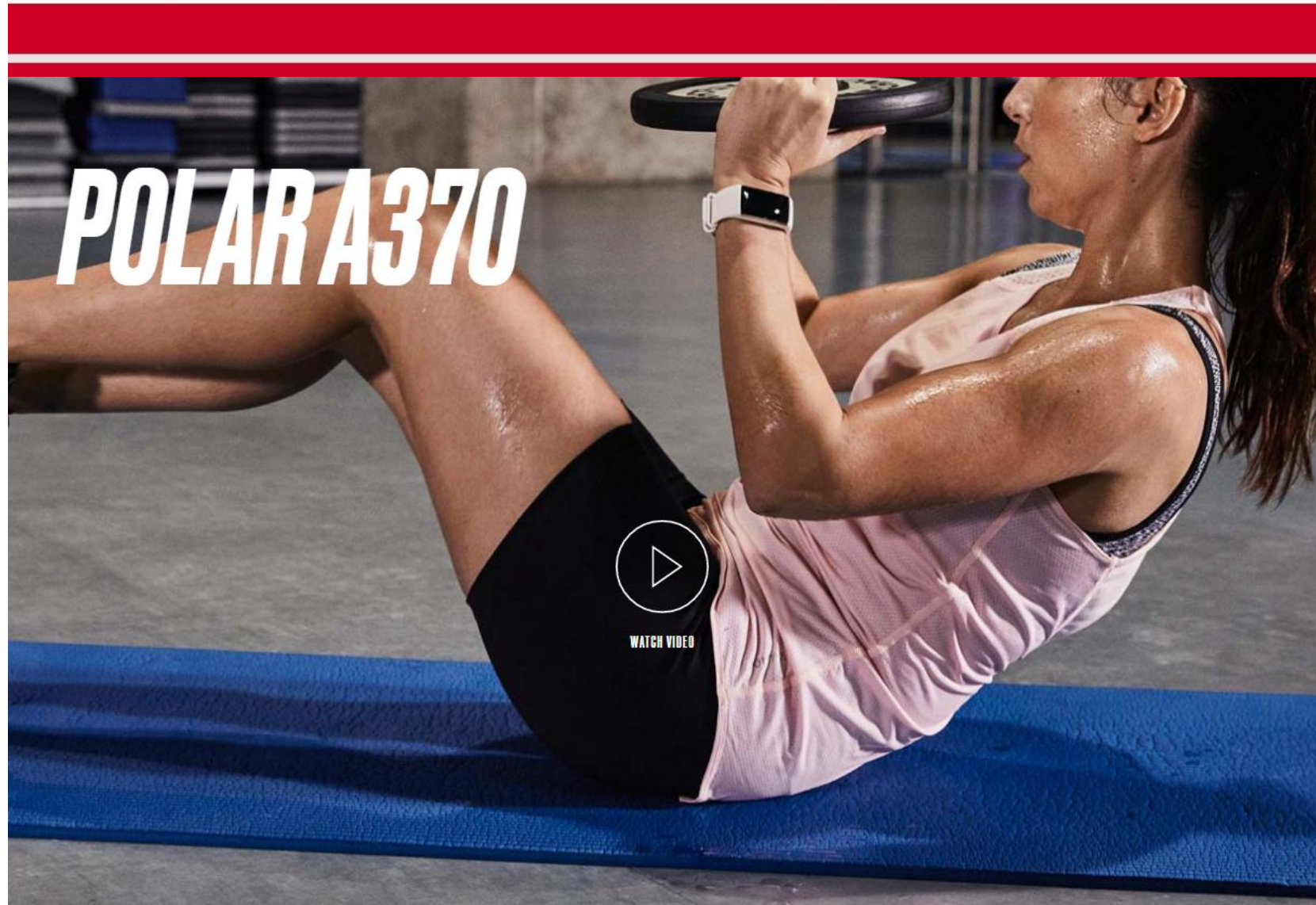


POLAR®

POLAR A370



WATCH VIDEO





FITNESS TRACKER WITH HEART RATE MONITORING

This sleek and sporty water-resistant fitness tracker helps you stay on the pulse 24/7, with continuous heart rate monitoring, advanced sleep tracking and Polar's unique workout features.



LIFE ON THE PULSE

Your ultimate training buddy and keen supporter of active lifestyle outside the gym too, Polar A370 helps you train at the right intensity and reminds you to get up and move if you stay put for too long.

GET TO KNOW YOUR HEART

Learn how your heart behaves in the twists and turns of your everyday life. Polar A370's wrist-based heart rate monitor tracks your heart rate 24/7, so you'll get a complete overview of your daily activity.

