

Polar Flow App setting up heart rate zones, the vibration function to help you stay in the zone and annotating heart rate traces

An update – Adrienne. – based on polar a370/a360. Different models have different capabilities and different screens.

These instructions are for setting up your watch with the heart rate zones that are useful for you, how to set up a vibration alert and annotate your heart rate trace (add activities/rest periods etc).

Once you have heart rate zones set up, your heart rate trace will look a bit like this, with a different colour, for each heart rate zone and a summary of the time spent in each zone on the right. You can also get the program to mark your average heart rate for set time periods.



You set up the heart rate zones in Polar Flow (free download) and then sync the watch. The summary of the length of time in each zone on the right of the screen will be the same as the graph on the watch.



I find the screen showing the time in each zone invaluable as I can see at a glance if I have spent too long in a high HR zone and need to slow down and rest more.

Unfortunately, you must choose between this screen and having the vibration alert on. You can't have both the vibration alert on and show this screen on the watch, at the same time.

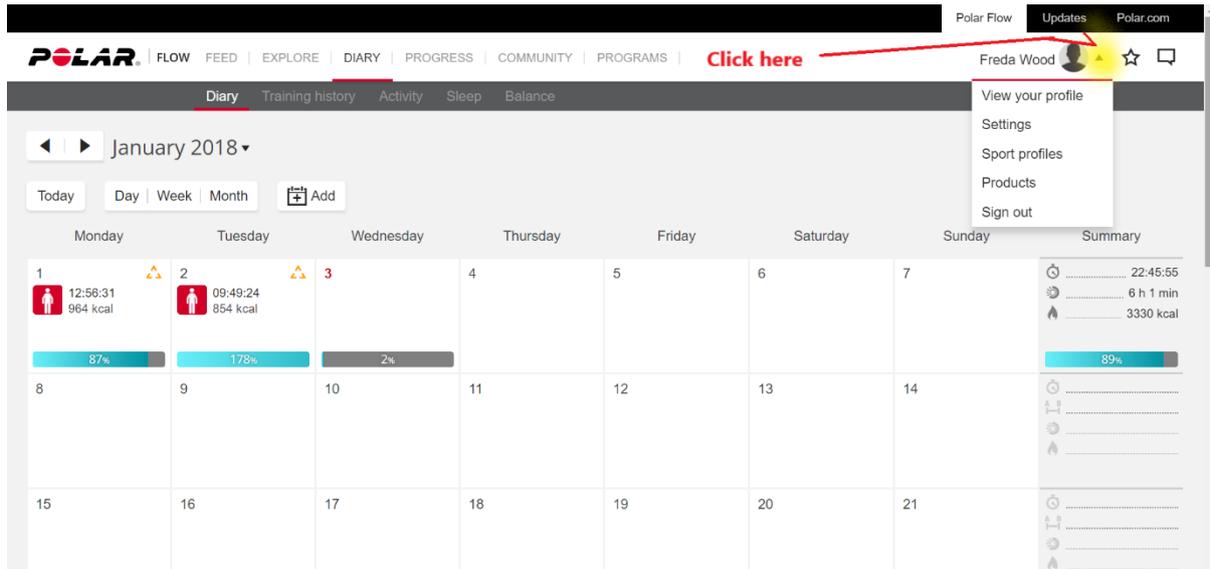
To get the screen to show like this you choose a sports profile from the training profile menu on the watch whereas to use the vibration alert (once set up) you choose the setting you want from the favourites menu.

Set up- heart rate zones

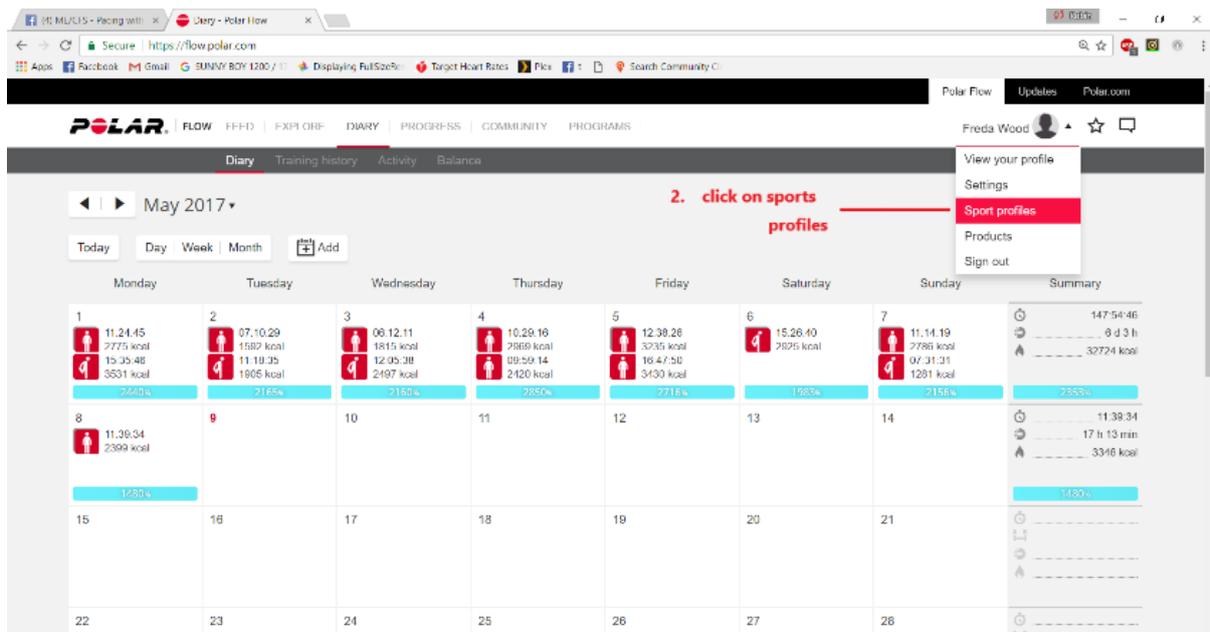
You set up heart rate zones in the Sports Profiles that are accessed via PolarFlow (free download).

