CONTENTS

POLAR M200 USER MANUAL

This user manual helps you get started with your new M200. To see M200 video tutorials and FAQs, go to support.polar.com/en/M200.

INTRODUCTION

Congratulations on your new Polar M200!

The Polar M200 GPS running watch has an integrated GPS, wrist based heart rate monitor and unique smart coaching features.

You will be able to track your running pace, distance, altitude and route with the compactly packed GPS.

You don't need to wear a heart rate sensor. Just enjoy training with wrist-based heart rate that's always ready when you are.

Track your activities in your everyday life. See how they benefit your health and get tips on how to reach your daily activity goal.

During these active days get alerts and stay at reach with smart notifications from your mobile.

Change the wristband and accessorize any outfit. You can buy additional wristbands separately.

TAKE FULL ADVANTAGE OF YOUR M200

Get connected to Polar ecosystem and get the most out of your M200.

Get the Polar Flow app on the App Store® or Google Play™. Sync your M200 with Flow app after training and get an instant overview and feedback of your training result and performance. On the Flow app you can also check how you've slept and how active you've been during the day.

Sync your training data to the Flow web service with FlowSync software on your computer or via Flow app. In the web service you can plan your training, track your achievements, get guidance and see detailed analysis of your training results, activity and sleep. Let all your friends know about your achievements. Find all this at polar.com/flow.

GET STARTED

SET UP YOUR M200

Your new M200 is in storage mode and it wakes up when you plug it into a USB charger for charging or a computer for setup. We recommend that you charge the battery before you start using your M200. If the battery is completely empty, it takes a couple of minutes for the charging to start. See Batteries for detailed information on charging the battery, battery operating times and low battery notifications.

CHOOSE ONE OPTION FOR SETUP: A COMPATIBLE MOBILE DEVICE OR COMPUTER

You can choose how to set up your M200, wirelessly with a compatible mobile device or with a computer. Both methods require an Internet connection.

- Mobile setup is convenient if you don't have access to a computer with a USB port, but it might take longer.

- Wired computer setup is quicker and you can charge your M200 at the same time, but you need a computer available.

OPTION A: SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP

Polar M200 connects to the Polar Flow mobile app wirelessly via Bluetooth® Smart, so remember to have Bluetooth turned on in your mobile device.

Check the Polar Flow app compatible devices at support.polar.com.

1. Detach the wristband as described in chapter Wristband.

2. To make sure there's enough charge in your M200 during the mobile setup, just plug your M200 in a powered USB port or a USB power adapter. Make sure that the adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA. It may take a few minutes for your M200 to wake up.

   ⓘ Before charging, please make sure there's no moisture, hair, dust or dirt on the M200's USB connector. Gently wipe off any dirt or moisture.
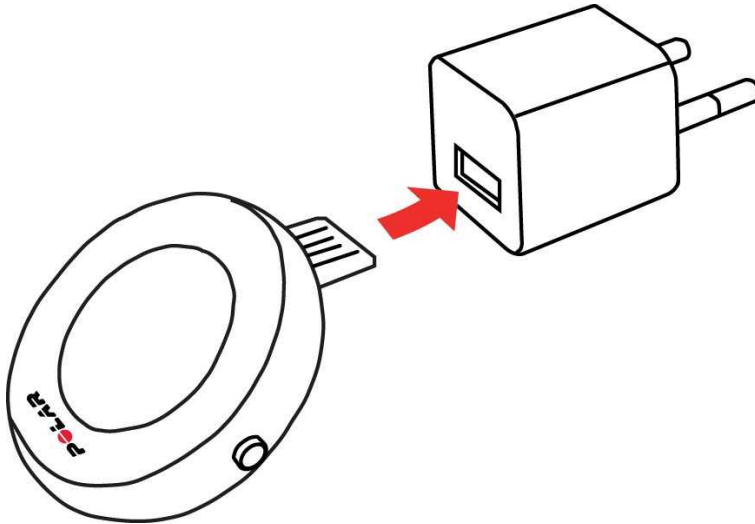
3. Go to the App Store or Google Play on your mobile device and search and download the Polar Flow app.

4. Open the Flow app on your mobile device. It recognizes your new M200 nearby and prompts you to start pairing it. Accept the pairing request and **enter the Bluetooth pairing code shown on the M200 display to Flow app**.

ⓘ Make sure your M200 is powered up in order to make the connection possible.

5. Then create a Polar account or sign in if you already have one. We'll walk you through the sign-up and setup within the app. Tap **Save and sync** when you've defined all the settings. Your personalized settings will now be synced to your M200.

ⓘ To get the most accurate and personal activity and training data, it's important that you're precise with the settings. If there is a firmware update available for your M200, we recommend you install it during the setup. It may take up to 10 minutes to complete.

6. M200 display will open to the time view once the synchronization is done.

After the setup is done, you're ready to go. Have fun!

OPTION B: SET UP WITH YOUR COMPUTER

1. Go to flow.polar.com/start and install the FlowSync software to set up your M200 and update the firmware if needed.

2. Detach the wristband as described in chapter Wristband.

3. Plug your M200 to your computer to charge it during the setup. Please make sure the USB connector doesn't bend. It may take a few minutes for your M200 to wake up. Let your computer install any suggested USB drivers.

ⓘ Before charging, please make sure there's no moisture, hair, dust or dirt on the M200's USB

connector. Gently wipe off any dirt or moisture.
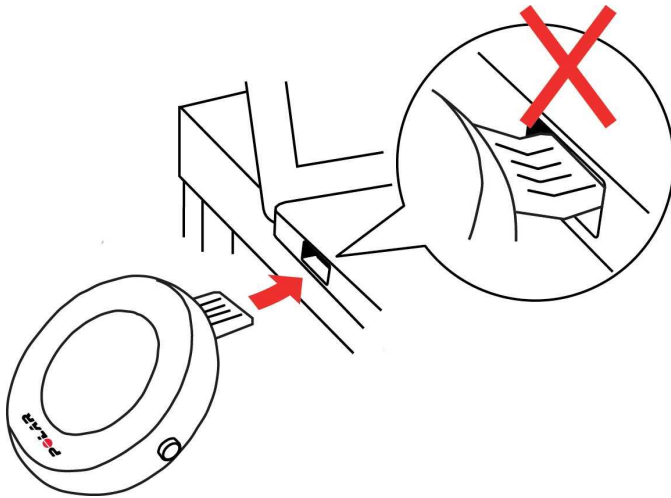
4. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the web service.

ⓘ To get the most accurate and personalized activity and training data, it's important that you're precise with the physical settings when signing up for the web service. When signing up, you can choose a language and get the latest firmware for your M200.

After the setup is done, you're ready to go. Have fun!

WRISTBAND

Match your style with easy-to-change wristbands. You can buy additional wristbands separately at shop-polar.com.

