

## AFTER TRAINING

Get instant analysis and in-depth insights into your training and recovery with Polar V800, the Polar Flow mobile app and web service.

## VIEW SUMMARY - V800

Get an instant summary of your training data and training load, and how it affects your recovery status. You can also see how your training benefits you.

## ANALYZE IN AN INSTANT - FLOW APP

Analyze your training data at a glance and sync your trainings to the Polar Flow web service.

## ANALYZE EVERY DETAIL - FLOW WEB SERVICE

Analyze every detail, view your progress and share your training with your friends or coach at [polar.com/flow](http://polar.com/flow).



## KEY FEATURES

Polar V800 offers a host of unique features to help you train better. Here you can find a summary of the most important ones.

## TRAINING LOAD \*

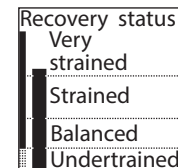
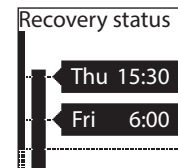
The intensity and duration of your training sessions put a strain on your body. To improve, you need to find the right balance between training and recovery. Find out what your training load and recovery time are and how to optimize your training.

Recovery Time	Training Load
> 49 h	Extreme
25 – 48 h	Very demanding
13 – 24 h	Demanding
7 – 12 h	Reasonable
0 – 6 h	Mild

Summary
Training load Demanding
Recovery need for this session 21 h

## RECOVERY STATUS \*

Although you love to train, you need to rest as well. Recovery status helps you know when you have recovered enough to train again.



\* Most accurate with heart rate measurement

### Very strained

You've been training hard lately. Resting is recommended before your next heavy training period.

### Strained

You haven't fully recovered from your previous training.

### Balanced

Your training load is on your typical level. Your training and resting is in balance.

### Undertrained

Lately you've been exercising less than normally.

## TRACK YOUR DAILY ACTIVITY

Wear your Polar V800 24/7 and it will give you a reliable recovery status based on all your daily activity. It tracks every movement with its integrated activity tracker.

## ORTHOSTATIC TEST \*\*

Allows you to optimize your training and avoid overtraining by showing how your heart rate responds to exercise and other factors such as stress and illness. The test shows your heart rate during rest, active standing up and standing, and compares it with the average of your previous test results. By repeating the test regularly, you'll notice if there are any untypical heart rate responses.

## JUMP TEST \*\*\*

Helps you estimate your leg muscular strength and power output, as well as neuromuscular fatigue. You can do three different types of jump tests: squat, countermovement and continuous.

## ROUTE GUIDANCE

Sync your favorite routes from the Polar Flow web service to your V800, and it'll guide you along the way to explore new paths.

## BACK-TO-START

Guides you back to the starting point of your session, or any saved POI (point-of-interest).

## RACE PACE

Define a target time for a set distance, and race pace will help you keep a steady pace and achieve your goal.

\*\* Polar Bluetooth® Smart heart rate sensor required

\*\*\* Polar Stride Sensor Bluetooth® Smart required

To find out more about the various other features in the V800, go to [polar.com/support](http://polar.com/support) and see the full user manual.

## TECHNICAL SPECIFICATION

### V800

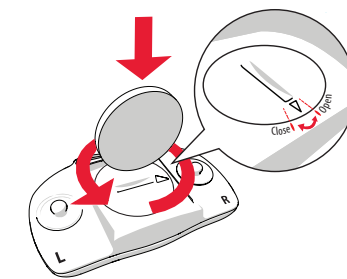
Battery type	350 mAh Li-pool rechargeable battery
Operating time	13 h / 50 h with low power mode
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Water resistance	30 m
Training computer materials	Aluminum alloy, stainless steel
Wrist strap and buckle materials	Acrylonitrile butadiene styrene, thermoplastic polymer, polycarbonate, stainless steel, aluminum


### H7 Heart rate sensor

Battery type	CR2025
Battery sealing ring	O-ring 20.0 x 1.0 Material FPM
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Water resistance	30 m
Connector material	Polyamide
Strap material	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

Uses Bluetooth® Smart wireless technology and coded 5 kHz transmission.

## CHANGING HEART RATE SENSOR BATTERY



 Danger of explosion if the battery is replaced with wrong type.