A different set of heart rate zones, can be set up in each “sports profile”. I used the profile Indoor sport for day time recordings and Stretching for Night – just so I can tell at a glance whether it is a day or night recording.

1. Download PolarFlow, register and add your personal details.
2. Once set up your screen will have your name at the top right of the screen.
3. Click the arrow next to your name, a set of menu options appears as illustrated below:

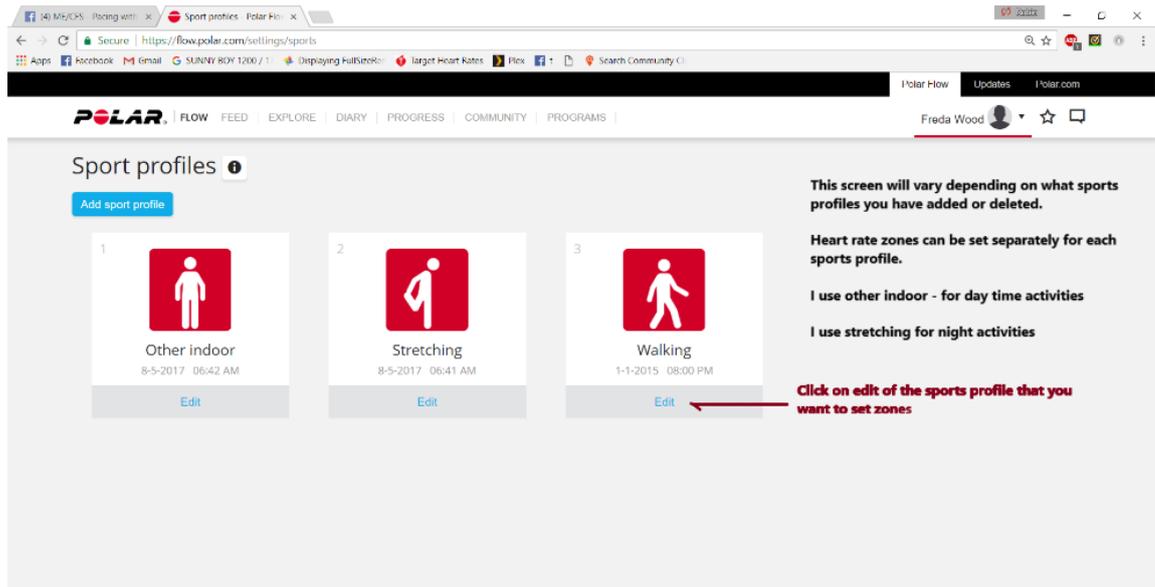


4. Click on a sports profiles. It doesn't matter which you chose. I use Other indoor for day time readings and Stretching for Night time readings.

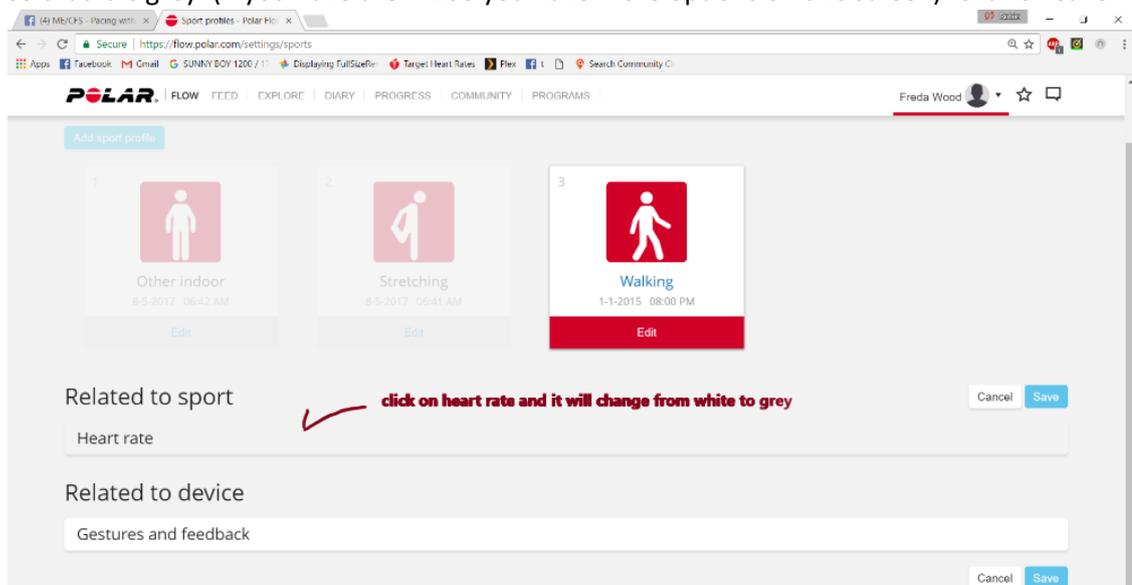


[If you're on your phone or a mobile browser or using a small browser window, this may be under the left-hand "hamburger menu".]

