

Polar 360

Getting started guide



COMPATIBLE WITH



Model: 5T

Manufactured by
Polar Electro Oy
Professorintie 5
90440 KEMPELE
Finland
WWW.POLAR.COM

1.



2.



3.



ENGLISH

Charge and Activate

To charge and activate your Polar 360, plug it into a powered USB port or a USB charger with the custom cable that came with it (**picture 1**).

- » The device activates when you plug it in to charge. It can also be activated by pressing the reset button (**picture 3**) if the battery has charge.
- » The Bluetooth feature turns on automatically and remains active unless the battery runs out or the device is reset to factory settings, requiring reactivation.
- » While charging, the LEDs used for heart rate measurement indicate the progress: flashing red LEDs indicate charging is ongoing, and when charging is finished, all LEDs illuminate (**Picture 2**).

Pair and Use

For instructions on pairing and using your Polar 360 with the app you're using, see the app developer's instructions.

Wear

Wear your Polar 360 around your wrist so that the optical heart rate sensor on the underside of the device is firmly against your skin.

Care

The Polar 360 is water resistant and you can wash it under running water without damaging the electronic components. Clean the sensor and the strap with a mild soap and water solution when needed. Never use alcohol or any abrasive material (steel wool or cleaning chemicals). When drying the strap, hang it up or lay it flat, and allow it to dry completely. Do not expose the device to direct sunlight for extended periods. **Do not charge the device when the charging contacts are wet.**

Restarting and resetting

If you experience problems with your Polar 360, you can try restarting it. The reset button is on the front of the device under the strap (**picture 3**). Press the button with a pin. To reset the Polar 360 back to factory settings, press the button while the device is plugged into a powered USB port or a USB charger.

Technical specifications

Battery type	148 mAh Rechargeable Li-po battery
Water resistance	Suitable for swimming
Materials	ABS + GF, PMMA, Stainless steel, Polyester, Elastane, Silicone

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 5.0 mW maximum power.