To detach the wristband

1. Bend the wristband from the buckle side to detach it from the device.

2. Pull the device from the wristband.
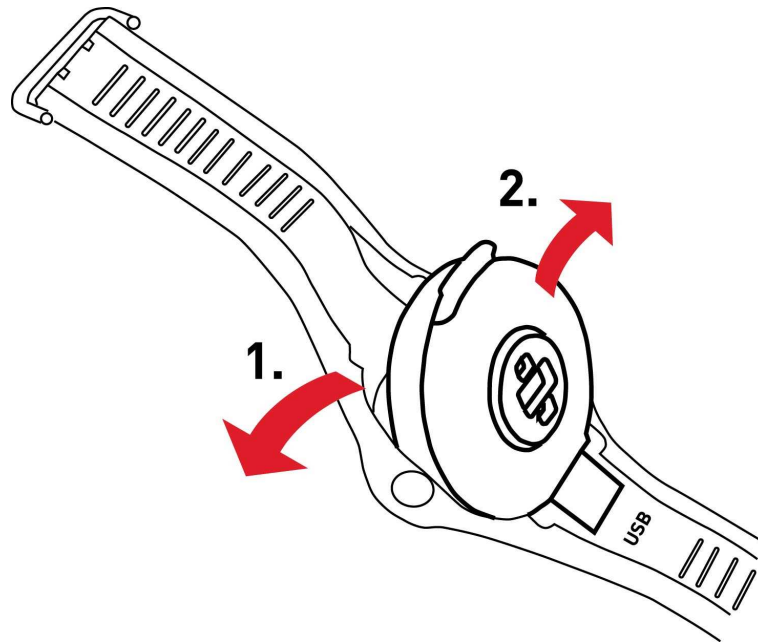
To attach the wristband

1. Put the USB connector into place from the bottom side of the wristband.

2. Stretch the wristband slightly from the buckle side to snap the other end of the wristband in place.

3. Make sure the band fits flush with the device on both sides.
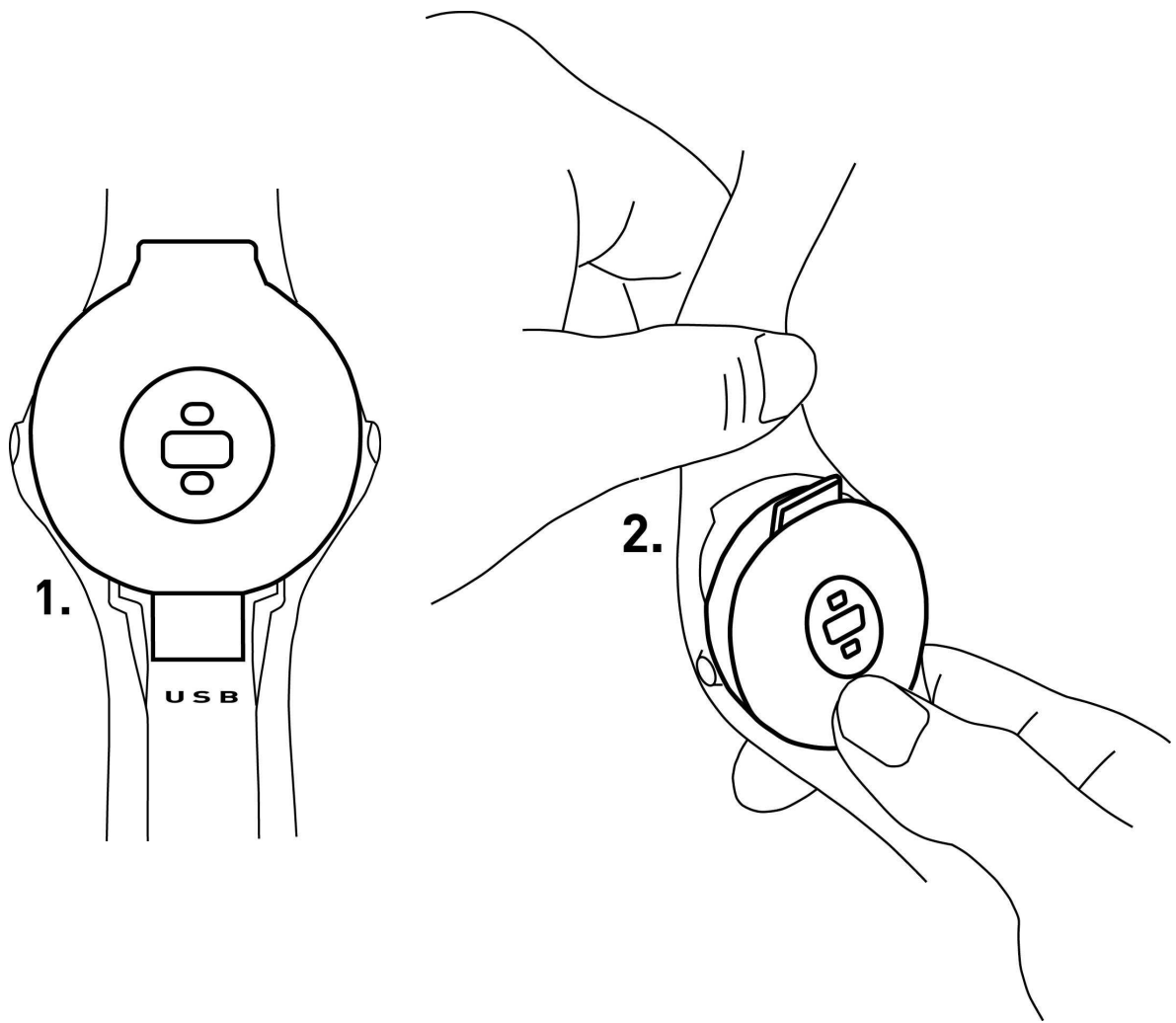
We recommend that you separate the wristband from the device after each training session and rinse them under running water in order to keep the M200 clean.

BUTTONS

Your M200 has two buttons, one on each side. See the table below for button functions.

LEFT	RIGHT
Press	**Press**
Return to the previous level on the menu	Browse the menu, selections and training views
Pause training	

When training has been paused, stop training	
Press and hold	**Press and hold**
Return to time view	Enter the menu
In time mode start syncing with Polar Flow app	Confirm selections
	Start training
	Take a lap during training

Any button press activates back light.

MENU STRUCTURE
TRAINING

Go to **Training** to start a training session.

ACTIVITY

In **Activity** menu your daily activity goal is visualized with an activity bar. The activity bar fills up as you reach your daily goal. You'll also see details of your activity (active time, calories and steps) and options for reaching your daily activity goal.

The daily activity goal you get from Polar M200 is based on your personal data and activity level setting, which you can find in the Daily Activity Goal settings in the Flow web service.

For more information, see 24/7 Activity Tracking.

HISTORY

In **History** you'll see your five latest training files. For more information, see Training summary.

MY HR

In **My HR** you can check your current heart rate without starting a training session.

SETTINGS

In **Settings** you can pair and sync devices with your M200 as well as turn smart notifications and flight mode on/off. For more information, see Settings.

DISPLAY ICONS

Depending on the situation, the dots around the display indicate your progress towards your daily activity goal or training target, your heart rate zone during training, or the menu scroll bar.

Flight mode is on. All wireless connections to your mobile phone and accessories are disconnected.

Do not disturb mode is on. The display does not turn on from your wrist movement and you will not receive smart notifications.

Bluetooth connection to your paired phone is disconnected. Press and hold the side button to reconnect.

GPS icon blinks, when your M200 is searching GPS satellite signals. When M200 has found the signals, the icon stops blinking and stays on.

The heart icon means heart rate. The circle around the heart icon blinks when your M200 is searching for your heart rate. When the heart rate is found, the circle stops blinking and stays on.

Bluetooth is on.

WEARING YOUR M200

To measure wrist-based heart rate accurately you need to wear your M200 snugly on top of your wrist, just behind the wrist bone. For more information see Training with wrist-based heart rate.

You can wear the wristband a little looser, if you like, while not working out.

CHANGING THE SETTINGS

In **Settings** you'll find:

- **Pair & Sync**
- **Flight mode**
- **Smart notificat.**
- **About product**

PAIR & SYNC

Pair & Sync devices: Pair devices, e.g. heart rate sensor or mobile device, with your M200. For more information, see Pairing. Sync data from your M200 to a paired mobile device. **Tip:** You can also sync by pressing and holding the LEFT button in the time view.

Remove pairings: Remove pairing with a heart rate sensor or mobile device.

FLIGHT MODE

Choose **on** or **off**.

Flight mode cuts off all wireless communication from the device. You can still use it to collect activity or training with the wrist-based heart rate, but you cannot use it in training sessions with a *Bluetooth®* Smart heart rate sensor nor sync your data to the Polar Flow mobile app because *Bluetooth®* Smart is disabled.

SMART NOTIFICAT.

Set Smart notifications feature **On** or **Off**. For more information on the feature, see Smart notifications.

ABOUT PRODUCT

Check the device ID of your M200, as well as the firmware version and HW model. You may need this information if you contact Polar customer care. Choose **Restart device**, if you experience problems with your M200. For more information, see Restart M200.

TIME OF DAY SETTING

The current time and its format are transferred to your M200 from your computer system clock when you sync with the Polar Flow web service. To change the time, you'll first need to change the time zone on your computer and then sync your M200.

If you change the time or time zone on your mobile device and sync the Polar Flow app with the Polar Flow web service and your M200, the time also changes on your M200. Your mobile device needs to have Internet connection available in order to change the time.

TRAINING

TRAINING WITH WRIST BASED HEART RATE
HEART RATE TRAINING

Although there are many subjective clues as to how your body is doing during exercise (perceived exertion, breathing rate, physical sensations), none of them are as reliable as measuring heart rate. It is objective and is affected by both internal and external factors - meaning you will have a dependable measure of your physical state.

MEASURING HEART RATE WITH M200

Your Polar M200 has a built-in heart rate sensor that measures heart rate from the wrist. Follow your heart rate zones directly from your device and get guidance for training sessions you've planned in the Flow app or web service.

To measure wrist-based heart rate accurately you need to wear your M200 snugly on top of your wrist, just behind the wrist bone (see the picture on the right). The sensor on the back must be in constant touch with

your skin, but the wristband should not be too tight either to prevent blood flow.
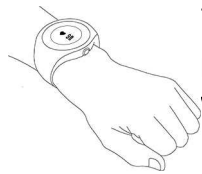
If you have tattoos on the skin of your wrist, avoid placing the sensor right on it as it may prevent accurate readings.

Also it's a good idea to warm up the skin if your hands and skin get cold easily. Get the blood going before starting your session!

In sports where it's more challenging to keep the sensor stationary on your wrist or where you have pressure or movement in muscles or tendons near the sensor, we recommend using a Polar Bluetooth Smart heart rate sensor with a chest strap to get better measurement of your heart rate.

