

POLAR[®]



Polar 2015 product catalogue

Featuring new products for activity tracking, fitness & cross-training, multisport and cycling.

polar.com/ca-en



To new beginnings, higher aims

When you find what you love to do, do it with all your heart – in sports as in life in general. That’s also what drives us here at Polar.

This year we’re bringing you many inspiring products that will help you start an active and healthy lifestyle. Our newest products are part of a complete training system, Polar Flow, which includes a free app and an online training tool for an inclusive training experience. We hope you enjoy our collection and find yourself a product that steers you towards your goal.

Happy training,
Team Polar

Heart rate zones

To make the most of your activity, it’s important to train at the right intensity (% of your maximum heart rate). We’ll show you how to do it.

➔ Check out polar.com and get tips and tricks for your training!

Maximum	90–100%	Develops your maximum performance and speed
Hard	80–90%	Increases your maximum performance capacity
Moderate	70–80%	Improves your aerobic fitness
Light	60–70%	Improves your basic endurance and fat burning
Very Light	50–60%	Improves your overall health and ability to recover



FT1
First step
into exercise



FT2
Easy start
to fitness



FT4
Fitness
improvement

See page 15



FT7
Clear training
guidance



optional
GPS

FT60
Weekly Training
Program



Polar Loop
Track activity
24/7

See page 14



NEW

A300
Fitness and
activity monitor

See page 13



Running & Multisport



optional
GPS

RS300X
Speed, distance
and heart rate



GPS

RC3 GPS
Integrated
GPS

See page 11



GPS

M400
Sports watch
with GPS

See page 9



GPS

V800
GPS for peak
performance

See page 10



All you need to decide is what you want to achieve

We'll help you choose a product that best matches your needs.
Here's a roundup of our top picks for 2015.

You'll find an overview of our entire collection in the feature charts
at the back of this catalogue.



Cycling



CS500+
Functional design
for the ride

See page 21



NEW

GPS

V650
The smartest bike
computer with GPS

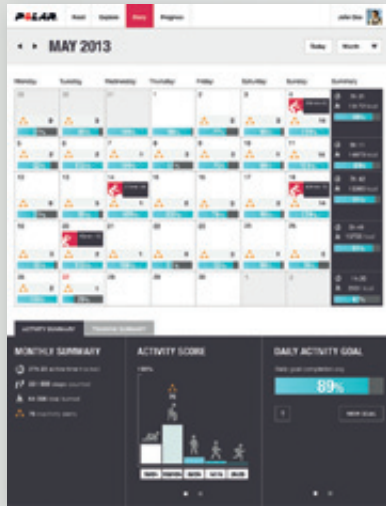
See page 19



Join Polar training community

Join forces with other training fans just like you and get more out of your exercise than ever before. Reach your goals and get smart training guidance with a deeper insight into your activity.

➔ flow.polar.com



Insight into your every habit

Check the online Diary for an overview of your trainings. See how your daily choices affect your activity and what time of the day those inactivity alerts usually occur. You can even learn useful information about your sleep patterns.



See your progress

Export your training and activity details and get a deeper insight into your performance with smart analysis. See the progress you're making on a weekly, monthly and yearly basis. Plan ahead by creating Training Targets for future trainings and sync them to your sports watch (V800, V650, M400 or A300).



Explore and relive top moments

Find interesting trainings or routes completed by other team Polar members. Relive their or your own top moments by watching the route with integrated Google Street View, the highlights, a summary and the benefits of the session.



Polar Beat ^{FREE!}
and
H7 Bluetooth
heart rate
sensor

Polar Beat, the world's smartest training app, is designed to be used with Polar H7 Bluetooth® Smart heart rate sensor. When you pair up this super comfortable sensor with the app, you get live, accurate heart rate on your mobile.

⚙️ PLAN

The most important part of your workout is the moment before you start.

🏃 TRAIN

To get the most effective workout, you need to train at the right intensity.

