mph

Running Index

[Polar Flow](#)



/							
20-24	< 32	32-37	38-43	44-50	51-56	57-62	> 62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	> 59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	> 56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	> 54
40-44	< 26	26-31	32-35	36-41	42-46	47-51	> 51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	> 48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	> 46
55-59	< 22	22-26	27-30	31-34	35-39	40-43	> 43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	> 40

/							
20-24	< 27	27-31	32-36	37-41	42-46	47-51	> 51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	> 49
30-34	< 25	25-29	30-33	34-37	38-42	43-46	> 46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	> 44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	> 41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	> 38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	> 36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	> 33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	> 30

7 VO_{2max} 62
 : Shvartz E、Reibold RC。 6 ~ 75 : Aviat Space Environ
 Med 61:3-11, 1990。

1 Polar Flow

Polar

	Cooper (m)	5 km (h:mm:ss)	10 km (h:mm:ss)	21.098 km (h:mm:ss)	42.195 km (h:mm:ss)
36	1800	0:36:20	1:15:10	2:48:00	5:43:00
38	1900	0:34:20	1:10:50	2:38:00	5:24:00
40	2000	0:32:20	1:07:00	2:29:30	5:06:00
42	2100	0:30:40	1:03:30	2:21:30	4:51:00
44	2200	0:29:10	1:00:20	2:14:30	4:37:00
46	2300	0:27:50	0:57:30	2:08:00	4:24:00
48	2400	0:26:30	0:55:00	2:02:00	4:12:00
50	2500	0:25:20	0:52:40	1:57:00	4:02:00
52	2600	0:24:20	0:50:30	1:52:00	3:52:00
54	2700	0:23:20	0:48:30	1:47:30	3:43:00
56	2800	0:22:30	0:46:40	1:43:30	3:35:00
58	2900	0:21:40	0:45:00	1:39:30	3:27:00
60	3000	0:20:50	0:43:20	1:36:00	3:20:00
62	3100	0:20:10	0:41:50	1:32:30	3:13:00
64	3200	0:19:30	0:40:30	1:29:30	3:07:00
66	3300	0:18:50	0:39:10	1:26:30	3:01:00
68	3350	0:18:20	0:38:00	1:24:00	2:55:00
70	3450	0:17:50	0:36:50	1:21:30	2:50:00
72	3550	0:17:10	0:35:50	1:19:00	2:45:00

	Cooper (m)	5 km (h:mm:ss)	10 km (h:mm:ss)	21.098 km (h:mm:ss)	42.195 km (h:mm:ss)
74	3650	0:16:40	0:34:50	1:17:00	2:40:00
76	3750	0:16:20	0:33:50	1:14:30	2:36:00
78	3850	0:15:50	0:33:00	1:12:30	2:32:00

Training Load Pro™

Training Load Pro™

Training Load Pro

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(TRIMP)

1

(RPE)

RPE



Flow

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1~10

Polar Flow

Flow

90



i Training Load Pro ⌵

♥
Medium
232 ...
Cardio load (TRIMP)
●●●●●

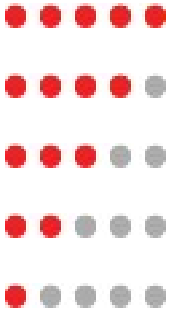
Low
420
Perceived load
●●●●●

Somewhat Hard
4/10 ...
Your estimate (RPE)

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Training Load Pro
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Flow



Flow

Flow

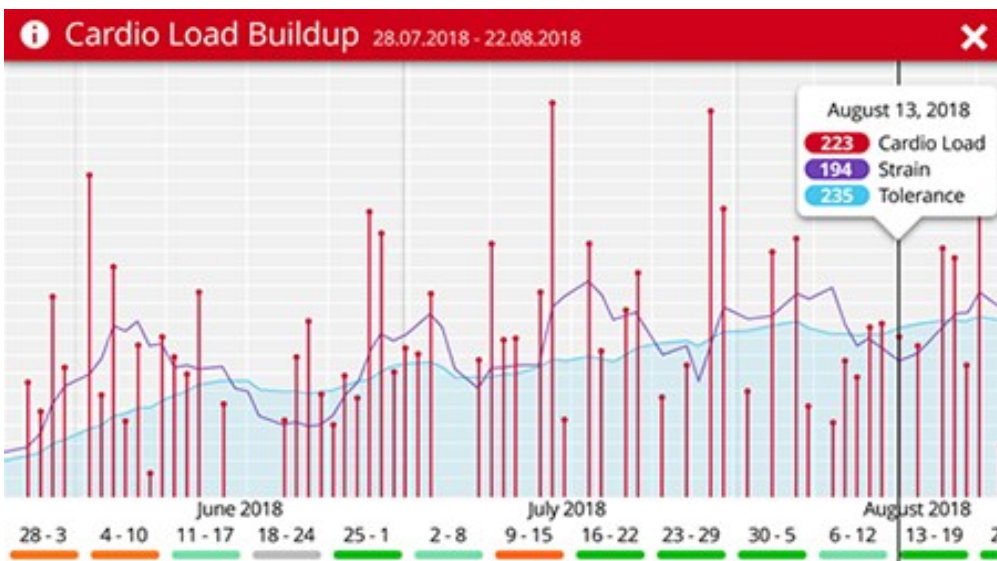
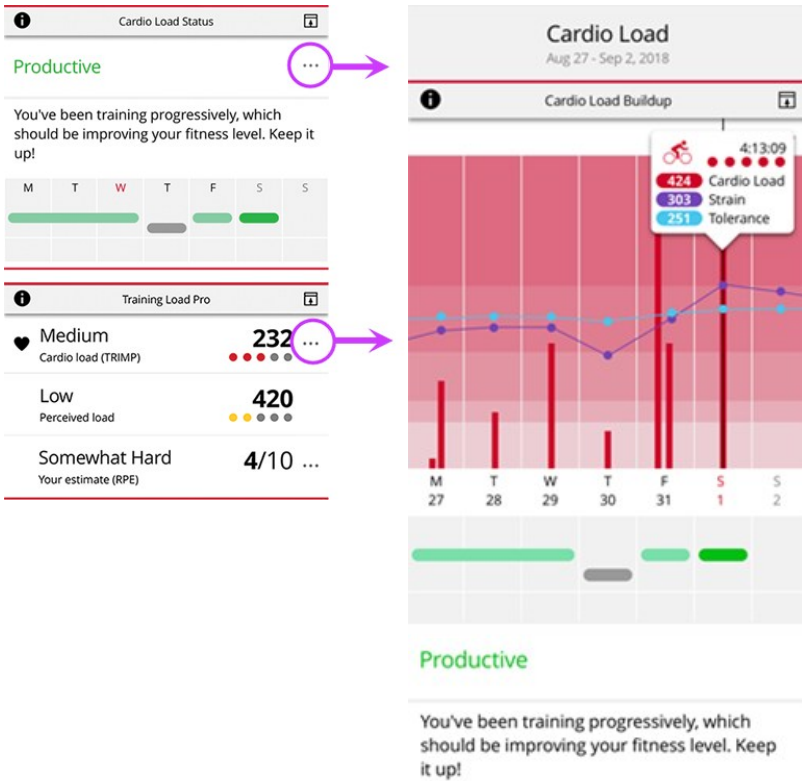
Polar Flow