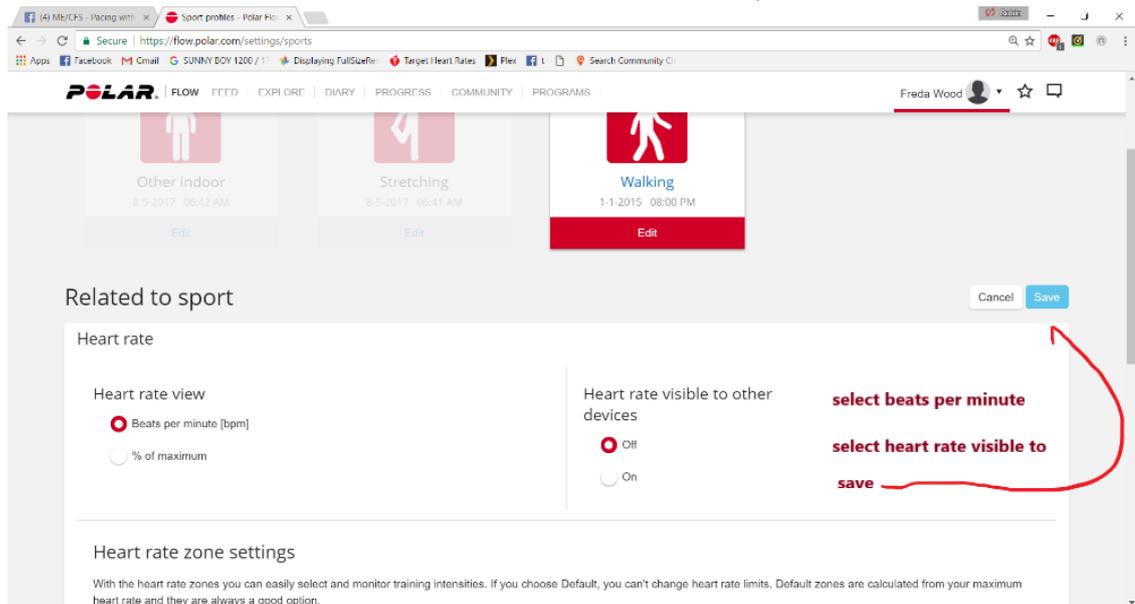
5. To set up the heart rate zones you edit one of the sports profiles. Click on the sports profile where you want to set up the heart rate zones e.g. here chose between Other Indoor, Stretching or Walking. (If you want to use a different sports profile from the ones showing on your screen – click on the blue box, on the left, with the words "Add sport profile" and add the sport profile you want to use.



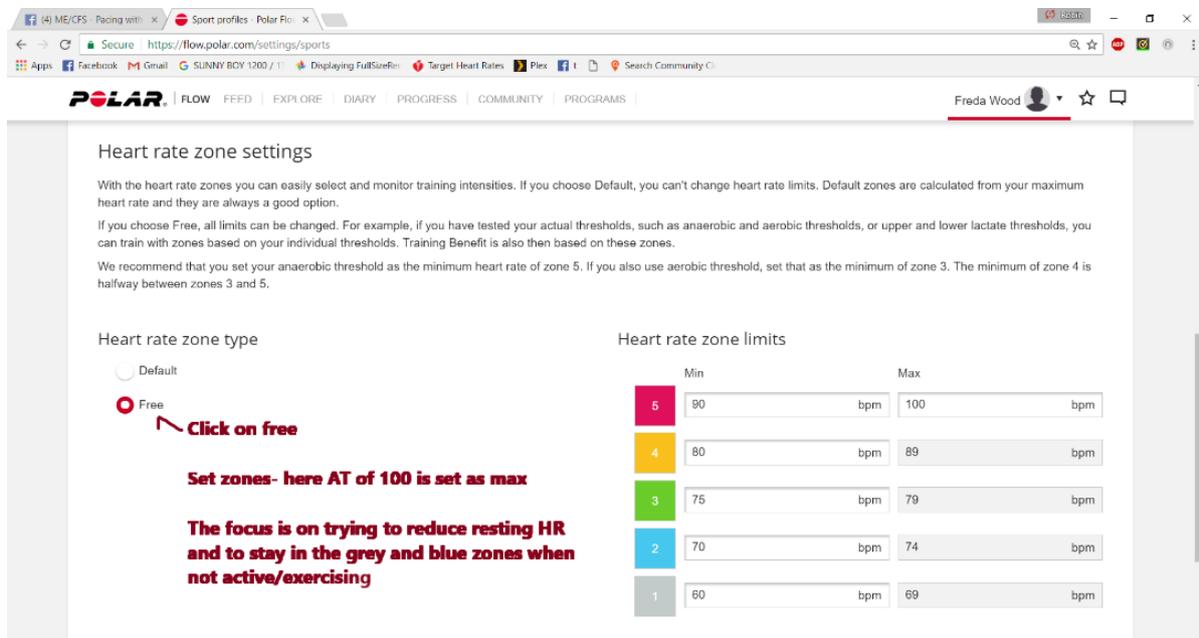
6. After you click on the sport profile the words heart rate appears in white. Click on heart rate so that it is grey. (if you have the M200 you have more options on this screen). Click on save.



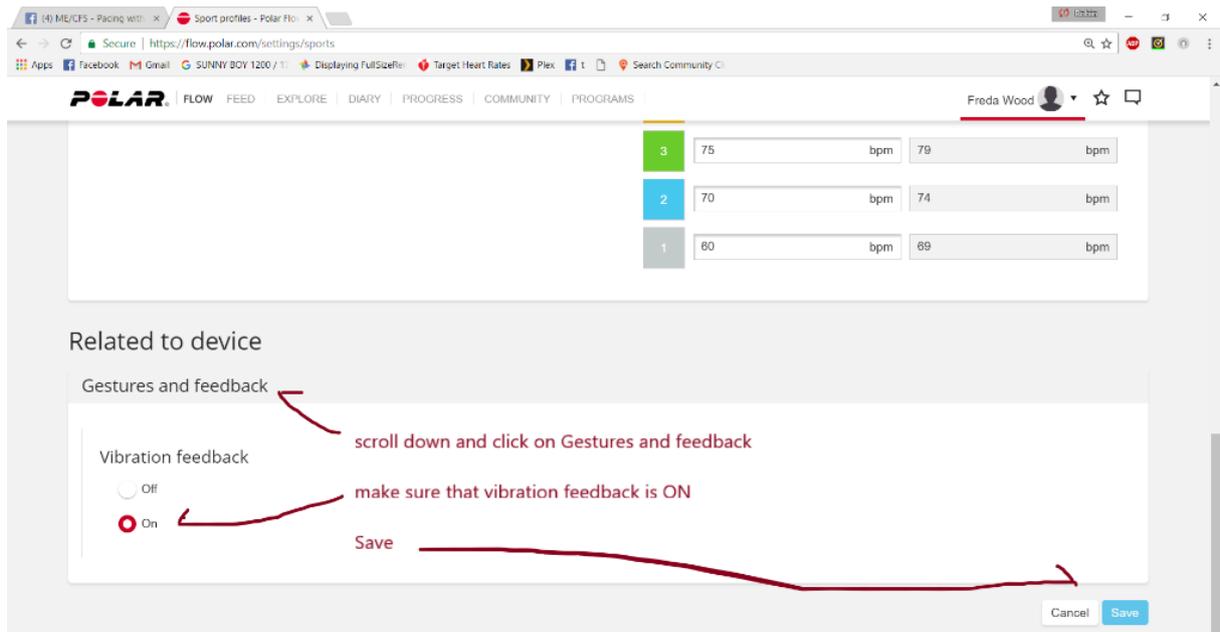
- The screen will look as it does below. If given the option, check that beats per minute is selected and that heart rate is visible to other devices is visible, then save



- Now you are ready to enter your heart rate zones. Scroll down and enter the numbers you want to set for each HR zones. Make sure that Free is selected as in the illustration of the top of the screen below.



