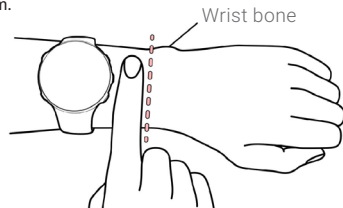# Wear

To get accurate heart rate readings during training, make sure that you wear the watch correctly:

- Wear the watch on top of your wrist, at least a finger's width up from the wrist bone.
- 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.

Wrist bone

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

Your watch is also compatible with Polar heart rate sensors with chest straps as well as optical heart rate sensors. 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/**

Train

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. The circle around the GPS icon will turn green when the GPS is ready.
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.

Take care of your watch

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

Sync your watch with the **Flow app** after training and get an **instant overview** of and feedback on your training, activity and sleep.

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

Information about materials and technical specifications are available in the user manual at support.polar.com/en

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 5 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.

Model: Vantage V3: 5P, Grit X/Grit X Pro: 3N, Vantage V: 2X, Vantage V2: 4A

App Store is a service mark of Apple inc.
Android and Google Play are trademarks of Google Inc.

Manufactured by
Polar Electro Oy
customercare@polar.com
www.polar.com

Compatible with

Bluetooth®

/polarglobal

17982757.04 ENG 1/2023

POLAR®

Getting Started Guide

Vantage V3
Premium GPS Multisport Watch
Grit X
Outdoor Multisport Watch
Grit X Pro
Premium Outdoor Multisport Watch
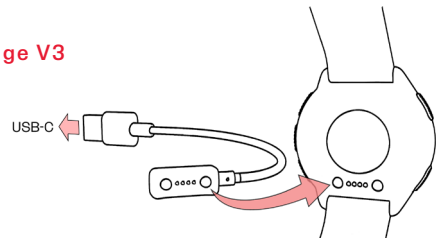**Vantage V & Vantage V2**
GPS Multisport Watch

English
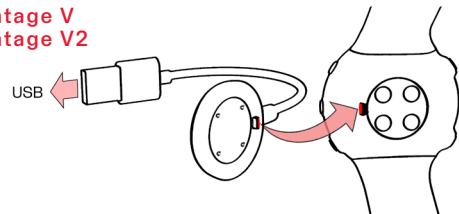
Learn more at support.polar.com/en

Charge

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.

Vantage V3

USB-C

Grit X
Grit X Pro
Vantage V
Vantage V2

USB

Setup

After waking up the watch, choose your language and setup method. The watch gives you three options for setup:

(**A**) set up on your phone, (**B**) on your computer or (**C**) on your watch.

Browse to the option most convenient for you with **UP**/**DOWN** and confirm your selection with **OK**. We recommend option **A** or **B**. You'll get the latest updates for your watch by setting it up on your phone or on your computer.

A Set up on your phone

You have to do the pairing in the Polar Flow app and NOT in your phone's Bluetooth settings.

1. Make sure your phone 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 phone. The Flow app recognizes your watch and prompts you to start pairing it. Tap the **Start** button.

4. Accept the Bluetooth pairing request on your phone. Confirm the pin code on your watch and the pairing is done.

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 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.

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

To keep your watch up to date, always update the firmware whenever a new version is available. You'll be notified via Flow when a new version is available.

Get to know

LIGHT

BACK/MENU/SYNC

UP
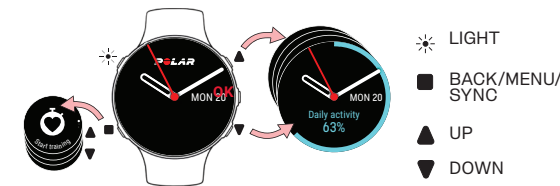
DOWN

Key button functions

- Press **OK** to confirm selections.
- Browse the watch faces, 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.

Touch display* (not available in all models)

- Tap the display to choose items
- Swipe up or down to scroll
- Swipe left or right in time view to view different watch faces

*Disabled during training sessions