Polar Flow

1

(Training Load Pro) 3

Polar Flow

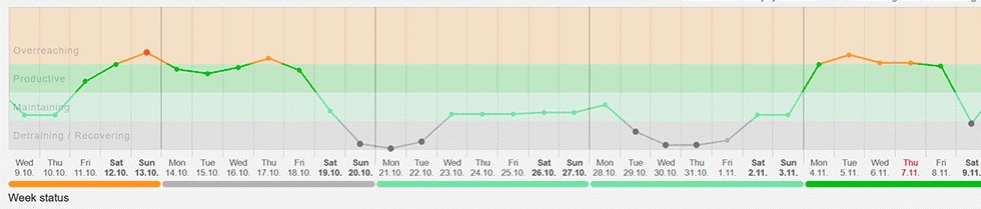


Cardio load report

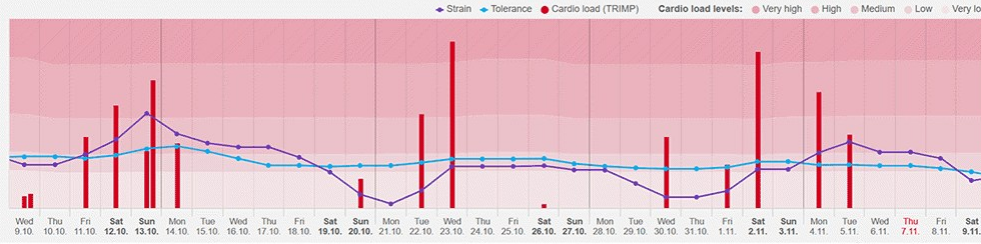
◀ 09.10.2024 — 09.11.2024 ▶

Last month Last 3 months Last 6 months

Cardio load status



Cardio load buildup



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FuelWise™

FuelWise™

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2 FuelWise

90

FuelWise

FuelWise™

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FuelWise™

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- (HR_{max})
- (VO_{2max})

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Flow

。Polar Flow
10

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 Nightly Recharge
Nightly Recharge



, 24 /365

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Polar Flow

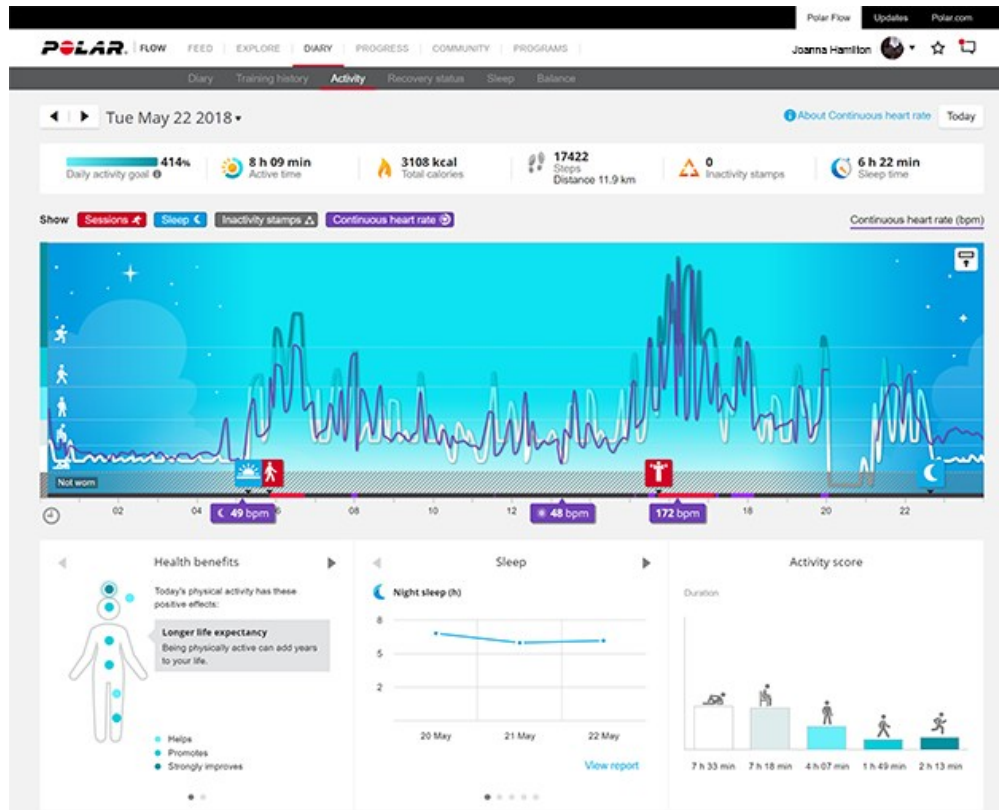
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LED

Polar Flow



24 /365

Polar 3D

(> >) Polar Flow

Polar Flow

Polar Flow

www.polar.com/flow

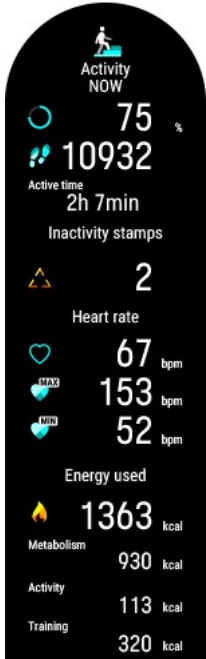
Polar

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55 : **It's time to move** (!)