SLEEP TIGHT WITH POLAR SLEEP PLUS™

Sleeping well is vitally important to your health and well-being. Polar's advanced Sleep Plus™ sleep analysis makes you an expert on your own sleep and helps you towards a more balanced lifestyle.



GPS VIA PHONE

When you train outdoors, Polar A370 uses your phone's GPS signal to track your pace and distance and to map out your route.

SPEED AND DISTANCE FROM WRIST

When you run on the treadmill, Polar A370 tracks your speed and distance from your wrist movements. It does that outdoors as well, so you don't need to carry your phone with you on your runs.

GET CONNECTED

When you don't have time to check your phone, Polar A370's phone notifications keep you in the loop.



POLAR FLOW – THE HOME OF YOUR DATA

Track your activity, analyse your progress and achieve more with Polar Flow – the complete fitness and training platform available on desktop and mobile.

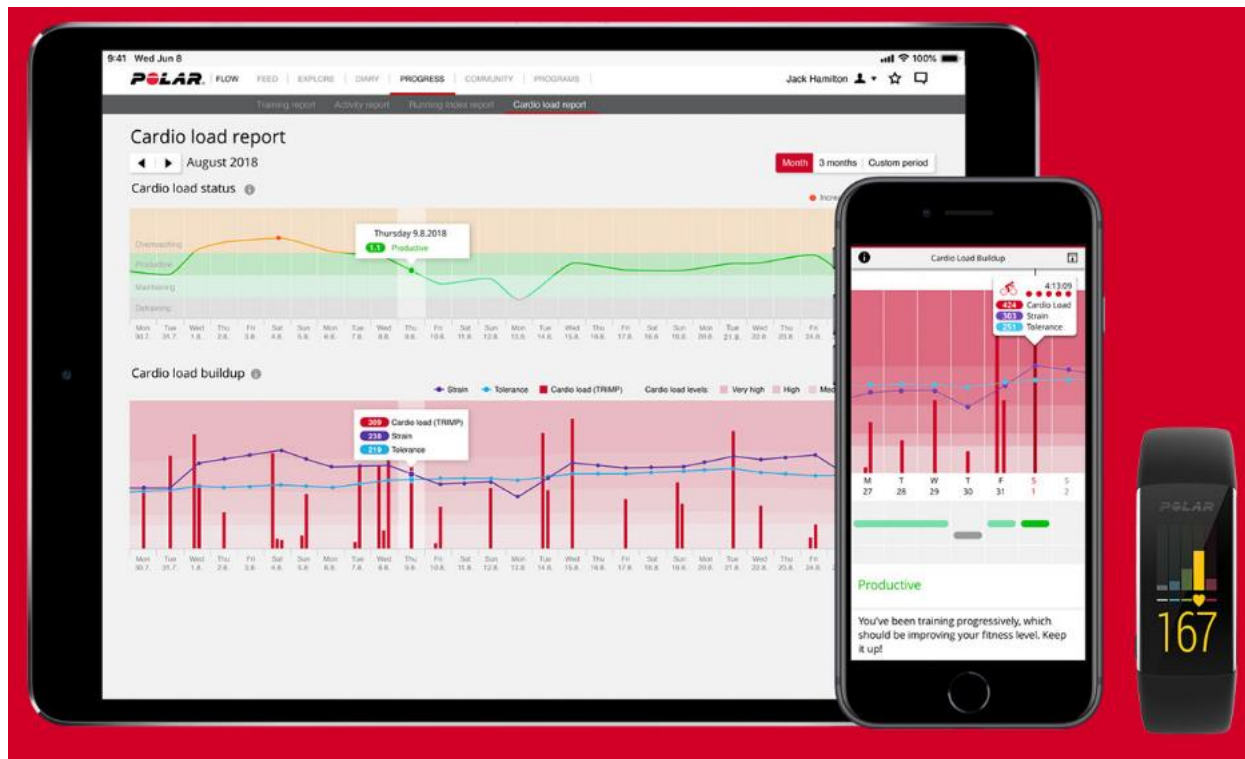
You can also automatically sync your training data to other services such as Endomondo or MyFitnessPal.

TRAINING LOG

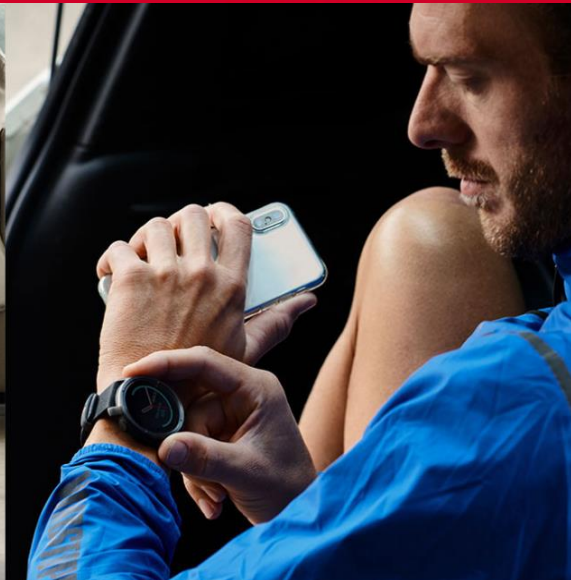
The training diary in Polar Flow stores and visualises all your workouts and stats. There are 100+ sports available, including LES MILLS workouts.

