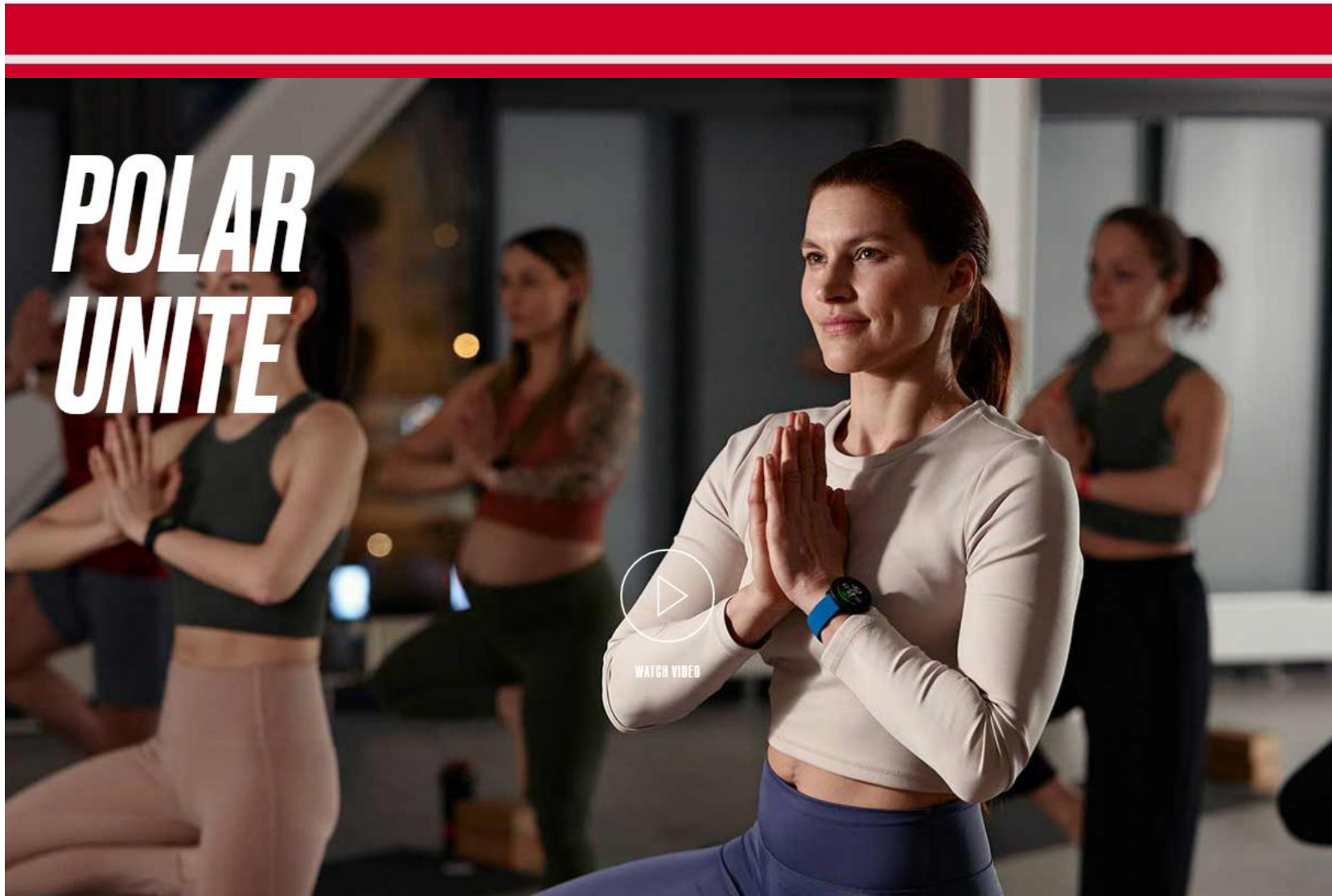


POLAR

POLAR UNITE



WATCH VIDEO





FITNESS WATCH WITH WRIST-BASED HEART RATE AND SLEEP TRACKING

Polar Unite is a waterproof fitness watch with advanced wrist-based heart rate and connected GPS. This well-rounded ultra light fitness tracker helps you sleep better, train smarter and find the balance in your life – it's your assistant on your way to better fitness.



FIND THE BALANCE WITH BETTER SLEEP & BETTER RECOVERY

Better sleep equals better recovery – and a more balanced life. With all pieces of the puzzle in place it's easier for you to discover your potential.