START A TRAINING SESSION

	Wear your M200 and tighten the wristband.
	Go to **Training** and press and hold the RIGHT button.
	or
	Press and hold the RIGHT button.
	Browse to a sport with the RIGHT button.
	Go outdoors and away from tall buildings and trees. Keep your M200 still with the display upwards to catch the GPS satellite signals. When the signal is found, the GPS icon stops blinking and stays on. M200 has found your heart rate when your heart rate is shown.

	Press and hold the RIGHT button to start training recording.

See Functions During Training for more information on what you can do with your M200 during training.

START A PLANNED TRAINING SESSION

You can plan your training and create detailed training targets in the Flow app or Flow web service and sync them to your M200. Your M200 will guide you towards completing your target during training.

To start a training session with a target:

	Wear your M200 and tighten the wristband. Press and hold the RIGHT button. The planned training session for the current date appears. Press and hold the RIGHT button again. Browse to the sport you want to use with the RIGHT button.
	Go outdoors and away from tall buildings and trees. Keep your M200 still with the display upwards to catch the GPS satellite signals. When the signal is found, the GPS icon stops blinking and stays on. M200 has found your heart rate, when your heart rate is shown.
	Press and hold the RIGHT button to start training recording.

DURING TRAINING
BROWSE THE TRAINING VIEWS

During training you can browse through training views with the LEFT button. Note that the available training views and data shown depend on the sport you've chosen.

TRAINING WITH HEART RATE

	The duration of your training session so far. Your current heart rate.
	Your current speed/pace. The distance covered so far.
	The duration of your training session so far. The duration of the current lap.
	How close your current speed is to the marathon world record speed.

TRAINING WITH A DURATION, DISTANCE OR CALORIE BASED TRAINING TARGET

If you have created a training target based on duration, distance or calories in the Flow web service and synced it to your A300, you have the following views:

	How much time, kilometers/miles or calories you still have to cover to complete your target How much of your target you've completed as percentages. As you move towards reaching your training target, dots appear around the display visualizing your progress. The numbers around the display indicate percentage.
	The duration of your training session so far. Your current heart rate.
	Your current speed/pace. The distance covered so far.
	The duration of your training session so far. The duration of the current lap.
	How close your current speed is to the marathon world record speed.

TRAINING WITH A PHASED TRAINING TARGET

	Your current heart rate. Countdown timer for the phase.
	The duration of your training session so far. Your current heart rate
	Your current speed/pace. The distance covered so far.
	The duration of your training session so far. The duration of the current lap.
	How close your current speed is to the marathon world record speed.

HEART RATE ZONES

The dots together with the numbers around the display visualize in which heart rate zone you're training. A blinking dot shows if you're closer to the previous or the next heart rate zone.

On the example image on the right you're training on heart rate zone 2, which is 60 % - 69% of maximum heart rate. The blinking dot shows that you're close to 70 % of maximum.

FUNCTIONS DURING TRAINING

TAKE A LAP

Take a lap by pressing and holding the RIGHT button.

CHANGE PHASE DURING A PHASED SESSION

If you chose manual phase change when you created the phased target, press the RIGHT button to continue to the next phase after the phase has ended.

NOTIFICATIONS

If you are training outside the planned heart rate zones, your M200 notifies you with a sound and vibration.

PAUSE/STOP A TRAINING SESSION

	To pause a session, press the LEFT button. **Recording paused** is shown. To continue, press the RIGHT button.

	To stop a session, press the LEFT button in pause mode. **Recording ended** is shown.
	You can also stop a session directly without pausing by pressing and holding the LEFT button.

If you stop your session after pausing, the time elapsed after pausing is not included in the total training time.

TRAINING SUMMARY

AFTER TRAINING

You'll get a summary of your training session on your M200 right after you've stopped training. Get a more detailed and illustrated analysis in the Flow app or in the Flow web service.

	Duration The duration of the session
	HR avg* Your average heart rate during the session is shown in beats/minute or % of your maximum heart rate depending on the sport profile setting defined in Polar Flow web service.
	Distance** The distance covered during the session
	Pace/Speed avg** Average pace/speed of the session
	Calories Calories burned during the session

*) The data is shown if you measured heart rate during training.

**) The data is shown if you used GPS during training. For example, if you use "Other indoor" sport profile the GPS is not used.

TRAINING HISTORY IN M200

In **History** you can find the summaries of your five latest training sessions. Go to **History** and browse to the training session you want to view with the RIGHT button. Press and hold the RIGHT button to view the data. Note that the data shown depends on the sport you've chosen.

POLAR FLOW APP

Sync your M200 with Flow app by pressing and holding the LEFT button in the time view. In Flow app you can analyze your data at a glance after each session. The app allows you to see a quick overview of your training data offline.

For more information, see Polar Flow App.

POLAR FLOW WEB SERVICE

Analyze every detail of your training and learn more about your performance. Follow your progress and also share your best sessions with others.

For more information, see Polar Flow Web Service.

FEATURES

GPS FEATURES

The M200 has built-in GPS that provides accurate speed/pace, distance and altitude measurement for a range of outdoor sports, and allows you to see your route on a map in the Flow app and web service after your session. You can see speed/pace and distance on your M200 during and after your sesion, but the altitude value can be seen only in the Flow app and web service.

ⓘ *For best GPS performance, wear M200 on your wrist with the display facing up.*

24/7 ACTIVITY TRACKING

M200 tracks your activity with an internal 3D accelerometer that records your wrist movements. It analyzes the frequency, intensity and regularity of your movements together with your physical information, allowing you to see how active you really are in your everyday life, on top of your regular training. We recommend to wear your M200 on your non-dominant hand for more accurate activity tracking.

ACTIVITY GOAL

You'll get your personal activity goal when you set up your M200, and your M200 guides you in reaching the goal each day. You can view your goal in Polar Flow app or web service. The activity goal is based on your personal data and activity level setting, which you can find in the Flow web service.

If you want to change your goal, sign in to the Flow web service, click your name/profile photo in the upper right corner and go to the **Daily activity goal** tab in **Settings**. Choose one of the three activity levels that best describes your typical day and activity. Below the selection area, you can see how active you need to be to reach your daily activity goal on the chosen level. For example, if you're an office worker and spend most of your day sitting, you would be expected to reach about four hours of low intensity activity during an ordinary day. For people who stand and walk a lot during their working hours, the expectations are higher.

ACTIVITY DATA

In time view the dots and numbers around the display show your progress towards your daily activity goal. When the dotted circle around the display is full, you've reached your goal and you'll get a vibrating alert.

You can view your activity also in **Activity** menu. There you can see how active your day has been so far and get guidance on how to reach your goal.

- **Active time**: Active time tells you the cumulative time of body movements that benefit your

health.

- **Calories**: Shows how many calories you've burned through training, activity and BMR (Basal metabolic rate: the minimum metabolic activity required to maintain life).

- **Steps**: Shows the number of steps you've taken so far. The amount and type of body movements are registered and turned into an estimation of steps.

- **Distance**: Shows the distance you've covered so far. The distance calculation is based on your height and the steps you've taken.

- **To go**: Your M200 gives you options for reaching your daily activity goal. It tells you how much longer you need to be active if you choose low, medium or high intensity activities. You have one goal, but a number of ways to achieve it. The daily activity goal can be reached at low, medium or high intensities. In the M200, 'up' means low intensity, 'walking' means medium intensity, and 'jogging' means high intensity. You can find more examples for low, medium and high intensity activities at the Flow web service and mobile app and choose the best way of reaching your goal.

INACTIVITY ALERT

It's widely known that physical activity is a major factor in maintaining health. In addition to being physically active, it's important to avoid prolonged sitting. Sitting for long periods of time is bad for your health, even on those days when you train and gain enough daily activity. Your M200 spots if you're being inactive for too long during your day and this way helps you to break up your sitting to avoid the negative effects it has on your health.

If you've been still for 55 minutes, you'll get an inactivity alert: **It's time to move** is shown along with a small vibration. Stand up and find your own way to be active. Take a short walk, stretch, or do some other light activity. The message goes away when you start moving or press any button. If you don't get active in five minutes, you'll get an inactivity stamp, which you can see on the Flow app and Flow web service after syncing.

Both Flow app and Flow web service will show you how many inactivity stamps you have received. This way you can check back on your daily routine and make changes towards a more active life.

SLEEP INFORMATION IN THE FLOW WEB SERVICE AND FLOW APP

M200 will track your sleep time and quality (restful / restless), if you wear it at night. You don't have to turn the sleep mode on. The device automatically detects from your wrist movements that you're sleeping. Sleep time, and its quality (restful / restless) is shown in the Flow web service and Flow app after M200 is synced.

Your sleep time is the longest continuous rest time that takes place within 24 hours starting from 18:00/6pm to next day's 18:00/6pm. Breaks shorter than one hour in your sleep don't stop sleep tracking, but they are not taken into account in the sleep time. Breaks longer than 1 hour stop sleep time tracking.

