

# POLAR®

## POLAR M200



USER MANUAL

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# GETTING STARTED

## 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](https://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 separate heart rate sensor; just enjoy training with the wrist-based heart rate measurement that's always ready when you are.

Track the activities of your everyday life. See how they benefit your health, and get tips on how to reach your daily activity goal. And stay connected with smart notifications; get alerts to your M200 for incoming calls, messages and app activity on your phone. You can also change the wristband and accessorize any outfit. You can buy additional wristbands separately.

### TAKE FULL ADVANTAGE OF YOUR M200

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

Get the [Polar Flow app](#) from the App Store® or Google Play™. Sync your M200 with the Flow app after training, and get an instant overview and feedback of your training result and performance. In 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 [Polar Flow web service](#) with the 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 fellow exercisers and get motivation from your social training communities. Find all this at [flow.polar.com](https://flow.polar.com).

## SETTING 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 A COMPUTER

You can choose how to set up your M200: either 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.

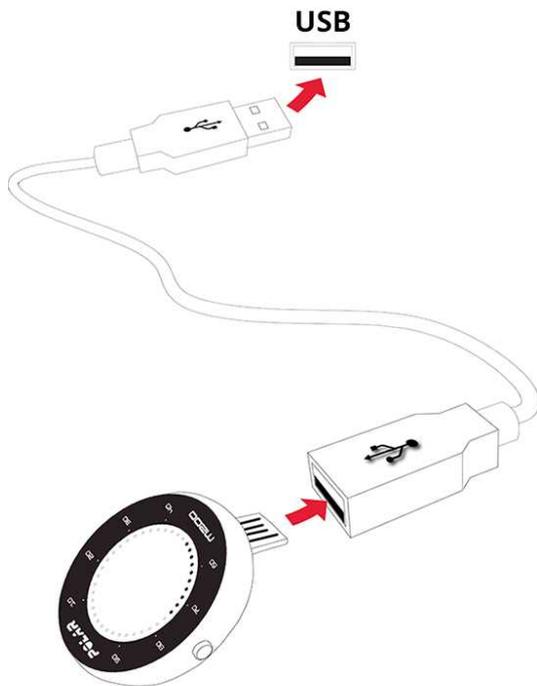
## OPTION A: SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP

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](https://support.polar.com).

1. Detach the wristband as described in chapter [Wristband](#).
2. To make sure there's enough charge on 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. Also make sure that you plug the M200 in the right way, i.e. **the four pins on the M200 USB connector must face the four pins in your computer's USB port or in the USB power adapter**. It may take a few minutes for your M200 to wake up before the charging animation starts.

 *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 the Flow app**.

 *To be able to connect your M200 and the Flow app, make sure your M200 is powered up.*

5. Then create a Polar account, or sign in if you already have one. The app will walk you through the sign-up and setup. 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 that you install it during the setup. It may take up to 20 minutes to complete.

6. The 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](https://flow.polar.com/start) and install the FlowSync software to set up your M200.
2. Detach the wristband as described in chapter [Wristband](#).
3. Plug your M200 in to your computer using the provided USB cable to charge it during the setup. Make sure that you plug the M200 in the right way (see the image above). If you plug the M200 directly to a computer's USB port, **please make sure the M200's 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. The web service will walk you through the sign-up and setup.

 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 which language you want to use on your M200. If there is a [firmware update](#) available for your M200, we recommend that you install it during the setup. It may take up to 10 minutes to complete.

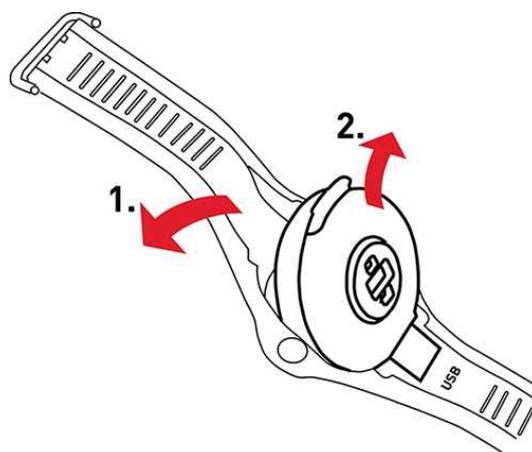
After the setup is done, you're ready to go. Have fun!

## WRISTBAND

Match your style with easy-to-change wristbands. You can buy additional wristbands separately at [shoppolar.com](https://shoppolar.com).

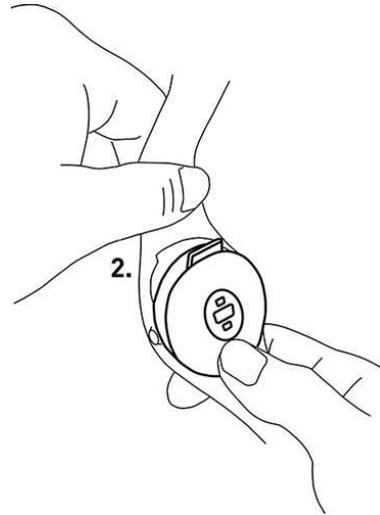
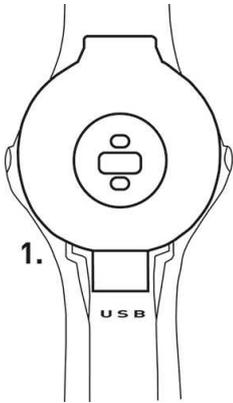
### TO DETACH THE WRISTBAND

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. Set the bottom edge of the device into its place in 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, DISPLAY ICONS AND MENU STRUCTURE

### BUTTONS

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

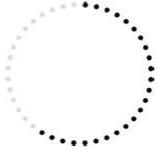
| LEFT   | RIGHT  |
|--|--|
| <b>Press</b>                                 | <b>Press</b>                                   |
| Return to the previous level on the menu     | Browse the menu, selections and training views |
| Pause training                               |  |
| <b>Press and hold</b>                        | <b>Press and hold</b>                          |
| When training has been paused, stop training | Enter the menu                                 |
| Return to time view                          | Confirm selections                             |
| In time mode start pairing and syncing       | Start training                                 |
|  | Mark a lap during training                     |

Any button press activates the back light. During training the display lights up when you turn your wrist to view the display.

## DISPLAY ICONS



The dots around the display can indicate several things:



- In time view, the dots indicate your progress towards your daily activity goal.
- During training, the dots indicate your current heart rate zone. If you're performing a phased training target, the dots indicate your target heart rate zone. If you're performing a quick training target, the dots visualize your progress towards reaching the target.
- When you're browsing menus, the dots indicate 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, meaning that you will not receive any smart notifications. The default setting for the **Do not disturb** mode is to be on between 10 pm and 7 am. You can set the Do not disturb on and off and adjust the settings in the Polar Flow mobile app. For more information, see [Smart notifications](#).



Bluetooth connection to your paired phone is disconnected. In the time view, press and hold the LEFT button to reconnect.



Syncing. You'll see a rotating circle in the time view when your M200 is syncing with the Polar Flow app.



Sync was successful. This is briefly shown in the place of the rotating circle after a successful sync.



Syncing failed. If you see this icon after a sync, your M200 was not able to sync with the Polar Flow app.



You've reached your weekly award. For more information, see the chapter on [Running program](#).



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



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

## MENU STRUCTURE



### TRAINING

Go to **Training** to start a training session. Browse through the list of [sport profiles](#) and choose the one you want to use for your training session. You can add more sports to the list in the Polar Flow mobile app or in the Polar Flow web service. In the web service, you can define specific settings for each sport profile.

### ACTIVITY

In the **Activity** view your daily activity goal is visualized with an activity bar. The activity bar fills up as you reach your daily goal. You can also see your progress towards your daily activity goal in the time view from the dots around the display. Go into the Activity menu to see the options for reaching your daily activity goal and the steps you've taken during the day. If you get inactivity stamps during the day, they'll also be shown in the Activity menu.