、 Polar Flow Flow Polar Flow Polar Flow

Polar Flow

Polar Flow Flow (

_____ 24 /365

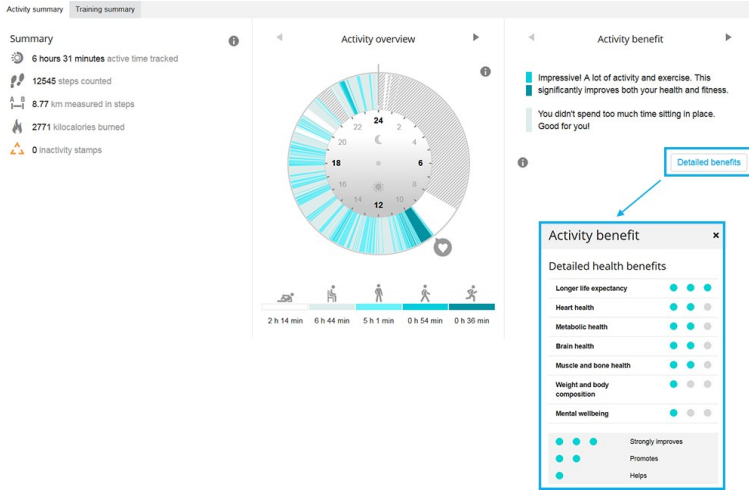
、 1 Polar Flow Polar Flow

、 24

Polar Flow

Flow

Flow



24 /365

GPS (GNSS)

Polar Flow

Polar Flow

GPS, GLONASS,

Galileo, BeiDou, QZSS

GPS

GPS

GPS

GPS)

(GPS)

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GPS

GPS (A-GPS)

A-GPS

GPS, GLONASS, Galileo,

BeiDou, QZSS

A-GPS(GPS)

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A-GPS(GPS)

FlowSync

Polar Flow

Flow

A-GPS(GPS)

A-GPS(GPS)

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A-GPS(GPS)

GPS

Polar Flow

A-GPS(

GPS)



GPS

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Polar Flow



(10K 45)



Flow

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Flow

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FlowSync

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Polar Flow

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Polar Flow

Polar Flow

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Flow



Polar Ignite 3 [Polar Club](#)

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Bluetooth Smart

Bluetooth

Polar

Bluetooth

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GPS

Polar Flow

Polar Flow



Polar Flow



SWOLF

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SWOLF (swimming golf)

30 10

SWOLF

SWOLF 40

SWOLF

SWOLF

SWOLF



25

50

SWOLF

25

20m/





: GPS

(1)

: GPS Flow

GPS

GPS

GPS

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Polar Precision Prime

Precision Prime

Polar

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Bluetooth

Polar

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Flow

ZonePointer

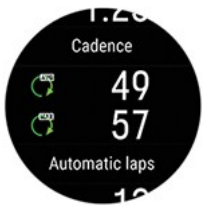
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Polar Flow

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Polar Flow (iOS) (Android)



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Tomorrow

0:00	☾	14° / 15°
3:00	☾	12° / 14°
6:00	☀	14° / 16°
9:00	☀	16° / 19°
12:00	☀	19° / 20°
15:00	☀	19° / 20°
18:00	☾	16° / 19°
21:00	☾	15° / 16°
24:00		

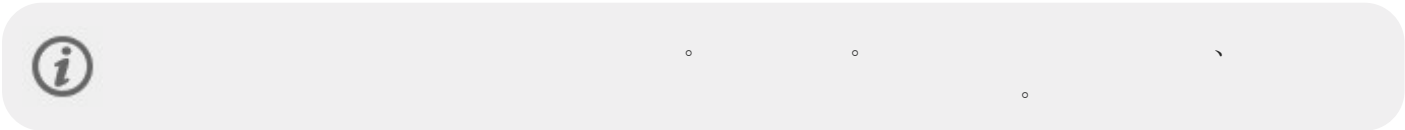
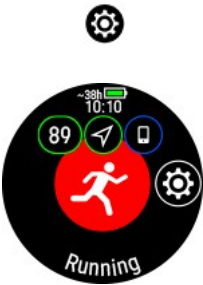
• 3 /

Wednesday

0:00	☾	15° / 16°
6:00	☀	16° / 19°
12:00	☀	18° / 19°
18:00	☾	16° / 18°
24:00		

• 6 /

GPS



GPS

GPS (1 2)。



GPS

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Flow

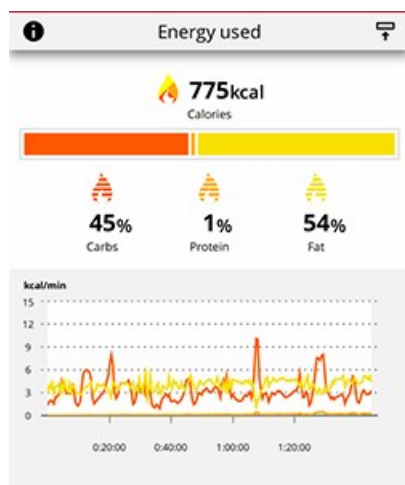
Polar

5~10%



Flow

Polar Flow



Polar Flow
Polar Ignite 3

Polar 2

Polar Flow

Polar Ignite
Device ID: BC166624
Firmware version: 1.0.4
No firmware updates available.
Last synced: 12.10.2022, 6.13
Battery status: FULL

Time format
12 h 24 h

I wear my product on
Left wrist Right wrist

Device language
English

Alarm

Time
10.00

Repeat
Off Mon to Fri every day

Voice guidance Off >
Get feedback to your headphones during your training when your phone is in range of your watch.

Voice guidance

Get feedback to your headphones during your training when your phone is in range of your watch.

Guidance type

Training guidance ⓘ

Laps ⓘ

Zones ⓘ

Voice

Speed 1.0x
0.5 1.5


Test sound ▶
Try out here what the voice guidance sounds like.