## CUSTOMIZE WITH ACCESSORIES

Enhance your experience and achieve a more complete understanding of your performance with these Bluetooth® Smart accessories:

### Polar Stride Sensor Bluetooth® Smart

Measures your running speed/pace, distance, running cadence and stride length, and enables you to do the Jump test.

### Polar Speed Sensor Bluetooth® Smart

Measures distance and your real-time, average and maximum cycling speed/pace. Useful for indoor cycling.

### Polar Cadence Sensor Bluetooth® Smart

Measures your real-time, average and maximum cycling cadence as revolutions per minute.



# Polar V800

Getting Started Guide  
English

Find the full user manual and video tutorials at [www.polar.com/support](http://www.polar.com/support)

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Compatible with Polar



and



Find product support



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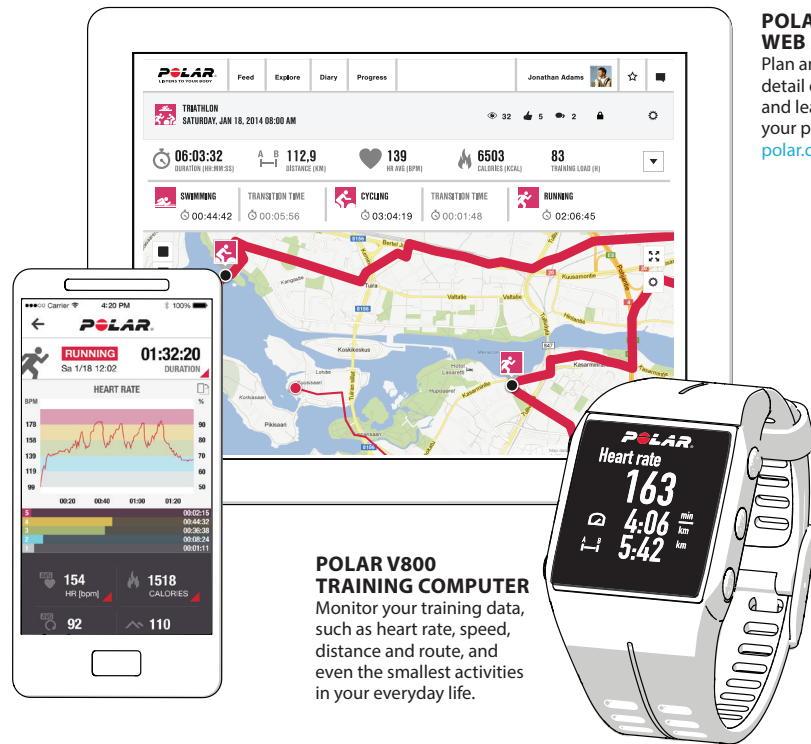
[www.polar.com/en/support/V800](http://www.polar.com/en/support/V800)

## WELCOME

Congratulations on your great purchase! In this handy guide we'll walk you through the first steps in starting to use Polar V800, your choice for smarter training.

Polar V800 is a great training device by itself, but you'll get even more out of it when you use it together with the Polar Flow web service and mobile app. Plan your sessions, get guidance to achieve your targets, analyze results and enjoy your achievements.

**POLAR FLOW MOBILE APP**  
View your training data at a glance. The mobile app syncs your data to the Polar Flow web service. You can download it from the App Store or Google Play.



**POLAR FLOW WEB SERVICE**  
Plan and analyze every detail of your training and learn more about your performance at [polar.com/flow](http://polar.com/flow)

**POLAR V800 TRAINING COMPUTER**  
Monitor your training data, such as heart rate, speed, distance and route, and even the smallest activities in your everyday life.

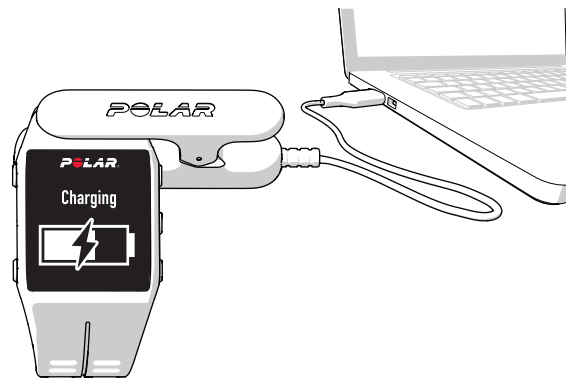
## GET STARTED

To start using your V800 with the Flow web service, go to [flow.polar.com/V800](http://flow.polar.com/V800) and create your Flow account. In the web service you can customize your settings and create targets easily.

