

WELCOME

Congratulations on your great choice! In this handy guide we'll walk you through the first steps in starting to use Polar V650, your choice to help you ride with confidence.

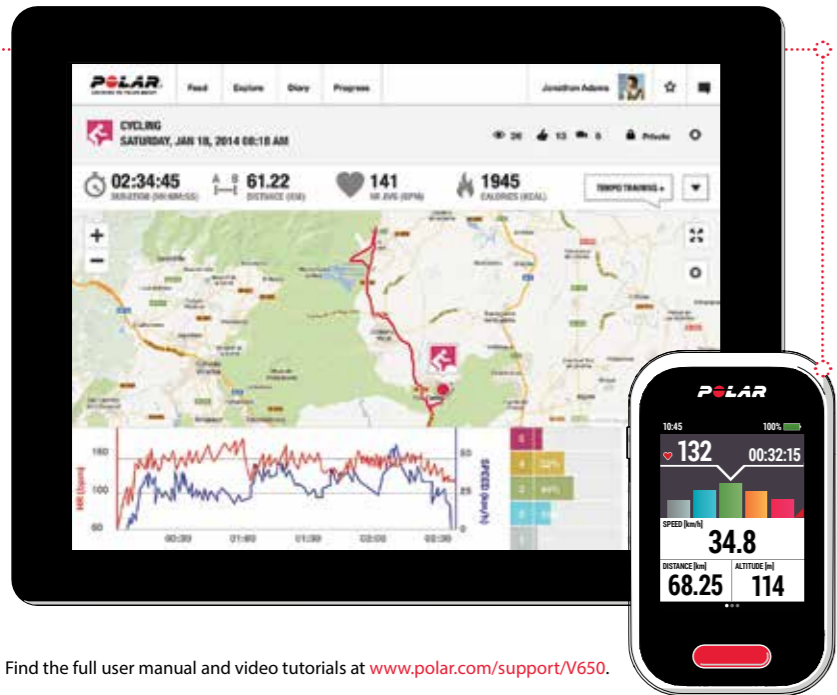
Polar V650 is a great training device by itself, but you'll get even more out of it when you use it together with the Polar Flow web service. Plan your sessions, get guidance to achieve your targets, analyze results and enjoy your achievements.

POLAR FLOW WEB SERVICE

Plan and analyze every detail of your training and learn more about your performance at polar.com/flow.

POLAR V650

View your training data, such as heart rate, speed, distance and altitude at a glance from the big screen.



Find the full user manual and video tutorials at www.polar.com/support/V650.

KEY FEATURES

Polar V650 offers a host of unique features to help you ride better. Here you can find a summary of the most important ones.

PROFILES

V650 has three profiles for cycling (and one profile for other sports). You can customize each profile with up to six different training views, to see the information you really want.

INTEGRATED GPS

With an integrated GPS, V650 tracks your cycling speed, distance and route. The **Back-to-start** and **Route tracking** features help you travel all the way back to the starting point of your trip.

BAROMETRIC PRESSURE SENSOR

In addition to altitude, your V650 measures comprehensive data such as ascent/descent, incline/decline, real-time VAM (mean ascent velocity) and altitude compensated calories.

TRAINING BENEFIT

V650 gives motivating feedback about the effect of your training immediately after your session.

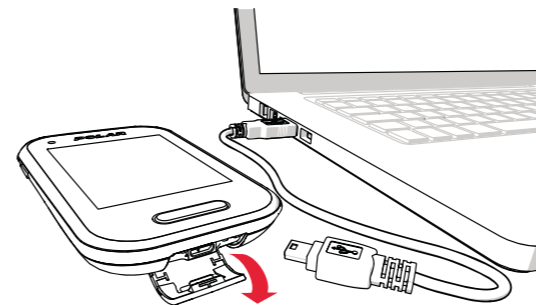
GET STARTED

To make sure you get to enjoy your V650 at its best, please go to flow.polar.com/start where simple instructions will guide you through setting up your V650, downloading the latest firmware and taking the Flow web service into use.

If you're in a hurry for your first ride with V650, let's do a quick setup to get you going:

1. Plug V650 into your computer with a USB cable to charge the battery. The charging animation appears on the display.
2. Wake up your V650 by pressing the side button. First, choose your language. If it's not visible, swipe up for more options. Proceed to the next setting by touching the arrow at the bottom of the screen.

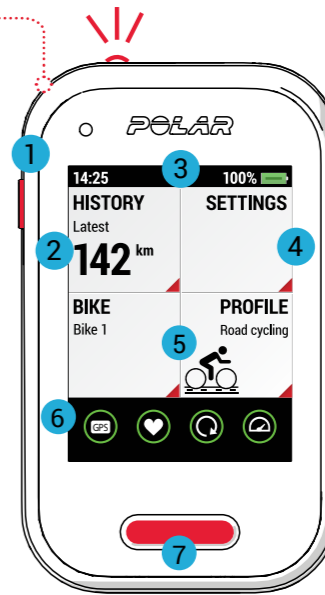
To get the most accurate and personal training data, it's important that you're precise with physical settings like your age, weight and sex.



Fully charging the battery takes up to five hours.

