

**POLAR®**

# POLAR M200



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# POLAR M200

[support.polar.com/en/M200](https://support.polar.com/en/M200) M200 M200

Polar M200

Polar M200 GPS  
GPS

GPS

M200

## M200

Polar

M200

App Store®

Google Play™

Polar Flow

Flow

M200

, Flow

FlowSync

Flow

Polar Flow

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

## M200

M200

M200

USB

M200 USB

- USB
- USB

M200

A:

**POLAR FLOW**

Polar M200 Bluetooth® Smart

Polar Flow

Bluetooth

Polar Flow

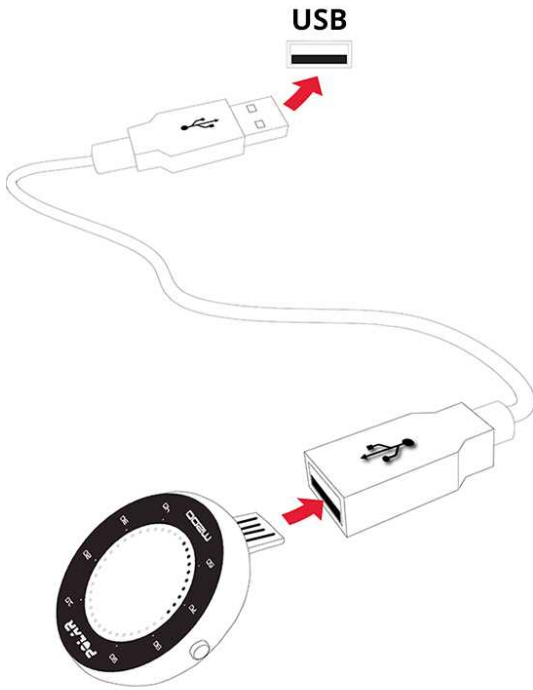
[support.polar.com](https://support.polar.com)



1. \_\_\_\_\_
2. \_\_\_\_\_ M200 "output 5Vdc" M200 USB 4 500mA M200 USB USB M200 M200



M200 USB



3. \_\_\_\_\_ App Store Flow Google Play Polar Flow M200 Bluetooth Flow
4. \_\_\_\_\_



M200 Flow

M200 Polar Save and sync( )

M200



6. \_\_\_\_\_ M200

M200 20

**B:**

1. [flow.polar.com/start](http://flow.polar.com/start) M200 FlowSync
2. \_\_\_\_\_
3. \_\_\_\_\_ USB M200 M200 USB M200 USB M200 USB



M200 USB

4. Polar



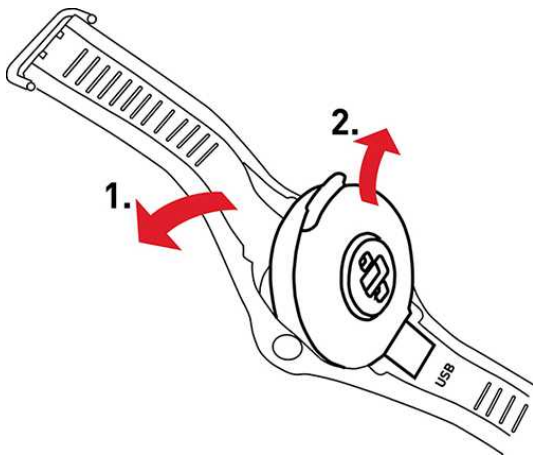
M200

10

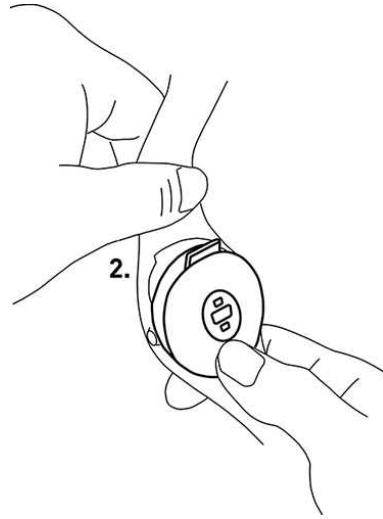
M200

. shoppolar.com

- 1.
- 2.

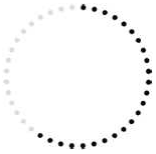


- 1.
- 2.
- 3.