The periods when you sleep peacefully and don't move a lot are calculated as restful sleep. The periods when you move and change your position are calculated as restless sleep. Instead of simply summing up all the immobile periods, the calculation gives more weight to long than short immobile periods. The percentage of

restful sleep compares the time you slept restfully with the total sleeping time. Restful sleep is highly individual and should be interpreted together with sleep time.

Knowing the amount of restful and restless sleep gives you a look into how you sleep at night and if it's affected by any changes in your daily life. This may help you in finding ways to improve your sleep and feel well rested during the day.

ACTIVITY DATA IN FLOW APP AND FLOW WEB SERVICE

With the Flow app you can follow and analyze your activity data on the go and have your data synced wirelessly from your M200 to the Flow web service. The Flow web service gives you the most detailed insight into your activity information.

SMART NOTIFICATIONS

The Smart Notifications feature allows you to get notifications from your phone on your M200. Your M200 notifies you if you get an incoming call or receive a message (for example an SMS or WhatsApp message). It also notifies you about calendar events you have on your phone calendar. When heart rate training with your M200, you can only receive notifications about calls if you have the Polar Flow app running on your phone and the phone nearby.

- To use the Smart Notifications feature you need to have the Polar Flow mobile app for iOS or Android, and your M200 needs to be paired with the app. iOS 8 and Android 5.0 are the minimum supported mobile operating systems.
- Please note that when the Smart Notifications feature is on, the battery of your Polar device and phone will run out faster because Bluetooth is continuously on.

SMART NOTIFICATION SETTINGS

POLAR FLOW MOBILE APP

ⓘ On the Polar Flow mobile app, the Smart Notifications feature is set off by default.

Set the Smart Notifications feature on/off in the mobile app as follows.

1. Open the Polar Flow mobile app.
2. Go to **Devices**.
3. Under **Smart notifications** choose **On (no preview)** or **Off**.
4. **Sync your M200 with the mobile app** by pressing and holding the LEFT button of your M200.
5. **Smart notifications on** or **Smart notifications off** is shown on your M200 display.

ⓘ Whenever you change the notification settings on the Polar Flow mobile app, remember to sync your M200 with the mobile app.

DO NOT DISTURB

If you want to disable notification alerts for certain hours of the day, set **Do not disturb** on in the Polar Flow mobile app. When it's on, you won't receive any notification alerts during the time period you've set. **Do not disturb** is set on by default, and the time period is 10 pm – 7 am.

Change the **Do not disturb** setting as follows:

1. Open the Polar Flow mobile app.

2. Go to **Devices**.

3. Under **Smart notifications** you can set **Do not disturb** on or off, and set the start and end time for **Do not disturb**.

4. Sync your M200 with the mobile app by pressing and holding on the button of your M200.

PHONE (IOS)

The notification settings on your phone determine what notifications you receive on your M200. To edit the notification settings on your iOS phone:

1. Go to **Settings** > **Notifications**.

2. Make sure that **Allow Notifications** is on and the **ALERT STYLE WHEN UNLOCKED** is **Banners** or **Alerts**.

PHONE (ANDROID)

To be able to receive notifications from your phone on your Polar device, you first need to enable notifications on the mobile applications from which you want to receive them. You can do this either via the mobile application's settings or via your Android phone's App notifications settings. See the user manual of your phone for further information on App notifications settings.

Then Polar Flow app has to have permission to read the notifications from your phone. You have to give Polar Flow app access to your phone notifications (i.e. enable notifications in the Polar Flow app). Polar Flow app guides you to give access when needed.

SMART NOTIFICATIONS IN PRACTICE

When getting a notification, your M200 will discreetly alert you by vibrating. A calendar event and message alert once, while incoming calls alert until you press the button on your M200 or answer the phone. If a notification arrives during a call alert, it will not be shown.

During a training session you can receive calls, if you have Flow app running on your phone. You will not receive any notifications (email, calendar, apps etc.) during training sessions.

THE SMART NOTIFICATIONS FEATURE WORKS VIA BLUETOOTH CONNECTION

The Bluetooth connection and the Smart Notifications feature work between your M200 and your phone when they are in the line of sight and within the range of 5 m /16 ft from each other. If your M200 is out of range for less than two hours, your phone restores the connection automatically within 15 minutes when your M200 returns to the range area.

If your M200 is out of range for more than two hours, restore the connection by pressing and holding the button on your M200.

Visit support.polar.com/en/M200 for more instructions.

POLAR SPORT PROFILES

We have created three default sport profiles to your M200. In the Flow app and web service you can add new sport profiles and sync them to your M200, and this way create a list of all your favorite sports. In Flow web service you can also define some specific settings for each sport profile. For example, set vibration feedback off in in the yoga sport profile. For more information, see Sport Profiles in Flow Web Service.

Using sport profiles makes it possible for you to keep up with what you've done and see the progress you've made in different sports. You can do this in the Flow web service.

POLAR SMART COACHING FEATURES

Whether it's assessing your day-to-day fitness levels, creating individual training plans, working out at the right intensity or receiving instant feedback, Polar Smart Coaching offers a choice of unique, easy-to-use features, personalized to your needs and designed for maximum enjoyment and motivation when training.

A360 includes the following Polar Smart Coaching features:

- Smart calories
- Heart rate zones
- Training Benefit

SMART CALORIES

The most accurate calorie counter on the market calculates the number of calories burned. The energy expenditure calculation is based on:

- Body weight, height, age, gender
- Individual maximum heart rate (HR_{max})

- Heart rate during training
- Activity measurement outside of training sessions and when you train without heart rate

HEART RATE ZONES

Polar heart rate zones introduce a new level of effectiveness in heart rate-based training. Training is divided into five heart rate zones based on percentages of maximum heart rate. With heart rate zones, you can easily select and monitor training intensities.

Target zone	Intensity % of HR_{max} HR_{max} = Maximum heart rate (220-age).	Example: Heart rate zones (in beats per minute) for a 30-years-old person, whose maximum heart rate is 190 bpm (220–30).	Example durations	Training effect
MAXIMUM 	90–100%	171–190 bpm	less than 5 minutes	Benefits: Maximal or near maximal effort for breathing and muscles. Feels like: Very exhausting for breathing and muscles. Recommended for: Very experienced and fit athletes. Short intervals only, usually in final preparation for short events.
HARD 	80–90%	152–172 bpm	2–10 minutes	Benefits: Increased ability to sustain high speed endurance. Feels like: Causes muscular fatigue and heavy

Target zone	Intensity % of HR_{max} HR_{max} = Maximum heart rate (220-age).	Example: Heart rate zones (in beats per minute) for a 30-years-old person, whose maximum heart rate is 190 bpm (220–30).	Example durations	Training effect
				breathing. Recommended for: Experienced athletes for year-round training, and for various durations. Becomes more important during pre competition season.
MODERATE	70–80%	133–152 bpm	10–40 minutes	Benefits: Enhances general training pace, makes moderate intensity efforts easier and improves efficiency. Feels like: Steady, controlled, fast breathing. Recommended for: Athletes training for events, or looking for performance gains.
LIGHT	60–70%	114-133 bpm	40–80 minutes	Benefits: Improves gen-

Target zone	Intensity % of HR_{max} HR_{max} = Maximum heart rate (220-age).	Example: Heart rate zones (in beats per minute) for a 30-years-old person, whose maximum heart rate is 190 bpm (220–30).	Example durations	Training effect
				eral base fitness, improves recovery and boosts metabolism. Feels like: Comfortable and easy, low muscle and cardiovascular load. Recommended for: Everybody for long training sessions during base training periods and for recovery exercises during competition season.
VERY LIGHT	50–60%	104–114 bpm	20–40 minutes	Benefits: Helps to warm up and cool down and assists recovery. Feels like: Very easy, little strain. Recommended for: For recovery and cool-down, throughout training season.

Training in heart rate zone 1 is done at a very low intensity. The main training principle is that performance improves when recovering after, and not only during training. Accelerate the recovery process with very light intensity training.

Training in heart rate zone 2 is for endurance training, an essential part of any training program. Training sessions in this zone are easy and aerobic. Long-duration training in this light zone results in effective energy expenditure. Progress will require persistence.

Aerobic power is enhanced in heart rate zone 3. The training intensity is higher than in sport zones 1 and 2, but still mainly aerobic. Training in sport zone 3 may, for example, consist of intervals followed by recovery. Training in this zone is especially effective for improving the efficiency of blood circulation in the heart and skeletal muscles.

If your goal is to compete at top potential, you will have to train in heart rate zones 4 and 5. In these zones, you exercise anaerobically in intervals of up to 10 minutes. The shorter the interval, the higher the intensity. Sufficient recovery between intervals is very important. The training pattern in zones 4 and 5 is designed to produce peak performance.

