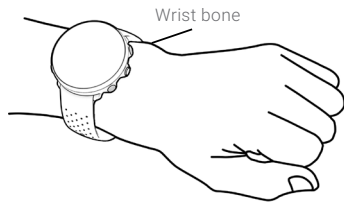


Heart rate training

Wrist-based heart rate measurement is convenient and easy. Tighten the wristband for training, start a training session on your watch, and you're ready to go.

To get accurate heart rate readings during training, wear your watch for a few minutes prior to starting the heart rate measurement in order for your skin to adapt to the watch. Secure the wristband firmly on top of your wrist, **just behind the wrist bone**. The sensor on the back must be touching your skin, but the wristband should not be too tight.



When not measuring heart rate, loosen the wristband a bit for a more comfortable fit and to let your skin breathe.

i Your watch is also compatible with the Polar H10 heart rate sensor with a chest strap. You can buy a heart rate sensor as an accessory. Find a full list of sensors and accessories your watch is compatible with at support.polar.com/en/VantageM.

Start training

1. Wear your watch and tighten the wristband.
2. Press **BACK** to enter the main menu, choose **Start training**, and then browse to a sport profile.
3. Go outdoors and away from tall buildings and trees. Keep your watch still with the display upwards to catch GPS satellite signals. When the signal is found the GPS icon is displayed.
4. The watch has found your heart rate when your heart rate is shown.
5. When all signals are found, press **OK** to start training recording.

PAUSE AND STOP TRAINING

Press **BACK** to pause your training session. To continue training, press **OK**. To stop the session, press and hold **BACK** when paused until **Recording ended** is displayed. You'll get a summary of your training session on your watch right after you've stopped training.

i Your watch syncs your training data with the Flow mobile app automatically if your phone is within the Bluetooth range and the Flow app is running.

TAKE CARE OF YOUR VANTAGE M

Keep your watch clean by rinsing it under running water after each training session. Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your watch and cable. Gently wipe off any dirt or moisture. **Do not charge the watch when it's wet.**

Polar Flow app and web service

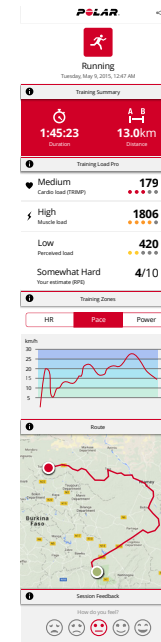
VIEW YOUR TRAINING DATA AT A GLANCE ON THE MOBILE APP

Get the Polar Flow app on the App Store or Google Play. Sync your watch with the Flow app after training and get an instant overview and feedback on your training result and performance. In the Flow app you can also check how you've slept and how active you've been during the day.

POLAR FLOW WEB SERVICE FOR MORE DETAILED ANALYSIS

Sync your training data to the Flow web service with your computer or via Flow app. In the web service you can track your achievements, get guidance and see a detailed analysis of your training results, activity and sleep.

i You can customize your watch with your favorite sports and the information you want to follow during your sessions with **Polar Sport profiles** in the Polar Flow web service and app.



Technical specification

BATTERY TYPE:	230 mAh LI-POL BATTERY
HEART RATE SENSOR:	INTERNAL OPTICAL
WATER RESISTANCE:	30 M (SUITABLE FOR SWIMMING)
MATERIALS:	BLACK MODEL: ABS+GF, PMMA, STAINLESS STEEL, TPC-ET, PC RED AND WHITE MODELS: ABS+GF, PMMA, STAINLESS STEEL, SILICONE, PA+GF CABLE: BRASS, PA66+PA6, PC, TPE, CARBON STEEL, NYLON

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 3.1 mW maximum power.

The Polar Precision Prime optical heart rate sensor fusion technology uses a very small, safe amount of electric current on the skin to measure the contact of the device to your wrist to enhance accuracy.