The daily activity goal you get from Polar M200 is based on your personal data and activity level setting, which you can find and change in the settings under your name and profile picture in the Polar Flow app or web service.

For more information, see [24/7 Activity Tracking](#).

### HISTORY

In **History** you'll see your five latest training sessions. The data of your older training sessions is saved on your M200 until it is synced with the Polar Flow app or web service. If your M200 is running out of memory to store your

training history, it will tell you to sync your past training sessions to the Flow app or web service. 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](#).

## PAIRING

A Bluetooth Smart heart rate sensor or a 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 YOUR 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](https://flow.polar.com/start) as described in chapter [Set up your M200](#).
- Download the 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.

 *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 the Flow app and sign in with the Polar account that you created when you set up your M200.
2. On the M200, press and hold the LEFT button.

OR

On the M200, go to **Settings > Pair & sync > Pair & sync devices**, and press and hold the RIGHT button.

3. **Touch your device with M200** is displayed. Touch the mobile device with your M200.
4. **Pairing** is displayed on the M200.
  - Android users: You'll get a pairing request on your mobile. You might have to open it by swiping down from the top of the screen and by tapping the notification. Then tap **PAIR**.
5. **Confirm on other dev. xxxxx** is displayed on your M200. Enter the pin code from the M200 to the pairing request on the mobile device, and tap **Pair/OK**.

- Android users: You might have to open the pairing request by swiping down from the top of the screen and by tapping the notification.

6. You'll see **Pairing** on your M200, and if the pairing is successful, it will move on to **Syncing** with your mobile device.

## PAIR A HEART RATE SENSOR WITH YOUR M200

 *When you're wearing a Polar Bluetooth Smart heart rate sensor that's paired with your M200, the 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 moistened heart rate sensor as instructed in the heart rate sensor user manual.
2. On the M200, 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** is shown during pairing and **Completed** is shown after the pairing is 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. You'll be prompted to pair your M200 with your heart rate sensor. You'll see, for example, **Pair Polar H7....** Accept the pairing request by pressing the RIGHT button.
5. **Pairing** is shown during pairing and **Completed** is shown after the pairing is done.

## PAIR A POLAR BALANCE SCALE WITH YOUR 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, meaning 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. **Searching** is displayed on the M200.
4. **Pairing** is shown on the M200 during pairing, and **Completed** is shown after the pairing is done.

OR

1. On the M200, go to **Settings** > **Pair & sync** > **Pair & sync devices**, and press and hold the RIGHT button.
2. M200 starts searching for your scale. **Searching** is displayed on the M200.
3. Step on the scale. The scale display shows your weight.
4. After a beep sound, the Bluetooth icon on the scale display starts flashing, meaning that the connection is now on.
5. **Pairing** is shown on the M200 during pairing, and **Completed** is shown after the pairing is 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

 *Removing pairings according to the following instructions will remove ALL pairings with sensors and mobile devices.*

If you have problems syncing your M200 with your mobile device, or if you can't get your heart rate reading from a paired heart rate sensor with a chest strap, you can try to fix the connection by removing the existing pairings and pairing the devices again.

To remove pairings with sensors and mobile devices:

1. On the M200, go to **Settings > Pair & sync > Remove pairings**, and press and hold the RIGHT button.
2. **Delete pairings?** is displayed. Press the RIGHT button to confirm.
3. **Pairings deleted** is displayed when you're done.

## 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](#).

After a sweaty training session, we recommend that you remove the device from the wristband and wash them separately under running water with a mild soap and water solution. Then wipe them dry with a soft towel. When you're not working out, you should wear the wristband a little looser, just as you would wear a normal watch.

Every once in a while it's a good idea to let your wrist have a breather, especially if you have sensitive skin. Take off your M200 and recharge it. This way both your skin and your device can have a rest, and be ready for your next training event.

# SETTINGS

## 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. a heart rate sensor, a weight scale or a 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 a pairing between a heart rate sensor or a mobile device and your M200.

### 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 to train with the wrist-based heart rate measurement, 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 mobile device or from your computer system clock when you sync with the Polar Flow app or web service. To change the time, first change the time on your mobile device or the time zone on your computer, and then sync your M200 with the app or web service.

## RESTARTING THE M200

Just like with any electronic device, we recommend that you restart your M200 every now and then. If you experience problems with your M200, try restarting it:

1. On the M200, go to **Settings > About product > Restart device**.
2. Then confirm restarting by pressing the RIGHT button.

Restarting your M200 will not erase any data.

## FACTORY RESETTING THE M200

If you experience problems with your M200, and restarting it doesn't help, try resetting the device.

 *Resetting empties your M200 of all information, and you need to set it up again for your personal use. You can first see if our troubleshooting support documents on the [Polar Support pages](#) can help you fix the problem you're experiencing before you Factory Reset your M200.*

To Factory Reset your M200 in FlowSync with your computer:

1. Plug your M200 into the computer.
2. Click the settings wheel icon in FlowSync to open settings menu.
3. Press the **Factory Reset** button.

You can also reset your M200 from the device itself:

1. Browse to **Settings > About product > Restart device**.
2. Press and hold the right button and then press right button once more to confirm the restart.
3. While the Polar logo is shown, press and hold the left button until "**Restoring**" appears on the display.

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.

## UPDATING THE FIRMWARE

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. We recommend that you update the firmware of your M200 every time a new version is available.

### 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 that 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 20 minutes, depending on your connection.*

### WITH COMPUTER

Whenever a new firmware version is available, FlowSync will notify you when you connect the 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. Please wait until the firmware update has been finalized before you detach the M200 from your computer.

 *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.*

# 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 affected by both internal and external factors—meaning that you will have a dependable measure of your physical state.

### MEASURING HEART RATE WITH YOUR 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 the 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 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 a better measurement of your heart rate.

If you're using your M200 while you're swimming, the Polar app will collect your activity data from your wrist movements also when swimming. In our tests, however, we found that the wrist-based heart rate measurement doesn't work optimally in water, so we cannot recommend wrist-based heart rate measurement for swimming.



## STARTING A TRAINING SESSION

1. [Wear your M200](#), and tighten the wristband.
2. Go to **Training**, and press and hold the RIGHT button.

OR

Press and hold the RIGHT button.

3. Browse through the sport profiles with the RIGHT button. You can add more sport profiles to your M200 in the Polar Flow mobile app or in the Flow web service. In the web service, you can also define specific settings for each sport profile, such as create tailored training views.
4. Go outdoors and away from tall buildings and trees. Keep your M200 still with the display upwards to find the [GPS](#) satellite signals. Your M200 vibrates and the GPS icon stops blinking when the signal is found.

M200 has found your heart rate when the heart rate icon stops blinking and your heart rate is shown.

5. Press and hold the RIGHT button to start recording your training session.

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 Polar Flow app or the Polar Flow web service and sync them to your M200.

To start a planned training session:

Your planned training sessions for the current day appear at the top of the list under **Training**.

1. Press and hold the RIGHT button to choose the training target. If you have a phased training planned for the day, you can press the RIGHT button to browse through the different phases of the planned training session.
2. Press and hold the RIGHT button to open the list of sport profiles. Then continue to follow the instructions above for how to *Start a training session* from step 3.

Your M200 will guide you towards completing your target during training. See [Functions During Training](#) for more information.

## DURING TRAINING

### BROWSE THE TRAINING VIEWS

During training you can browse through the training views with the RIGHT button. Note that the available training views and data shown depend on the sport you've chosen. You can define specific settings for each sport profile in the Polar Flow web service, such as create tailored training views. For more information, see [Sport profiles in Flow web service](#).