The Polar target heart rate zones can be personalized by using a laboratory measured HRmax value, or by taking a field test to measure the value yourself. When training in a target heart rate zone, try to make use of the entire zone. The mid-zone is a good target, but keeping your heart rate at that exact level all the time is not necessary. Heart rate gradually adjusts to training intensity. For instance, when crossing from heart rate target zone 1 to 3, the circulatory system and heart rate will adjust in 3-5 minutes.

Heart rate responds to training intensity depending on factors such as fitness and recovery levels, as well as environmental factors. It is important to look out for subjective feelings of fatigue, and to adjust your training program accordingly.

TRAINING BENEFIT

Training Benefit gives you textual feedback on your performance for each training session helping you better understand the effectiveness of your training. **You can see the feedback in Flow app and Flow web service.** To get the feedback, you need to have trained at least a total of 10 minutes in the heart rate zones.

Training Benefit feedback is based on heart rate zones. It reads into how much time you spend and how many calories you burn in each zone.

The descriptions of different training benefit options are listed in the table below

Feedback	Benefit
Maximum training+	That was a hard session! You improved your sprint speed and the nervous system of your muscles, which make you more efficient. This session also increased your resistance to fatigue.
Maximum training	That was a hard session! You improved your sprint speed and the nervous system of your muscles, which make you more efficient.
Maximum & Tempo training	What a session! You improved your speed and efficiency. This

Feedback	Benefit
	session also significantly developed your aerobic fitness and your ability to sustain high intensity effort for longer.
Tempo & Maximum training	What a session! You significantly improved your aerobic fitness and your ability to sustain high intensity effort for longer. This session also developed your speed and efficiency.
Tempo training+	Great pace in a long session! You improved your aerobic fitness, speed, and ability to sustain high intensity effort for longer. This session also increased your resistance to fatigue.
Tempo training	Great pace! You improved your aerobic fitness, speed, and ability to sustain high intensity effort for longer.
Tempo & Steady state training	Good pace! You improved your ability to sustain high intensity effort for longer. This session also developed your aerobic fitness and the endurance of your muscles.
Steady state & Tempo training	Good pace! You improved your aerobic fitness and the endurance of your muscles. This session also developed your ability to sustain high intensity effort for longer.
Steady state training +	Excellent! This long session improved the endurance of your muscles and your aerobic fitness. It also increased your resistance to fatigue.
Steady state training	Excellent! You improved the endurance of your muscles and your aerobic fitness.
Steady state & Basic training, long	Excellent! This long session improved the endurance of your muscles and your aerobic fitness. It also developed your basic endurance and your body's ability to burn fat during exercise.
Steady state & Basic training	Excellent! You improved the endurance of your muscles and your aerobic fitness. This session also developed your basic endurance and your body's ability to burn fat during exercise.
Basic & Steady state training, long	Great! This long session improved your basic endurance and your body's ability to burn fat during exercise. It also developed the endurance of your muscles and your aerobic fitness.
Basic & Steady state training	Great! You improved your basic endurance and your body's ability to burn fat during exercise. This session also developed the endurance of your muscles and your aerobic fitness.
Basic training, long	Great! This long, low intensity session improved your basic endurance and your body's ability to burn fat during exercise.
Basic training	Well done! This low intensity session improved your basic endurance and your body's ability to burn fat during exercise.

Feedback	Benefit
Recovery training	Very nice session for your recovery. Light exercise like this allows your body to adapt to your training.

RUNNING INDEX

Running Index offers an easy way to monitor running performance changes. A running index value is an estimate of maximal aerobic running performance, which is influenced by aerobic fitness and running economy. By recording your Running Index over time, you can monitor progress. Improvement means that running at a given pace requires less of an effort, or that your pace is faster at a given level of exertion.

To receive the most accurate information on your performance, make sure you have set your HR_{max} value.

Running Index is calculated during every training session when heart rate is measured and the GPS function is on, and when the following requirements apply:

- Sport profile used is a running type sport (Running, Road Running, Trail running etc.)

- Speed should be 6 km/h / 3,75 mi/h or faster and duration 12 minutes minimum

Calculation begins when you start recording the session. During a session, you may stop twice at traffic lights, for example, without interrupting the calculation.

(i) You can view the running index value in the Flow app and web service after syncing.

Compare your result to the table below.

SHORT-TERM ANALYSIS

Men

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
20-24	< 32	32-37	38-43	44-50	51-56	57-62	> 62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	> 59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	> 56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	> 54
40-44	< 26	26-31	32-35	36-41	42-46	47-51	> 51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	> 48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	> 46
55-59	< 22	22-26	27-30	31-34	35-39	40-43	> 43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	> 40

Women

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
20-24	< 27	27-31	32-36	37-41	42-46	47-51	> 51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	> 49
30-34	< 25	25-29	30-33	34-37	38-42	43-46	> 46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	> 44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	> 41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	> 38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	> 36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	> 33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	> 30

The classification is based on a literature review of 62 studies where VO_{2max} was measured directly in healthy adult subjects in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC. Aerobic fitness norms for males and females aged 6 to 75 years: a review. Aviat Space Environ Med; 61:3-11, 1990.

There may be some daily variation in the Running Indexes. Many factors influence Running Index. The value you receive on a given day is affected by changes in running circumstances, for example different surface, wind or temperature, in addition to other factors.

LONG-TERM ANALYSIS

The single Running Index values form a trend that predicts your success in running certain distances.

The following chart estimates the duration that a runner can achieve in certain distances when performing maximally. Use your long-term Running Index average in the interpretation of the chart. The prediction is best for those Running Index values that have been received at speed and running circumstances similar to the target performance.

Running Index	Cooper test (m)	5 km (h:mm:ss)	10 km (h:mm:ss)	21.098 km (h:mm:ss)	42.195 km (h:mm:ss)
36	1800	0:36:20	1:15:10	2:48:00	5:43:00
38	1900	0:34:20	1:10:50	2:38:00	5:24:00
40	2000	0:32:20	1:07:00	2:29:30	5:06:00
42	2100	0:30:40	1:03:30	2:21:30	4:51:00

Running Index	Cooper test (m)	5 km (h:mm:ss)	10 km (h:mm:ss)	21.098 km (h:mm:ss)	42.195 km (h:mm:ss)
44	2200	0:29:10	1:00:20	2:14:30	4:37:00
46	2300	0:27:50	0:57:30	2:08:00	4:24:00
48	2400	0:26:30	0:55:00	2:02:00	4:12:00
50	2500	0:25:20	0:52:40	1:57:00	4:02:00
52	2600	0:24:20	0:50:30	1:52:00	3:52:00
54	2700	0:23:20	0:48:30	1:47:30	3:43:00
56	2800	0:22:30	0:46:40	1:43:30	3:35:00
58	2900	0:21:40	0:45:00	1:39:30	3:27:00
60	3000	0:20:50	0:43:20	1:36:00	3:20:00
62	3100	0:20:10	0:41:50	1:32:30	3:13:00
64	3200	0:19:30	0:40:30	1:29:30	3:07:00
66	3300	0:18:50	0:39:10	1:26:30	3:01:00
68	3350	0:18:20	0:38:00	1:24:00	2:55:00
70	3450	0:17:50	0:36:50	1:21:30	2:50:00
72	3550	0:17:10	0:35:50	1:19:00	2:45:00
74	3650	0:16:40	0:34:50	1:17:00	2:40:00
76	3750	0:16:20	0:33:50	1:14:30	2:36:00
78	3850	0:15:50	0:33:00	1:12:30	2:32:00

POLAR RUNNING PROGRAM

Polar Running program is a personalized program based on your fitness level, designed to make sure that you train right and avoid overreaching. It's intelligent, and adapts based on your development, and lets you know when it might be a good idea to cut back a little and when to step it up a notch. Each program is tailored for your event, taking your personal attributes, training background and preparation time into account. The program is free, and available in the Polar Flow web service at www.polar.com/flow.

Programs are available for 5k, 10k, half marathon and marathon events. Each program has three phases: Base building, Build-up and Tapering. These phases are designed to gradually develop your performance, and make sure you're ready on race day. Running training sessions are divided into five types: easy jog, medium run, long run, tempo run and interval. All sessions include warm-up, work, and cool-down phases for optimal results. In addition, you can choose to do strength, core, and mobility exercises to support your development. Each training week consists of two to five running sessions, and the total running training session duration per

week varies from one to seven hours depending on your fitness level. The minimum duration for a program is 9 weeks, and the maximum is 20 months.

Learn more about the Polar Running Program in this in-depth guide. Or read more about how to get started with the Running Program.

CREATE A POLAR RUNNING PROGRAM

1. Log into the Flow web service at www.polar.com/flow.
2. Choose **Programs** from the Tab.
3. Choose your event, name it, set the event date, and when you wish to start the program.
4. Fill in the physical activity level questions.*
5. Choose if you want to include supporting exercises in the program.
6. Read and fill in the physical activity readiness questionnaire.
7. Review your program, and adjust any settings if necessary.
8. When you're done, choose **Start program**.