[Support](#)


iOS、Android

Polar Flow

) > > () ()
Polar Flow Polar Flow

 Bluetooth

(22:00 ~ 7:00)

 Android

iOS, Android

Flow

Flow



Polar Flow



Polar Flow

Music controls



Always on

Training: On

Training: Off

Polar Flow

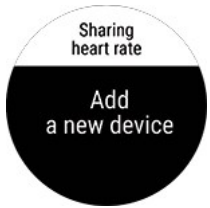


Polar Flow

Bluetooth

1.

2.



3.

4.

5.

6. Ignite 3

Ignite 3

Ignite 3

/365

Polar

20 mm

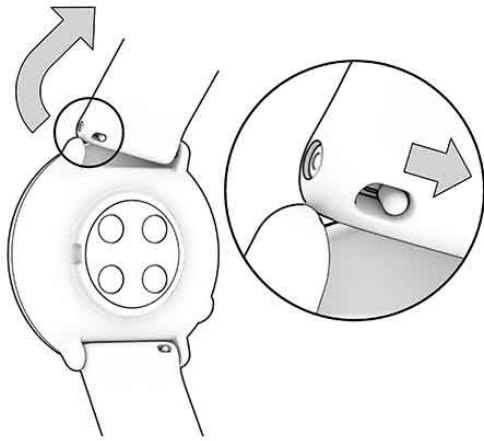
24

1.

2.

3.

4.



Bluetooth®

Polar

Polar Verity Sense

Polar Verity Sense

Polar Verity Sense

Polar Verity Sense

Polar Verity Sense

Polar OH1

Polar OH1

Polar OH1 Bluetooth
ANT+

Polar Beat

Polar OH1

OH1

(Polar OH1+)

Polar Club, Polar GoFit, Polar Team

Polar H10 N

PolarH10 N

Polar Precision Prime

Polar H10

Polar H10 N

Polar H10 N

1

H10 N

Polar Beat

Polar H10 N

Polar Beat Polar H10 N

Polar H10 N

Polar H9

Polar H9

Polar H9, Polar Beat

Bluetooth®, ANT+™, 5 kHz

Polar H9

Polar Soft Strap

: support.polar.com/en/h9-heart-rate-sensor



Polar

Polar H10

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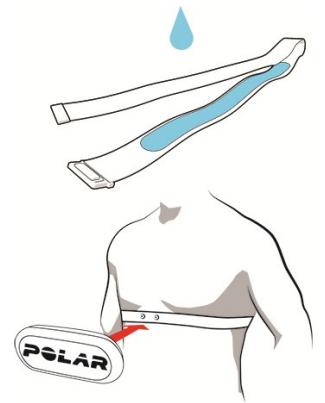
4.

OK()

5.

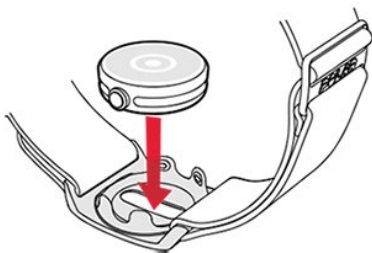
ID Polar H10 xxxxxxxx

OK



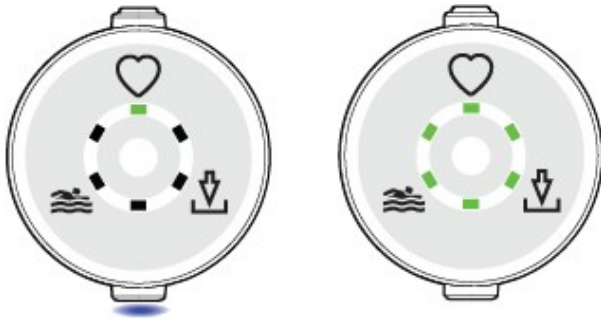
Polar OH1+, Polar Verity Sense

1.



2.

Polar



4. Settings () > General Settings () > Pair and sync () > Pair sensor or other device ()
) , OK ()
5. Settings () > ID Polar Sense xxxxxxxx . OK ()
6. Settings ()

1. Settings () > General settings () > Pair and sync () > Paired devices ()
) , OK
2. Settings () , OK
3. Remove pairing? (?) . OK
4. Settings ()

Polar Flow

Polar Flow

Polar Flow

Polar Flow

24 /365

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Polar Flow

(Facebook、 Instagram

GPS

[Polar Flow](#)

Polar Flow

Polar Flow

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、 support.polar.com/ja/support/polar_flow_app