If you're in a hurry for your first run with V800, let's do a quick setup to get you going:

1. Plug V800 into your computer with a cable to charge the battery.
2. When charging is complete, choose your language and set up your V800. **Ready to go!** is displayed when you're done.

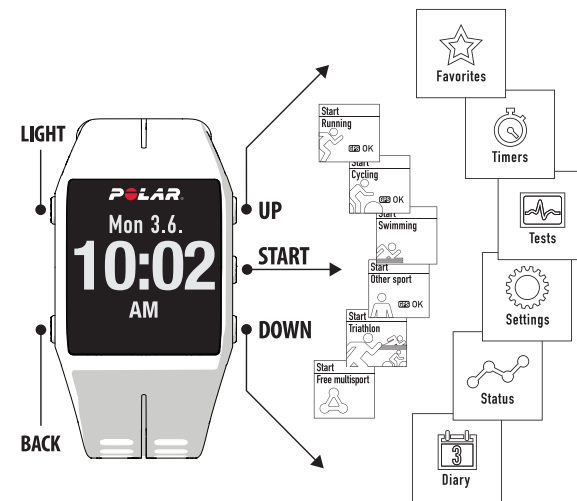
*To get the most accurate and personal training data, it's important that you're precise with physical settings like your training background, age, weight and sex.*



*Make sure the USB connector snaps firmly into place.*

## GET TO KNOW YOUR V800

Browse through the menu by pressing UP or DOWN. Confirm selections with the START button, and return, pause and stop with the BACK button.



## USEFUL TIPS

- Check your recovery status**
  - » Tap the display in the time view
- Change watch face**
  - » Press and hold UP
- Access quick menu**
  - » Press and hold LIGHT

## TRAINING WITH YOUR V800

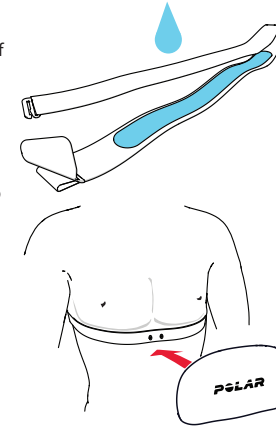
When you use our heart rate sensors when training, you get the most out of Polar's unique smart coaching features. Heart rate data gives you an insight into your physical condition and how your body responds to training. This will help you fine-tune your training plans and reach your peak performance.

## TRAINING WITH HEART RATE

*If you bought your V800 without a heart rate sensor, not to worry, you can always buy one later.*

1. Moisten the electrode area of the strap.
2. Attach the connector to the strap.
3. Tie the strap around your chest, just below the chest muscles, and adjust the strap to fit tightly but comfortably.

*Detach the connector from the strap, and rinse the strap under running water after every training session. Sweat and moisture may keep the heart rate sensor activated, so also remember to wipe it dry.*



Before your first training session, you need to pair the heart rate sensor with your V800. Wear your heart rate sensor, press START and touch the sensor with your V800, then wait for the sensor to be found and choose **Yes**.

You can also pair a new sensor in **Settings > General settings > Pair and sync > Pair new device**.

## START TRAINING

Press START and choose your sport. Wait for all the needed sensors to be found and press START again when you're ready to go.

*When using GPS, stand still with the display facing upwards until the signal is found. When the signal is found, OK is displayed.*

## DURING TRAINING

In addition to heart rate, your V800 measures comprehensive data such as training time, calories, speed, distance, location and altitude.

### Choose what's shown on the display

- » Choose the information you want to see during your sessions in the Polar Flow web service

### Take a lap

- » Press START or tap the display during a session

### Switch sports during a multisport session

- » Press BACK to switch sports and to see your transition time

### HeartTouch

- » To activate the backlight and check the time, bring your V800 close to your heart rate sensor during training

## PAUSE AND STOP TRAINING

Press BACK to pause your training session. When paused, press and hold BACK to stop your training session.