- Scroll to the bottom of the screen, if you see gestures and feedback, make sure that vibration feedback is selected ie a red circle next to On.



10. SAVE

11. You can stop now IF you just want heart rate zones and don't want to set up any vibration alerts.

12. If stopping at this point. Use Polar Sync to SYNC your polar watch to computer (via mini USB cord). If you have set up PolarFlow – PolarSync should come on automatically when you connect your computer.

13. After syncing, from your watch chose the training profile that you have set up the heart rate zones in and you can scroll to see the graph of how long you have spent in each heart rate zone on the screen.

14. This is how polar flow displays the data if the HR zones, used in this example are chosen (the watch reading and HR trace will be the same if from the same day) .



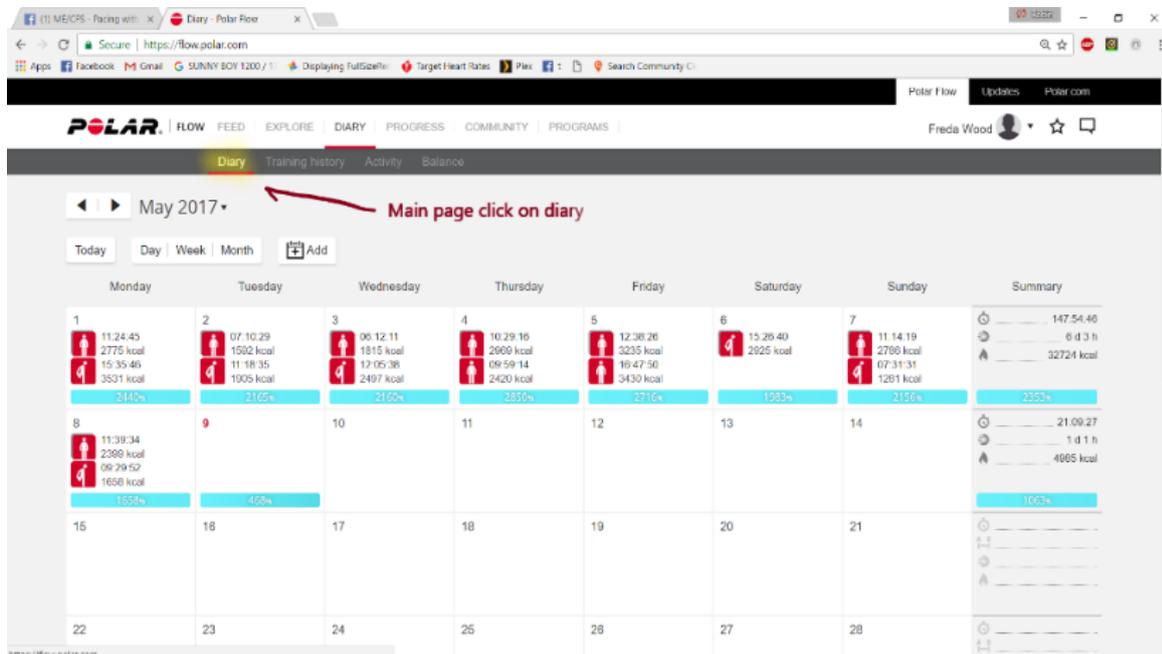
To Set up the vibration alert:

The vibrate alert can be set to alert you when you go above or below a HR zone/set of zones (unfortunately you can't see the graph on the screen while you have the vibration alert on).

Step 1 – Follow steps 1-10, above to set up and save the target heart rate zones in a **sports profile**.

Step 2 – The vibration alert is set up as a Training target.