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Polar Flow
Flow

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flow.polar.com/start

FlowSync

Polar Flow

Flow

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Polar

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Polar Flow

、 support.polar.com/ja/support/polar_flow_web_service

Polar Flow

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21

Polar Flow

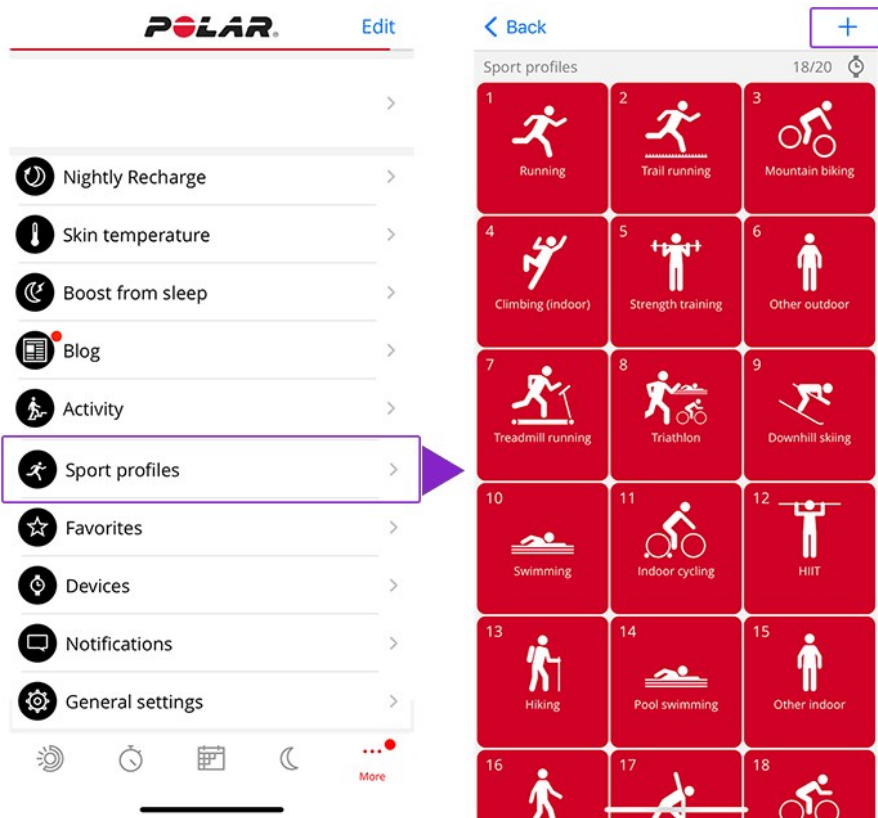
20

Polar Flow

20

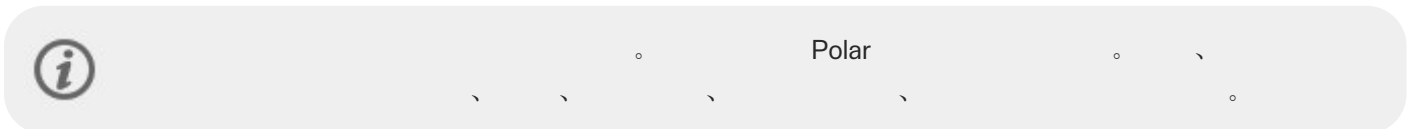
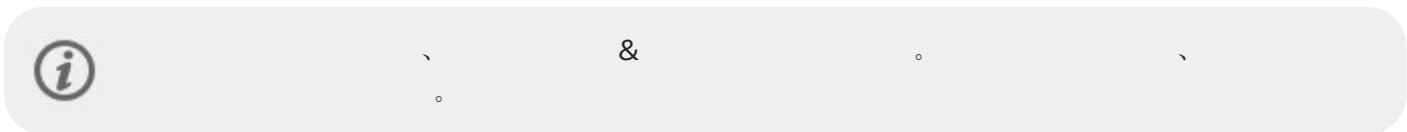
Polar Flow :

- 1.
- 2.
3. Android



Polar Flow :

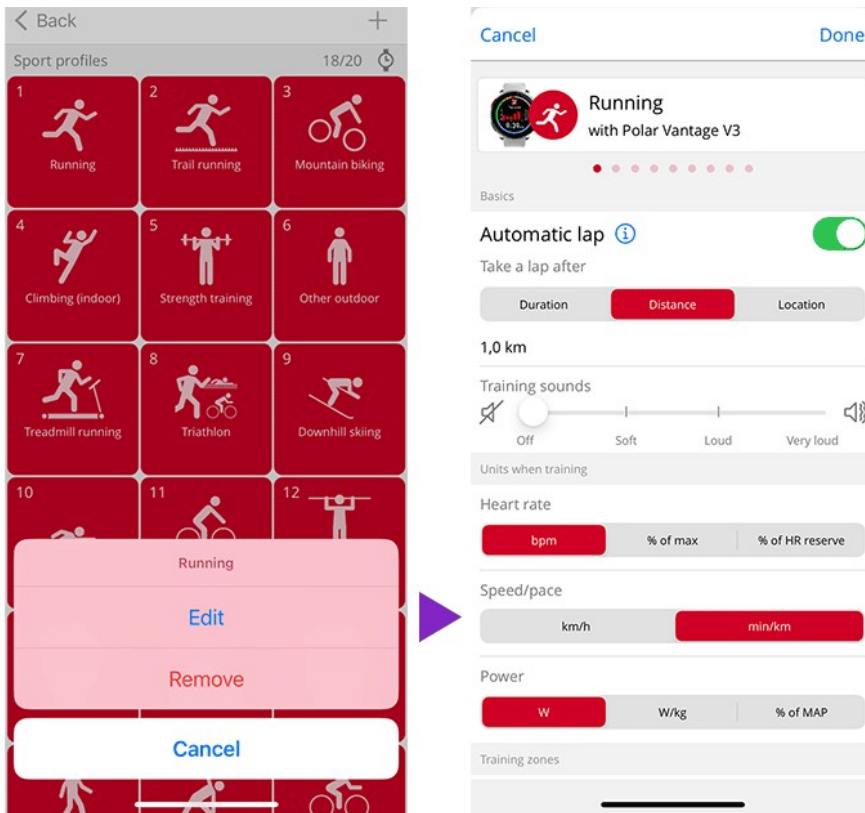
1. /
- 2.
- 3.
- 4.



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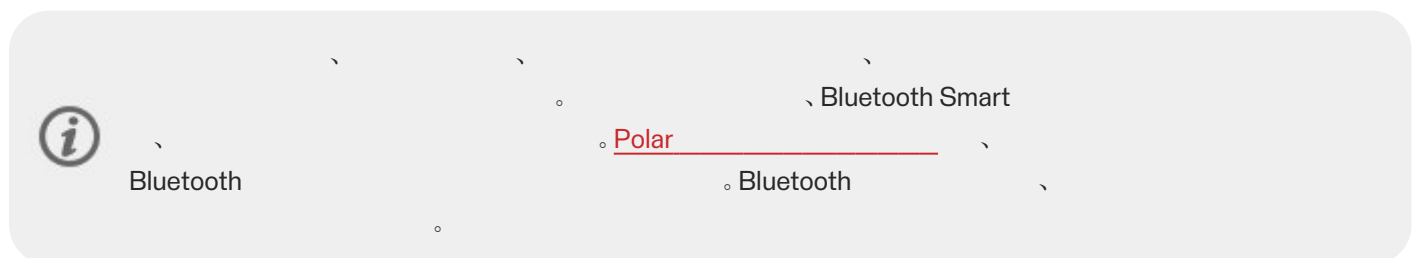
Polar Flow :

- 1.
- 2.
- 3.



