

**POLAR** loop  
ACTIVITY TRACKER

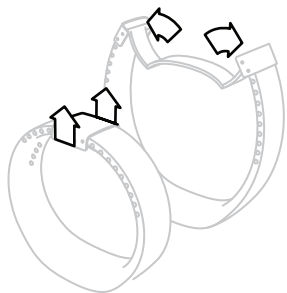
**POLAR**  
LISTENS TO YOUR BODY

**1.** TO GET STARTED GO TO

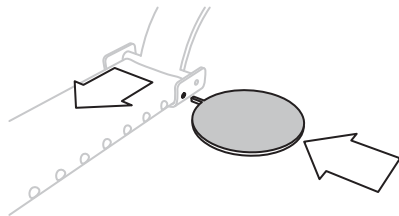
**[www.flow.polar.com/loop](http://www.flow.polar.com/loop)**

 **Bluetooth**  
SMART

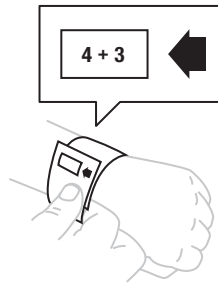
**2. OPEN THE BUCKLE**



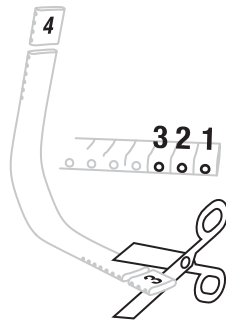
**3. DETACH THE BUCKLE**



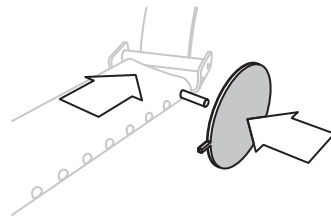
**4. MEASURE YOUR WRIST**



**5. TRIM THE BRACELET FROM BOTH ENDS**



**6. REATTACH THE BUCKLE**



7+7  
7+6  
6+6  
6+5  
5+5  
5+4  
4+4  
4+3  
3+3  
3+2  
2+2  
2+1  
1+1  
1+0  
0