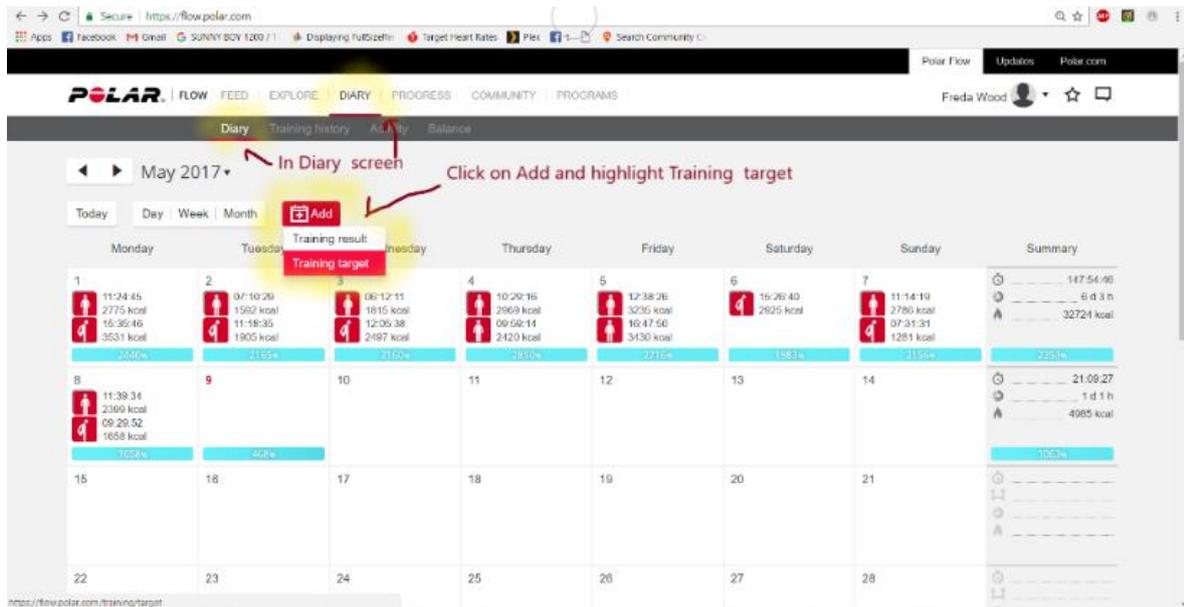
2. (i) Select diary on the main page



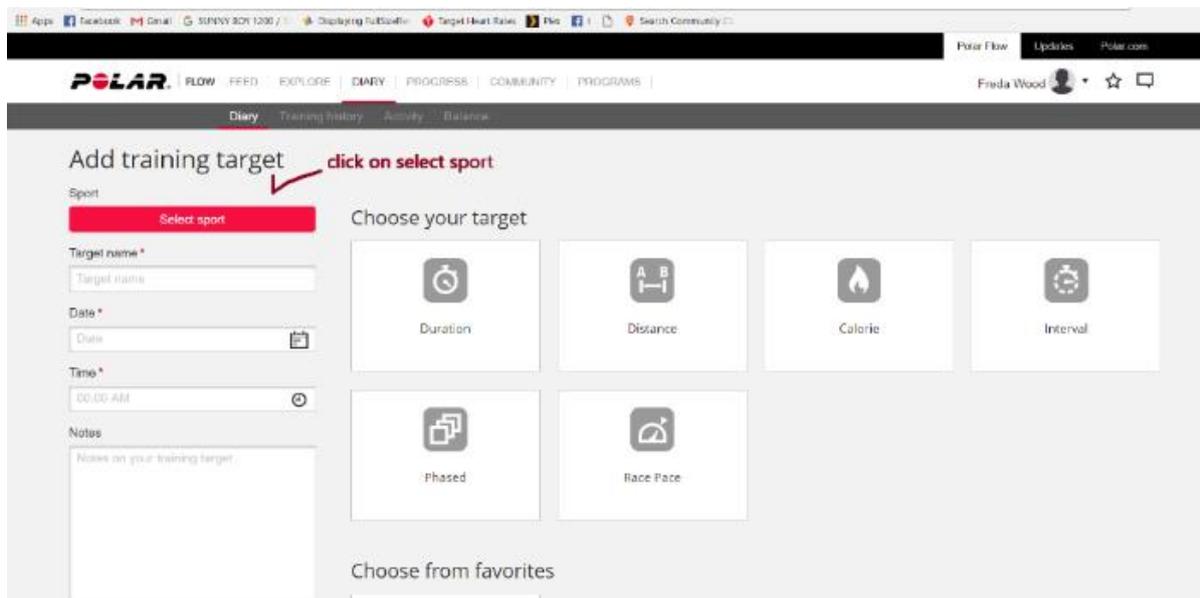
The screenshot shows the Polar Flow web interface. The navigation bar includes 'POLAR', 'FLOW', 'FEED', 'EXPLORE', 'DIARY', 'PROGRESS', 'COMMUNITY', and 'PROGRAMS'. The user's name 'Freda Wood' is visible. The 'Diary' tab is highlighted, and a red arrow points to it with the text 'Main page click on diary'. The main content area shows a calendar for May 2017 with activity data for each day. The data includes time, distance, and calories. A summary column on the right shows totals for the month.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
1 11:24:45 2775 kcal 15:35:46 3531 kcal 2140%	2 07:10:29 1592 kcal 11:18:35 1005 kcal 2165%	3 08:12:11 1815 kcal 12:05:38 2497 kcal 2165%	4 10:29:16 2060 kcal 09:59:14 2420 kcal 2850%	5 12:38:26 3235 kcal 16:47:50 3430 kcal 2716%	6 15:26:40 2925 kcal 1933%	7 11:14:19 2780 kcal 07:31:31 1281 kcal 2156%	147:54:46 6 d 3 h 32724 kcal 2353%
8 11:38:34 2380 kcal 09:29:52 1650 kcal 1559%	9 459%	10	11	12	13	14	21:09:27 1 d 1 h 4065 kcal 1663%
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	

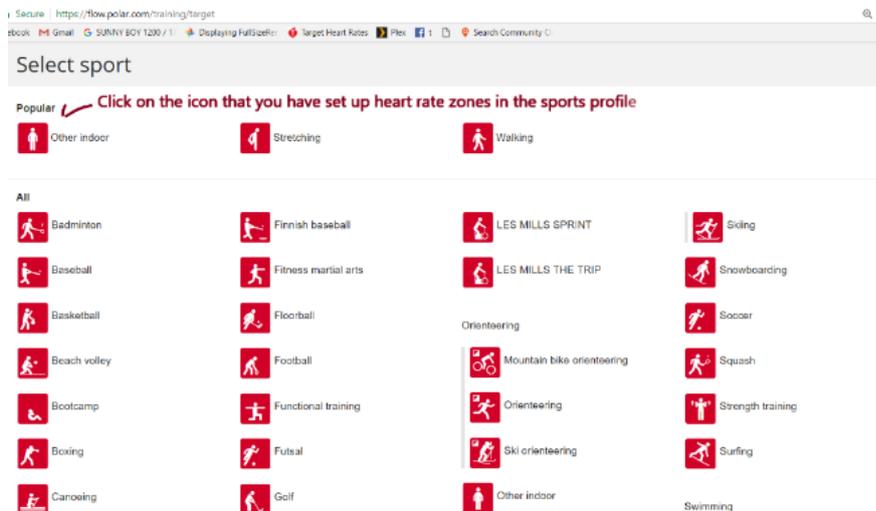
2. (ii) Click on Add (red) and highlight Training target (red) also.



