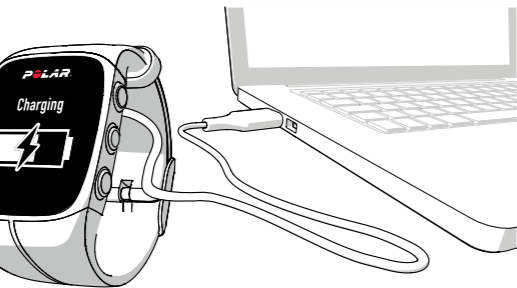## SET UP YOUR M400

Set up your M400 at flow.polar.com/start. During the setup, the M400 will be updated with the latest firmware, and you can start using the Flow web service.

1. **Go to** flow.polar.com/start and download the Polar FlowSync software, which you need to connect your M400 to Flow web service.

2. **Open** the installation package and follow the on-screen instructions for installing the software.

3. Once the installation is complete, FlowSync opens automatically and asks you to connect your Polar product.

4. **Plug** in your M400 to your computer's USB port with the USB cable. The M400 will then wake up and start charging. Let your computer install any suggested USB drivers.

5. The Flow web service will be opened automatically on your internet browser. **Create** a Polar account or sign in if you already have one. Fill in your physical details to get personal guidance and accurate interpretation of your training sessions.

ⓘ *When you get hold of your new M400, it's in storage mode. It wakes up when you plug it to a computer or a USB charger. If the battery is completely empty, it takes a couple of minutes for the charging animation to appear.*

ⓘ *Do not charge the device when the USB port is wet or sweaty.*

6. Click Done to **synchronize** your settings between the M400 and Polar Flow web service. FlowSync status will change to completed, once the synchronization is done.

7. If there is a firmware update available for your M400 you are able to install it at this stage.
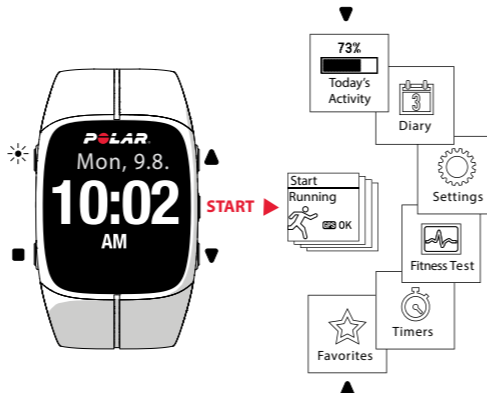
You're ready to go. Have fun!

Learn more about your M400 from the full-length user manual and tutorial videos at polar.com/support/M400.

GET TO KNOW YOUR M400

Browse through the menu by pressing UP or DOWN. Confirm selections with the START button, and return, pause and stop with the BACK button.

☀ **LIGHT**   ■ **BACK**   ▲ **UP**   ▼ **DOWN**

USEFUL TIPS
» Change the watch face by pressing and holding UP
» Lock buttons in time view by pressing and holding LIGHT
» Enter Quick menu in training view by pressing and holding LIGHT

KEY FEATURES

Polar M400 offers a host of unique features to help you train better. Here you can find a summary of the most important ones.

INTEGRATED GPS
With an integrated GPS, the M400 provides you with a variety of useful information during training. M400 accurately tracks your speed and distance, and also calculates GPS based altitude, ascent and descent data. You can view your route on a map in the Polar Flow App or Flow web service after your session. The Back-to-start feature directs you to your starting point.

FINISH TIME ESTIMATOR
Set the distance for your session and M400 will estimate your arrival time to the destination according to your speed.

RUNNING INDEX
See how efficient your running is. M400 calculates your Running Index automatically after every run, based on your heart rate and speed data.

TRAINING GUIDANCE
M400 is packed with Polar's unique Smart Coaching features that offer the best possible guidance on how to develop your training as well as helpful feedback on your progress.

ⓘ *See the full-length user manual at polar.com/support/M400 to get familiar with all the great features in your M400.*
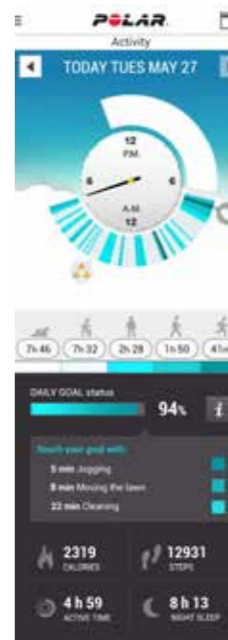
DAILY ACTIVITY
With an inbuilt accelerometer M400 tracks all your movements 24/7. You'll get a daily activity goal and guidance on how to reach your goal. M400 also reminds you to get up and move when you've been inactive too long. You can view the data on your M400 or Polar Flow App.

SMART NOTIFICATIONS
The smart notifications feature allows you to get alerts about incoming calls, messages and notifications from your mobile phone onto your M400. To receive notifications, pair your M400 with Flow app. Choose from your phone's notification center which notifications will show on your M400 by including them in the notifications list.

