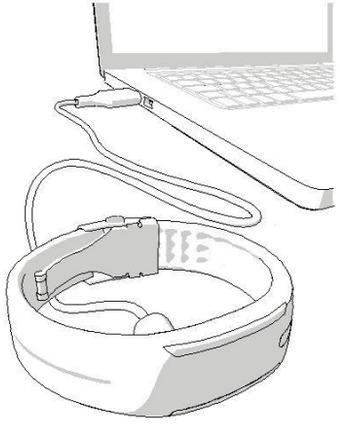
# SET UP YOUR POLAR LOOP 2

To take your Polar Loop 2 activity tracker into use, you need a **computer** with an **Internet connection** to access the Polar Flow web service.

1. Open your internet browser, **go to** flow.polar.com/start and download the FlowSync software. You need FlowSync to setup and sync your activity tracker.
2. **Open** the installation package and follow the on-screen instructions.
3. Once the installation is complete, FlowSync **opens automatically** and asks you to connect your Polar product.
4. **Plug** Polar Loop 2 **into** your computer's USB port with the cable provided in the sales package. Let your computer install any suggested USB drivers.



*Don't charge the device when the USB connector is wet.*

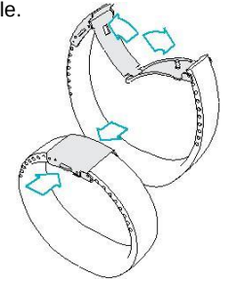
5. The Flow web service opens automatically in your internet browser. **Create** an account, or sign in if you already have a Polar account.
6. To finalize the setup click **Done**. You need to wait until syncing is completed, before you can unplug your Polar Loop 2.
7. If there is a firmware update available for your Polar Loop 2, we recommend you **install** it at this stage.

You're ready to go. Have fun!

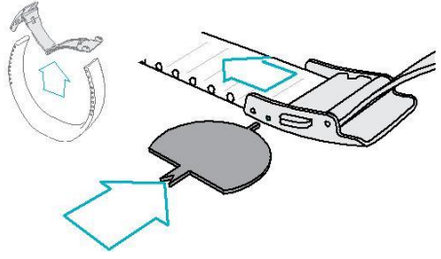
*Learn more about your Polar Loop 2 from the full-length user manual, FAQs and tutorial videos at polar.com/support/Loop2 .*

# CUSTOMIZE BRACELET SIZE

1. Open the buckle.

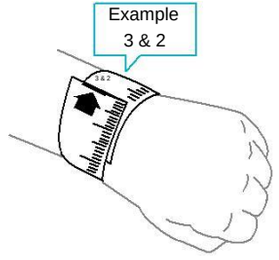


2. Detach the buckle from both ends.

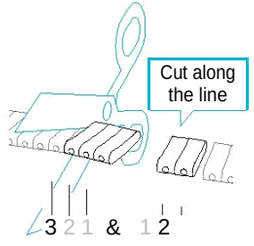


3. Measure your wrist size.

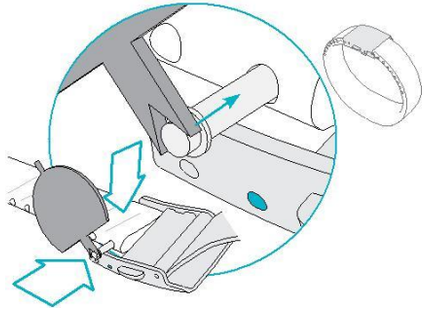
*The bracelet is more comfortable to wear when it is a bit loose.*




4. Trim the band from both ends.




5. Reattach the buckle.



*Wear the bracelet on your non-dominant hand to get the most accurate results.*

## FOLLOW YOUR DAILY ACTIVITY

You can cycle through Polar Loop 2 LED display views by tapping the touch button repeatedly. You will see more information about each headline if you wait two seconds and let the screen scroll by itself.

**ACTV** stands for daily activity. The daily activity goal is visualized with an activity bar.

- **TO GO** tells you how much longer you need to be active to reach your daily activity goal.
- **JOG** stands for high intensity activity like jogging, exercise class, basketball, football, tennis or squash.
- **WALK** stands for medium intensity activity like walking, circuit training, bowling, skateboarding, gentle swimming or table tennis.
- **UP** stands for low intensity activity up on your feet like cleaning, washing the dishes, gardening, playing the guitar, baking, walking slowly or tai chi.

**CALS** stands for calories burned measured as kilocalories.

**STEP** stands for steps you have taken.

**IT'S TIME TO MOVE** is shown, if you've been still for 55 minutes. Stand up and find your own way to be active. If you're not active in the next five minutes, you'll get an inactivity stamp.

## IT'S MUCH MORE

Your Polar Loop 2 guides you towards a more active and healthy life. Together with Polar Flow web service and/ or Polar Flow mobile app it helps you to understand how your choices and habits affect your well-being.

**POLAR LOOP 2**
Your Polar Loop 2 keeps track of all your activity and guides you towards reaching your daily activity goal.

**POLAR FLOW APP**
View your activity, training and sleep data at a glance. The app syncs data wirelessly from your Polar Loop 2 to the Polar Flow web service. Get it on the App Store℠ or Google Play™.

**POLAR FLOW WEB SERVICE**
Track your achievements, get guidance and see detailed analysis of your activity, sleep and training results. Find all this and more at flow.polar.com.

**POLAR H7 HEART RATE SENSOR**
Connect Polar Loop 2 with Polar H7 heart rate sensor and get more out of your daily sports. The heart rate sensor can be purchased separately.

**SMART NOTIFICATIONS**
Get notifications about incoming calls, messages and calendar events from your phone on your Polar Loop 2. You can activate the Smart Notifications feature in the Polar Flow mobile app.



For more detailed analysis, sync your data to Polar Flow web service. You can do this either via Flow mobile app or by connecting your Polar Loop 2 to your computer using the USB cable. Make sure you have FlowSync software installed and running on your computer.

## TECHNICAL SPECIFICATION

**Polar Loop 2**

| | |
|---|---|
| Battery type | 38 mAh Li-pol battery |
| Operating time | Up to 8 days with 24/7 activity tracking and 1h/day training |
| Operating temperature | 0 °C to +50 °C/ 32 °F to 122 °F |
| Water resistance | 20 m |
| Materials | Silicone (pink and white models), Thermoplastic polyurethane (black model), Acrylonitrile butadiene styrene, Glass fiber, Polycarbonate, Stainless steel |