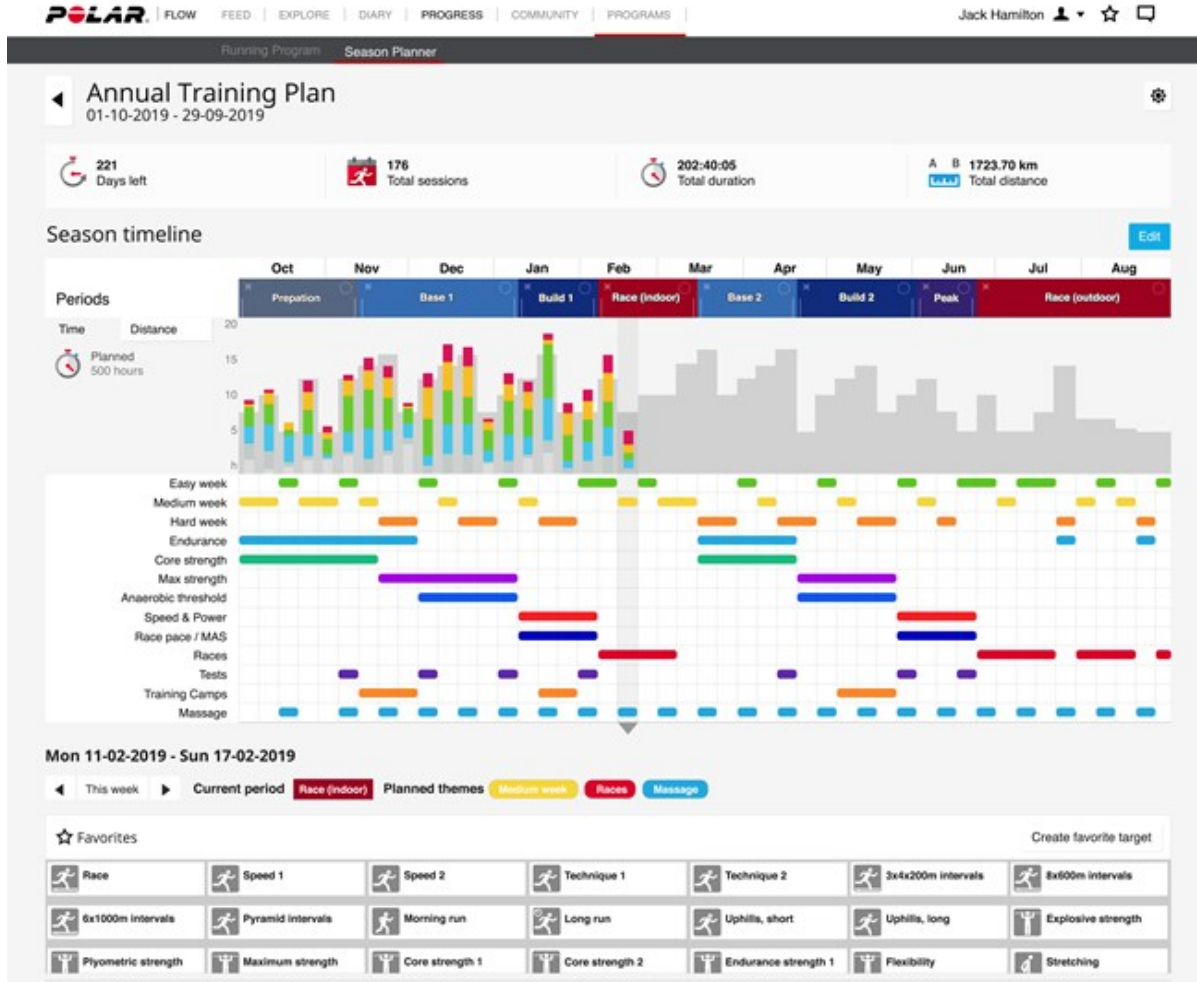
Flow :

1. /
- 2.
- 3.



Polar Flow

Polar Flow



[Polar Flow for Coach](#)

Polar Flow

FlowSync Flow

Polar Flow

1.

Today Day | Week **Month** **Add**

Monday Tuesday

Training result

Training target

2.

(45), , ()

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1.

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4.



1.

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1.

2.

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1.

2.

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2

3



Grit X, Grit X Pro, Grit X2 Pro, Ignite 3, Pacer, Pacer Pro, V800, Vantage M, Vantage M2, Vantage M3, Vantage V, Vantage V2, Vantage V3

1.

2.

3.

4.

/

+ Distance + Duration + Repeat phases 1 phases : 1 km

Warmup 1 km

Start next phase automatically

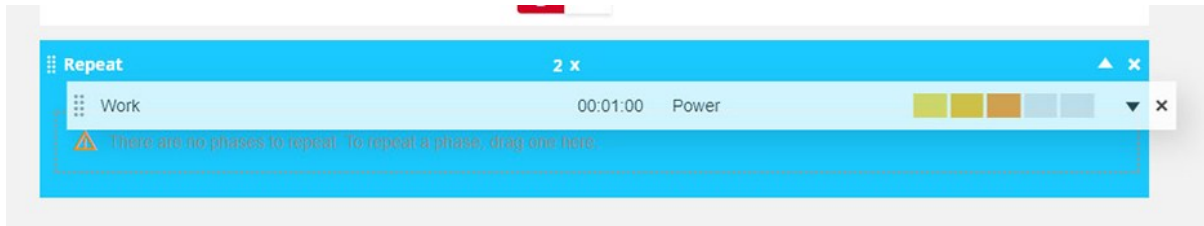
Heart rate
Heart rate
Speed
Power



Pro, Vantage M3, Vantage V2

Grit X, Grit X Pro, Grit X2 Pro, Pacer, Pacer

5.

