**Polar A370**

Offering personalized activity and exercise guidance, the waterproof A370 now integrates intelligent, wrist-based, continuous heart rate and fitness tracking with improved sleep analysis and phone assisted GPS – your all day companion, now even more versatile.

**Key Benefits:**

<table>
<thead>
<tr>
<th>Feature</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous Heart Rate</td>
<td>• Have the A370 intelligently track your heart rate through the twists and turns of everyday life.</td>
</tr>
<tr>
<td>Assisted GPS</td>
<td>• Use your phone’s GPS to track speed, distance and route.</td>
</tr>
<tr>
<td>Improved Sleep Analysis</td>
<td>• Get the valued insight you need to get a good nights rest.</td>
</tr>
<tr>
<td>Broadcast Heart Rate</td>
<td>• The A370 can be used as a HR sensor. Pair it to your favorite fitness app.</td>
</tr>
<tr>
<td>3rd Party Compatibility</td>
<td>• Exercise and activity data is automatically sent and is available to be used in services where you allow it. Connect your Flow account for example to Apple Health Kit, Google Fit and MyFitnessPal.</td>
</tr>
<tr>
<td>Mobile Connectivity</td>
<td>• Seamless communication via Bluetooth Smart to Polar Flow app on mobile devices.</td>
</tr>
</tbody>
</table>

**Smart Coaching**

Polar’s unique Smart Coaching features offers the best possible guidance on how to develop your training as well as helpful feedback on your progress.

**Sleep Plus**

The A370 tracks not only the timing, amount and quality of your sleep but also automatically detects when your sleep is interrupted.

**Activity Benefit**

When it comes to an active lifestyle, even the small things make a difference. Learn how your everyday choices benefit your health and well-being.

**Running Program**

Whether training to set a personal best in a 5k or running your first marathon, set a race target and let our online program guide you towards your goal.

**Training Benefit**

Need some motivating feedback after your work out? Polar’s Training Benefit immediately explains what type of physiological benefit you gained from your training.

**Smart Notifications**

Connect via Bluetooth Smart to see notifications from your mobile phone directly on the screen of your A370, even when exercising! Get alerts for incoming calls, messages, emails, calendar events and more.

**Need help with a weight loss goal?**

When used with the A370, the Balance scale and web service will provide a personalized daily activity goal based on your weight loss target.
Continuous Heart Rate
Tracking your activity is more than just counting steps. Polar A370’s wrist-based heart rate monitor intelligently tracks your heart rate 24/7, giving you a more accurate look at your daily activity and calories burned. Easily see how your heart rate responds to the peaks and valleys of your day.

How Continuous Heart Rate is Activated
The A370 records a heart rate value every 5 minutes. If an elevated heart rate is detected or a walking type of activity for at least one minute is recognized, then continuous HR measurement automatically turns on.

If one is sleeping or sitting for a prolonged period of time then periodic and recurring measurements continue in order to capture the day’s lowest heart rate.

GPS via Mobile
When you train outdoors, the A370 uses your phone’s GPS signal to track your pace, distance and route.

Sleep Plus
Using the universal sleep measurement standard of Polysomnography (PSG) as its target, Polar set to develop an intelligent algorithm within the A370 that automatically detects sleep and wake time. Sleep Plus allows users to receive insightful feedback about their sleeping patterns to help them catch their best Zzz’s.

Polar A370
- Polar A370 Watch   •  Custom USB cable   •  Getting started guide

A370 White Small
Item Number: 90064905
UPC Number: 7 25882 03956 5
A370 White Medium/Large
Item Number: 90064906
UPC Number: 7 25882 03957 2
A370 Black Medium/Large
Item Number: 90064907
UPC Number: 7 25882 03958 9
A370 White Medium/Large Wristband
Item Number: 91064884
UPC Number: 7 25882 03953 4
A370 Black Medium/Large Wristband
Item Number: 91064885
UPC Number: 7 25882 03954 1
A370 Petrol Medium/Large Wristband
Item Number: 91066021
UPC Number: 7 25882 04079 0
A370 Orange Medium/Large Wristband
Item Number: 91066023
UPC Number: 7 25882 04081 3
A370 MSRP: $179.95 / Wristband Accessory MSRP: $24.95

Dimensions: 3 x 4 x 4.5 | Case Quantity: 60
Case Dimensions: 16 x 16 x 14
Case Weights: 21 lbs.