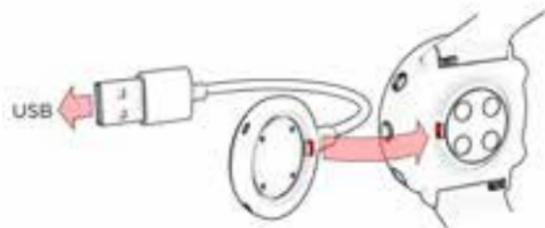


## How to get started

1. To wake up and charge your watch, plug it into a powered USB port or a USB charger with the custom cable that came in the box.



2. To set up your watch, choose your language and setup method. The watch gives you three options for setup: set up (A) on your phone, (B) on your computer or (C) on your watch. Browse to the option most convenient for you with UP/DOWN and confirm your selection with OK. We recommend option A or B.

To get the most accurate and personal training and activity data, it's important that you're precise with the settings in the setup.

- i** If there is a firmware update available for your watch, we recommend you install it during the setup. It may take up to 10 minutes to complete.

## A SET UP ON YOUR PHONE

You have to do the pairing in the Polar Flow app and NOT in your phone's Bluetooth settings.

1. Make sure your phone is connected to the internet and turn on Bluetooth®.
2. Download the **Polar Flow app** from the **App Store** or **Google Play**.
3. Open the Flow app on your phone. The Flow app recognizes your watch and prompts you to start pairing it. Tap the **Start** Button.
4. Accept the Bluetooth pairing request on your phone. Confirm the pin code on your watch and the pairing is done.
5. **Sign in** with your **Polar account** or create a new one. We'll walk you through the sign-up and setup within the app.

When you're done with the settings, tap **Save and sync** and your settings are synced to your watch.

- i** Your watch syncs your training data with the Flow mobile app automatically if your phone is within the Bluetooth range and the Flow app is running. You can also sync your training data manually with the Flow app by pressing and holding the BACK button of your watch.

## B SET UP ON YOUR COMPUTER

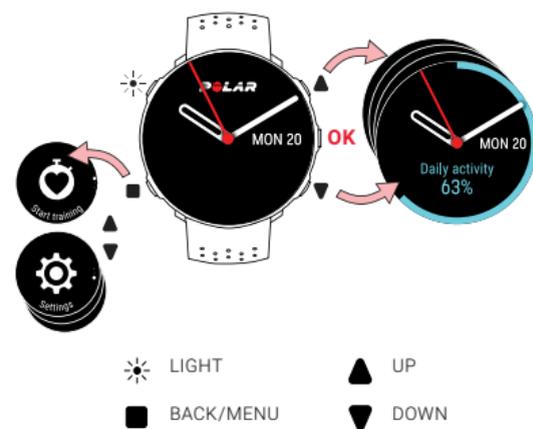
1. Go to [flow.polar.com/start](https://flow.polar.com/start) and download and then install the **Polar FlowSync** data transfer software to your computer.
2. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the Polar Flow web service.

## C SET UP ON YOUR WATCH

Adjust the 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 do the setup from the watch, your watch is not yet connected with Polar Flow.** It's important that you do the setup later via option A or B to get the latest feature updates to your watch. In Flow you can also see a more detailed analysis of your training and monitor your progress.

## Get to know your Vantage M



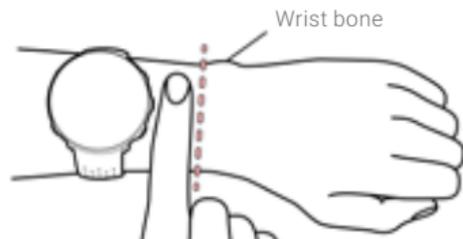
### KEY BUTTON FUNCTIONS

- Press **OK** to confirm selections.
- Browse the watch faces, training views and menu with **UP/DOWN**, move through selection lists, and adjust a chosen value.
- Return, pause and stop with **BACK**. In time view press **BACK** to enter the menu, press and hold to start pairing and syncing.
- Press and hold **LIGHT** to lock buttons.

## Wrist-based heart rate

To get accurate heart rate readings during training, make sure that you wear the watch correctly:

- Wear the watch on top of your wrist, at least a finger's width up from the wrist bone.
- Tighten the wristband firmly around your wrist. The sensor on the back must be in constant touch with your skin and the watch should not be able to move on your arm.



When not measuring heart rate, loosen the wristband a bit for a more comfortable fit and to let your skin breathe.



Your watch is also compatible with the Polar H10 heart rate sensor with a chest strap. You can buy a heart rate sensor as an accessory. Find a full list of sensors and accessories your watch is compatible with at [support.polar.com/en/vantage-m](https://support.polar.com/en/vantage-m).

## Start training

1. Wear your watch and tighten the wristband.
2. Press **BACK** to enter the main menu, choose **Start training**, and then browse to a sport profile.
3. Go outdoors and away from tall buildings and trees. Keep your watch still with the display upwards to catch GPS satellite signals. The circle around the GPS icon will turn green when the GPS is ready.
4. The watch has found your heart rate when your heart rate is shown.
5. When all signals are found, press **OK** to start training recording.

### PAUSE AND STOP TRAINING

Press **BACK** to pause your training session. To continue training, press **OK**. To stop the session, press and hold **BACK** when paused until **Recording ended** is displayed.

### TAKE CARE OF YOUR VANTAGE M

Keep your watch clean by rinsing it under running water after each training session. Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your watch and cable. Gently wipe off any dirt or moisture. **Do not charge the watch when it's wet.**

## Polar Flow app and web service

Sync your watch with the **Flow app** after training and get an **instant overview** of and feedback on your training, activity and sleep.

Sync your training data to the **Flow web service** with your computer or via Flow app to track your achievements, get guidance and see a **detailed analysis** of your training results, activity and sleep.

Information about materials and technical specifications are available in the user manual at [support.polar.com/en/vantage-m](https://support.polar.com/en/vantage-m).

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 3.1 mW maximum power.

The Polar Precision Prime optical heart rate sensor fusion technology uses a very small, safe amount of electric current on the skin to measure the contact of the device to your wrist to enhance accuracy.

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MANUFACTURED BY  
POLAR ELECTRO OY  
PROFESSORINTIE 5  
90440 KEMPELE

FINLAND

CUSTOMERCARE@POLAR.COM

[WWW.POLAR.COM](https://www.polar.com)

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# POLAR®

## VANTAGE M

### GPS MULTISPORT WATCH

## Getting Started Guide

Learn more at [support.polar.com/en/vantage-m](https://support.polar.com/en/vantage-m)

English