ACTIVITY & SLEEP

Track your daily activity and sleep, see your daily, weekly and monthly summaries and learn about the health benefits of your daily choices.



POLAR.



TECH SPECS

Measurements

Wristband width 23.5 mm

Display

Full colour touch display, size 13 x 27 mm, resolution 80 x 160.

GPS

GPS via mobile

Watch

Time & date. Vibrating alarm with snooze.

Sensors

Compatible with Polar Bluetooth Low Energy heart rate sensors.

Weight

31.7g (S), 37.3g (M/L)

Battery

110 mAh battery. Battery life up to 4 days with 24/7 activity tracking (without phone notifications) and 1 hour of daily training.

Connectivity

Bluetooth Low Energy. Micro USB cable for charging and data synchronization.

UI languages

English, German, French, Spanish, Italian, Portuguese, Finnish, Swedish, Norwegian, Danish, Dutch, Japanese, Chinese (Simplified), Polish, Russian, Turkish, Czech, Indonesian

Water resistance

Water-Resistant (WR30)



POLAR FLOW

POLAR FLOW

Plan your training

Plan your individual workouts, sync them to your Polar A370, and then let it guide you through your sessions.

Analyse your results

Get to the heart of your performance with the extensive training analysis tools.

Share with your PT

Share your training data with your PT or coach with the free Polar Flow for Coach service.

Get social

Share your highlights, join groups and let the Polar Flow community help you on your way to your goals.

CONNECTIVITY

Connect with online sports communities

Strava
TrainingPeaks
MyFitnessPal
Endomondo
Nike+ Run Club

FEATURES



Continuous heart rate

Stay on the pulse with 24/7 heart rate monitoring and get a comprehensive view on how your heart behaves during your day.



Activity guide

Stay on the move every day. Polar A370 gives you a personalised daily activity goal that motivates you to keep moving throughout the day. Polar Activity Guide shows you how active you've been and gives you practical tips on how to reach that 100%.



Wrist-based heart rate training

Heart rate tracking with Polar A370 is simpler than ever. Your heart rate is measured easily, conveniently and accurately with Polar's proprietary 2-LED optical heart rate solution.*

*) In some sports we recommend a heart rate chest strap for optimal accuracy. Read more about wrist-based heart rate measurement [HERE](#).



Sleep plus

Polar's advanced sleep tracking technology gives you insights to your sleep. It monitors your movement with extreme precision to give you a comprehensive overview of your sleep.



Smart calories

Keep track of the calories you've burned. You'll be able to see the calories burned during each training session and for the whole day. The continuous heart rate measurement combined with 24/7 activity tracking make sure your calorie burn is measured accurately and reliably.



Phone notifications

Polar A370 keeps you connected with notifications from your phone. You'll get alerts for incoming calls, messages, emails and calendar events.



Training benefit

Learn more about the effects your training has on your fitness. Polar A370 gives you feedback right after each workout and tells you how your workout benefits your body.



GPS via mobile

Join forces with your phone to get all the data you need. Polar A370 uses your phone's GPS signal to measure speed and distance and to map your route for your outdoor sports.



Speed and distance from the wrist

Not a fan of running with your phone? When you go for a run without your phone or jump on the treadmill, Polar A370 tracks your pace and distance from the movements of your wrist.

FEATURES



Sport profiles

You choose how you move. Choose your favourite sport profiles from a list of over 100 sports and add them to your Polar A370 to get the relevant data to the screen of your Polar A370 when you work out. Sport profiles also help you to keep track of your training log in Polar Flow.



Inactivity alerts

Sitting for too long is bad for your health. If you stay still for too long the Polar A370 vibrates to make sure you take those important active breaks.



Training targets

Plan your workouts in Polar Flow and sync them directly to your Polar A370 to get guidance throughout your session. You can save your workouts as favourites on your Polar A370 and do them again whenever you want.



Running Programme

Train for a running event with a personal and adaptive training plan in Polar Flow. Choose from four different targets, 5K, 10K, half marathon and marathon, and get a training plan that fits you and your goals.

IN THE BOX

POLAR A370

Polar A370 fitness tracker
Charging cable
Polar A370 user manual
Information note