For example, the default training views in the sport profile for Running show the following data:



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 QUICK TARGET

If you have created a quick training target based on duration, distance or calories in the Flow web service and synced it to your M200, you have the following view as the default first training view:



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.

### TRAINING WITH A PHASED TRAINING TARGET

If you've created a phased training target in the Flow web service and synced it to your M200, you have the following view as the default first training view:



Your current heart rate.  
Countdown timer for the phase.

As you're performing your phased training target, the dots around the display indicate your target heart rate zone.

## 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

### MARK A LAP

Mark 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.

### DISPLAY'S LIGHT

During training the display lights up when you turn your wrist to view the display.

## NOTIFICATIONS

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

## PAUSING/STOPPING A TRAINING SESSION



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



To stop recording a training session, press and hold the LEFT button in pause mode. **Recording ended** is shown.

You can also stop recording a training 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 Polar Flow app or in the Polar Flow web service.

On your M200, you'll see the following data from your session:

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

### 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 your edit of the sport profile you've used during the session.

The data of your older training sessions is saved on your M200 until it is synced with the Polar Flow app or web service. If your M200 is running out of memory to store your training history, it will tell you to sync your past training sessions to the Flow app or web service.

### TRAINING DATA IN POLAR FLOW APP

Your M200 syncs with the Polar Flow app automatically after you finish a training session if your phone is within the Bluetooth range. You can also sync your training data manually from the M200 to the Flow app by pressing and holding the LEFT button of your M200 when you're signed in to the Flow app and your phone is within the Bluetooth range. In the 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.

For more information, see [Polar Flow App](#).

## **TRAINING DATA IN 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 a 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.

 *If you want to see the different GPS data on your M200 during your session, you need to edit the training views of the sport profile you want to use accordingly.*

Your M200 uses SiRFInstantFix™ satellite prediction technology to acquire a fast satellite fix. In optimal conditions, i.e. outdoors and away from tall buildings and trees, your M200 can find satellite signals in less than one minute.

The technology in the M200 accurately predicts satellite positions for up to three days. This way, if you train again during the next three days, your M200 knows where to search for the satellites and is able to acquire signals more quickly, even in 5-10 seconds. The positioning accuracy progressively decreases during the 2nd and 3rd days.

If you don't train again within the next couple of days, your M200 will have to locate the satellites signals again from scratch next time, and more time may be required for acquiring the current position.

 *For best GPS performance, wear the 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. You should wear your M200 on your non-dominant hand to ensure you get the most 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 the level of your goal in the 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 Polar Flow app or in the [Polar Flow web service](#).

If you want to change your goal, open your Flow app, tap your name/profile photo in the menu view, and swipe down to see **Daily activity goal**. Or go to [flow.polar.com](http://flow.polar.com) and sign in to your Polar account. Then click your name > **Settings** > **Daily Activity goal**. 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 and text **Activity goal reached** is displayed on the screen.

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

- **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.
- **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.
- **Inactivity stamps:** If you get inactivity stamps during the day, they'll be shown here.

## 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 either of the buttons. If you don't get active in five minutes, you'll get an inactivity stamp, which you can see in the Activity menu on your M200, and on the Flow app and Flow web service after syncing.

In the Activity menu on your M200, you can see your inactivity stamps of the current day. But both Flow app and Flow web service show you the whole history of 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 any sleep mode on; the device automatically detects from your wrist movements that you're sleeping. Sleep time and its quality (restful / restless) are shown in the Flow web service and Flow app after the 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

and sleep information. With the help of the activity reports (under the **PROGRESS** tab), you can follow the long-term trend of your daily activity. You can choose to view either daily, weekly or monthly reports.

You can also follow your weekly sleep patterns from the “Night sleep” report. It shows you how many hours you slept and also divides it to restful and restless sleep for deeper sleep analysis. In the activity report you can also see your best days regarding daily activity, steps, calories and sleep from your chosen time period.

## SMART NOTIFICATIONS

The Smart Notifications feature allows you to get notifications from your phone to your M200. Your M200 notifies you if you get an incoming call or receive a message (for example an SMS or a WhatsApp message). It also notifies you about the calendar events you have on your phone's calendar. When you're 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 10 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

### PHONE (IOS)

The notification settings on your phone determine what notifications you receive on your Polar device. For more information, see [Smart notifications \(iOS\)](#).

### PHONE (ANDROID)

To be able to receive notifications from your phone to your Polar device, you first need to enable notifications on those mobile applications from which you want to receive them. You can do this either via the mobile applications' 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 the 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.

### 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 **Phone notifications** choose **On**, **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. The default setting for the **Do not disturb** mode is to be on between 10 pm and 7 am.

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

1. Open the Polar Flow mobile app.
2. Go to **Devices**.
3. Under **Do not disturb**, use the switch to set **Do not disturb** on or off, and set the start and end time for the mode.
4. Sync your M200 with the mobile app by pressing and holding the LEFT button of your M200.

## BLOCK APPS

*Applicable only on M200 paired with an Android phone*

If you have specific notifications coming on to your phone that you don't want to see on your M200, you can block individual apps from sending smart notifications to your M200. To block specific app notifications:

1. Open the Polar Flow mobile app.
2. Go to **Devices**.
3. Then under M200 tap **Block apps** from the bottom of the page.
4. Choose which app you want to block, and tick the box next to its name.
5. Sync the changed settings to your running watch by pressing and holding the LEFT button of your M200.

## 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 other 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 comes back within the range.

If your M200 is out of range for more than two hours, you can restore the connection when your phone and M200 are within the Bluetooth range again by pressing and holding the LEFT button on your M200.

Visit [support.polar.com/en/M200](https://support.polar.com/en/M200) for more instructions.

## POLAR SPORT PROFILES

Sport profiles are the sport choices you have on your M200. We have created three default sport profiles to your M200, but you can add new sport profiles to your use in the Polar Flow app or web service and sync them to your M200, and this way create a list of all your favorite sports.

In the Flow web service, you can also define specific settings for each sport profile. For example, you can create tailored **training views** for each sport you do and choose what data you want to see when you train: just your heart rate or just speed and distance—whatever suits you and your training needs and requirements best.

You can have a maximum of 20 sport profiles on your M200 at a time. The number of sport profiles in Polar Flow mobile app and Polar Flow web service is not limited.

For more information, see [Sport Profiles in Flow Web Service](#) or Sport Profiles in Polar Flow app.

Using the sport profiles makes it possible for you to keep up with what you've done and to see the progress you've made in different sports. See your training history and follow your progress in the [Flow web service](#).



Please note that in a number of indoor sports, group sports and team sports profiles the **HR visible to other devices** setting is enabled by default. This means that compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can check which sport profiles have Bluetooth broadcasting enabled by default from the [Polar Sport profiles list](#). You can enable or disable Bluetooth broadcasting from [sport profile settings](#).

## HEART RATE ZONES

The range between 50% and 100% of your maximum heart rate is divided into five heart rate zones. By keeping your heart rate within a certain heart rate zone you can easily control the intensity level of your workout. Each heart rate zone carries its own main benefits, and understanding these benefits will help you achieve the effect you want from your workout.

Learn more about the Heart Rate Zones: [What are Heart Rate Zones?](#).

## 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.

M200 includes the following Polar Smart Coaching features:

- [Activity Guide](#)
- [Activity Benefit](#)
- [Smart Calories](#)
- [Training Benefit](#)
- [Running Program](#)
- [Running Index](#)

### ACTIVITY GUIDE

The Activity Guide feature shows how active you've been during the day, and tells you how much you need to still do to reach the recommendations for physical activity per day. You can check how you're doing in reaching your activity goal for the day either from your M200, from the Polar Flow mobile app or from the Polar Flow web service.