2. (iii) Click on select sport and choose the sports profile that you have set up heart rate zones for and that you want to be able to use a vibration alert in e.g I set vibration in the sports profile Other Indoor as I use that for day time recordings, but I didn't set up a vibration alert in the sports profile Stretching as I use that for sleeping and don't want to use the vibration alert while I am sleeping.

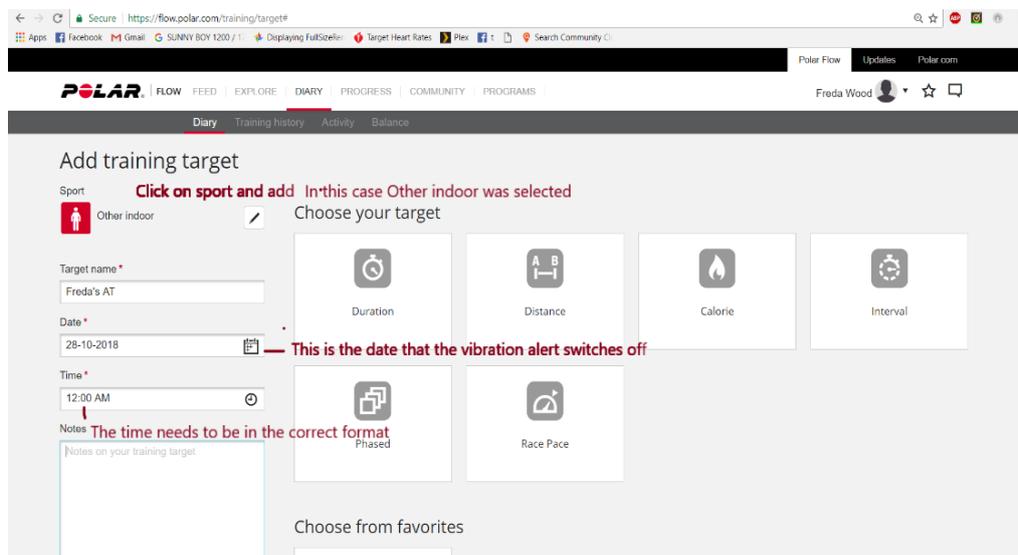


2. (iv) Select the icon for the sports profile you have chosen.

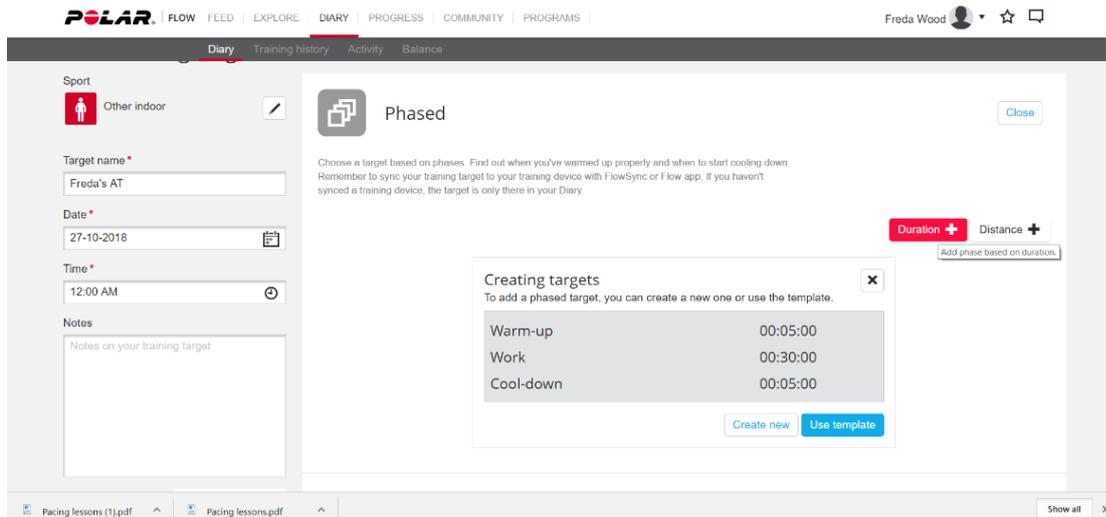


2. (v) Fill in the table. Give your setting a name e.g here I've used Freda's AT. For the date select a date a long way in the future, as this is the date that the Training target i.e. vibration alert stops working.

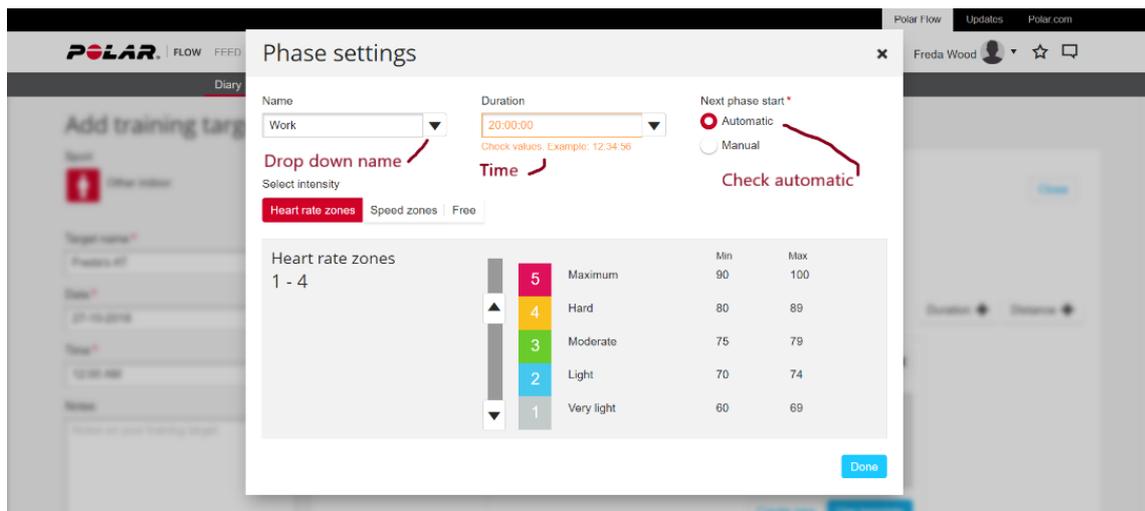
The time, can be a bit tricky to get right, it needs to be in the exact format illustrated here.