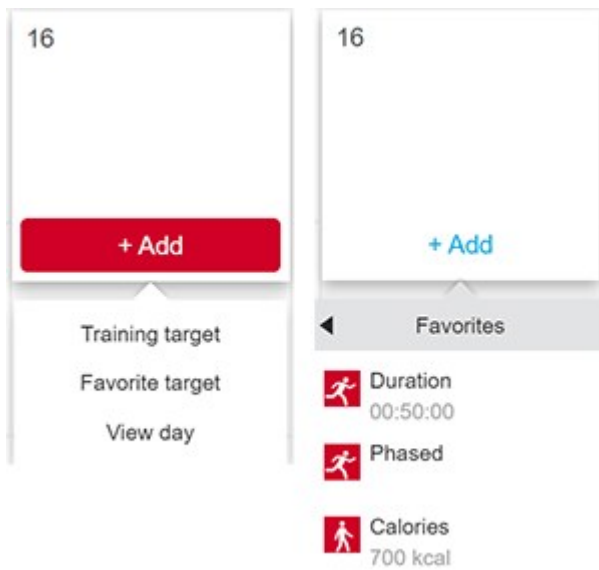


6.

7.

1.

2. + >



3.

6pm(18:00)

4.

5.



Flow

FlowSync
Flow

Polar Flow

Polar Flow

Polar Flow

1.

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1.

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Strava Live

Komoot



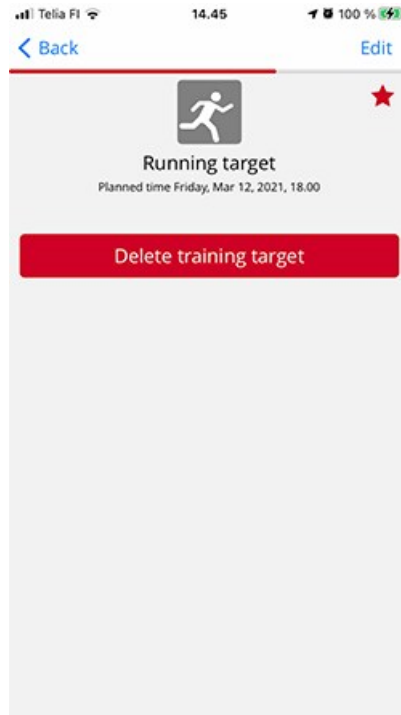
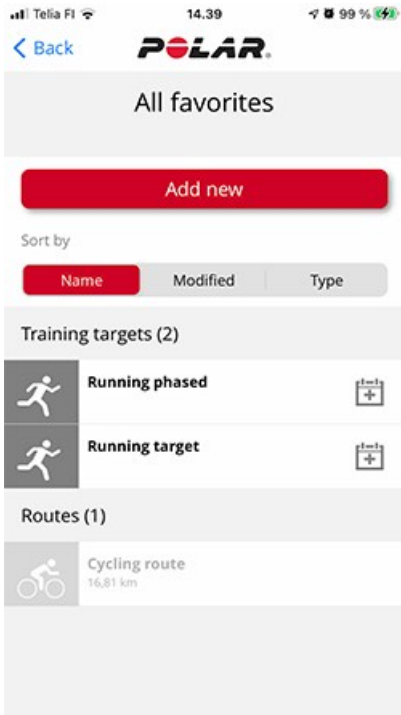
Komoot

Grit X, Grit X Pro, Grit X2 Pro, Pacer Pro, Vantage M3, Vantage V2, Vantage V3

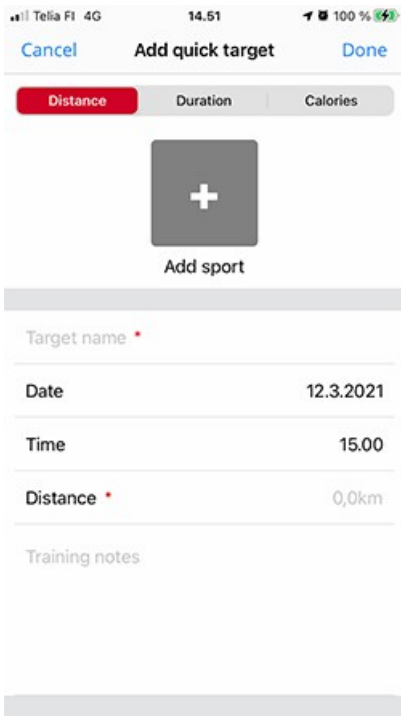
Strava Live

Grit X, Grit X Pro, Grit X2 Pro, M460, Pacer, Pacer Pro, V650, V800,

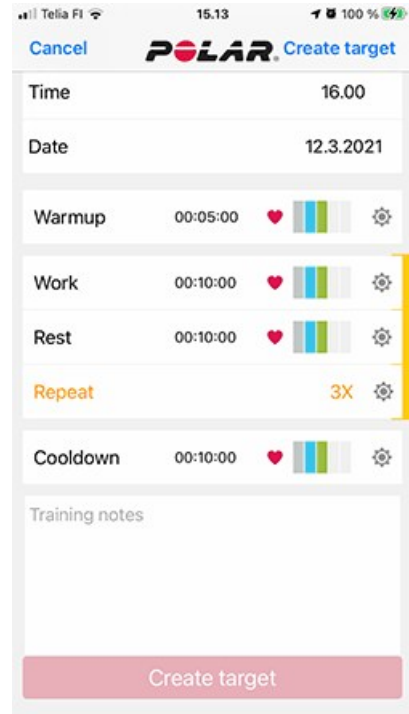
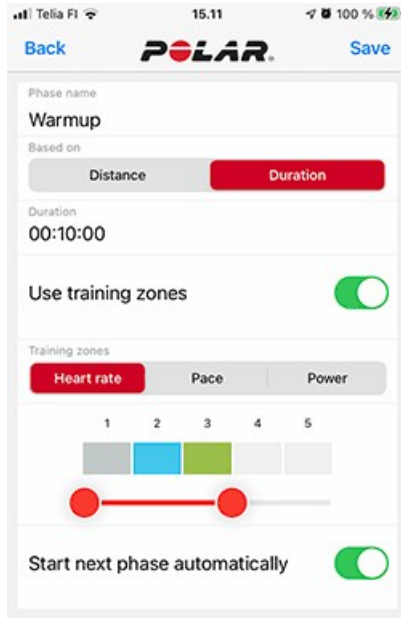
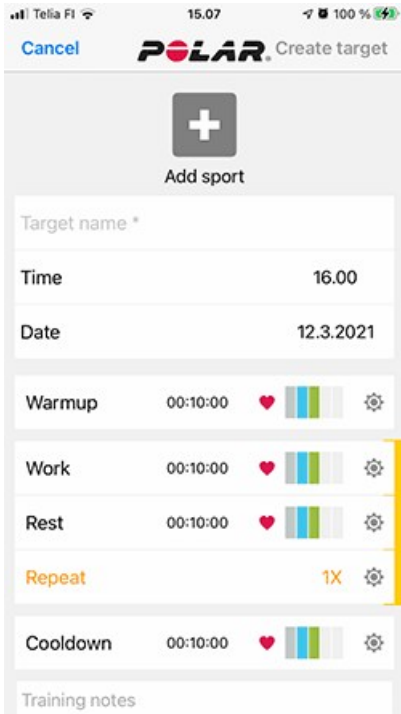
Vantage M3, Vantage V, Vantage V2, Vantage V3