## ACTIVITY GUIDE ON THE M200

In the time view of your M200, the dots and numbers around the display show your progress towards your daily activity goal.

The second icon in the main menu of your M200 shows your Activity for the day in more detail. Here you can see the percentage of how much of your day's activity goal you've reached. The same is visualized also with an activity bar.

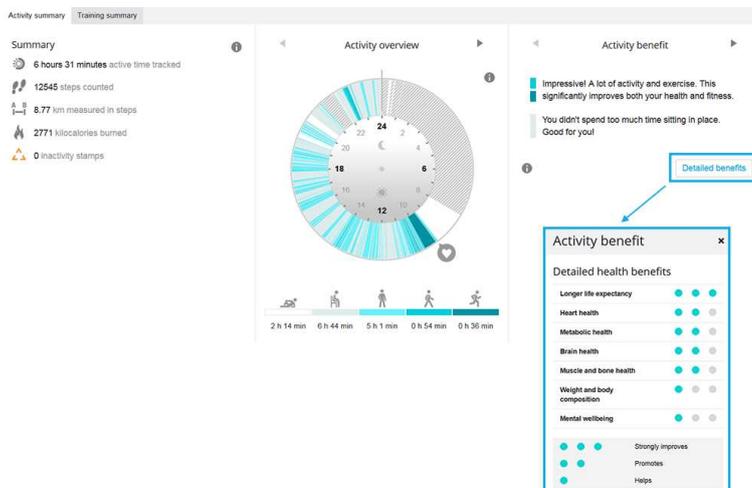
If you go in the Activity menu, you can see options for reaching your day's goal. Your M200 tells you how long you need to be active if you choose low, medium or high intensity activities. 'Up' means low intensity, 'walking' means medium intensity, and 'jogging' means high intensity activities. With practical guidance like '50 min walking' or '20 min jogging', you can choose how to reach your goal. You'll find more examples for low, medium and high intensity activities at the Polar Flow web service and Polar Flow app.

For more information, see [24/7 Activity Tracking](#).

## ACTIVITY BENEFIT

Activity benefit gives you feedback on the health benefits that being active has given you, and also on what kind of unwanted effects sitting for too long has caused to your health. The feedback is based on international guidelines and research on the health effects of physical activity and sitting behavior. The core idea is: the more active you are, the more benefits you get!

Both the Flow app and Flow web service show the activity benefit of your daily activity. You can view the activity benefit on daily, weekly and monthly basis. In the Flow web service, you can also view the detailed information on health benefits.



For more information, see [24/7 Activity Tracking](#).

## SMART CALORIES

The most accurate calorie counter on the market calculates the number of calories burned based on your individual data:

- Body weight, height, age, gender
- Individual maximum heart rate ( $HR_{max}$ )
- The intensity of your training or activity
- Individual maximal oxygen uptake ( $VO2_{max}$ )

The calorie calculation is based on an intelligent combination of acceleration and heart rate data. The calorie calculation measures your training calories accurately.

You can see your cumulative energy expenditure (in kilocalories, kcal) during training sessions, and your total kilocalories of the session afterwards. You can also follow your total daily calories.

## TRAINING BENEFIT

Training Benefit gives you textual feedback on the effect of each training session helping you to 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+                   | What a 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                    | What a 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 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. |

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

## 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 [flow.polar.com](https://flow.polar.com).

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

Your running target for the current day appears at the top of the list under **Training** on your M200.

1. Press and hold the RIGHT button to choose the running target. If you have a phased training target planned for the day, you can press the RIGHT button to browse through the different phases of the planned running session.
2. Press and hold the RIGHT button to open the list of sport profiles.
3. Browse through the sport profiles with the RIGHT button.
4. 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.

5. Press and hold the RIGHT button to choose the sport profile you want to use and to start recording your running session.

## 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.

### Weekly award

If you're training for a running event using the Polar Running program, your M200 will award you for sticking to your training plan.

You'll receive award stars to your M200 as feedback based on how well you've followed the program each week. You'll get the award as the week changes, that is either on Monday, Saturday or Sunday, depending on the First day of week setting you've chosen in your Polar account's General settings.

The number of stars you get depends on how well you've met your targets. Your actual time spent on the different heart rate zones during training is compared to the training target's planned time for each heart rate zone. Check the info below to see what is needed for each number of stars, or why you didn't get any stars some week.

- 1 Star: On average, you've met 75% of your target on each heart rate zone.
- 2 Stars: On average, you've met 90 % of your target on each heart rate zone.
- 3 Stars: On average, you've met 100 % of your target on each heart rate zone.
- No stars: You've trained too much (more than 200%) on moderate zones (1 -3).
- No stars: You've trained too much (more than 150%) on high intensity training zones (4 and 5).

 Remember to start your training sessions using the training targets, so your training session results will be compared to the targets.

## 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<sub>max</sub> 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, for example, at traffic lights without interrupting the calculation.

 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. You can find your Running Index report in the Polar Flow web service under the **PROGRESS** tab. The report shows you how your running performance has improved over a longer time period. If you're using the [Polar Running program](#) to train for a running event, you can follow your Running Index progress to see how your running is improving towards the goal.

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:m-m:ss) | 21.098 km (h:m-m:ss) | 42.195 km (h:m-m: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              |
| 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              |

| Running Index | Cooper test (m) | 5 km (h:mm:ss) | 10 km (h:m-m:ss) | 21.098 km (h:m-m:ss) | 42.195 km (h:m-m:ss) |
|---------------|-----------------|----------------|------------------|----------------------|----------------------|
| 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 FLOW

## POLAR FLOW APP

In the Polar Flow mobile app, you can see an instant visual interpretation of your training and activity data. You can also plan your training in the app.

### TRAINING DATA

With the Polar Flow app, you can easily access the information of your past and planned training sessions and create new training targets. You can choose to create a quick target or a phased target.

Get a quick overview of your training, and analyze every detail of your performance right away. See weekly summaries of your training in the training diary. You can also share the highlights of your training with your friends with the [Image sharing](#) function.

### ACTIVITY DATA

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

### SLEEP DATA

Follow your sleeping patterns to see if they're affected by any changes in your daily life and find the right balance between rest, daily activity and training. With the Polar Flow app, you can view the timing, amount, and quality of your sleep.

You can set your preferred sleep time to define how long you aim to sleep every night. You can also rate your sleep. You'll receive feedback on how you slept based on your sleep data, your preferred sleep time and your sleep rating.

### SPORT PROFILES

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

For more information, see [Sport profiles in Polar Flow](#).

### IMAGE SHARING

With Flow app's image sharing function you can share images with your training data on them to most common social media channels, like Facebook and Instagram. You can either share an existing photo or take a new one and customize it with your training data. If you had GPS recording on during your training session, you can also share a snapshot of your training route.

To see a video, click on the following link:

[Polar Flow app | Sharing training results with a photo](#)

### START USING THE FLOW APP

You can [set up your watch](#) using a mobile device and the Flow app.

To start using the Flow app, download it from the App Store or Google Play onto your mobile device. For support and more information about using the Polar Flow app, go to [support.polar.com/en/support/Flow\\_app](https://support.polar.com/en/support/Flow_app).

Before taking a new mobile device (smartphone, tablet) into use, it has to be paired with your watch. See [Pairing](#) for more details.

Your watch syncs your training data to the Flow app automatically after your session. If your phone has an internet connection, your activity and training data are also synced automatically to the Flow web service. Using the Flow app is the easiest way to sync your training data from your watch with the web service. For information on syncing, see [Syncing](#).

For more information and instructions on Flow app features, visit [Polar Flow app product support page](#).

## POLAR SPORT PROFILES IN FLOW APP

There are three default sport profiles on your M200. In the Polar Flow app, you can add new sport profiles to your sports list or remove sports from your account. You can have a maximum of 20 sport profiles active in the Flow app and in use on your M200. If you have over 20 sport profiles on your Polar account, the first 20 in the list are transferred to your M200 when syncing.