2. (vi) Click on phased and highlight **duration** (in red).

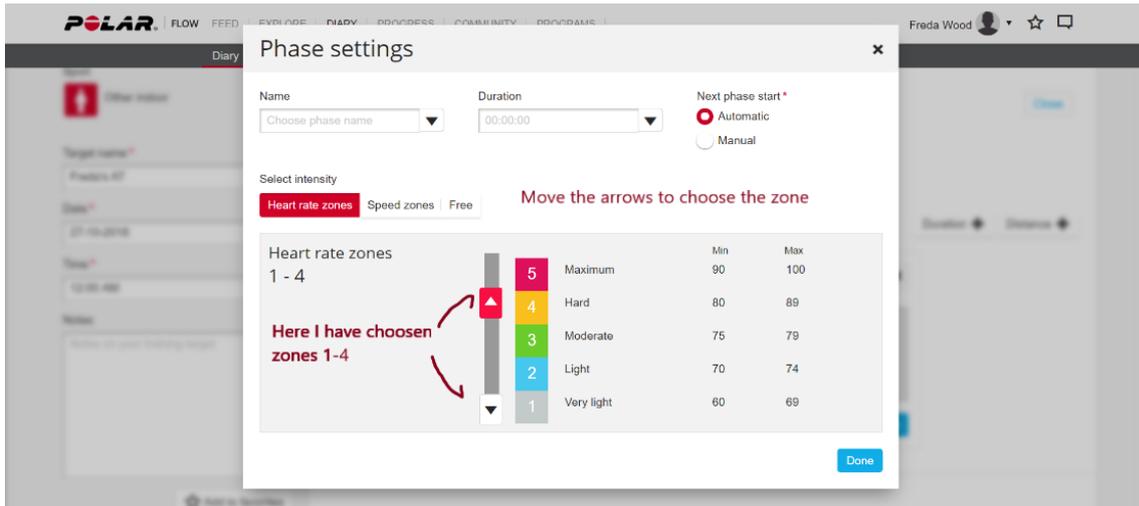


2. (vii) Name the Phase setting, here it says Work, add the duration e.g. here 20 hours so that the vibration alert will work for 20 hours. Ensure that where it says, New phase start : automatic is checked. You can set lots of phases and Polar Flow will calculate your average heart rate for each phase and show this on the heart rate trace e.g. 1st hour, 2nd hour...the vibration alert will work for the total number of hours duration set.



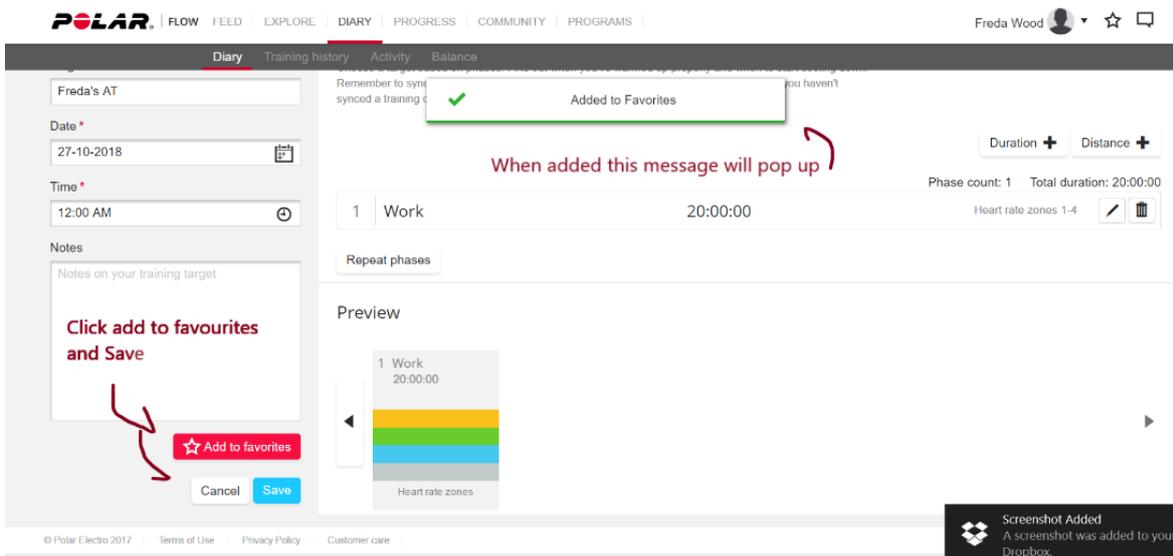
2. (viii) Choosing the heart rate at which you want the vibration alert to go off.

The heart rate zones are set up by moving the arrow on the bar up and down (it turns red when you select it). You can set a top (3 vibrations on your wrist) and bottom (2 vibrations on your wrist) heart rate. This example of a vibration alert is set to vibrate when your HR is over 90 bpm ie over the top of zone 4 and (60 bpm) i.e. under the bottom of zone 1.



