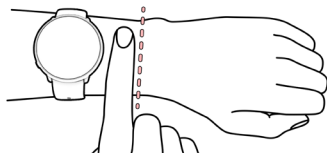## Heart rate training

Wear your watch for a few minutes before you start training to let your skin adapt to the watch and to get accurate heart rate readings. Tighten the wristband firmly around your wrist. The sensor on the back must be in constant touch with your skin and the watch should not be able to move on your arm.

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

TAKE CARE OF YOUR IGNITE

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**.

Start training

1. Wear your watch and tighten the wristband.
2. Press the **BACK** button to enter the main menu, tap **Start training**, and then browse to a sport profile.
3. The watch has found your heart rate when your heart rate is shown.

13:10
89
Strength training

4. Tap the display to start training recording.

PAUSE AND STOP TRAINING

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

ⓘ **Training with GPS:** Go outdoors and away from tall buildings and trees. Keep your watch still with the display upwards to catch GPS satellite signals. The circle around the GPS icon will turn green when the GPS is ready.

ⓘ 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.

Technical specification

POLAR®

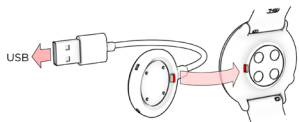# ZZ

GPS FITNESS WATCH

Getting Started Guide

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

English

How to get started

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.

2. **To set up your watch,** choose your language and setup method. The watch gives you three options for setup: set up (**A**) on your phone, (**B**) on your computer or (**C**) on your watch. Browse to the option most convenient for you by swiping the display up or down. Tap the display to confirm your selection. We recommend option **A** or **B**.

To get accurate training and activity data, be precise with your personal settings in the setup.

A   SET UP ON YOUR PHONE

You have to do the pairing in the Polar 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**.
3. Open the Flow app on your mobile device. The Flow app recognizes your watch and prompts you to start pairing it. Tap the Start button.
4. When the Bluetooth Pairing Request confirmation message appears on your mobile device, check that the code shown on your mobile device matches the code shown on your watch.
5. Accept the Bluetooth pairing request on your mobile device and confirm the pin code on your watch by pressing the OK. **Pairing done** is displayed once the pairing is completed.
6. **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 ON YOUR 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.

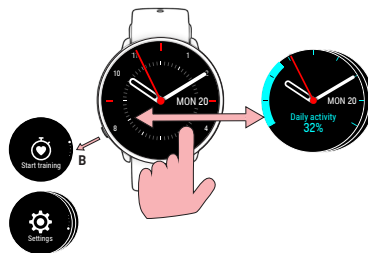## C   SET UP ON YOUR WATCH

1. Adjust the settings by swiping the display and tap to confirm your selection.
2. Press the **BACK** button to return and change a setting.

When you do the setup from the watch, your watch is not yet connected with Polar Flow. It's important that you do the setup later via option **A** or **B** to get the latest feature updates to your zz. In Flow you can also see detailed analysis of your training and monitor your progress.

ⓘ 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.

Get to know your zz

KEY FUNCTIONS

- Tap the display to confirm selections and choose items.
- Return, pause and stop with the **BACK** button. In time view press **BACK** to enter the menu, press and hold to start pairing and syncing.
- Swipe up or down to scroll.
- Swipe left or right in time view to view different watch faces. Tap to see more detailed information.

POLAR. ®

Model number: 2Z

POLAR IGNITE

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 πρϊόν αυτο είναι συμβατό με την Ευρωπαϊκή Οδηγία 2014/53/EU και 2011/65/EU. Η σχετική Δήλωση συμμόρφωσης είναι διαιθέσιμη στην ηλετρονική διεύθυνση
www.polar.com/el/regulatory_information.

Nederlands
Dit product voldoet aan de richtlijnen 2014/53/EU en 2011/65/EU. De desbetreff ende 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 Directivas 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 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.

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 modifi cations 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.