You can change the order of your sport profiles. Just tap and hold the one you want to move, and drag and drop it to the place you want to put it in the list.

### ADD A SPORT PROFILE

1. In the Polar Flow app, go to **Sport profiles** from the main menu.
2. Tap the plus icon in the top right corner.
3. Choose the sport you want to add. The ones you already have are highlighted with red on the list.
4. Then tap **DONE** in the upper right corner to add the sport to the top of the list of sport profiles on your account.

### REMOVE A SPORT PROFILE

1. In the Polar Flow app, go to **Sport profiles** from the main menu.
2. Tap the sport profile icon you want to remove.
3. Tap **Remove (sport profile?)**.
4. Tap **Remove** again to confirm deleting the sport profile from your Polar account.

Remember to sync the changed settings to your M200.



Please note that in a number of indoor sports, group sports and team sports profiles the **HR visible to other devices** setting is enabled by default. This means that compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can check which sport profiles have Bluetooth broadcasting enabled by default from the [Polar Sport profiles list](#). You can enable or disable Bluetooth broadcasting from sport profile settings.

## POLAR FLOW WEB SERVICE

In the Polar Flow web service, you can plan and analyze your training in detail and learn more about your performance. Set up and customize your watch to perfectly fit your training needs by adding sport profiles and editing their settings. You can also share the highlights of your training with your friends in the Flow community, sign up for your club's classes and get a personalized training program for a running event.

The Polar Flow web service also shows your daily activity goal completion percentage and the details of your activity, and helps you understand how your daily habits and choices affect your well-being.

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

## DIARY

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

## REPORTS

In **Reports** you can follow your development.

Training 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.

With the help of the activity reports, you can follow the long-term trend of your daily activity. You can choose to view either daily, weekly or monthly reports. In the activity report you can also see your best days regarding daily activity, steps, calories and sleep from your chosen time period.

## 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 5k, 10k, 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, [support.polar.com/en/support/flow](https://support.polar.com/en/support/flow).

## FAVORITES

In **Favorites**, you can store and manage your favorite training targets in the Flow web service and the Flow mobile app. You can use your favorites as scheduled targets on your watch. For more information, see [Plan your training in the Flow web service](#).

You can see the maximum number of your watch. The number of favorites in the Flow web service is not limited. If you have over 20 favorites in the Flow web service, the first 20 in the list are transferred to your watch when syncing. You can change the order of your favorites by dragging and dropping them. Choose the favorite you want to move and drag it into the place you want to put it in the list.

### 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 you've created 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. Click the favorite you want to edit, then click **Edit**.
3. You can change the sport, the target name, and you can add notes. You can alter the training details of the target under **Quick** or **Phased**. (For more information, see the chapter on [planning your training](#).) 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 default sport profiles on your M200. In the Polar Flow web service, you can add new sport profiles to your sports list and edit their settings. 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 or turned off)

#### Heart Rate

- Heart rate view (Beats per minute or % of maximum)
- Heart rate visible to other devices. (This means that compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can also use your M200 during Polar Club classes to broadcast your heart rate to the Polar Club system.)

- Heart rate zone settings (With the heart rate zones you can easily select and monitor training intensities. If you choose Default, you cannot change heart rate limits. If you choose Free, all limits can be changed. Default heart rate zone limits are calculated from your maximum heart rate.)

### Speed/Pace settings

- Speed/Pace view (Choose speed km/h / mph or pace min/km / min/mi)

### 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 (You can choose to have vibration on or off)

### GPS and altitude

- GPS recording rate (Can be set off or to High accuracy, meaning that the GPS recording is on)

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



Please note that in a number of indoor sports, group sports and team sports profiles the **HR visible to other devices** setting is enabled by default. This means that compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can check which sport profiles have Bluetooth broadcasting enabled by default from the [Polar Sport profiles list](#). You can enable or disable Bluetooth broadcasting from sport profile settings.

## SYNCING

You can transfer data from your M200 to the Polar Flow app wirelessly via the Bluetooth Smart connection. Or, you can sync your M200 with the Polar Flow web service by using a USB port and the FlowSync software. To be able to sync data between your M200 and the Flow app you need to have a Polar account. If you want to sync data from your M200 directly to the web service, in addition to a Polar account, you need the FlowSync software. If you've set up your M200, you have created a Polar account. If you set up your M200 using a computer, you have the FlowSync software on your computer.

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 in to the Flow app, and press and hold the LEFT button on your M200.
2. **Searching** is displayed, followed by **Connecting** and then **Syncing**.
3. You'll see a rotating circle on your M200 display during the syncing. The circle turns into a check mark icon after a successful sync.

 *Your M200 syncs with the Flow app automatically after you finish a training session if your phone is within the Bluetooth range. When your M200 syncs 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 the Polar Flow app, go to [support.polar.com/en/support/Flow\\_app](https://support.polar.com/en/support/Flow_app).

## SYNC WITH FLOW WEB SERVICE VIA FLOWSYNC

To sync data with the Flow web service you need the FlowSync software. Go to [flow.polar.com](https://flow.polar.com), 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 [support.polar.com/en/support/flow](https://support.polar.com/en/support/flow).

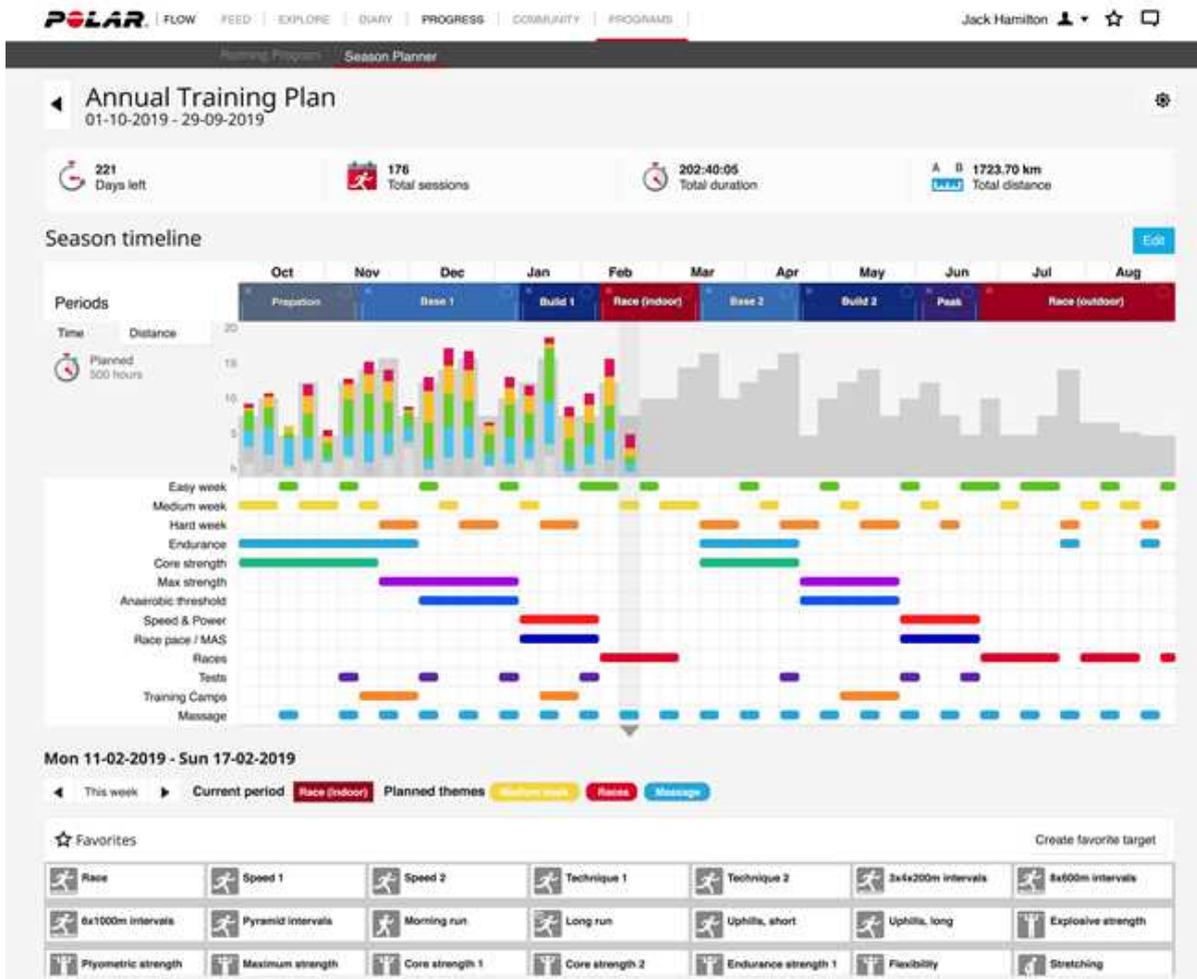
For support and more information about using FlowSync software, go to [support.polar.com/en/support/FlowSync](https://support.polar.com/en/support/FlowSync).