BUILD THE DAY ON THE NIGHT

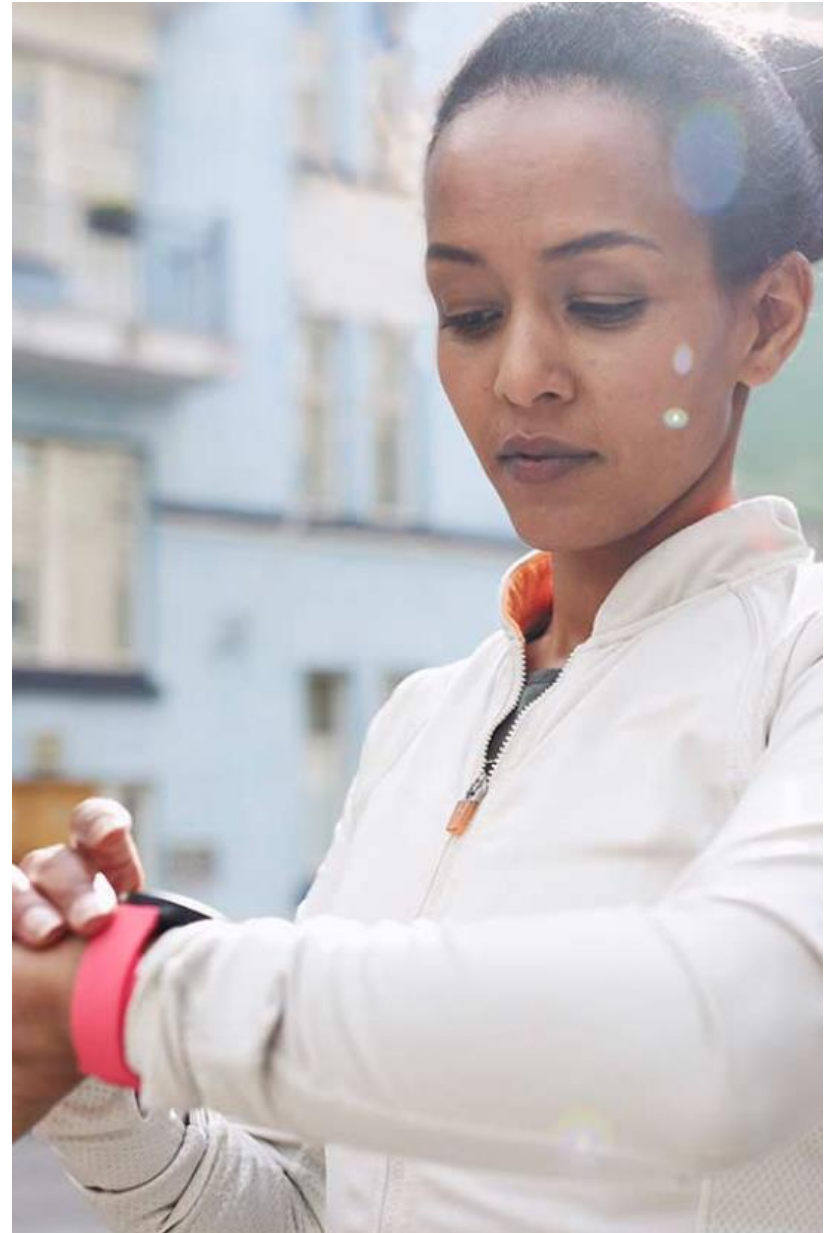
The Nightly Recharge™ recovery measurement gives you daily feedback on how well you recover from stress and training during the night. This helps you make optimal choices during the day.

KNOW HOW YOU SLEEP

Follow your sleep stages and get detailed sleep insights with the Sleep Plus Stages™ sleep tracking. Getting easily understandable data about your sleep helps you make the necessary adjustments to get better sleep.

BREATHE AND FOCUS

Relax your body and calm your mind with the Serene™ breathing exercise. Making breathing exercises a new habit helps you manage your stress levels and sleep better.



YOUR HEART IS KEY: LISTEN TO IT AND TRAIN SMARTER

Tracking your heart rate is the basis for improving your fitness. When you have your heart rate divided into heart rate zones and clearly visualised on your wrist, you'll know exactly how hard you're working at all times.

NO MORE GUESSWORK

When you track your workouts with Polar Unite and work out with varying intensity, you'll know the benefits of each and every one of your sessions, and make sure you get the most out of every single workout you do.

DAILY TAILORED WORKOUTS WITH THE FITSPARK™ TRAINING GUIDE

Enjoy your personal on-demand ready-made workouts that match your recovery and readiness every day. FitSpark determines what workouts suit you best each day and gives you a selection to choose from.

DISCOVER THE ULTIMATE TRAINING PLATFORM

The Polar Flow app and web service is your automatic workout log, the home of your sleep and activity data and the place for you to track your progress.



ULTRA LIGHT AND ADAPTABLE

Polar Unite's ultra light and sleek design is optimized for 24/7 use. You can wear it comfortably around the clock and match it to your style with multiple wristbands.

COLOUR YOUR LIFE WITH CHANGEABLE WRISTBANDS AND WATCH FACE COLOUR THEMES

Choose your favourites from super nice wristband colours and materials and combine them with Polar Unite's matching watch face colour themes.

