

POLAR VERITY SENSE

OPTICAL HEART RATE SENSOR

Getting Started Guide

POLAR

Compatible with:

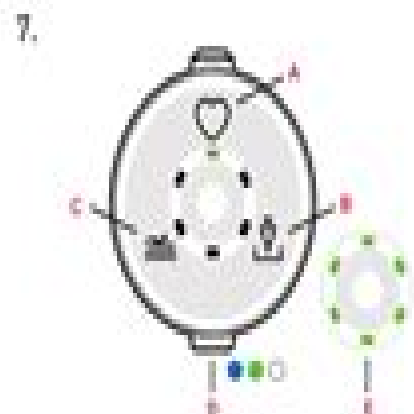
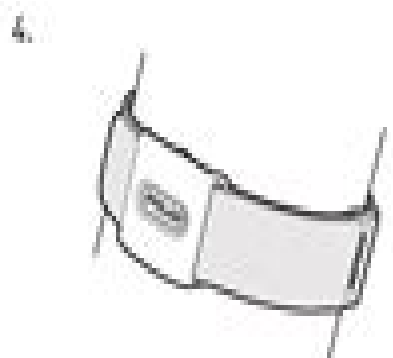
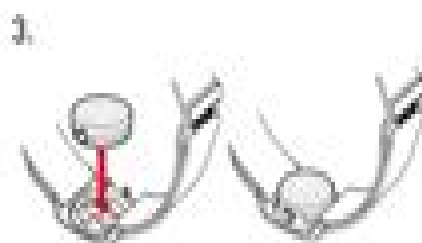
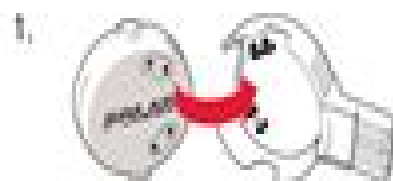


Works with:

Compatible devices:

For instructions on how to connect a device to the Polar Verity Sense, visit www.polar.com

For product support, visit support.polar.com/en/verity-sense



INSTALLATION

Thanks for choosing Polar! This guide will help you get started with your Verity Sense. For more help and product information, see support.polar.com/en/verity-sense.

Setup

Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and USB adapter meet (picture 1). Plug the USB adapter into a computer USB port (picture 2) or USB power rail module. Do not charge the device when the charging contacts are wet.

Set up

Download Polar Flow app and enter your details. Turn the sensor on by connecting the battery. Then app downloads the sensor automatically and guides you through the setup. If you want to pair a computer, visit Polar Flow app. **Important note:** You can charge the device via a USB port and follow the instructions.

You can use the sensor with devices of leading fitness apps including Polar apps, as well as with Bluetooth and ANT+ compatible training devices. For instructions on pairing the device with the app or the training device, see the app developer's manual or the user guide of your training device.

How to wear

Wear on your wrist: Place the sensor on the prepared holder with the lens facing up (picture 3). Place the sensor so that the sensor is on the underside of the prepared holder (picture 4). Place the sensor around your wrist or upper arm, not around your wrist (picture 5).

Wear with swimming goggles: Place the sensor in the swimming goggles strap and attach the clip with your swimming goggles strap. Place the sensor on your right temple with the battery facing up (picture 6). The lens should touch the face area of your temple.

Start training

Turn the sensor on by pressing the button. Choose the activity mode by pressing the button quickly until the LED light on the device starts to light up (picture 7). Choose **HR heart rate mode** to use the sensor with a compatible device or app. **HR recording mode** is used for recording heart rate with the sensor or **HR swimming mode** is used for swimming sessions. When recording, the LED on the side **HR** lights up blue or heart rate mode, green in recording mode and white in swimming mode. After you choose, wait until the LED light is on **HR** and you can start training. Note that the mode is now locked and can only be changed by switching the sensor off and on again. After training, sensor will shut the device and the light on sensor off. **A** before you can use the sensor in recording or swimming mode it needs to be placed in your Polar Flow account. This is done during the set-up.

1 The sensor transmits your heart rate signal via Bluetooth and ANT+ to your Polar Flow app and is synchronized with the Polar Flow app settings. If you want:

Save instructions

See the instruction page later for swimming instructions. Turn the sensor on.

Information about warranty and technical specifications are available in the user manual or support.polar.com/en/verity-sense.



The product is not a toy. Do not allow children to play it or play with the product. The product contains small components that can be a choking hazard.

The radio equipment complies with CE mark (2) and does not require licensing and is not a radio equipment.

Manual Polar Bluetooth Smart

J Elliott



Manual Polar Bluetooth Smart:

Reviewing **Manual Polar Bluetooth Smart**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Manual Polar Bluetooth Smart**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Manual Polar Bluetooth Smart Introduction

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Manual Polar Bluetooth Smart :

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of goods and services may be made in accordance with the following provisions. (A) State agencies must solicit at least three informal bids, including ...