## PLANNING YOUR TRAINING

You can plan your training and create personal training targets for yourself in the Polar Flow web service or in the Polar Flow app.

### CREATE A TRAINING PLAN WITH THE SEASON PLANNER

The [Season Planner](#) in the Flow web service is a great tool for creating a tailored annual training plan. No matter what your training goal is, Polar Flow helps you create a comprehensive plan to reach it. You can find the Season Planner tool from the **Programs** tab in the Polar Flow web service.



[Polar Flow for Coach](#) is a free remote coaching platform that allows your coach plan every detail of your training from full season plans to individual workouts.

## CREATE A TRAINING TARGET IN THE POLAR FLOW WEB SERVICE

Note that the training targets need to be synced to your watch with FlowSync or via Flow app before you can use them. Your watch will guide you towards completing your target during training.

To create a training target in the Polar Flow web service:

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



2. In the **Add training target**, choose **Sport**, enter **Target name** (maximum 45 digits), **Date** and **Start time** and any **Notes** (optional) you want to add.

Then choose the type of your training target from the following:

Duration target

1. Choose **Duration**.
2. Enter the duration.
3. Click **Add to favorites**  to add the target to your list of favorites, if you want.
4. Click **Add to Diary** to add the target to your **Diary**.

## Distance target

1. Choose **Distance**.
2. Enter the distance.
3. Click **Add to favorites**  to add the target to your list of favorites, if you want.
4. Click **Add to Diary** to add the target to your **Diary**.

## Calories target

1. Choose **Calorie**.
2. Enter the amount of calories.
3. Click **Add to favorites**  to add the target to your list of favorites, if you want.
4. Click **Add to Diary** to add the target to your **Diary**.

## Race Pace target

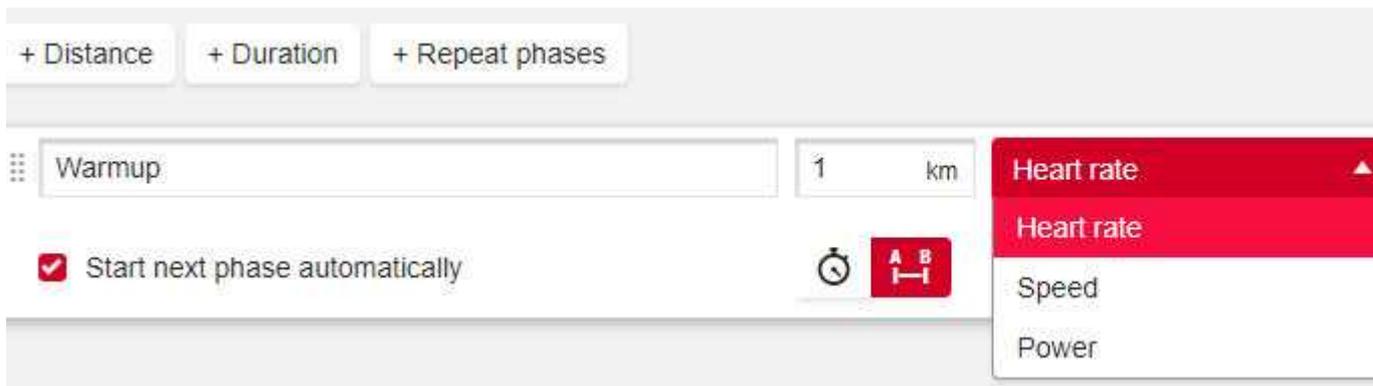
1. Choose **Race Pace**.
2. Fill in two of the following values: **Duration**, **Distance** or **Race Pace**. You get the third one automatically.
3. Click **Add to favorites**  to add the target to your list of favorites, if you want.
4. Click **Add to Diary** to add the target to your **Diary**.

Please note that Race Pace can only be synced with Grit X, V800, Vantage M, Vantage V and Vantage V2 (not with A300, A360, A370, Ignite, M200, M400, M430, M460, M600).

## Phased target

1. Choose **Phased**.
2. Add phases to your target. Click **Duration** to add a phase based on duration or click **Distance** to add a phase based on distance. Choose **Name** and **Duration/Distance** for each phase.
3. Tick the box **Start next phase automatically** for automatic change of phases. If left unchecked, you will have to change phases manually.

4. Choose the intensity of the phase based on heart rate, speed or power.



5. If you wish to repeat a phase, choose + Repeat phases and drag phases you want to repeat to the Repeat section.



6. Click Add to favorites  to add the target to your list of favorites.
7. Click **Add to Diary** to add the target to your **Diary**.



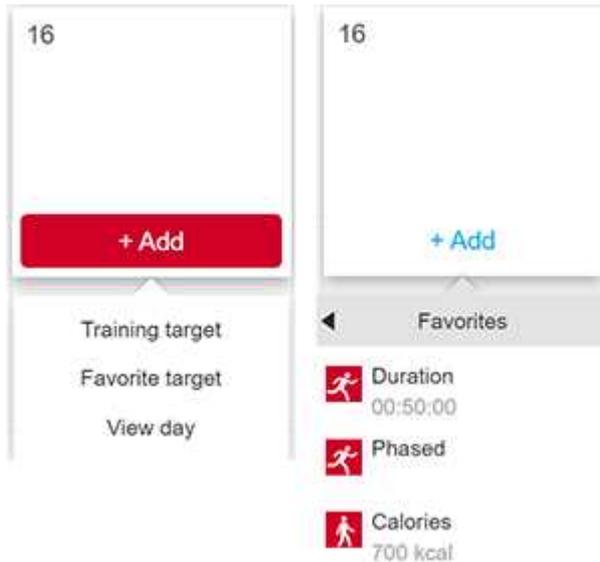
With Grit X/Vantage V/Vantage V2 running power from the wrist is calculated without any external sensors. With Vantage M an external power sensor is required to measure running power. It is possible to measure your cycling power if you pair your Polar device with an external cycling power sensor with following Polar devices: Grit X, M460, Vantage M, Vantage V, Vantage V2, V800 and V650.

### CREATE A TARGET BASED ON A FAVORITE TRAINING TARGET

If you have created a target and added it to your favorites, you can use it as a template for similar targets. This makes training target creation easier. You don't need to create, for example, a complicated phased training target every time from the scratch.

To use an existing Favorite as a template for a training target, follow these steps:

1. Hover your mouse over a date on the **Diary**.
2. Click **+Add > Favorite target** and then choose a target from the **Favorites** list.