1. ○
2. \ \ ○
3. ○
4. ○
5. \ \ ○
6. \ ○



- 1.
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Polar Flow

Flow

Flow

Polar Flow

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- 1.
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Bluetooth、Polar Flow、USB、FlowSync
 Polar Flow、Polar Flow、Polar、FlowSync
 FlowSync、Polar

Flow

- Polar Polar Flow
- Bluetooth
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1. Polar Flow
2. **Polar Flow**
- 3.



Bluetooth、Polar Flow 1 1、Polar Flow
 Polar Flow

Polar Flow support.polar.com/ja/support/polar_flow_app

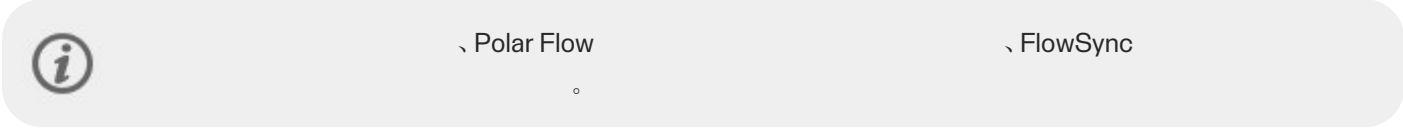
FlowSync Polar Flow

Polar Flow、FlowSync flow.polar.com/start

1. FlowSync
2. FlowSync
- 3.

Polar FlowSync Polar Flow (Windows) (Mac OS X)

FlowSync FlowSync



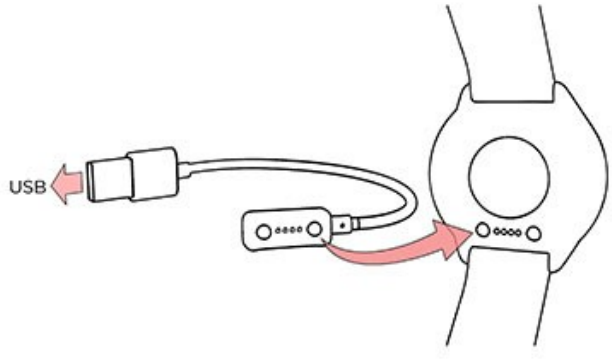
Polar Flow support.polar.com/ja/support/polar_flow_web_service

FlowSync support.polar.com/ja/content/flowsync

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-
- 0 °C/ +32 °F , +40°C/ +104°F
-
-
- (-10°C/14°F 50°C/120°F)
- 10 ~ 90%
-
- 50%
- Polar
- 2 ~ 3
- 80%
- Polar
- USB
- USB
- USB ()
- USB
- 5VDC , 500mA
- (LPS , Limited Power Supply , UL listed CE)



1. USB USB



2. **i**

3.

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- : 5
- : GPS() 2
- : GPS() 21 30
- : _____ 100

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◦ Polar Flow

Polar Ignite 3 ?



GPS

GPS

◦ Polar

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(-10 °C/14 °F , 50 °C/120 °F)

2 Polar Polar Electro Polar
(Limited International Polar Guarantee)

Polar support.polar.com

Polar ()
GPS Polar
www.polar.com/en/products/accessories
Polar Polar

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20 °C ~ -10 °C / -4 °F ~ 14 °F

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Polar FlowSync

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、security(a)polar.com Polar

Polar Ignite 3

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: GPS() 30

GPS() 21

: 100



Polar Ignite 3 ?

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-10 °C to +50 °C / 14 °F to 122 °F

:

Ignite 3

: ABS+10GF、ASA+10GF、Corning Gorilla Glass 3、PMMA

Ignite 3 Titanium

: ABS+10GF、Corning Gorilla Glass 3、PMMA

(): 、

(Sun-Kissed Bronze); 、

:

Polar

USB

PA、N52 NdFeB ()、6801 ()、TPE、PBT、

:

25 °C / 77 °F ± 0.5 /

GPS

±2%

: 5m (GPS)

GPS

1 (_____ 1 2)

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1 m

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5 m

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9000 m / 29525 ft

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15 ~ 240 bpm

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0 ~ 399 km/h 247.9 mph

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30 m ()

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GPS 90 ()

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Precision Prime™、

:

AMOLED 1.28" 416x416

Bluetooth®

、2.402 ~ 2.480 GHz ISM 、5 mW

Polar Precision Prime

Polar FlowSync

FlowSync USB 、Microsoft Windows Mac OS

、support.polar.com

Polar Flow

、support.polar.com

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Polar ISO 22810 IEC60529 Polar

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			()	()	
IPX7	OK	-	-	-	:IEC60529
IPX8	OK	OK	-	-	:IEC60529
20/30/50m	OK	OK	-	-	:ISO22810
100 m	OK	OK	OK	-	:ISO22810



2014/53/EU, 2011/65/EU and 2015/863/EU

www.polar.com/en/regulatory_information



Electrical and Electronic Equipment (WEEE)
and of the Council) 2012/19/EU

Polar

(Waste

(the European Parliament

Polar

(the European Parliament and of the Council)

(EU) 2023/1542(2023 7 12)

Polar

/ EU

Polar

Polar Ignite 3

Limited Polar International Guarantee()

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- Polar Electro Oy / Polar Electro Inc. Polar /

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2.1 JA 01/2025