In M400, the smart notifications feature is set off by default. You can set it on in **Settings** > **General settings** > **Smart notifications**.

For more detailed instructions on smart notifications, see polar.com/support/M400.

POLAR FLOW

Polar M400 is a great training device by itself, but you'll get even more out of it when you use it together with the Polar Flow web service and mobile app.

MOBILE APP
With the Polar Flow mobile app you can view your training data at a glance. The app syncs the data wirelessly from your M400 to the Polar Flow web service. Get it on the App Store℠ or Google Play™.

WEB SERVICE
Set targets and get guidance to achieve them. Get detailed analysis of your results and share your achievements with your friends. Find all this and more at polar.com/flow.
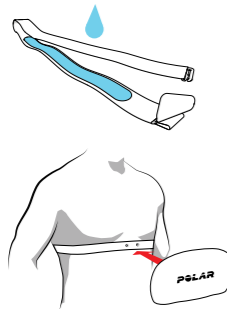
H7 HEART RATE SENSOR

Wear the comfortable strap and connector around your chest to get your heart rate accurately and in real time in your M400.

If you bought your M400 without a heart rate sensor, not to worry, you can buy one at any time.

1. Moisten the electrode area of the strap.
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector.
4. Before your first training session, you need to **pair the heart rate sensor with your M400**. Wear your heart rate sensor and press START. Then wait for the sensor pairing request and choose Yes.

You can also pair a new sensor in **Settings > General settings> Pair and sync > Pair other device**.

After training, detach the heart rate sensor connector and rinse the strap under running water to keep it clean. For more detailed instructions, see the full user manual at polar.com/ support/M400.

TRAINING WITH YOUR M400

Press START and choose your sport. Go outdoors and away from tall buildings and trees to catch the GPS satellite signals. Keep your M400 still with the display facing upwards until it finds the GPS satellite signal. When the signal is found, OK is displayed.

Press START again when you're ready to go.

Choose the information you want to see during your sessions in sport profiles in the Polar Flow web service.

DURING TRAINING

Take a lap: Press START during a session.

Lock a zone: To lock/unlock the heart rate zone you are currently in, press and hold START.   If your heart rate goes outside the locked zone, you will be notified with audio feedback.

Change Settings in Quick Menu: Press and hold LIGHT to open the Quick menu. You can change certain settings without pausing the training recording.
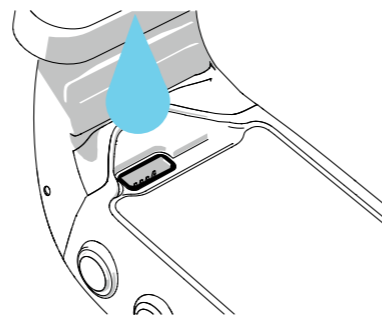
PAUSE AND STOP TRAINING

Press BACK to pause your training session. To continue training, press START. To stop the session, press and hold BACK when paused until **Recording ended** is displayed.

AFTER TRAINING

Keep the USB port clean to effectively protect your M400 from oxidation and other possible damage caused by salt water (e.g. sweat or sea water) and dirt. This way you'll ensure smooth charging and syncing.

To keep the USB port clean, rinse it with lukewarm tap water after each training session. The USB port is water resistant and you can rinse it under running water without damaging the electronic components.

Do not charge the M400 when the USB port is wet or sweaty.
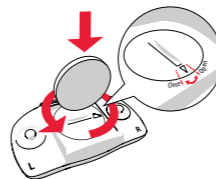
TECHNICAL SPECIFICATION

M400
Battery type	190 mAh Li-pol battery
Operating time	Up to 8 hours with GPS and heart rate sensor
Operating temperature	-10 °C to +50 °C / -4 °F to 122 °F
Water resistance	30 m
Materials	Stainless steel, Polycarbonate/acrylonitrile butadiene styrene, Acrylonitrile butadiene styrene, Thermoplastic urethane, Polymethyl-metacrylate, Silicone

BLUETOOTH® SMART HEART RATE SENSOR
Battery type	CR2025
Battery sealing ring	O-ring 20.0 x 1.0 Material FPM
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Water resistance	30 m
Connector	Polyamide
Strap	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

To change the heart rate sensor battery:
1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR 2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
3. Press the cover back into the connector.
4. Use the coin to turn the cover clockwise to CLOSE.

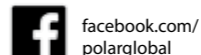*For more detailed instructions, see the full user manual at polar.com/support.*

For safety reasons, please ensure you use the correct battery.

FIND PRODUCT SUPPORT

polar.com/support/M400

STAY TUNED WITH POLAR

facebook.com/ polarglobal

twitter.com/ polarglobal

youtube.com/ polar

instagram.com/ polarglobal

Compatible with

Bluetooth® SMART

Polar M400
GETTING STARTED GUIDE

Setup at flow.polar.com/start

English