3. The Favorite is added to your diary as a scheduled target for the day. The default scheduled time for the training target is at 18.00/6pm.
4. Click the target in your Diary and modify it to your liking. Editing the target in this view won't change the original Favorite target.
5. Click Save to update the changes.



You can edit your favorite training targets and create new ones also via Favorites page. Click  in top menu to access the Favorites page.

## SYNC THE TARGETS TO YOUR WATCH

Remember to sync the training targets to your watch 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.

For information on starting a training target session, see [Start a training session](#).

## CREATE A TRAINING TARGET IN THE POLAR FLOW APP

To create a training target in the Polar Flow app:

1. Go to **Training**, and click  on top of the page.
2. Then choose the type of your training target from the following:

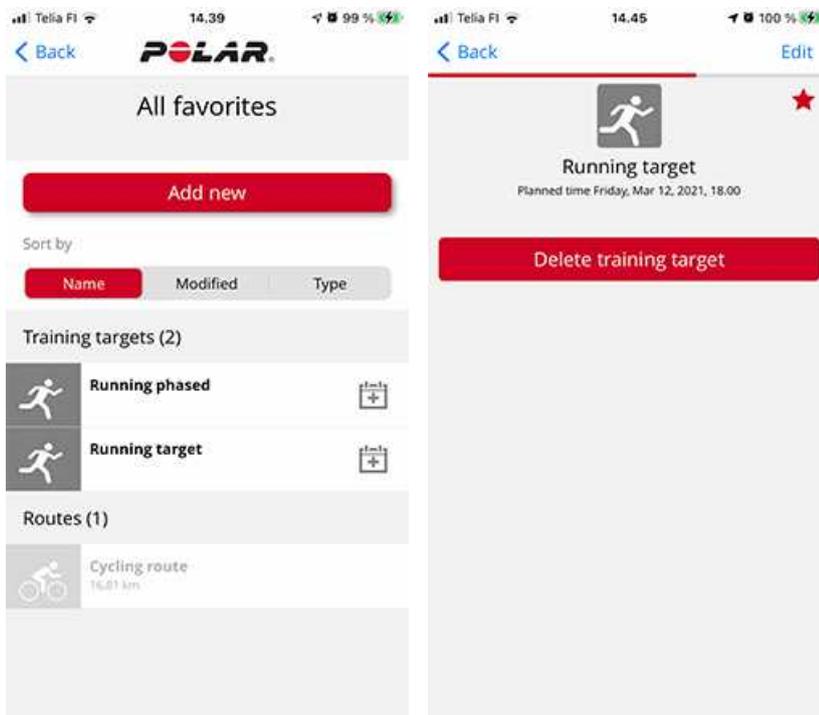
### Favorite target

1. Choose **Favorite target**.
2. Choose one the existing favorite training targets or **Add new** favorite target.
3. Tap on  next to the existing target to add it to your Diary.
4. The training target you chose is added to your training calendar for today. Open the training target from the diary to edit the time for the training target.

5. If you choose Add new you can create a new favorite **Quick target**, **Phased target**, **Strava Live Segment** or **Komoot route**.

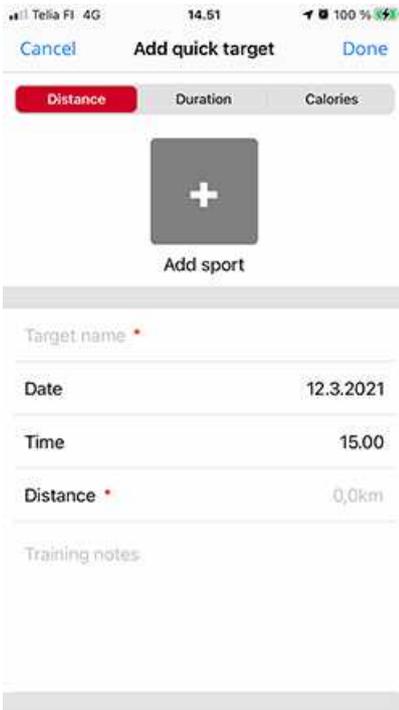


Komoot route is available only in Grit X and Vantage V2. Strava Live Segment is available in Grit X, M460, V650, V800, Vantage V and Vantage V2.



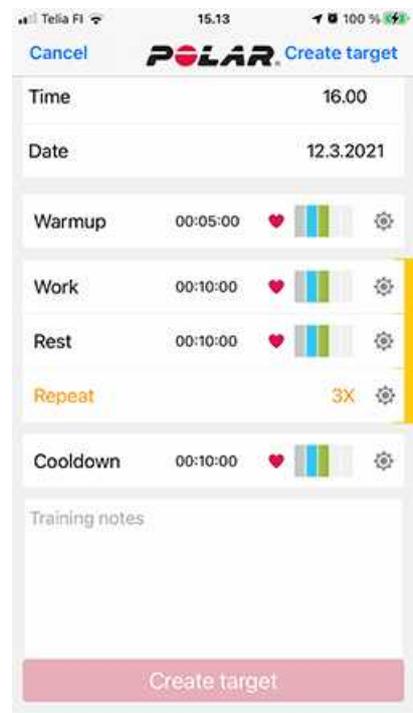
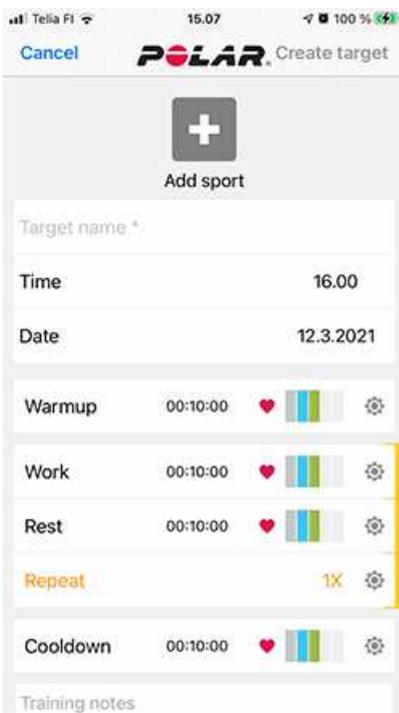
## Quick target

1. Choose **Quick target**.
2. Choose if the quick target is based on distance, duration or calories.
3. Add sport.
4. Give a name to the target.
5. Set the target distance, duration or amount of calories.
6. Tap **Done** to add the target to your Training diary



## Phased target

1. Choose **Phased target**.
2. Add sport.
3. Give a name to the target.
4. Set the Time and Date for the target.
5. Tap the  icon next to phase to edit phase settings.
6. Tap **Create target** to add the target to your Training diary.



Sync your watch with Flow app to move the training targets to your watch.

# 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.

 *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 0 °C to +50 °C / +32 °F to +122 °F.  *Note that you can wear the training device also in colder weather when its on your arm because your skin will warm the device. But if you wear it, for example, on the handlebars of a bike, then follow the temperature limit for using the device.*

## 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.

## 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 [support.polar.com](http://support.polar.com) and country-specific websites.

## 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/ +32 °F or over +40 °C/ +104 °F or when the USB port is wet.

You can 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", "UL listed" or "CE").



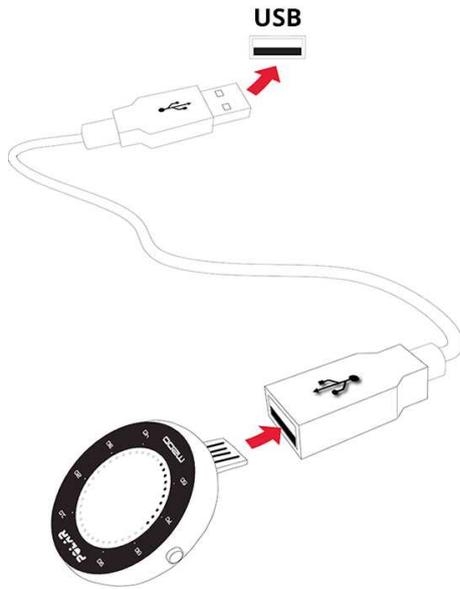
Do not charge Polar products with a 9 volt charger. Using a 9 volt charger can damage your Polar product.