📊 ANALYZE

See what you achieve with each workout – whether you improve endurance, increase your strength, or burn fat.

🐦 SHARE

Exercise is social, even when you do it alone.

Compatible with iPhone 4S and later and with selected Android devices using Android 4.3 or later.

➔ Check the compatibility at polar.com/beat

Push your boundaries

Is training the fuel that keeps you going? With these products, you'll get to the peak of your abilities. Learn when to strive for maximum performance and when to take it easier.



GPS Integrated GPS

NEW!
M400

Optional heart rate sensor



High-resolution and high-contrast display



Free guidance with the Polar Flow app and web service

M400 is an exceptional blend of sporty design, integrated GPS and advanced training features, along with plenty of options to keep an eye on your daily activity and sleep.

- ✓ Integrated GPS
- ✓ Follow your 24/7 activity, calories and steps
- ✓ Plan, sync and share your training with Polar Flow mobile app and web service
- ✓ Fully customizable sport profiles to get the most out of your training
- ✓ Set targets to beat your personal best
- ✓ Find your way back home with Back to Start
- ✓ Train at the right intensity within your personal heart rate zones (requires H7 heart rate sensor)
- ✓ Track your total calorie intake and expenditure by connecting with MyFitnessPal app (IOS only)



V800 is the world's smartest training device for the most devoted athletes. It's a superior training companion for any athlete who wants to achieve their best and beyond.

RC3 GPS is packed full of Smart Coaching features that take you to the top. With integrated GPS and altitude, this perfect training companion gives you personalized feedback and guidance.

- ✓ Helps you understand your training load and recovery need
- ✓ Gives heart rate even in water with a comfortable dual-mode transmitter
- ✓ Tracks your speed, distance and route with integrated GPS
- ✓ Allows you to plan and analyze your training with the free Polar Flow app and service
- ✓ Fully customizable sport profiles to get the most out of your training
- ✓ Compatible with Polar Bluetooth® Smart running and cycling sensors
- ✓ Supports multisport training with transition times
- ✓ Waterproof to 30 m/100 ft
- ✓ Rechargeable battery, 13 hours with GPS activated; 50 hours with GPS power save mode
- ✓ Track your swimming performance effortlessly with automatic detection of your swimming style, distance, pace, strokes and even the rest times

- ✓ Tracks your route, speed and distance using built-in GPS
- ✓ Improves performance with endurance training programs, downloadable for free from polarpersonaltrainer.com
- ✓ Shows GPS based altitude during and after training
- ✓ Compatible with Polar running and cycling sensors
- ✓ Training Benefit gives you instant feedback after your session
- ✓ Rechargeable battery, 12h in continuous use with GPS on
- ✓ Running Index scores your performance

Get active

If you're looking for a great kick-start to an active, healthier life, check out our fitness and cross-training products – just pick the one that suits you and your goals best.

Reminds you to move after sitting for too long



NEW!
A300

Optional heart rate sensor



Bluetooth
SMART

Free guidance with the Polar Flow app and web service



Polar A300 will help keep your daily activity, training and sleep in balance for a healthier lifestyle. Your fun and sleek sports buddy has an easy-to-change wristband available in six vibrant colors.

- ✓ Tracks your daily activity at different intensity levels, and shows steps, distance and burned calories
- ✓ Your daily activity goal and guidance on how to reach it
- ✓ Feedback about your daily, weekly and monthly activity
- ✓ When paired up with Polar H7 heart rate sensor, measures your every heartbeat and lets you know if you're mostly burning fat or improving your fitness. Gives the most accurate calorie burn in heart rate based training
- ✓ Shows exactly how many calories you've burned

- ✓ Vibrates when you've been sitting still for too long
- ✓ Automatically tracks your sleep time and quality. See and learn from your sleeping patterns in Polar Flow web service and app
- ✓ Vibrantly colored wristbands are easily changed to reflect your mood and style
- ✓ Free online community and service that helps understand the impact of your activity and see the long term progress you make
- ✓ Charges conveniently with a simple plug and play USB
- ✓ Track your total calorie intake and expenditure by connecting with MyFitnessPal app (iOS only)

Polar Loop



Track your activity 24/7 and get guidance on how to reach your daily goal. You can add heart rate when exercising with a Polar H7 heart rate sensor.

