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The Polar Loop Exercise Tracker

When I first received the Polar Loop I knew I would have a lot of fun finding out what this activity tracker can do. In this product review I am going to describe what the Polar Loop records, its great features, and also where I feel the Polar Loop could be improved. Before getting into specifics I want to say the polar loop is a great product for teenagers and adults who are looking for an activity tracker to help them lose weight or get in shape.

Product Look and Features

You wear the Polar Loop on your wrist just like an ordinary watch. You can purchase it for under \$100.00 with a blue, black, or dark purple wrist band. See photo 1. The polar loop is waterproof which is great for teenagers and adults who like to go swimming, do water sports, or go to water parks. The box includes instructions, charging wire, measuring tape and a tiny band assembly tool. You use the measuring tape to determine what you will physically cut off the band to make it fit your wrist. The band's lock is very sturdy so it is extremely unlikely that this band will ever accidentally open.

How the Polar Loop Works

To starting using the Polar Loop you will need to download the Polar Flow free web service. After you setup your free account you will be able to sync the Polar Loop tracker on your computer or by using a free app on your iPhone 4S or Android Smartphone. That is; as long as your mobile devices aren't very old. You can check online at www.polar.com/ble to see if Polar Flow will work with your current Smartphone or Tablet.

You press the button next to the display screen to scroll between calories, the amount of exercise you have performed, the number of steps you have taken and the correct time of the day. The activity window shows you how many more minutes you need to run, walk, or jog to meet your daily goal. If you are just sitting around doing nothing the polar loop will have your Smartphone app send you a

reminder to get active. You just keep tapping this button until the display shows you what you want to see. Just like your Smartphone this activity tracker will need frequent charging. If you perform recharging using your computer the data on the Loop will automatically sync with the Polar Flow website program. At the same time the program will check to see if any new updates are available. If there are updates they will automatically download to your Polar Loop. The Polar loop can also record how much sleep you are getting each night. This data doesn't show up on the Polar Loop screen so you will need to sync the Loop and view the data on your computer or Smartphone app. In any case you will definitely want to view the Polar Flow data to see if you are meeting your exercise goals.

Positive Features

The polar loop can tell how much running, walking, sitting, sleeping, moving, and jogging you did in your day. On the Polar Loop app you can see what you should do the next day to get your activity up. The Polar Loop is really waterproof so you can wear it when swimming or snorkeling. It is a great device to use if you are trying to lose weight or measure how much exercise you get in your day. It definitely motivates you to do more exercise.

Negative Features

I found, probably because of the rubber strap, that the Polar loop was uncomfortable to wear when sleeping. I also found it difficult to attach the charging cable to the Loop. It is held in place by a weak magnet and you kind of have to struggle with it until it finally stays in place.

In bright sunlight it is very difficult to see the screen. I also found that when I tapped the button on the polar loop with wet hands it was non-responsive. The battery on the Polar Loop needs to be charged at best every other day. It would be a marked improvement if it could last four or five days. The designers who created this device should have been able to design a wristband that doesn't require one to physically cut its strap with a scissor to make it fit your wrist. This cutting procedure makes it impossible for you to let your friends try it to see if they would want to purchase one.



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