*If four weeks of training history is available, these will be pre-filled.

START A RUNNING TARGET

Before starting a session, make sure you've synced your training session target to your device. The sessions are synced to your device as training targets, and you start them from your **Diary**. Follow guidance on your device throughout your session.

1. On your device, go to **Diary**.
2. Choose a day to view the scheduled target.
3. Choose the target, and then choose the sport profile.
4. Press START, and follow the guidance.

If you want to do a target scheduled for another day, you can – just choose a day from your **Diary**, and start the session scheduled for that day.

FOLLOW YOUR PROGRESS

Sync your training results from your device to the Flow web service via the USB cable or Flow app. Follow your progress from the **Programs** tab. You'll see an overview of your current program, and how you've progressed.

POLAR FLOW APP AND WEB SERVICE

POLAR FLOW APP

Polar Flow app allows you to see an instant visual interpretation of your activity and training data offline whenever you want.

Flow app lets you easily access your trainings and create training targets. Get a quick overview of your training and analyze every detail of your performance right away. See the weekly summaries of your training in the training diary. You can also share the highlights of you training with your friends in the Flow community.

Get details of your 24/7 activity. Find out what you're missing from your daily goal and how to reach it. See steps, covered distance, burned calories and sleep time.

You can add, remove and reorganize sport profiles easily in Flow app. You can have up to 20 sport profiles active in Flow app and in your M200. You can edit the sport profiles in Flow web service.

It is possible to create training targets in the Flow app. You can choose to create a quick target or a phased target.

Flow app's image sharing function lets you share your image with your training data on your Flow app and web service Feed. You can either share an existing photo or take a new one and customize it with your training data.

For more information and instructions on Flow app features, visit Polar Flow app product support page.

START USING THE FLOW APP

You can set up your M200 using a mobile device and Flow app.

To start using the Flow app, download it from App Store or Google Play onto your mobile. Flow App for iOS is compatible with iPhone 4S (or later) and needs Apple's iOS 7.0 (or later). Polar Flow mobile app for Android is compatible with devices running Android 4.3 or later. For support and more information about using Polar Flow app, go to www.polar.com/en/support/Flow_app.

Before taking a new mobile device (smartphone, tablet) into use, it has to be paired with your M200.

PAIR A MOBILE DEVICE WITH M200

Before pairing a mobile device

- download Flow app from the App Store or Google Play.
- make sure your mobile device has *Bluetooth* turned on, and airplane mode/flight mode is not turned on.

ⓘ *Please note that you have to do the pairing in the Flow app and NOT in your mobile device's Bluetooth settings.*

To pair a mobile device:

1. On your mobile device, open Flow app and sign in with your Polar account, which you have created when setting up your M200.

2. Wait for the **Connect product** view to appear on your mobile device. **Waiting for M200** is displayed.

3. On M200, press and hold the LEFT button

4. **Pair: touch device with M200** is displayed. Touch the mobile device with your M200

5. **Pairing** is displayed.

6. **Confirm on other dev. xxxxx** is displayed on your M200. Enter the pin code from the M200 on the mobile device. The pairing starts.

7. **Pairing completed** is displayed when you're done.

To see your training data in Flow app, you must sync your M200 with it after your session. When you sync your M200 with the Flow app, your activity and training data are also synced automatically via an internet connection to the Flow web service. Flow app is the easiest way to sync your training data from your M200 with the web service. For information on syncing, see Syncing.

POLAR FLOW WEB SERVICE

The Polar Flow web service shows your activity goal and the details of your activity, and helps you understand how your daily habits and choices affect your well-being. Flow web service allows you to plan and analyze every detail of your training and learn more about your performance and progress in the long run. Set up and customize your M200 to perfectly fit your training needs by adding sport profiles and tailoring settings. You can also share the highlights of you training with your friends in the Flow community.

You can set up your M200 with your computer at flow.polar.com/start. There you are guided to download and install the FlowSync software for syncing data between your M200 and the web service, and to create a user account for the web service. If you did the setup using a mobile device and Flow app, you can log into the Flow web service with the credentials you created in the setup.

FEED

In **Feed** you can see what you and your friends have been up to lately. Check out the latest training sessions and activity summaries, share your best achievements, comment and like your friends' activities.

EXPLORE

In **Explore** you can browse the map and see other users' shared training sessions with route information. You can also relive other people's routes and see where the highlights happened.

DIARY

In **Diary** you can see your daily activity, planned training sessions (training targets), as well as review past training results and fitness test results.

PROGRESS

In **Progress** you can follow your development with reports. Reports are a handy way to follow your progress in training over longer periods. In week, month and year reports you can choose the sport for the report. In custom period, you can choose both the period and the sport. Choose the time period and sport for report from the drop-down lists, and press the wheel icon to choose what data you want to view in the report graph.

COMMUNITY

Get motivation from social training communities. In Flow Groups you can share your thoughts and training tips, and be part of the Polar Community. In Flow Clubs you can view class schedules from clubs and share your thoughts and training tips with your training buddies.

PROGRAMS

The Polar Running Program is tailored for your goal, based on Polar heart rate zones, taking your personal attributes and training background into account. The program is intelligent, it adapts along the way based on your development. The Polar Running Programs are available for 5 k, 10 k, half marathon and marathon events, and consist of two to five running exercises per week depending on the program. It's super simple!

For support and more information about using the Flow web service, go to, polar.com/en/support/flow.

PLAN YOUR TRAINING

Plan your training in the Flow web service by creating detailed training targets and syncing them to your M200 with Flowsync or via Flow app. Your M200 will guide you towards completing your target during training.

- **Quick Target**: Choose a duration or calorie target for the training. You can, for example, choose to burn 500 kcal, run 10 km or swim for 30 minutes.

- **Phased Target**: You can split your training session into phases and set a different duration and intensity for each of them. This one is for e.g. creating an interval training session, and adding proper warm-up and cool-down phases to it.

- **Favorites**: Create a target, and add it to **Favorites** to easily access it every time you want to perform it again.

CREATE A TRAINING TARGET

1. Go to **Diary**, and click **Add** > **Training target**.

2. In the **Add training target** view, choose **Quick** or **Phased**.

Quick Target

1. Choose **Quick**

2. Choose **Sport**, enter **Target name** (maximum 45 digits), **Date** and **Time** and any **Notes** (optional) you want to add.

3. Fill in either duration or calories . You can only fill in one of the values.

4. Click the favorite icon ☆ if you want to add the target to your **Favorites**.

5. Click **Save** to add the target to your **Diary**.

Phased target

1. Choose **Phased**

2. Choose **Sport**, enter **Target name** (maximum 45 digits), **Date** and **Time** and any **Notes** (optional) you want to add.

3. Choose whether you want to create a new phased target (**CREATE NEW**) or use the template (**USE TEMPLATE**).

4. Add phases to your target. Click **DURATION** to add a phase based on duration. Choose name and duration for each phase, manual or automatic next phase start, and the intensity.

5. Click the favorite icon ☆ if you want to add the target to your **Favorites**.

6. Click **Save** to add the target to your **Diary**.

Favorites

If you have created a target and added it to your favorites you can use it as a scheduled target.

1. Choose **FAVORITE TARGETS**. Your training target favorites are shown.

2. Click **USE** to select a favorite as a template for your target.

3. Enter **Date** and **Time**.

4. You can edit the target if you wish, or leave it as it is.

ⓘ Editing the target in this view doesn't affect the favorite target. If you want to edit the favorite target, go to **FAVORITES** by clicking the star-icon right next to your name and profile photo.

5. Click **ADD TO DIARY** to add the target to your **Diary**.

SYNC THE TARGETS TO YOUR M200

Remember to sync the training targets to your M200 from the Flow web service via FlowSync or Flow App. If you don't sync them, they are only visible in your Flow web service Diary or Favorites list.

After syncing your training targets to your M200, you can find the training targets listed as favorites in **Favorites**.

For information on starting a training target session, see Start a training session.

FAVORITES

In **Favorites**, you can store and manage your favorite training targets in the Flow web service.

Add a Training Target to Favorites:

1. Create a training target.

2. Click the favorites icon ☆ on the lower right corner of the page.

3. The target is added to your favorites

or

1. Open an existing target from your **Diary**.

2. Click the favorites icon ☆ on the lower right corner of the page.

3. The target is added to your favorites.

Edit a Favorite

1. Click the favorites icon ☆ on the upper right corner next to your name. All your favorite training targets are shown.

2. Choose the favorite you want to edit.

3. You can change the name of the target. Click **SAVE**.

4. To edit other details of the target click **VIEW**. After you've done all the needed changes, click **UPDATE CHANGES**.