- ✓ Activity Guide helps you stay active all day long
- ✓ Activity Benefit gives feedback about your daily, weekly and monthly activity
- ✓ Displays daily activity, calories burned, steps taken, and time of day
- ✓ Free guidance with the Polar Flow app and Polar Flow web service
- ✓ Compatible with Polar H6 and H7 Bluetooth Smart heart rate sensors
- ✓ Water resistant
- ✓ Measures your activity even when swimming (without heart rate)
- ✓ Track your total calorie intake and expenditure by connecting with MyFitnessPal app (IOS only)

FT4



Keep your fitness training simple and straightforward and get into shape with basic heart rate features.

- ✓ Comes with comfortable textile transmitter and coded heart rate transmission to avoid cross-talk
- ✓ Displays calories burned
- ✓ Suitable for swimming



- ✓ The EnergyPointer tells you if the main effect of your training is fitness improvement or fat burning
- ✓ Comes with comfortable textile transmitter and coded heart rate transmission to avoid cross-talk
- ✓ Displays calories burned
- ✓ Suitable for swimming

Tune up your gear

Add a personal touch to your Polar product with our accessories and ensure you're making the most of your training and get a thorough understanding of your performance.

- To see the complete portfolio of our accessories and the products they're compatible with, go to [accessories at polar.com](https://polar.com/accessories)

H7 heart rate sensor

You can use H7 with Polar Loop as well as our other Bluetooth Smart compatible training computers and many fitness apps including Polar Beat. H7 also works well together with a lot of gym equipment.



Stride sensor

Attach the small stride sensor onto your shoe to get your speed and distance as well as your Running Index to measure your running performance.



Cadence sensor

Add the cadence sensor to measure the real-time and average pedaling rate of your ride.



Speed sensor

Add the speed sensor to see your cycling speed and distance.





Ride smarter

Ready to ride faster, higher and further? Analyze every detail of your training with the smartest cycling computer you've ever seen.

Cycle safely also in the dark and be more visible with the smart LED light

GPS Integrated GPS

Large 7cm (2.8") color touch screen

NEW!
V650
Optional heart rate sensor



Free guidance with Polar Flow web service



Follow your ride with the integrated GPS and get the most accurate altitude data with the built-in barometric pressure sensor. V650 brings together all the essential features ambitious cyclists need to boost their performance.

- ✓ Tracks your ride with integrated GPS
- ✓ Lets you follow every detail on the large 7cm (2.8") color touch screen
- ✓ Gives you the most accurate altitude data with the built-in barometric pressure sensor
- ✓ Gives you instant feedback after your session
- ✓ Allows you to plan and analyze your training with the free Polar Flow web service
- ✓ Compatible with the Polar Bluetooth Smart heart rate and cycling sensors





Cycling



Cycling

Kéo Power Essential



Force vector
See how you're using force against the pedal.

Easy to use
Easy to set up, attach and switch between bikes.

Ideal for power-based training
Compare power to your heart rate and find out how your body responds to training.

Get accurate information on the intensity of your workout, how you use power and how it affects your ride. Compatible with Polar V650, Polar V800 and any product that uses Bluetooth® Smart technology.

Kéo Power Essential Bluetooth® Smart is a great and cost-effective choice for reliable power measurement without the left and right balance. The set includes two pedals and one transmitter.

Kéo Power Bluetooth® Smart is the complete solution for demanding cyclists: it measures power output, left and right balance as well as your cycling cadence and efficiency. The set comes with two pedals and two transmitters.

