**Key features**

**INTEGRATED GPS**
Built-in GPS keeps track of your pace, distance and altitude during training. You can view your route on a map in the Polar Flow app or Flow web service after your session.

**WRIST BASED HEART RATE TRAINING**
Your M200 has a built-in heart rate sensor that measures your heart rate from the wrist. This makes heart-rate based training more convenient than ever.

**24/7 ACTIVITY TRACKING**
Your M200 tracks your steps, activity, sleep and calories 24/7 and supports you in achieving your individual daily activity goal. The dots around the display in watch mode indicate your progress towards your daily goal.

**QUICK TRAINING TARGETS FROM FLOW APP**
Create a training target, for example, an interval target, in Flow app and sync it to your M200. Start the training session and your M200 will guide you through the session.

**SMART NOTIFICATIONS**

---

**Set up your Polar M200**

Your new Polar M200 is in storage mode, and it wakes up in the setup.

**Detaching the wristband**

1. Press and hold the pin on the wristband that you want to remove from your wrist.
2. Pull the pin to detach the wristband.

**Set up with a mobile device and Polar Flow app**

1. Download the Polar Flow app from the App Store or Google Play on your mobile device.
2. Open the Polar Flow app and log in with your Polar account.
3. Tap on the "+" button to add a new device.
4. Tap on "Add another device" and select "Polar M200".
5. Follow the on-screen instructions to complete the setup.

**Getting to know your Polar M200**

**Wristband**

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

**Activity goal/menu/heart rate zone**

- **Press LEFT to:** return to the previous level on the menu, pause training.
- **Press and hold LEFT to:** return to time view, stop training, in time view start pairing and syncing.
- **Press RIGHT to:** browse the menu, selections and training views.
- **Press and hold RIGHT to:** enter the menu, confirm selections, start training, mark a lap during training.

---

**Set up with a computer: Go to**

1. Go to [flow.polar.com/start](http://flow.polar.com/start) and install FlowSync software to your computer. We’ll walk you through the setup within the web service.

2. **First detach the wristband as described in chapter Wristband.** Next, plug your M200 into a USB power source to charge it during the setup. It may take a few minutes for your M200 to wake up.

3. **Set up your Polar M200**

   - Your new Polar M200 is in storage mode, and it wakes up in the setup.
   - Detach the wristband as described in chapter Wristband. Next, plug your M200 into a USB power source to charge it during the setup. It may take a few minutes for your M200 to wake up.
   - Attach the wristband to your wristband as described in chapter Wristband.
   - Open the Polar Flow app on your mobile device.
   - Tap on the "+" button to add a new device.
   - Tap on "Add another device" and select "Polar M200".
   - Follow the on-screen instructions to complete the setup.

---

**Wristband**

- **Attach the wristband to your wristband as described in chapter Wristband.** Next, plug your M200 into a USB power source to charge it during the setup. It may take a few minutes for your M200 to wake up.

- **Attach the wristband to your wristband as described in chapter Wristband.** Next, plug your M200 into a USB power source to charge it during the setup. It may take a few minutes for your M200 to wake up.

- **Attach the wristband to your wristband as described in chapter Wristband.** Next, plug your M200 into a USB power source to charge it during the setup. It may take a few minutes for your M200 to wake up.

---

**Set up with a mobile device and Polar Flow app**

1. Please note that you have to do the pairing in the Flow app and NOT in your mobile device’s Bluetooth settings.
2. Make sure your mobile device is connected to the Internet and turn on Bluetooth.
3. Open Flow app on your mobile device.
4. Flow app recognizes your M200 nearby and prompts you to start pairing it. Accept the pairing request and enter the Bluetooth pairing code shown on the M200 display in Flow app.
5. Sign in with your Polar account or create a new one. We’ll walk you through the sign-up and setup within the app.
6. To get the most accurate and personal training experience, it’s important that you’re precise with the settings.
7. Choose a wristband to use with your wristband. Save and sync with your wristband is selected on your M200.
8. To detach the wristband:
   - Put the USB connector into place from the bottom side of the wristband.
   - Stretch the wristband slightly from the buckle side to snap the other end of the wristband into place.
   - Make sure the band fits flush with the device on both sides.