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VANTAGE M
GPS MULTISPORT WATCH

Getting Started Guide

Learn more at support.polar.com/en/VantageM

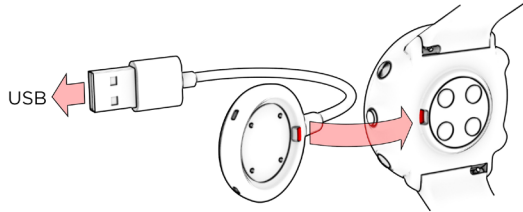
English

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How to get started

Congratulations on your great choice! In this guide we'll walk you through the first steps in starting to use your new Polar Vantage M.

1. **To wake up and charge your watch**, plug it into a powered USB port or a USB charger with the custom cable that came in the box. The cable magnetically snaps into place, just make sure to align the ledge on the cable with the slot on your watch (marked with red). Please note that it may take a while for the charging animation to appear on the display.



2. **To set up your watch**, choose your language and preferred setup method. The watch gives you three options for setup: set up **(A)** with a mobile device, **(B)** with a computer or **(C)** from the watch. Browse to the option most convenient for you with **UP/DOWN** and confirm your selection with **OK**. We recommend option **A** or **B**.

i To get the most accurate and personal training and activity data, it's important that you're precise with the settings in the setup.

i Options **A** and **B**: If there is a firmware update available for your watch, we recommend you install it during the setup. It may take up to 10 minutes to complete.

A SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP

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

1. Make sure your **mobile device** is connected to the **internet** and turn on **Bluetooth®**.
2. Download the **Polar Flow app** from the App Store or Google Play on your mobile device.
3. Open the Flow app on your mobile device.
4. The Flow app recognizes your Vantage M nearby and prompts you to start pairing it. Accept the pairing request and **enter the Bluetooth pairing code** shown on the watch display to Flow app.
5. **Sign in** with your **Polar account** or create a new one. We'll walk you through the sign-up and setup within the app.

When you're done with the settings, tap **Save and sync** and your settings are synced to your watch.

B SET UP WITH A COMPUTER

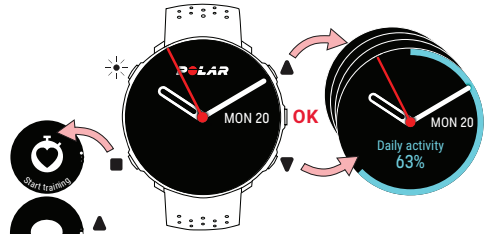
1. Go to **flow.polar.com/start** and download and then install the **Polar FlowSync** data transfer software to your computer.
2. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the Polar Flow web service.

C SET UP FROM THE WATCH

Adjust the values with **UP/DOWN** and confirm each selection with **OK**. If you want to return and change a setting at any point, press **BACK** until you reach the setting you want to change.

When you do the setup from the watch, your watch is not yet connected with Polar Flow. Firmware updates for your watch are available only through Polar Flow. To make sure you get to enjoy your watch and the unique Polar features at their best, it's important that you do the setup later in the Polar Flow web service or with the Polar Flow mobile app by following the steps in option **A** or **B**.

Get to know your Vantage M



KEY BUTTON FUNCTIONS

- Press **OK** to confirm selections.
- Browse the training views and menu with **UP/DOWN**, move through selection lists, and adjust a chosen value.
- Return, pause and stop with **BACK**. In time view press **BACK** to enter the menu, press and hold to start pairing and syncing.
- Press and hold **LIGHT** to lock buttons.

- LIGHT
- BACK/MENU
- UP
- DOWN

i Match your style with easy-to-change wristbands. You can buy additional wristbands separately at **www.polar.com**.

Key features

WRIST-BASED HEART RATE TRAINING

The cutting-edge wrist-based Polar Precision Prime sensor fusion technology combines optical heart rate measurement with skin contact measurement providing accurate wrist-based heart rate monitoring throughout the day, even in the most demanding training conditions.

INTEGRATED GPS

Built-in GPS keeps track of your pace, distance and altitude during training. You can view your route on a map in the Polar Flow app or Flow web service after your session.