➤ Complete overview can be found at polar.com



Unique two-way rocker-switch

Oversized display

CS500+

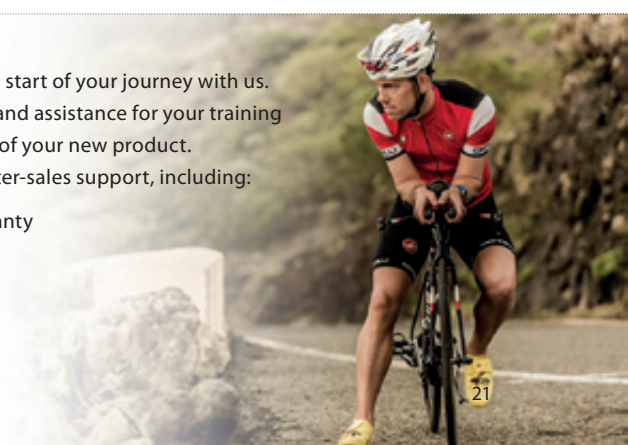
with heart rate sensor

When you use CS500+ with a cadence sensor or the innovative Kéo power pedals W.I.N.D., it becomes a powerful cycling tool. Easily navigate through the menu and see all the essential heart rate and cycling details at a glance during your ride.

- ✓ Extended memory records more hours of highly accurate power data from the compatible Polar LOOK Kéo Power pedals
- ✓ Guarantees interference-free transmission with W.I.N.D. technology
- ✓ Allows quick and safe control with the rocker switch and oversized user-configurable display
- ✓ Training Load graph at polarpersonaltrainer.com tells when you are ready for your next ride

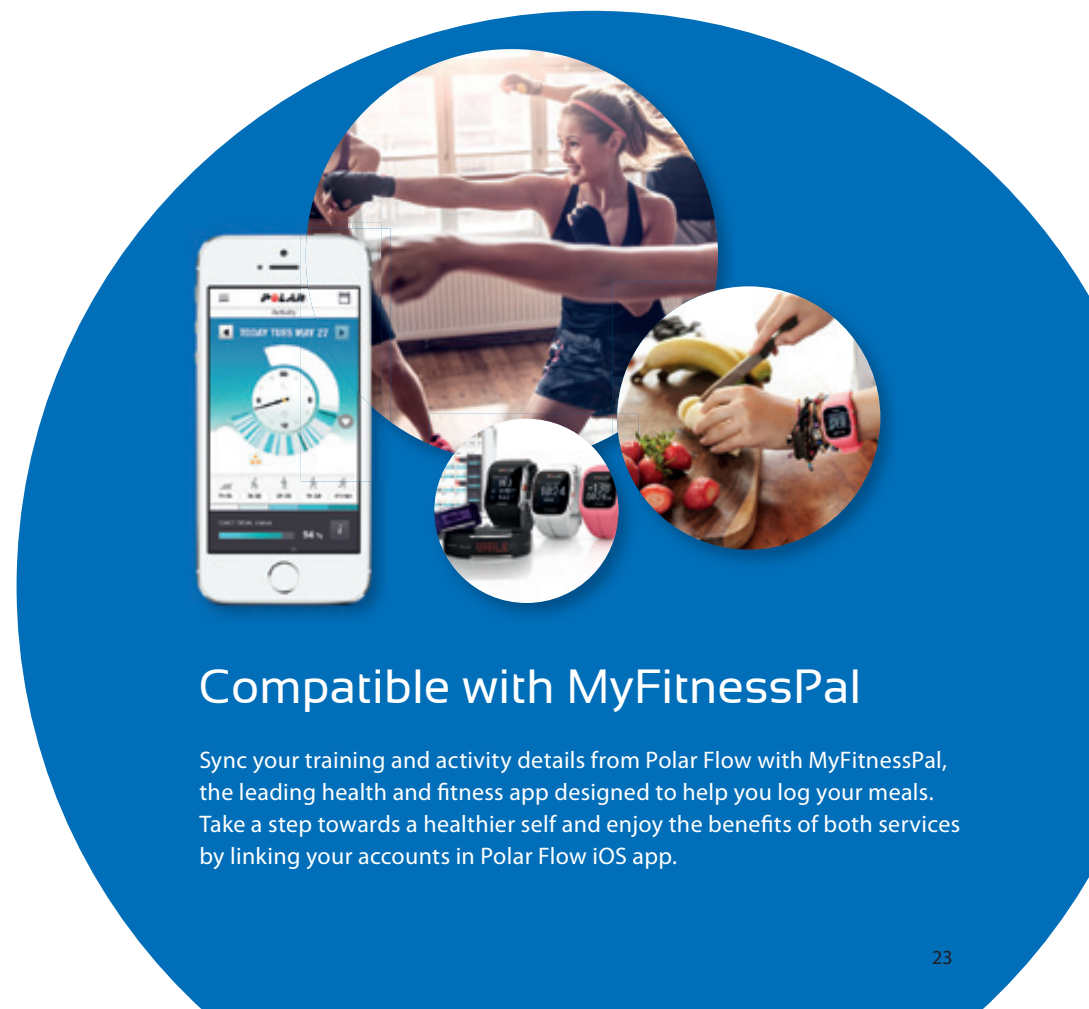
Buying a Polar product is only the start of your journey with us. We'll be there to give you advice and assistance for your training and to help you get the most out of your new product. You'll get free first-class global after-sales support, including:

- A two-year international warranty
- Extensive helpdesk support
- Global service network



	A300	Loop	FT60	FT7	FT4	FT2/FT1
Training features						
Heart rate – bpm or %	With heart rate sensor	With heart rate sensor	x	x	x	x
Heart Rate Zones	For trainings planned in Polar Flow					
ZonePointer and ZoneLock	x		x	x	ZonePointer	
Polar OwnZone® – personal heart rate zones			x			
Training Zone Guidance	x		x	x	x	x
Polar EnergyPointer	x	x		x		
Smart Calories	x	x	x	x	x	
Sport profiles	x					
Polar Fitness Test	x		x			
Polar STAR Training Program			x			
Training Targets	x					
Training History	x		x	x	x	x
HeartTouch – button-free operation of wrist unit	x		x	x	x	x
Vibration and audio alerts	x					
Activity features						
24/7 Activity Tracking	x	x				
Activity Goal	x	x				
Activity Benefit	web/mobile	web/mobile				
Steps and Distance	x	Distance in web/mobile				
Active Time	x	x				
Inactivity Alert	x	x				
Sleep Duration and Quality	web/mobile	web/mobile				
Activity Intensity Levels	web/mobile	web/mobile				
Polar Flow features						
Training Targets	web					
Training Benefit	web	web				
Advanced training analyzing	web	web				
Diary	web	web				
FlowSync	web	web				
Sensor support						
G1 GPS sensor			x			
S1 footpod			x			

	A300	Loop	FT60	FT7	FT4	FT2/FT1
Data transfer	BLE/cable	BLE/cable	FlowLink	FlowLink		
Device						
Memory capacity	60 days	12 days				
User interface languages	EN, DE, FR, ES, IT, PT, NL, RU, PL, DA, NO, SV, FI, JA, ZH	EN	EN, DE, FR, ES, PT, IT, FI	EN, DE, FR, ES, PT, IT, FI, SV	EN, DE, FR, ES, PT, IT, FI, SV	EN
Rechargeable battery	x	x				
User replaceable battery			x	x	x	
Firmware update	x	x				
Waterproof	x	x	x	x	x	x



Compatible with MyFitnessPal

Sync your training and activity details from Polar Flow with MyFitnessPal, the leading health and fitness app designed to help you log your meals. Take a step towards a healthier self and enjoy the benefits of both services by linking your accounts in Polar Flow iOS app.