---

**Set up with a mobile device and Polar Flow app**

1. Please note that you have to do the pairing in the Flow app and NOT in your mobile device’s Bluetooth settings.
2. Make sure your mobile device is connected to the Internet and turn on Bluetooth.
3. Open Flow app on your mobile device.
4. Flow app recognizes your M200 nearby and prompts you to start pairing it. Accept the pairing request and enter the Bluetooth pairing code shown on the M200 display in Flow app.
5. Sign in with your Polar account or create a new one. We’ll walk you through the sign-up and setup within the app.
6. To get the most accurate and personal training experience, it’s important that you’re precise with the settings.
7. Choose a wristband to use with your wristband. Save and sync with your wristband is selected on your M200.
8. To detach the wristband:
   - Put the USB connector into place from the bottom side of the wristband.
   - Stretch the wristband slightly from the buckle side to snap the other end of the wristband into place.
   - Make sure the band fits flush with the device on both sides.
By measuring your heart rate when training you make sure you train at the right intensity level for your goal. And you get just the benefits you want to achieve.

Wrist-based heart rate measurement is convenient and easy. Tighten the wrist band for training, start a training session on your M200, and you’re ready to go.

To get accurate heart rate readings during training, secure the wrist band firmly on top of your wrist, just behind the wrist bone. Do NOT place the running watch on top of the wrist bone. The sensor on the back must be touching your skin, but the wrist band should not be too tight.

Your M200 is also compatible with Polar Bluetooth® Smart heart rate sensor with chest strap. You can buy a heart rate sensor as an accessory.

---

### Technical specification

<table>
<thead>
<tr>
<th>Feature</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Battery type</td>
<td>180 mAh Li-Pol battery</td>
</tr>
<tr>
<td>Heart rate sensor</td>
<td>Internal optical</td>
</tr>
<tr>
<td>Operating time</td>
<td>Up to 6 days with 24/7 activity tracking and 1 h/day training with GPS and optical heart rate measurement, without smart notiﬁcations on</td>
</tr>
<tr>
<td>Water resistance</td>
<td>Suitable for swimming</td>
</tr>
<tr>
<td>Materials</td>
<td>Thermoplastic Polyurethane, stainless steel, acrylic, polycarbonate, polystyrene, polyethylene, LDPE, EVA</td>
</tr>
</tbody>
</table>

---

### Getting Started Guide

**Start training**

1. Wear your M200 and tighten the wrist band.
2. In the time view, press and hold the RIGHT button on your M200.
3. Browse to the sport with the RIGHT button.
4. Go outdoors and away from tall buildings and trees. Keep your M200 still with the display upwards to catch GPS satellite signals. Your M200 vibrates and the GPS icon stops blinking when the signal is found.
5. Press and hold the RIGHT button to start training recording.

**During training**

You can browse through training views with the RIGHT button. Choose the information you want to see during your sessions in sport profiles in the Polar Flow web service.

Mark a lap by pressing and holding the RIGHT button.

**Pause and stop training**

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

---

### Heart rate training with Polar M200

Start training

1. Wear your M200 and tighten the wrist band.
2. In the time view, press and hold the RIGHT button on your M200.
3. Browse to a sport with the RIGHT button.
4. Go outdoors and away from tall buildings and trees. Keep your M200 still with the display upwards to catch GPS satellite signals. Your M200 vibrates and the GPS icon stops blinking when the signal is found. M200 has found your heart rate when your heart rate is shown.
5. Press and hold the RIGHT button to start training recording.

After training

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

### Technical specification

- Bluetooth heart rate sensor
- Operating time: Up to 6 days with 24/7 activity tracking and 1 h/day training with GPS and optical heart rate measurement, without smart notifications on
- Water resistance: Suitable for swimming
- Materials: Thermoplastic polyurethane, stainless steel, acrylic, polycarbonate, polystyrene, polyethylene, LDPE, EVA

Learn more about your Polar M200

Learn more about your M200 from the full-length user manual, FAQs and video tutorials at support.polar.com/en/M200.

---

**Polyara M200 GPS running watch with wrist-based heart rate**

**Stay tuned with Polar**

- APP STORE IS A SERVICE MARK OF APPLE INC.
- ANDROID AND GOOGLE PLAY ARE TRADEMARKS OF GOOGLE INC.
- IOS IS A TRADEMARK OR REGISTERED TRADEMARK OF CISCO IN THE U.S. AND OTHER COUNTRIES AND IS USED UNDER LICENSE.

Manufactured by:

Polar Electro Oy
Professorintie 5
FI-90440 Kempele
Tel. +358 8 5202 100
Fax +358 8 5202 300
WWW.POLAR.COM

COMPLIANT WITH:

- APP STORE SERVICE MARK OF APPLE INC.
- ANDROID AND GOOGLE PLAY TRADEMARKS OF GOOGLE INC.
- IOS IS A TRADEMARK OF REGISTERED TRADEMARK OF CISCO IN THE U.S. AND OTHER COUNTRIES AND IS USED UNDER LICENSE.