To finish Select

- DONE
- Add to favourites
- Save
- Then Sync to watch



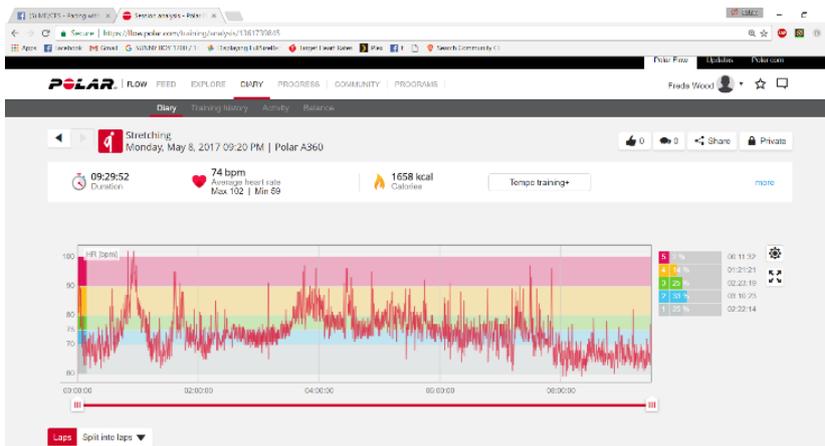
To use the vibration alert- setting

3. i) Push button on the left of the **Polar a370/a360 Watch**
- ii) Scroll to **favourites** - scroll through favourites and click on the vibration training target/alert that you want to use e.g Freda's AT
- iii) The watch will show the **sports profiles** e.g. Indoor training, Stretching....select the one you want.

iv) If you want to see the time in each zone graph on the watch you can NOT use the vibration alert at the same time. In this case do not choose a favourite(training target/alert) rather go straight to the **sports profile** (with the heart rate zones you want to use) the Training menu.

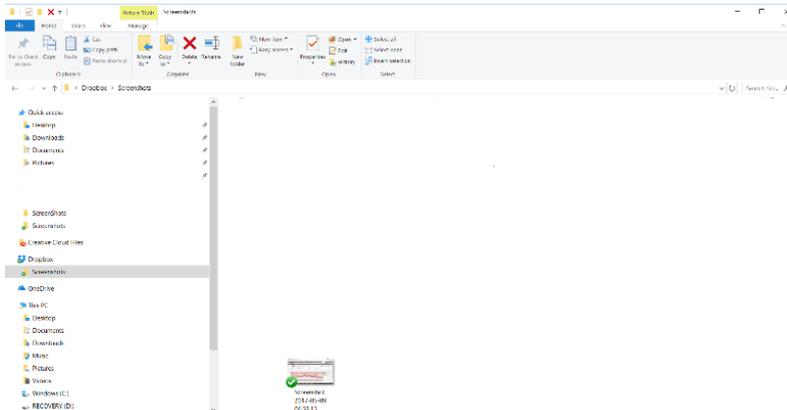
TO review and make notes- of your day/nights activity

1. Hit the print screen key

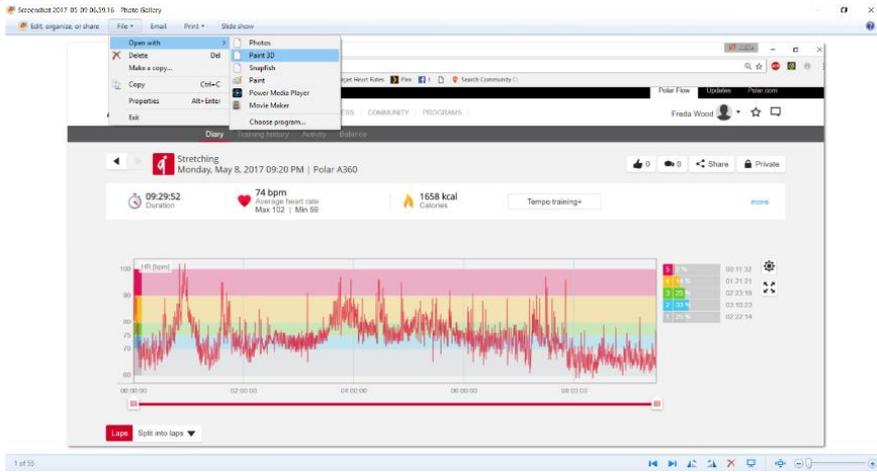


Find where your computer saves its print screens and open screen shot. The default name for each screenshot, is screenshot date time of download. Hence, it might help create a new folder, to save the heart rate data in.

- 2.

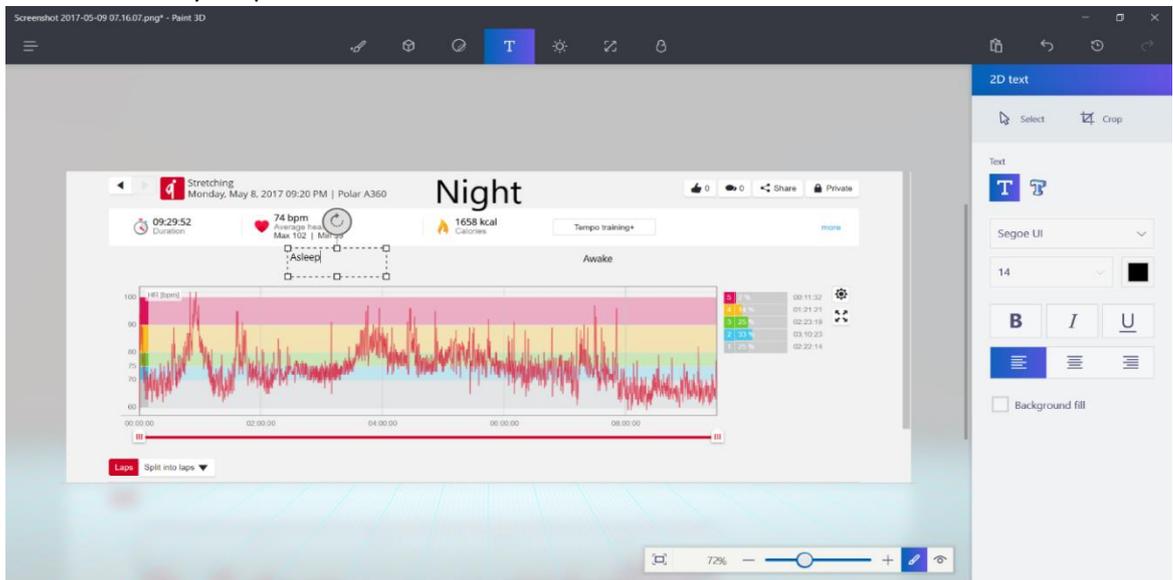


3. Open print screen. Click file, open with and chose an application e.g Paint 3D.



4.

5. Write notes on your print screen in the text boxes.



SAVE: the edited screenshot to the folder you want to save your heart rate data in.

GOOD LUCK