	V800	M400	RC3GPS	RS300X
Training features				
Heart rate – bpm or %	x	x	x	x
Training Zone Guidance and ZoneLock	x	x	x	x
Sport Profiles	adjustable	adjustable	fixed	
Interval Timers	x	x		x
Polar ZoneOptimizer - personalized sport zones			x	
Polar OwnZone® – personal heart rate zones				x
Smart Calories	with altitude adjustment	x	x	x
Polar Fitness Test	x	x	x	x
Orthostatic test	x			
Jump test	with stride sensor			
R-R recording test	x			
Training Benefit	x	x	x	
Training Load	x			
Recovery Status	x			
Back to Start	x	x	x	
Multisport training	x			
Audio Alerts	with vibration	x	x	x
HeartTouch – button-free operation of wrist unit	x			x
Tap gestures	x			
Swimming metrics	x			
Pressure sensor based altitude, ascent and descent	x			
Activity features				
24/7 Activity Tracking	x	x		
Activity Goal	x	x		
Activity Benefit	web/mobile	web/mobile		
Steps and Distance	x	x		
Active Time	x	x		
Inactivity Alert	x	x		
Sleep Duration and Quality	web/mobile	web/mobile		
Activity Intensity Levels	web/mobile	web/mobile		
Polar Flow				
Instant training analysis	mobile	mobile		
Training planning	web	web		
Advanced training analyzing	web	web		
Training load	web	web		
Recovery status	web			
Diary	web	web		
Explore	web	web		
Relive	web	web		

	V800	M400	RC3GPS	RS300X
GPS				
	integrated	integrated	integrated	G1
Speed/pace and distance	x	x	x	x
Running Index	x	x	x	
GPS-based altitude, ascent and descent		x	x	
Route guidance	x			
Race Pace	x			
GPS power save mode	x			
Sensor support				
Footpod	BLE	BLE	S3/s3+	S1
Cadence sensor	BLE		W.I.N.D.	
Kéo Power Bluetooth® Smart	x			
Data transfer				
	BLE/cable	BLE/cable	cable	FlowLink
Device				
Memory capacity	60 h	30 h	x	
User interface languages	EN, DE, FR, ES, IT, PT, NL, RU, PL, DA, NO, SV, FI, JA, ZH	EN, DE, FR, ES, IT, PT, NL, RU, PL, DA, NO, SV, FI, JA, ZH	EN, FR, DE, ES, IT, PT, NL, DA, NO, SV, FI	EN, FR, DE, ES
Rechargeable battery	x	x	x	
Sensor connectivity	BLE / 5 kHz	BLE	W.I.N.D.	5 kHz
Firmware update	x	x		
Smart notifications	x	x		
Waterproof	x	x		x

