

# POLAR A360

## FITNESS TRACKER

WITH WRIST-BASED  
HEART RATE

### What size do you need?

Print out this size guide to measure your wrist and find out which is the right size of Polar A360 for you.

Cut out the size guide, wrap it around your wrist and it will show which size (S, M, L) would fit most comfortably.

<b>Small (S)</b>	<b>5–6.6 inches</b>
<b>Medium (M)</b>	<b>6–7.8 inches</b>
<b>Large (L)</b>	<b>6.5–8.8 inches</b>

**Please print this sizing tool at 100 %**

#### THE RIGHT WAY TO USE YOUR WRISTBAND FOR ACCURATE HEART RATE MEASUREMENT

The A360 should sit behind your wrist bone, with the underside of the device fitting snugly against the back of your wrist. It should not be so tight it prevents blood circulation or feels uncomfortable.