Also make sure that you plug the M200 in to the adapter the right way, i.e. **the four pins on the M200 USB connector must face the four pins in the USB power adapter.**

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 your M200 in to your computer using the provided USB cable. Make sure that you plug the M200 in the right way (see the image below). If you plug the M200 directly to a computer's USB port, please make sure the M200's USB connector doesn't bend. If the battery is completely empty, it takes a couple of minutes for the charging to start. Let your computer install any suggested USB drivers.

**i** 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, a battery icon animation begins to fill up on the display.
4. When the battery icon is full, the M200 is fully charged.

**i** 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 1 h/day training with GPS and optical heart rate measurement and without Smart Notifications on, or
- up to 6 hours continuous training with GPS and optical heart rate, or
- up to 40 hours continuous training with optical heart rate, or
- up to 30 days with 24/7 activity tracking without Smart Notifications.

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 the battery's 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.

Polar products (training devices, activity trackers and accessories) are designed to indicate the level of physiological strain and recovery during and after exercise session. The Polar training devices and activity trackers measure heart rate and/or tell your activity. The Polar training devices with an integrated GPS show speed, distance and location. With a compatible Polar accessory the Polar training devices show speed and distance, cadence, location and power output. See [www.polar.com/en/products/accessories](http://www.polar.com/en/products/accessories) for a complete list of compatible accessories. The Polar training devices with a barometric pressure sensor measure altitude and other variables. No other use is intended or implied. The Polar training device should not be used for obtaining environmental measurements that require professional or industrial precision.

## INTERFERENCE DURING TRAINING

### 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. To solve these problems, try the following:

1. Remove the heart rate sensor strap from your chest and use the training equipment as you would normally.
2. Move the training device around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst directly in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the heart rate sensor strap back on your chest and keep the training device in this interference-free area as much as possible.

If the training device still does not work with the training equipment, it may be electrically too noisy for wireless heart rate measurement.

## HEALTH AND 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 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 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](#). If you experience any skin reaction, stop using the product and consult your physician. Also inform Polar Customer Care about your skin reaction. 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.



The combined impact of moisture and intense abrasion may cause color to come off the heart rate sensor's or wristband's surface, possibly staining light-colored clothes. It may also cause a darker color to come off clothing, possibly staining lighter-colored training devices. To keep a light-colored training device glowing for years to come, please make sure the clothing you wear while training does not bleed color. If you use perfume, lotion, suntan/sunscreen or insect repellent on your skin, you must ensure that it does not come into contact with the training device or the heart rate sensor. If you train in cold conditions (-20 °C to -10 °C / -4 °F to 14 °F) we recommend that you wear the training device under the sleeve of your jacket, directly on your skin.

## WARNING - KEEP BATTERIES OUT OF REACH OF CHILDREN

Polar heart rate sensors (for example H10 and H9) contain a button cell battery. If the button cell battery is swallowed, it can cause severe internal burns in as little as 2 hours and can lead to death. **Keep new and used batteries away from children.** If the battery compartment does not close securely, stop using the product and keep it away from children. **If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.**

## TECHNICAL SPECIFICATION

### M200

|                        |  |
|------------------------|--|
| 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: acrylonitrile butadiene styrene, glass fiber, polycarbonate, stainless steel, polymethyl methacrylate, epoxy glue<br><br>Wristband (TPU): thermoplastic polyurethane, polycarbonate, stainless steel<br>Accessory wristband (Silicone): silicone, stainless steel, polyamide, glass fiber |
| Watch accuracy:             | Better than $\pm 0.5$ 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   |

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 operating system with an internet connection and a free USB port.

Check the latest compatibility information from [support.polar.com](https://support.polar.com).

## **POLAR FLOW MOBILE APPLICATION COMPATIBILITY**

Check the latest compatibility information from [support.polar.com](https://support.polar.com).

## **WATER RESISTANCE OF POLAR PRODUCTS**

Most Polar products can be worn when swimming. They are not, however, diving instruments. To maintain water resistance, do not press the buttons of the device under water.

**Polar devices with wrist-based heart rate measurement** are suitable for swimming and bathing. They will collect your activity data from your wrist movements also when swimming. In our tests, however, we found that the wrist-based heart rate measurement doesn't work optimally in water, so we cannot recommend wrist-based heart rate measurement for swimming.

In the watch industry, water resistance is generally indicated as meters, which means the static water pressure of that depth. Polar uses this same indication system. Water resistance of Polar products is tested according to International Standard **ISO 22810** or **IEC60529**. Every Polar device that has water resistance indication is tested before the delivery to stand water pressure.

Polar products are divided into four different categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

When performing any underwater activity, the dynamic pressure generated by moving in water is greater than the static pressure. This means that moving the product under water subjects it to a greater pressure than if the product were stationary.

| Marking on the back of the product   | Wash splashes, sweat, rain-drops etc. | Bathing and swimming | Skin diving with snorkel (no air tanks) | SCUBA diving (with air tanks) | Water resistant characteristics  |
|--|---------------------------------------|----------------------|---|-------------------------------|--|
| Water resistant IPX7   | OK                                    | -                    | -                                       | -                             | Do not wash with a pressure washer.<br>Protected against splashes, raindrops etc.<br>Reference standard: IEC60529. |
| Water resistant IPX8   | OK                                    | OK                   | -                                       | -                             | Minimum for bathing and swimming.<br>Reference standard: IEC60529.   |
| Water resistant<br>Water resistant<br>20/30/50 meters<br>Suitable for swimming | OK                                    | OK                   | -                                       | -                             | Minimum for bathing and swimming.<br>Reference standard: ISO22810.   |
| Water resistant 100 meters   | OK                                    | OK                   | OK                                      | -                             | For frequent use in water but not SCUBA diving.<br>Reference standard: ISO22810.                                   |

## LIMITED INTERNATIONAL POLAR GUARANTEE

- Polar Electro Oy issues a limited international guarantee for Polar products. For products which have been sold in the USA or Canada, guarantee is issued by Polar Electro, Inc.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of the Polar product that the product will be free from defects in material or workmanship for two (2) years from the date of purchase, with the exception of wristbands made of silicone or plastic, which are subject to a guarantee period of one (1) year from the date of purchase.
- The guarantee does not cover normal wear and tear of the battery, or other 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, textile armband or textile or leather wristband, elastic strap (e.g. heart rate sensor chest strap) and Polar apparel.
- The guarantee does also not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Guarantee does not cover products which have been purchased second hand.

- During the guarantee period, the product will be either repaired or replaced at any authorized Polar Central Service regardless of the country of purchase.
- Guarantee issued by Polar Electro Oy/Inc. 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.
- You should keep the receipt as a proof of purchase!
- Guarantee with respect to any product will be limited to countries where the product has been initially marketed by Polar Electro Oy/Inc.

Manufactured by Polar Electro Oy, Professorintie 5, 90440 KEMPELE, Finland [www.polar.com](http://www.polar.com).

Polar Electro Oy is a ISO 9001:2015 certified company.

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## REGULATORY INFORMATION



This product is compliant with Directives 2014/53/EU, 2011/65/EU and 2015/863/EU. The relevant Declaration of Conformity and other regulatory information for each product are available at [www.polar.com/en/regulatory\\_information](http://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 M200-specific certification and compliance information, go to **Settings > About product**.

## DISCLAIMER

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
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