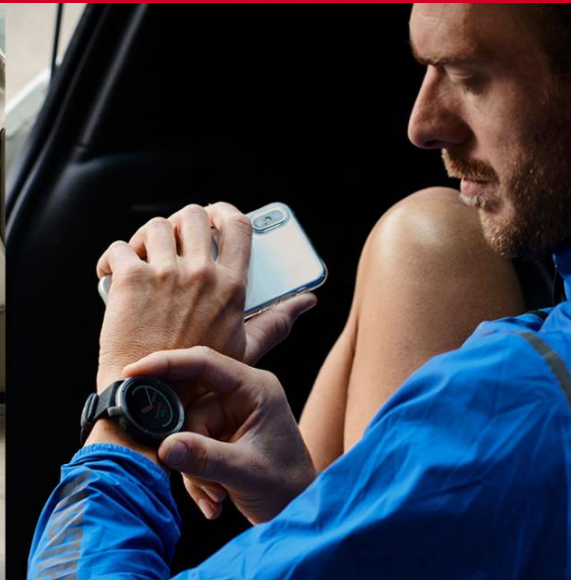
The standard 20 mm changeable wristbands with spring bars are so quick and easy to use that you can change your look as often as you like.

ENJOY BEAUTIFUL, YET SIMPLE DESIGN

The colour touchscreen with 1-button interface and the handy snap & slip wristband make Polar Unite a pleasure to the eye and easy to use.



POLAR.



TECH SPECS

Measurements

43.4 x 43.4 x 10.4 mm

Display

Color touch display (IPS TFT) with Ambient Light Sensor (ALS), resolution 240x204. Asahi glass lens.

Materials

Glass fiber reinforced polymer case. Stainless steel button.

GPS

Connected GPS: use GPS via your smartphone.

Watch

Time & date. Alarm with snooze. Stopwatch & countdown timer.

Weight

32 g

Battery

174 mAh Li-pol battery. Battery life up to 50 h in training mode (with wrist-based heart rate and connected GPS), up to 4 days in watch mode with continuous heart rate tracking.

Wristbands

Silicone with snap & slip buckle. Standard 20 mm watch wristbands. Multiple wristband options available as accessories.

Sizing:

S-L: wrist circumference 130-210 mm

Connectivity

Bluetooth Low Energy. Custom USB charging adapter for charging and data synchronization.

UI languages

English, German, French, Italian, Dutch, Norwegian, Spanish, Portuguese, Swedish, Finnish, Danish, Polish, Russian, Turkish, Indonesian, Czech, Chinese (Simplified), Japanese

Sensors

Compatible with Polar BLE heart rate sensors.

Standalone mode

Can be set up and used without other devices or connections (limited memory capacity for data storage). To access all features, functionalities and unlimited cloud storage, connect your watch to Polar Flow, our free app and web service and the home of your sports and fitness data.

Water resistance

Water resistant 30 m (ISO 22810, suitable for swimming)



POLAR FLOW

POLAR FLOW

The Polar Flow app and web service is the home of your training, activity and sleep data.

Automatic workout diary

Sync your Polar Unite with your phone and have all your workout data stored in one place automatically.

Keep track of your sleep and daily activity

See your sleep stats and get tips on how to reach your daily activity goal.

Share with your PT

Share your training data with your personal trainer or coach with the free Polar Flow for Coach service.

Get social

Share your highlights, join groups and let the Polar Flow community help you on your way to your goals.

CONNECTIVITY

Connect with online sports communities

adidas Training by Runtastic
adidas Running by Runtastic
MyFitnessPal
Endomondo
Nike Run Club

FEATURES



Advanced wrist-based heart rate

Polar Unite tracks heart rate with the Precision Prime™ sensor fusion technology.



Sport profiles

Polar Unite supports over 100 different sports. Add your favorite sports to your watch in Polar Flow.



Continuous Heart Rate

Get a comprehensive view on how your heart behaves during your day. Continuous heart rate monitoring gives you even more accurate calorie burn and activity data and tells you the lowest and highest heart rate of your day.



Nightly Recharge™

See how well you recover from your day during the night.



FitSpark™ daily training guide

Get ready-made daily workouts that match your recovery, readiness and training history.



Training Benefit

Get motivating feedback immediately after training describing the effect of the session.



Sleep Plus Stages™

Follow your sleep stages and get insights to your sleep quality.



Serene™ breathing exercise

Relax your body and calm down your mind with the help of a guided breathing exercise.



Works with Polar Club

If your gym uses the Polar Club group heart rate system, you can use Polar Unite to display your heart rate on the screen.



Smart Calories

Know exactly how many calories you've burned based on your weight, height, age, gender, your individual maximum heart rate (HRmax) and how hard you're training.



Fitness Test

Test your fitness level easily in just 5 minutes without breaking a sweat.



Running Program

Get a personal and adaptive training plan that fits you and your goals.

FEATURES

GPS

Connected GPS

Connect to your mobile phone to track your speed, distance and route.



Phone notifications

Stay connected with notifications from your phone. Get alerts for incoming calls, messages, emails, calendar events and more.



Watch face color themes

Choose the color of your watch face from multiple options and match with your wristband.

IN THE BOX

POLAR UNITE

Polar Unite fitness watch
Additional wristband in a larger size
USB charging adapter
Polar Unite user manual
Information note