TRAINING LOAD PRO

Get a comprehensive view of how your training sessions strain your body in different ways. Session-by-session and long-term monitoring.

RUNNING PROGRAM

Train for a running event with a personal and adaptive training plan in Polar Flow web service. Choose from four different targets: 5K, 10K, half marathon or marathon, and get a training plan that fits you and your goals.

RUNNING INDEX

Running Index gives you valuable information about your running performance, providing an easy way to monitor your progress.



Model number: 3A

POLAR VANTAGE M

English

This product is compliant with Directives 2014/53/EU and 2011/65/EU. The relevant Declaration of Conformity is available at www.polar.com/en/regulatory_information.

Deutsch

Dieses Produkt erfüllt die Anforderungen der Richtlinien 2014/53/EU und 2011/65/EU. Die zugehörige Konformitätserklärung ist erhältlich unter www.polar.com/de/rechtliche_informationen.

Français

Ce produit est conforme aux dispositions des directives 2014/53/UE et 2011/65/UE. La Déclaration de Conformité correspondante est disponible à l'adresse www.polar.com/fr/informations_reglementaires.

Ελληνικά

Το προϊόν αυτό είναι συμβατό με την Ευρωπαϊκή Οδηγία 2014/53/EU και 2011/65/EU. Η σχετική Δήλωση συμμόρφωσης είναι διαθέσιμη στην ηλεκτρονική διεύθυνση www.polar.com/el/regulatory_information.

Nederlands

Dit product voldoet aan de richtlijnen 2014/53/EU en 2011/65/EU. De desbetreffende conformiteitsverklaring is beschikbaar op www.polar.com/nl/wettelijk_verplichte_informatie.

Italiano

Questo prodotto è conforme alle Direttive 2014/53/UE e 2011/65/UE. La Dichiarazione di conformità relativa è disponibile sul sito www.polar.com/it/informazioni_normative.

Español

Este producto cumple con las Directivas 2014/53/UE y 2011/65/UE. La Declaración de conformidad correspondiente se puede encontrar en www.polar.com/es/informacion_reguladora.

Português

Este produto está conforme às Diretivas 2014/53/EU e 2011/65/EU. A respectiva Declaração de Conformidade está disponível em www.polar.com/pt/informacao_regulatoria.

Suomi

Tämä tuote on direktiivien 2014/53/EU ja 2011/65/EU mukainen. Asiaankuuluva Vaatimustenmukaisuusvakuutus on luettavissa osoitteessa www.polar.com/fi/lainsaadannolliset_tiedot.

Svenska

Denna produkt uppfyller direktiven 2014/53/EU och 2011/65/EU. Tillämplig försäkran om överensstämmelse finns tillgänglig på www.polar.com/sv/gallande_bestammelser.

Dansk

Dette produkt er i overensstemmelse med direktiv 2014/53/EU og 2011/65/EU. Den relevante Erklæring om overensstemmelse findes på adressen www.polar.com/da/oplysninger_om_regulering.

Norsk

Dette produktet er i samsvar med EU-direktivene 2014/53/EU og 2011/65/EU. Den relevante samsvarserklæringen finner du på www.polar.com/nb/informasjon_om_forskrifter.

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 approuvé 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.

Innovation, Science and Economic Development Canada (ISED) regulatory information

This device complies with Innovation, Science and Economic Development 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.

This device complies with the safety requirements for RF exposure in accordance with RSS-102 Issue 5 for portable use conditions.

Avis de conformité à la réglementation d'Innovation, Sciences et Développement économique Canada (ISDE)

Le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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.

Cet appareil est conforme aux exigences de sécurité concernant l'exposition aux RF selon la norme RSS-102, 5ème édition, pour des conditions d'utilisation portable.

Class B digital device notice

This Class B digital apparatus complies with Canadian RSS-Gen and RSS-247.

Cet appareil numérique de la classe B est conforme à la norme CNR-Gen et CNR-247 du Canada.

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 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.