Remove a favorite

1. Click the favorites icon ☆ on the upper right corner next to your name. All your favorite training targets are shown.

2. Click the delete icon in upper right corner of the training target to remove it from the favorites list.

POLAR SPORT PROFILES IN FLOW WEB SERVICE

There are three sport profiles on your M200 by default. In the Flow web service you can add new sport profiles to your sports list, as well as edit them and existing profiles. Your M200 can contain a maximum of 20 sport profiles. If you have over 20 sport profiles in the Flow web service, the first 20 in the list are transferred to your M200 when syncing.

You can change the order of your sport profiles by dragging and dropping them. Choose the sport you want to move and drag it into the place you want to put it in the list.

ADD A SPORT PROFILE

In the Flow web service:

1. Click your name/profile photo in the upper right corner.

2. Choose **Sport Profiles**.

3. Click **ADD SPORT PROFILE**, and choose the sport from the list.

4. The sport is added to your sport list.

EDIT A SPORT PROFILE

In the Flow web service:

1. Click your name/profile photo in the upper right corner.

2. Choose **Sport Profiles**.

3. Click **EDIT** under the sport you want to edit.

In each sport profile, you can edit the following information:

Basics

Automatic lap (Can be set to duration or distance-based)

Heart Rate

- Heart rate view

- Heart rate visible to other devices (Other compatible devices using Bluetooth ® Smart wireless technology (e.g. gym equipment) can detect your heart rate.)

- Heart rate zone type of the training sessions you have created in the Flow web service and transferred to your M200.

Speed/Pace settings

SPEED/PACE VIEW: Choose **km/h** or **min/km**.

Training views

Choose what information you see on your training views during your sessions. You can have a total of five different training views for each sport profile. Each training view can have a maximum of two different data fields.

Click the pencil icon on an existing view to edit it, or click **Add new view**.

Gestures and Feedback

- Vibration feedback

GPS and altitude

GPS RECORDING RATE: Choose GPS recording to **Normal** or **Off**.

When you're done with the sport profile settings, click **SAVE**. Remember to sync the settings to your M200.

SYNCING

You can transfer data from your M200 wirelessly via Bluetooth Smart® with the Flow app or via the USB port with FlowSync software. To be able to sync data between your M200 and the Flow app and web service, you need to have a Polar account and FlowSync software. You already have created the account and downloaded the software, if you have set up your M200.

Remember to sync and keep your data up-to-date between your M200, the web service and the mobile app wherever you are.

SYNC WITH FLOW MOBILE APP

Before syncing make sure:

- You have a Polar account and Flow app.

- Your mobile device has Bluetooth turned on, and airplane mode/flight mode is not turned on.

- You have paired your M200 with your mobile. For more information, see Pairing.

Sync your data:

1. Sign into Flow app and press and hold the LEFT button on your M200.

2. **Connecting to device** is displayed, followed by **Connecting to app**.

3. **Syncing completed** is displayed when you're done.

ⓘ *When you sync your M200 with the Flow app, your activity and training data are also synced automatically via an internet connection to the Flow web service.*

For support and more information about using Polar Flow app, go to www.polar.com/en/support/Flow_app

SYNC WITH FLOW WEB SERVICE VIA FLOWSYNC

To sync data with the Flow web service you need FlowSync software. Go to flow.polar.com/start, and download and install it before trying to sync.

1. Plug your M200 to your computer. Make sure FlowSync software is running.

2. The FlowSync window opens on your computer, and the syncing starts.

3. Completed is displayed when you are done.

Every time you plug in your M200 to your computer, the Polar FlowSync software will transfer your data to the Polar Flow web service and sync any settings you may have changed. If the syncing does not automatically start, start FlowSync from the desktop icon (Windows) or from the applications folder (Mac OS X). Every time a firmware update is available, FlowSync will notify you, and request you to install it.

ⓘ *If you change settings in the Flow web service while your M200 is plugged into your computer, press the synchronize button on FlowSync to transfer to the settings to your M200.*

For support and more information about using the Flow web service, go to www.polar.com/en/support/flow

For support and more information about using FlowSync software, go to www.-polar.com/en/support/FlowSync

FIRMWARE UPDATE

You can update the firmware of your M200 yourself to keep it up to date. Firmware updates are performed to improve the functionality of your M200. They can include improvements to existing features, completely new features or bug fixes.

WITH MOBILE DEVICE OR TABLET

You can update the firmware with your mobile device if you're using Polar Flow mobile app to sync your training and activity data. The app will let you know if there's an update available and will guide you through it. We recommend you plug in the M200 to a power source before starting the update to ensure flawless update operation.

The wireless firmware update may take up to 10 minutes, depending on your connection.

WITH COMPUTER

Whenever a new firmware version is available, FlowSync will notify you when you connect M200 to your computer. The firmware updates are downloaded via FlowSync.

To update the firmware:

1. Plug your M200 to your computer.

2. FlowSync starts syncing your data.

3. After syncing, you are asked to update the firmware.

4. Choose **Yes**. New firmware is installed (this may take some time), and M200 restarts.

You won't lose any data due to the firmware update. Before the update begins, the data from your M200 is synced to the Flow web service.

PAIRING

Bluetooth Smart® heart rate sensor or mobile device (smartphone, tablet) has to be paired with your M200 for them to function together. Pairing only takes a few seconds, and ensures that your M200 receives signals from your sensors and devices only, and allows disturbance-free training in a group. Before entering an event or race, make sure that you do the pairing at home to prevent interference from other devices.

PAIR A MOBILE DEVICE WITH M200

If you've done the setup for your M200 with a mobile device, your M200 has already been paired. If you did the setup with a computer, and would like to use your M200 with Polar Flow app, please pair your M200 and mobile as follows:

Before pairing a mobile device:

- do the setup at flow.polar.com/start as described in chapter Set up your M200

- download Flow app from the App Store or Google Play

- make sure your mobile device has Bluetooth turned on, and airplane mode/flight mode is off.

To pair a mobile device:

1. On your mobile device, open Flow app and sign in with your Polar account, which you have created when setting up your M200.

2. Wait for the **Connect product** view to appear on your mobile device. **Waiting for M200** is displayed.

3. In M200, press and hold the LEFT button

   OR

   Go to **Settings** > **Pair & sync** > **Pair & sync devices** and press and hold the RIGHT button.

4. **Touch your device with M200** is displayed. Touch the mobile device with your M200

5. **Pairing** is displayed.

6. **Confirm on other dev. xxxxx** is displayed on your M200. Enter the pin code from the M200 on the mobile device. The pairing starts.

7. **Pairing completed** is displayed when you're done.

PAIR A HEART RATE SENSOR WITH M200

ⓘ *When using a Polar Bluetooth Smart® heart rate sensor, M200 does not measure heart rate from the wrist.*

There are two ways to pair a heart rate sensor with your M200:

1. Wear the heart rate sensor as instructed in the heart rate sensor user manual.

2. Go to **Settings** > **Pair & sync** > **Pair & sync devices** and press and hold the RIGHT button.

3. Touch the heart rate sensor with your M200.

4. **Pairing completed** is shown when you're done.

OR

1. Wear the heart rate sensor as instructed in the heart rate sensor user manual.

2. Start a training session as described in chapter Start training.

3. Touch the heart rate sensor with your M200.

4. **Pairing completed** is shown when you're done.

PAIR POLAR BALANCE SCALE WITH M200

There are two ways to pair a Polar Balance scale with your M200:

1. Step on the scale. The display shows your weight.

2. After a beep sound, the Bluetooth icon on the scale display starts flashing, which means that the connection is now on. The scale is ready to be paired with your M200.

3. Press and hold the LEFT button on your M200 and wait until the display indicates the pairing is complete.

or

1. Go to **Settings > Pair & sync > Pair & sync devices** and press and hold the RIGHT button.

2. M200 starts searching for your scale.

3. Step on the scale. The display shows your weight.

4. **Pairing** is displayed.

5. **Pairing completed** is shown when you are done.

ⓘ The scale can be paired with 7 different Polar devices. When the number of paired devices exceeds 7, the first pairing will be removed and replaced.

REMOVE PAIRINGS

To remove pairings with sensors or mobile devices:

1. Go to **Settings > Pair & sync > Remove pairings** and press and hold the RIGHT button.

2. **Delete pairings?** is displayed, choose **Yes**.

3. **Pairings deleted** is displayed when you're done.

RESTART M200

Like any electronic device, M200 is recommended to be restarted every now and then. If you experience problems with your M200, try restarting it. Go to **Settings** > **About product** > **Restart device**. Restarting M200 will not erase any data.

RESET M200

If you experience problems with your M200, and restarting didn't help, try resetting it. Resetting empties your M200 of all information and you need to set it up again for your personal use.

Reset your M200 in FlowSync with your computer:

1. Plug your M200 to the computer.

2. Click the settings wheel icon in FlowSync to open settings menu.

3. Press the **Factory Reset** button.

Now you need to set up your M200 again, either via mobile or computer. Just remember to use the same Polar account in the setup you've used before resetting.