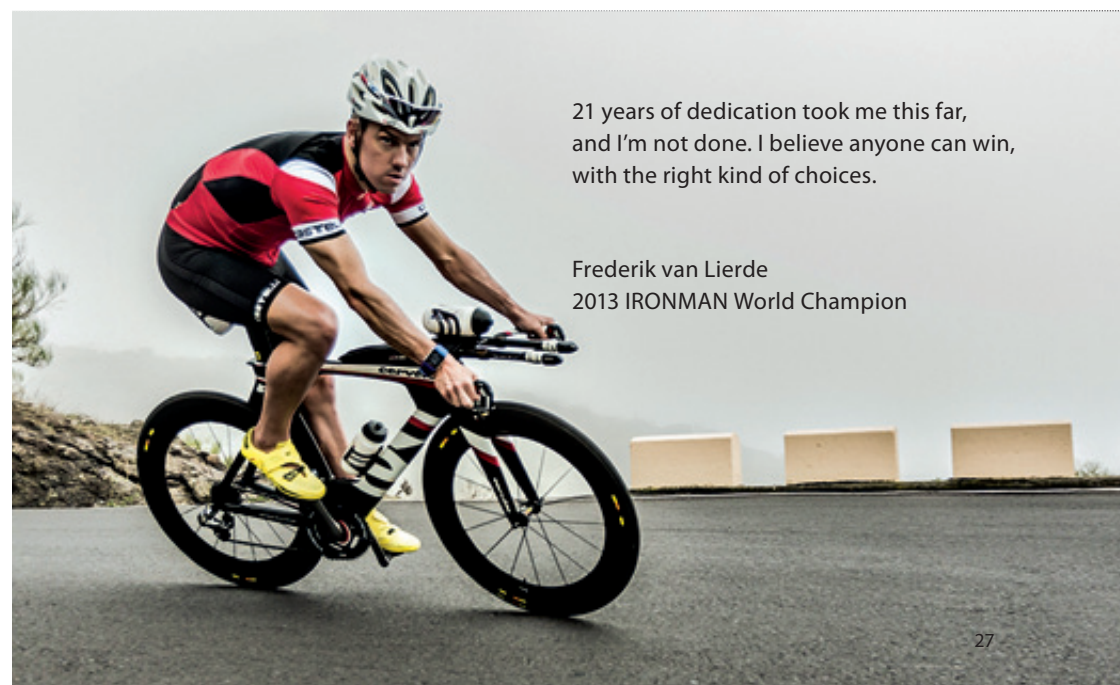


I use a heart rate monitor, because I want to make sure I train properly. There are many paths to peak performance – and I have chosen mine.

Kaisa Mäkäräinen
2014 Biathlon World Cup Winner

	V650	CS500+
Training features		
Heart rate – bpm or %	x	x
Training Zone Guidance	x	x
ZonePointer and ZoneLock	x	ZonePointer
Heart Rate Zones	x	
Interval Timers		x
Manual Laps	x	x
Smart Calories	with altitude adjustment	x
Pressure sensor-based altitude, ascent and descent	x	x
Real-time VAM	x	
Back to Start	x	
Audio Alerts	x	
Reminders – calorie expenditure, distance or time based		x
User-definable displays	x	
Automatic display scroll		x
Training Benefit	x	
Diary	x	
Training History	x	x
Totals	x	x
Integrated GPS features		
Autostart/stop	x	
Speed/Pace – current, average and maximum	x	
Distance – training, lap and total	x	
Polar Flow web service features		
Advanced training analyzing	x	
Data export	x	
Diary	x	
Explore	x	
Relive	x	
Sensor support		
Speed	Bluetooth® Smart	W.I.N.D.
Cadence	Bluetooth® Smart	W.I.N.D.
Power	Coming later	W.I.N.D.

	V650	CS500+
Data transfer	FlowSync and cable	DataLink
Device		
Memory capacity	10 000 h (single exercise 48 h)	
User interface languages	EN, FR, DE, ES, IT, PT, NL, DA, NO, SV, FI, JA, ZH	EN
Rechargeable battery	x	
User replaceable battery		x
Sensor connectivity	Bluetooth® Smart	W.I.N.D.
Firmware update	x	
Safety light	x	
Splash proof	x	x



21 years of dedication took me this far, and I'm not done. I believe anyone can win, with the right kind of choices.

Frederik van Lierde
2013 IRONMAN World Champion



Since as far back as 1977, Polar has been creating wearable technology which perfectly fits your body and your sports. Our products, services and apps don't just give you numbers, they help you to understand what you are doing and how to improve. So whether you want to run faster, cycle higher, or just lose a few pounds, we are here to help.

That's what we call Smart Coaching.

Connect with Polar



[facebook.com/
polarglobal](https://facebook.com/polarglobal)



[twitter.com/
polarglobal](https://twitter.com/polarglobal)



[youtube.com/
polar](https://youtube.com/polar)



[instagram.com/
polarglobal](https://instagram.com/polarglobal)

Polar Electro Canada
2350, 46th Avenue, Lachine, QC H8T 2P3
tel: 514.636.3302 / 1.888.918.5043
www.polar.com/ca-en

Specifications may change without notice due to the manufacturer's continuous program of development.

