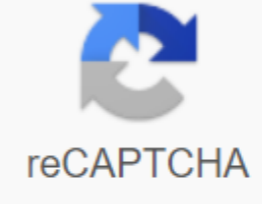# Polar watch vantage v manual

I'm not robot

reCAPTCHA

Continue

To view and edit your general settings, go to Settings > General Settings. In general your environment you will find: Paired with five bike settings (Visible only if you were afraid of a bicycle ride detector with your view) Continuous HR Tracking Recovery Mode Flight Does not disturb Phone Notifications Unit Language Inactivity Alert Vibrations I put my viewing on satellite Position On you look Paired with five pairs and five phones / Pe Capabilities or other devices: Detect peer or mobile device with your viewing. Data synchron with Flow app. Device paired: View all the devices you've paired with your watch. These can include pulse sensors, running sensors, cycling sensors and mobile devices. Bike settings are visible only if you have fear of a bicycling detector with your view. Wheel Size: Set the wheel size in millimeter. For instructions on measuring the wheel size, see Pair Sensors with your view. Odds length: Set the sleeve length in millimeter. The environment is visible only if you have paired a Power Detector. Sensors in use: See all the sensors you have linked to the bike. Ongoing HR tracking turns the Continuous Hearts feature on, Off or Night-Time only. If you choose night-time only, set that rate to start at the earliest time you might go to bed. For more information, see Continuous heart rate. Recovery Tracking Choose how to track your recovery. Use Recovery Pro for specific guidance on balancing your training load and recovery, based on ortostatic tests and recovery questions. When putting on the watch asks you to take an ortostatic test for at least three days a week. Select the days, and select Save. For information, see Recovery Pro. Choose Recharge nightly for automatic tracking recovery and guidance, based on the night measurements. The view requires you turn on the ongoing heart rate feature tracking if it's not on previously. Continuous tracking rate needs to be allowed for nightly recharge of functions. Select On or Night-Time Only. If you choose night-time only, set that rate to start at the earliest time you might go to bed. Flight Mode Choose On or Off. Flight mode cuts all wireless communications from your view. You can still use it, but you can't sync your data with the polar mobile flow app or use it with any wireless accessories. Don't Bother Choose Off, On or On (-) . Set the period when you don't bother is over. Choose when it starts in and ends in. When it's set on, you won't get any notifications or call alerts. Jesti's return activation and sounds are also disabled. Phone notifications Include phone notifications Off or On, when they are not trained. Note that you will not receive any notifications during training sessions. Unit Select metric (kg, cm) or imperial (lb, ft). Set units used to measure weight, height, distance and speed. Language you can choose the language you want use on your watch. See you support the following languages: Bahasa Indonesia, Čeština, Dansk, Deutsch, English, Español, Français, Italiano, Nederlands, Norski, Polski, Português, Русский, Suomi, Svenska or Türkie. Alert Inactivity Set the Inactivity Alert On or Off. Vibrations Set vibrations for scrolling menu items on or Off. I put my view on the Select left hand or right hand. Satellite position from firm version 4.0.11 forwards You can change the satellite navigation system view you use in addition to GPS. The setting is located on your view in General Settings > Positioned Satellite. You can select GPS + GLONASS, GPS + Galileo or GPS + QZS. The default setting is GPS+ GLONASS. These options give you the possibility to test different satellite navigation systems and find out if they can give you improved performance in areas covered by them. GPS + GLONASS GLONASS is a Russian navigation system global satellite. It is the default setting as its global satellite visibility and reliability is the best of these three, and overall we recommend using it.GPS + Galileo Galileo is a global navigation satellite system created by the European Union. It is still under development and is estimated to be ready by the end of year 2020. GPS+ QZS QZS is a four-time transfer system- regional satellite and a satellite-based growth system developed to improve GPS in the Asian-Oceania regions, with a focus on Japan. On your Watch Check your device ID in your view, as well as the firmware version, HW model, A-GPS expired date and the Vantage regulatory label. Restart your view: If you have experience problems with your watch, you can try to restart it. Restarting the view won't delete any of the settings or your personal data from the view. Press the OK button and then press OK again to confirm the restart. You can also restart your view by pressing and holding the OK button for 10 seconds. To wake up and load your look, plug it into a powered USB port or a USB loaded with the custom cable that came into the box. The cable is magnetically master in place, just make sure you align ugly on the cable and the place on your view (marked with red). Please note that it may take a while for the loading animation to appear on the display. We recommend that you charge the battery before you start using your view. See Battery for detailed information about charging the battery. Alternatively, you can wake up your view by pressing and holding OK for 4 seconds. OR To set up your view, select your language with preferred configuration methods. See the give you three options for configuring: Browse to the best option for you with UP/DOWN and confirm your selection with OK.A. On your phone: Mobile setup is convenient if you don't have access to a computer with an USB port, but it might take longer. method requires an Internet connection. B. On your computer: WiFi computer Setup is faster and you can load your view at the same time, but you need an available computer. This method requires an Internet connection. The options A and B are recommended. You can fill in all the required physical details for accurate training data at once. You can also choose language and get the latest translation for your viewing. C. C. On your view: If you don't have a compatible mobile device and can't get into a computer with an Internet connection right away, you can start from the view. Please note that when you perform the configuration from the view, your view is not yet connected to Polar Flow. Updates for your viewing are available only in Polar Flow. To make sure you get to enjoy your look with the unique polar features at their best, it's important that you do the later setup of the Polar Flow web service or with the Polar Flow mobile app by following the steps in option A or B. An option: Set up with a mobile device and polar flow app please note that you have to flow the pair of the Flow app and not in your mobile device settings to Bluetooth. Make sure that your mobile device is connected to the Internet and turned on Bluetooth. Download the Polar Flow app from the App Store or Google Play on your mobile device. Open the Flow app on your mobile device. The flow app acknowledges that near you and prompts you to start fearing it. Tap the Start button. When Bluetooth Pair Request confirmation messages appear on your mobile device, check which code is shown on your mobile device matches the code shown on your view. Accept Bluetooth paired requests on your mobile device. Confirm the PEN code on your view by pressing OK. The pair makes the displayed once the pair is complete. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup of the app. When you're done with the settings, tap Save and Sync and your settings are syncing to your view. If you are prompted to update the firmware, please plug your view into a power source to ensure unprecedented update operations, and then accept the update. Option B: Set up with your computer to go to flow.polar.com/start and download and then install the Polar FlowSync data transfer software to your computer. Sign in with your Polar account or create a new one. Plug your view into your computer's USB port with the custom cable that came into the box. We'll walk you through the sign-up and configuration of the polar flow flow service. Option C: Set up from the View to Adjust values with UP/DOWN and confirm each selection with OK. If you want to return and change a setting at any point, press BACK until you reach the setting you want to change. When you perform the configuration from the view, your view is not yet connected to the Polar Flow. Last updated for you available only via Polar Flow. To make sure you get to enjoy your look with unique Polar Smart Coaching features at their best, it's important that you do the later setup of the Polar Flow web service or with the mobile flow app by following the steps in option A or B. Vantage V look to tell you much more than just the time. You'll find the most timely status and relevant information right about the face view, including your activity status, Audio Load Status, your heart rate and training session updates. It shows your average daily load from the past 7 days. Verbal Description of your Cardio charge status. For more information, see Pro Load Training. That percentage When using the Continuous Heart Features view you continuously measure your heart rate and show it on the pulse viewing figure. You can check your highest and lowest heart rate readings of the day and see below your heart rate the night was. You can turn the Continuous Heart Rate feature on and off your view in Settings > General Settings > Continuous HR Tracking. For more information, see Continuous Heart Rate features. If you don't use the ongoing Heart Rate feature, you can always quickly check the rate that you are currently without starting a training session. Just tighten your strips, choose this view face, press OK and the view will show the rate that you are currently at a time. The pounding returns look face by pressing BACK. Last training session See time spent since your last training session with the sport in the session. Additionally, when opening the details, you can view summary summary sessions in your training sessions from the last 14 days. Browse to the training session you want to view and UP/DOWN and press OK to open the summary. For more information, see Summary Training. Recharge nightly when you wake up you can see your nightly recharge status. Nightly Recharge status tells you how restored last night you were. Nightly Recharge combines information about how well your autonomic nervous system (ANS) calm during the early hours of your sleep (ANSE load) and how well you sleep (sleep charge). The feature is off by default. Keep the heart feature ongoing on in your view you'll pour faster into the battery. Continuous tracking rate needs to be allowed for nightly recharge of functions. If you want to save battery and still use Night Recharge, you can set the continuous heart rate tracking to be only at night out in your viewing environment. For more information, see Recharge Night™ Recovery Measures or Sleep Plus Steps™ Tracking Sleep. FitSpark's watch face suggests the goals that are most suitable for you based on your training history, physical condition level and current recovery status. Press OK to see all the suggested training targets. Select one of the suggested training targets to view detailed information about the training target. For more information, see FitSpark Daily Training Guide. Menu Enter menu by pressing BACK and browse to the menu by pressing UP or DOWN. Confirm selection with the OK button, and return with the BACK button. Start training from here, you can start your training session. Press OK to enter the pre-training mode and browse to the sport profile you want to use. You can also enter the pre-training mode by pressing and keeping OK in the time view. See Start a training session for detailed instructions. Serene guided breathing exercise First, select Serene and then choose Start the breathing exercise. For more information, see Serene™ guided breath of exercise. Strava Live Segments Strava live segment view information on the Strava synced segment to watch. If you haven't connected your Flow account with a Strava account or don't have segments see you, you can also find guidance here. For more information see Segment Live Strava. Timers in your Timers will find a kronomit and countdown clock. Stopwatch To start standing there, press OK. To add a read, press OK. To pause chronomic pauses, press BACK. Countdown Timer You can set the countdown timer to count down from a preset time. Select Insert Timer, and set the countdown time, and press OK to confirm. When completed, select Start and press OK to start the countdown timer. The countdown timer is added to the basic view face and time and date. At the end of the countdown, the view notifies you not to vibrate. Press OK to restart the clock, or press BACK cancel and return to the time view. During training you can use timer intervals and countdown timer. Add the clock views to training views of the sports profile settings in Flow and sync the settings to your view. For more information about using timers during training, see During Training. Test in Test you will get ortostatic tests and Physical tests: Ortostatic test You can take the ortostatic test (H10 rate pulse needed), see your last result compared to the average test period and reset the test period. See Ortostatic testing for detailed instructions. Fitness Measures your fitness levels easily with rates based on heart basis during intercourse and relax. For more information, see Test physical requirements and heart rate based on heart basis. Settings You can modify these settings on your view: Physical Settings General Watch additionally in the settings available on your view, you can edit Sport Profiles in the Polar Flow and app web service. Customize your view and your favorite sport with information you want to follow during your training session. See Sport profiles in Flow for more information. Information.