

SET UP YOUR A300

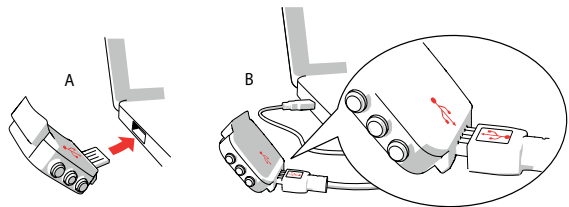
Your new A300 is in storage mode and it wakes up when you plug it into a computer for setup. If the battery is completely empty, it may take a few minutes for your A300 to wake up.

Please do the setup in the Polar Flow web service as follows:

1. Go to flow.polar.com/start and install the FlowSync software.
2. Detach the wristband as described in chapter **Wristband**.
3. Plug your A300 into your computer either directly (A) or with the USB cable (B) for setup and charging the battery.
4. Then we'll walk you through signing up for the Polar Flow web service and personalizing your A300.

To get the most accurate and personalized activity and training data, it's important that you're precise with the physical settings when signing up for the web service. When signing up, you can select a language and get the latest firmware for your A300.

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



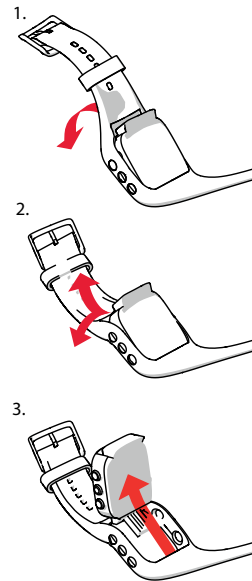
LEARN MORE ABOUT YOUR A300

You can download the full-length user manual and the latest version of this guide at polar.com/support/A300. There you can also find some great video tutorials to check out.

WRISTBAND

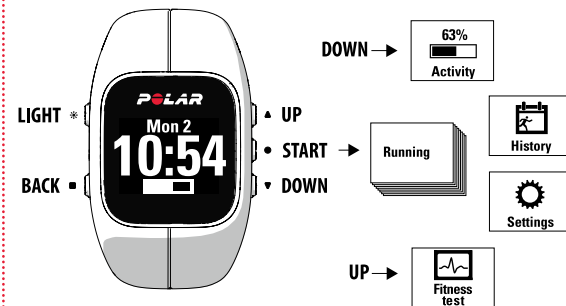
The USB connector of your A300 is in the device inside the wristband. You need to detach the wristband for setting up your A300 with a computer, charging the battery and changing the wristband.

1. Bend the wristband from the buckle side to detach it from the device.
 2. Hold the wristband from the buckle side. Pass the wristband over the buttons first from one side and then from the other side. Stretch the wristband only when necessary.
 3. Pull the device from the wristband.
- To attach the wristband, perform the steps in the reverse order.



GET TO KNOW YOUR A300

- » Browse through the menu by pressing UP or DOWN.
- » Confirm selections with START.
- » Return, pause and stop with BACK.



USEFUL TIPS

- » Change the watch face by pressing and holding UP.
- » Lock buttons by pressing and holding LIGHT.
- » Sync data to the Polar Flow app by pressing and holding BACK.
- » Bring your A300 close to your heart rate sensor to see the time of day during training.

TRACK YOUR ACTIVITY

As soon as you've set up your A300, it automatically starts to track your activity 24/7.

You'll get a personal daily activity goal, and be able to track your progress towards the goal by filling up the activity bar. View the activity bar easily in time view.



In **Activity** menu you can see in more detail how active your day has been so far and get guidance on how to reach your goal.

You can view your activity data in detail on Flow app or Flow web service. There you can get details about your physical activity and the health benefits that come with it.

The A300 counts the steps you have taken and tells the distance covered.

It shows calories you have burned.

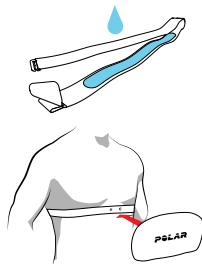
Wear it while you sleep and it detects your sleep time and quality. Check the sleep info from the Flow app or Flow web service.

It is your personal motivator reminding you to move when you've been still for too long.

TRAIN

WEAR THE HEART RATE SENSOR

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.



i After training, detach the connector and rinse the strap under running water to keep it clean.

PAIR THE HEART RATE SENSOR

Before your first training session, you need to pair the heart rate sensor with your A300. Wear your heart rate sensor, press START and touch the sensor with your A300.

START AND STOP TRAINING

Press START and choose your sport*. Press START again when you're ready to go.

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

* You can download more sports from the Flow web service.

IT'S MUCH MORE

Your A300 guides you towards a more active and healthier life. But together with Polar Flow web service and mobile app it helps you to understand how your choices and habits affect your well-being.

POLAR A300

Your A300 keeps track of all your activity and guides you towards your daily activity goal. Change the wristband and accessorize any outfit! You can buy additional wristbands separately.

POLAR H7 HEART RATE SENSOR*

Wear the comfortable heart rate sensor with your A300 and get more out of your daily sports. The heart rate sensor detects your heart rate also when swimming.

* If you bought your A300 without a heart rate sensor, not to worry, you can buy one at any time.

POLAR FLOW WEB SERVICE

Follow your achievements, get guidance and see detailed analysis of your activity and training results. Find all this and more at polar.com/flow.

POLAR FLOW APP

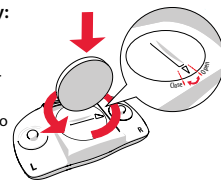
View your activity and training data at a glance. The app syncs the data wirelessly from your A300 to the Polar Flow web service. Get it on the App StoreSM or Google PlayTM.

TECHNICAL SPECIFICATION

A300	
Battery type	68 mAh Li-pol battery
Operating time	Up to 26 days with 24/7 activity tracking and 1h/day training
Water resistance	30 m
Materials	Wristband: silicone, stainless steel; Device: acrylonitrile butadiene styrene, glass fiber, polycarbonate, stainless steel, polymethylmethacrylate
POLAR H7 HEART RATE SENSOR	
Battery type	CR2025
Battery sealing ring	O-ring 20.0 x 0.90 Material Silicone
Water resistance	30 m
Connector material	Acrylonitrile butadiene styrene
Strap material	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 safety reasons, please ensure you use the correct battery.

FIND PRODUCT SUPPORT



polar.com/support/A300

STAY TUNED WITH POLAR



facebook.com/polarglobal



twitter.com/polarglobal



youtube.com/polar



instagram.com/polarglobal

App Store is a service mark of Apple Inc.
Google Play is a trademark of Google Inc.

Manufactured by

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

Compatible with



POLAR®



Polar A300

GETTING STARTED GUIDE

Setup at flow.polar.com/start