IMPORTANT INFORMATION

TAKING CARE OF YOUR M200

Like any electronic device, Polar M200 should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

Don't charge the device when its USB connector is wet. Let the USB connector dry or wipe it dry with a soft towel before charging. This way you'll ensure smooth charging and syncing.

Keep your training device clean.

- We recommend that you wash the device and the wristband after each training session under running water with a mild soap and water solution. Please remove the device from the wristband and wash them separately. Wipe them dry with a soft towel.

(i) *It is essential that you wash the device and the wristband if you wear them in a swimming pool where chlorine is used for keeping the pool clean.*

- If you don't wear the device 24/7, wipe off any moisture before storing it. Don't store in non-breathable material or in a damp environment, e.g. plastic bag or damp gym bag.

- Wipe it dry with a soft towel when needed. Use a damp paper towel to wipe dirt from the training device. To maintain the water resistance, do not wash the training device with a pressure washer. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.

- When you connect your M200 to a computer or a charger, check that there is no moisture, hair, dust or dirt on the M200's USB connector. Gently wipe off any dirt or moisture. Don't use any sharp tools for cleaning to avoid scratching.

Operating temperatures are -10 °C to +50 °C / +14 °F to +122 °F.

STORING

Keep your training device in a cool and dry place. Do not keep them in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose the training device to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount.

It is recommended to store the training device partially or fully charged. The battery slowly loses its charge when it is stored. If you are going to store the training device for several months, it is recommended to recharge it after a few months. This will prolong the battery lifetime.

Dry and store the strap and the connector separately to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. To prevent snap oxidation, do not store the heart rate sensor wet in non-breathing material, such as a sports bag. Do not expose the heart rate sensor to direct sunlight for extended periods.

SERVICE

During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For further information, see Limited International Polar Guarantee.

For contact information and all Polar Service Center addresses, visit www.polar.com/support and country-specific websites.

Register your Polar product at http://register.polar.fi to ensure we can keep improving our products and services to better meet your needs. For the registration you need a Polar account which you have created when taking your device into use via web. The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, Polar Flow web service and app, Polar discussion forum and newsletter registration.

BATTERY

At the end of the working life of the product Polar encourages you to minimize possible effects of waste on the environment and human health by following local waste disposal regulations and, where possible, utilizing separate collection of electronic devices. Do not dispose of this product as unsorted municipal waste.

CHARGING M200 BATTERY

The M200 has an internal, rechargeable battery. Rechargeable batteries have a limited number of charge cycles. You can charge and discharge the battery over 300 times before a notable decrease in its capacity. The number of charge cycles also varies according to use and operating conditions.

ⓘ *Do not charge the battery in temperatures under 0°C or over +40°C or when the USB port is wet.*

You can also charge the battery via a wall outlet. When charging via a wall outlet use a USB power adapter (not included in the product set). If you use a USB power adapter, make sure that the adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA. Only use an adequately safety approved USB power adapter (marked with "LPS", "Limited Power Supply" or "UL listed").

To charge with your computer just plug your M200 to your computer and at the same time you can have it synced it with FlowSync.

1.   Detach the device from the wristband.

2.   Plug the M200 into your computer's USB port. Please make sure the USB connector doesn't bend. If the battery is completely empty, it takes a couple of minutes for the charging to start.

ⓘ Before charging, please make sure there's no moisture, hair, dust or dirt on the M200's USB connector. Gently wipe off any dirt or moisture.
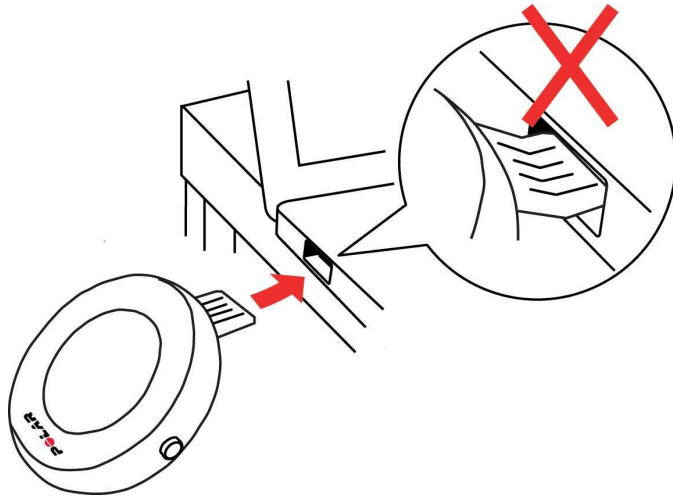
3. After syncing, battery icon animation begins to fill up on the display.

4. When the battery icon is full, the M200 is fully charged.

ⓘ *Don't leave the battery fully discharged for a long period of time or keep it fully charged all the time, because it may affect the battery life time.*

BATTERY OPERATING TIME

The battery operating time is up to 6 days with 24/7 activity tracking and 1h/day training with GPS and optical heart rate measurement and without Smart Notifications on. The operating time depends on many factors, such as the temperature of the environment in which you use your M200, the features you use, how much the display is on and battery aging. The operating time is significantly reduced in temperatures well below freezing. Wearing the M200 under your overcoat helps to keep it warmer and to increase the operating time.

LOW BATTERY NOTIFICATIONS

Battery low
The battery charge is low. It is recommended to charge M200.
Charge
The charge is too low for recording a training session. A new training session cannot be started before charging M200.

PRECAUTIONS

The Polar M200 is designed to measure heart rate and tell your activity. No other use is intended or implied.

The training device should not be used for obtaining environmental measurements that require professional or industrial precision.

We recommend that once in a while you wash the device and the wrist strap to avoid any skin problems from a dirty bracelet.

INTERFERENCE

Electromagnetic Interference and Training Equipment

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with the training device. To avoid erratic reading or misbehavior, move away from possible sources of disturbance.

Training equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals.

If the training device still does not work with the training equipment, it may be electrically too noisy for wireless heart rate measurement. For further information, www.polar.com/support.

MINIMIZING RISKS WHEN TRAINING

Training may include some risk. Before beginning a regular training program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to training intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during training. **If you feel unexpected pain or excessive fatigue when training, it is recommended that you stop the training or continue at a lighter intensity.**

Note! If you are using a pacemaker, defibrillator or other implanted electronic device, you can use Polar products. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices, such as defibrillators, due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.

TECHNICAL SPECIFICATION
A360

Battery type:	180 mAh Li-pol rechargeable battery
Operating time:	Up to 6 days with 24/7 activity tracking and 1h/day training with GPS and optical heart rate measurement without Smart Notifications on.
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Charging time:	Up to two hours.
Charging temperature:	0 °C to +40 °C / 32 °F to 104 °F
Materials:	Device: thermoplastic polyurethane, acrylonitrile butadiene styrene, glass fiber, polycarbonate, stainless steel, glass Wristband: thermoplastic polyurethane, stainless steel, polybutylene terepthalate, glass fiber
Watch accuracy:	Better than ± 0.5 seconds / day at 25 °C / 77 °F temperature
Heart rate measuring range:	30-240 bpm
Water resistance:	suitable for swimming
Memory capacity:	60 h training with heart rate depending on your language settings???????

Uses Bluetooth® Smart wireless technology.

Your M200 is compatible with Polar *Bluetooth*® Smart heart rate sensors.

POLAR FLOWSYNC SOFTWARE

To use FlowSync software you need a computer with Microsoft Windows or Mac OS X operating system with an internet connection and a free USB port.

FlowSync is compatible with the following operating systems:

Computer operating system	32-bit	64-bit
Windows XP	X	
Windows 7	X	X
Windows 8	X	X
Windows 10	X	X
Mac OS X 10.6	X	X
Mac OS X 10.7	X	X
Mac OS X 10.8	X	X
Mac OS X 10.9	X	X
Mac OS X 10.10		X

POLAR FLOW MOBILE APPLICATION COMPATIBILITY

- iPhone 4S or later
- Android 4.3 or later, with Smart Notifications Android 5.0 or later

The Polar M200 training device applies the following patented technologies, among others:

- ????

LIMITED INTERNATIONAL POLAR GUARANTEE

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.

- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.

- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.

- The receipt of the original purchase is your proof of purchase!

- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.

- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.

- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.

- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

CE

This product is compliant with Directives 1999/5/EC and 2011/65/EU.

The relevant Declaration of Conformity is available at www.polar.com/en/regulatory_information.

This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2012/19/EU of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices for products, and battery and accumulator collection for batteries and accumulators.

To see the A360-specific certification and compliance information, press and hold the button until you see a row of icons, swipe up and tap the information icon.

Manufactured by Polar Electro Oy, Professorintie 5, FI-90440 KEMPELE, Tel +358 8 5202 100, Fax +358 8 5202 300, www.polar.com.

Polar Electro Oy is a ISO 9001:2008 certified company.

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