

# POLAR loop

ACTIVITY TRACKER

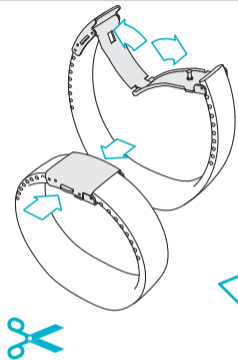
**POLAR**  
LISTENS TO YOUR BODY

1.

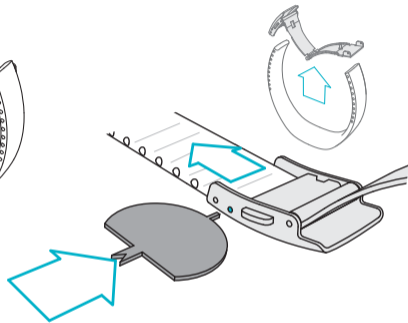
Nastavení na adrese  
[flow.polar.com/loop](https://flow.polar.com/loop)

Make it fit 

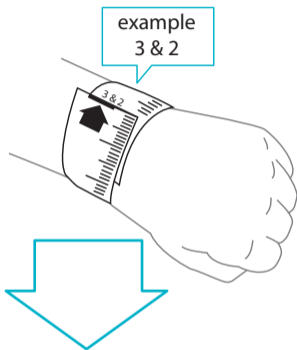
2. ROZPOJTE SPONU



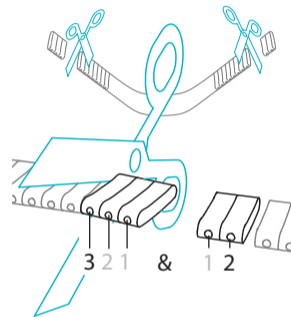
3. ODPOJTE SPONU NA OBOU STRANÁCH



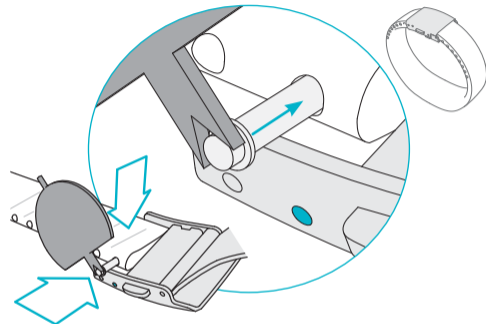
4. ZMĚŘTE SI OBVOD ZÁPĚSTÍ



5. ZASTŘIHNĚTE ŘEMÍNEK ROVNĚ NA OBOU KONCÍCH



6. ZNOVU PŘIPOJTE SPONU



9 & 9  
9 & 8  
8 & 8  
8 & 7  
7 & 7  
7 & 6  
6 & 6  
6 & 5  
5 & 5  
5 & 4  
4 & 4  
4 & 3  
3 & 3  
3 & 2  
2 & 2  
2 & 1  
1 & 1  
1 & 0  
0



YOUR  
WRIST  
SIZE →

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1.0 CS

01/2014

Model: 0C