GET TO KNOW

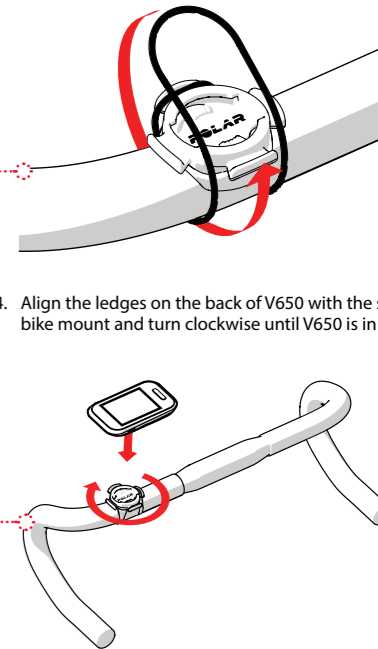
1. Press the **side button** to view the following options:
 - » Calibrate sensors
 - » Lock screen
 - » Turn off the device
2. See the details of your sessions and the totals of your cycling **history**.
3. Swipe down to open the **pull-down menu**. There you can adjust the front light and the volume.
4. Modify the **settings** to suit your needs.
5. Select the **profile** and the **bike** for your ride.
6. See the status of **GPS** and **sensors**.
7. Press the **front button** to start and pause recording. You can also set the button to take a lap.



BIKE MOUNT

You can install the bike mount on the stem or on the left- or right-hand side of the handlebar.

1. Place the rubber base on the stem/handlebar.
2. Position the bike mount on the rubber base so that the POLAR logo is in line with the handlebar.
3. Secure the bike mount on to the stem/handlebar with the O-ring.
4. Align the ledges on the back of V650 with the slots on the bike mount and turn clockwise until V650 is in its place.



TRAINING WITH YOUR V650

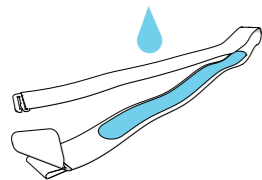
When you use our heart rate sensors when riding, you get the most out of Polar's unique Smart Coaching features. Heart rate data gives you an insight into your physical condition and how your body responds to training. This will help you fine-tune your training plans and achieve your goals more effectively.

TRAINING WITH HEART RATE

If you bought your V650 without a heart rate sensor, not to worry, you can buy one at any time.

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 attach the hook to the other end of the strap. Adjust the strap length to fit tightly but comfortably.
4. Before starting your first training session, you need to pair the heart rate sensor with your V650. While wearing the heart rate sensor, go to **Settings > General settings > Pairing > Pair new device**.

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.

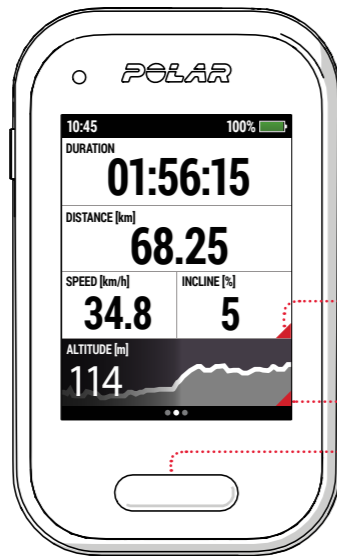


START TRAINING

Choose the profile you want to use. Keep your V650 still with the display facing upwards until it finds the GPS satellite signals. This typically takes 30-60 seconds the first time. On future occasions it should take only a few seconds. V650 is ready once the green circle around GPS is static. Press the front button to begin your ride.

DURING TRAINING

The bright color touch screen allows you to easily check your training data during your ride. Change the training views with a quick swipe across the screen.



The red triangle indicates that you can quickly toggle the information shown, from speed to average speed, for example.

Press the front button to pause your training. Then you can choose to **Continue** or to **Stop** recording the session.

AFTER TRAINING

Get instant analysis and in-depth insights into your training with Polar V650 and the Polar Flow web service.

VIEW SUMMARY

Get an instant summary of your training straight after your ride. You can also see how your training benefits you.



The details of your ride, such as duration, distance, maximum heart rate, speed and VAM, are also under **History > Sessions**.

ANALYZE EVERY DETAIL

Analyze every detail, view your progress and share your training with your friends or coach at polar.com/flow.

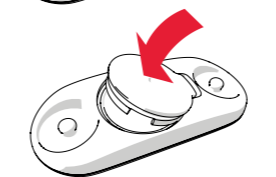
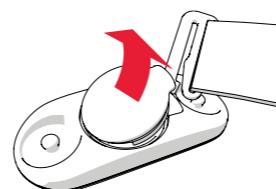
TECHNICAL SPECIFICATION

V650	1900 mAh Li-ion Polymer rechargeable battery
Battery type	10 h
Operating time	-20 °C to +50 °C / -4 °F to 122 °F
Operating temperature	IPX7 (rainproof, not suitable for swimming)
Water resistance	Acrylonitrile butadiene styrene (ABS), Polycarbonate (PC), Asahi Dragontrail (glass), Polyamide (PA)
V650 materials	Polyoxymethylene (POM)
Bikemount material	

BLUETOOTH® SMART HEART RATE SENSOR

Battery type	CR2025
Battery sealing ring	O-ring 20.0 x 0.90 Material Silicone
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Water resistance	30 m
Connector material	Acrylonitrile butadiene styrene
Strap material	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

CHANGING HEART RATE SENSOR BATTERY



1. Lever the battery cover open by using the clip on the strap.
2. Remove the old battery from the battery cover with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the battery cover.
3. Insert a new battery (CR 2025) inside the cover with the negative (-) side facing up.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place. You should hear a snap.

! 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 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®



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Compatible with



Find product support



Polar V650
GETTING STARTED GUIDE

Setup at flow.polar.com/start