

POLAR®

***POLAR
VANTAGE M***



WATCH VIDEO





ADVANCED RUNNING & MULTISPORT WATCH WITH GPS AND WRIST-BASED HEART RATE

Challenge your limits with Polar Vantage M, an all-round multisport & running GPS watch for anyone who loves setting new records. This slim and lightweight training companion provides you with all the data you need to improve your performance.





DESIGNED FOR PERFORMANCE

Polar Vantage M is an award-winning combination of the latest sports technology and lightweight design.

NEXT LEVEL WRIST-BASED HEART RATE MONITORING

Polar Vantage M monitors your heart rate with the new Precision Prime™ sensor fusion technology.

NO COMPROMISES WITH YOUR STYLE

Match your Polar Vantage M to any look with a changeable wristband. Choose your favourite from Polar's selection or use any band with 22 mm spring bars.



THE PERFECT TRAINING PLATFORM FOR THE DATA-LOVING ATHLETE

Polar Vantage M works seamlessly with Polar Flow, the online window to your training, sleep and activity. With Polar Flow all your training data is easily available in one place.

You can also sync your data to other online sports communities, such as Strava or TrainingPeaks.

PLAN, TRAIN, ANALYSE

You get an automatic training diary, extensive planning and analysis tools, progress reports and the support of the Polar Flow community.

SHARE YOUR DATA WITH YOUR COACH

Give your coach access to your training data with the free Polar Flow for Coach service.



YOUR ALL-IN-ONE TRAINING PARTNER

Whether you're aiming to improve in your favourite sport or love to measure your performance in different sports, Polar Vantage M is always ready to help you.

MAKE THE WORK VISIBLE

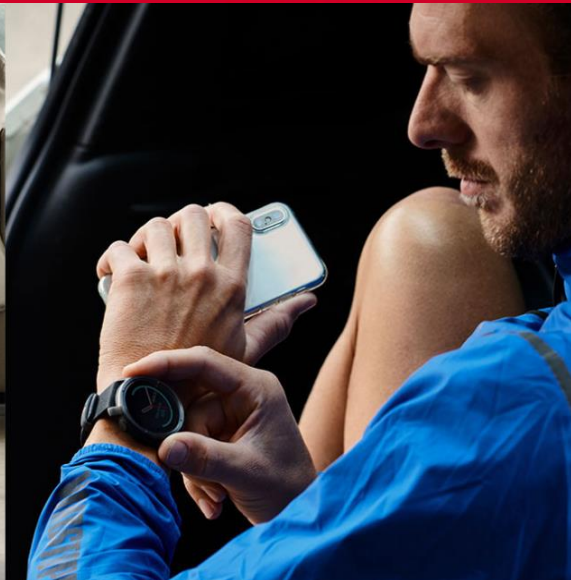
Polar Vantage M helps you quantify your training and see how your workouts strain your body in different ways.

CHOOSE FROM OVER 130 SPORT PROFILES

With Polar Vantage M you can customise individual settings for each of your sports.



POLAR.



TECH SPECS

Measurements

46 x 46 x 12.5 mm

Materials

Glass fibre reinforced polymer case. Stainless steel bezel, buttons and buckle.

Battery

230 mAh Li-pol battery. Battery life up to 30hrs in training mode (GPS and wrist-based heart rate) or up to 5 days in watch mode with continuous heart rate tracking.

Connectivity

Bluetooth Low Energy. Custom USB cable for charging and data synchronisation.

UI languages

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

Weight

45 g with wristband, 28 g without wristband

Display

Always on colour display. Hard-coated PMMA laminated lens. Size 1.2", resolution 240 x 240.

GPS

Integrated GPS & GLONASS. Assisted GPS for fast fix times.

Watch

Time & date. Alarm with snooze.

Sensors

Compatible with all standard BLE heart rate sensors and running cadence and power sensors as well as cycling speed, cadence and power sensors.

Water resistant

Water-Resistant (WR30)

Wristbands

Sizing:

S: wrist circumference 130-175 mm

M/L: wrist circumference 140-210 mm



POLAR FLOW

POLAR FLOW

Plan your training

Plan all your training from individual workouts to full season plans.

Analyse your results

Get to the heart of your performance with the extensive training analysis tools.

Share with your coach

Share your training data with your coach or PT 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

Strava
TrainingPeaks
MyFitnessPal
Endomondo
Nike+ Run Club

[READ MORE](#)

FEATURES



Advanced wrist-based heart rate

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



Training Load Pro

Quantify the strain of your training session and see how your training strains your body.



Running Index

Find out your running VO2max and follow how your running performance is developing.



Nightly Recharge™

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



Sleep Plus Stages™

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



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.



Sport profiles

Polar Vantage M supports over 130 different sports. Add your favourite sports to your Polar Vantage M in Polar Flow.



Swimming metrics

Follow your progress in the pool. Polar Vantage M automatically detects your heart rate, swimming style, distance, pace, strokes and rest times. Distance and strokes get tracked also in open water swimming.



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.



Phone notifications

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



24/7 activity tracking

Polar Vantage M tracks steps, distance, calories and sleep and gives you a personalised activity goal for each day.



FitSpark™ daily training guide

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

FEATURES



Running Programme

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



Training Benefit

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



Serene™ breathing exercise

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



Fitness Test

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

IN THE BOX

POLAR VANTAGE M

Polar Vantage M multisport watch
Charging cable
Polar Vantage M user manual
Information note