M200

M200

Do not disturb( )  
( ) , Polar Flow

10

7

Do not disturb( )  
Do not disturb( )



Bluetooth



. M200 Polar Flow





, M200 Polar Flow



M200 GPS

GPS

. M200



. M200



. Polar Flow Training( ) Polar Flow

ACTIVITY( )

Activity( )

. Activity(

Activity( )

Polar M200

, Polar Flow

24/7

## HISTORY( )

History( ) 5 Polar Flow  
M200 M200  
Flow

## MY HR( )

My HR( )

## Settings( ) / , M200

Bluetooth Smart® ( , ) M200  
M200

### M200

M200 M200 M200 M200 Polar Flow

- [M200](#) [flow.polar.com/start](http://flow.polar.com/start)
- App Store Google Play Flow
- Bluetooth /



Bluetooth Flow

1. Flow M200 Polar
2. M200

M200 Settings( ) > Pair & sync( ) > Pair & sync devices( )

3. Touch your device with M200 (M200 .) M200 mobile device
4. M200 Pairing( )



Android

, PAIR( )

5. Confirm on other dev. xxxxx( xxxxx .) M200 . M200  
, Pair( )/OK( )



6. M200

### M200

M200 Polar Bluetooth Smart , M200

M200

- 1.
2. M200 Settings( ) > Pair & sync( ) > Pair & sync devices( )
3. M200
4. Pairing( ), Completed( )

- 1.
2.
3. M200
4. M200 Pair Polar H7...(Polar H7 ..)
5. Pairing( ), Completed( )

### POLAR BALANCE SCALE M200

Polar Balance Scale M200

- 1.
2. Bluetooth M200
3. M200 M200 Searching( )
4. M200 Pairing( ), Completed( )

1. M200 Settings( ) > Pair & sync( ) > Pair & sync devices( )
2. M200 M200 Searching( )
- 3.
4. Bluetooth
5. M200 Pairing( ), Completed( )

7 Polar 7



M200

1. M200 Settings( ) > Pair & sync( ) > Remove pairings( )
2. Delete pairings?( )
3. Pairings deleted( )

## M200

M200

M200



Settings( ) :

- Pair & Sync( )
- Flight mode( )
- Smart notificat.( )
- About product( )

PAIR & SYNC( )

Pair & Sync devices( ): M200 , M200 : M200

Remove pairings( ): M200

FLIGHT MODE( )

On( ) Off( )

, Bluetooth Smart  
Polar Flow

Bluetooth Smart

SMART NOTIFICAT.( )

On( ) Off( )

ABOUT PRODUCT( )

M200 M200 ID Polar  
Restart device( ) M200

Polar Flow

M200  
M200

**M200**

M200

M200

1. M200 Settings( ) > About product( ) > Restart device( )
- 2.

M200

# M200

M200



M200

[Polar Support](#)(Polar )

[troubleshooting support](#)( )

. M200

FlowSync M200

1. M200
2. FlowSync settings( )
3. **Factory Reset**( )

M200

1. **Settings**( ) > **About product**( ) > **Restart device**( )
- 2.
3. Polar **Restoring**( )"

[M200](#)

Polar

M200

M200

M200

Polar Flow

M200



20

, A200

FlowSync

FlowSync

1. M200
2. FlowSync
- 3.
4. **Yes**( ) , M200 ( )  
M200



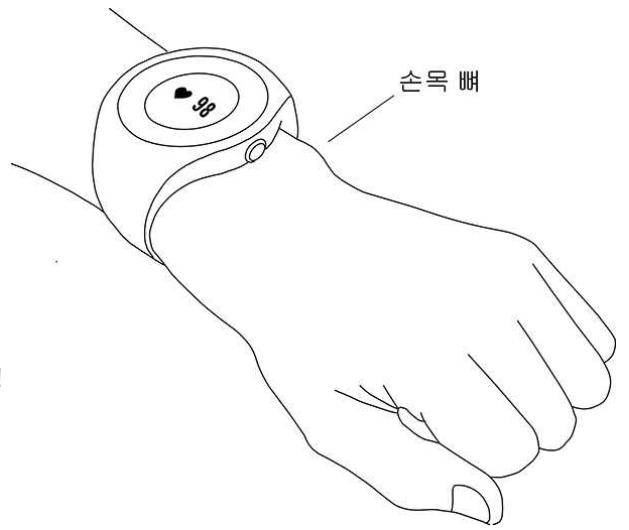
( , , ) , ,

## M200

Polar M200

Flow

M200 . ( )



Bluetooth Smart

Polar

M200 , Polar

1. M200
2. Training( )

3. . Polar Flow Flow M200

4. M200 . M200 GPS GPS

M200

5.

M200



Polar Flow

Polar Flow



, M200

Training( )

1.

2.

3

M200



Polar Flow

(Flow )





Flow

M200

(%)

(%)

Flow

M200



2

60-69%

70%



manual phase change( )

, M200

/

. Recording paused( )

. Recording ended( )



M200

. Polar Flow

Polar Flow

M200

Duration( )	
HR avg( )*	% Polar Flow
HR max( )*	
Distance( )**	
Pace/Speed avg( / )**	/

Pace/Speed  
avg(  
/ )\*\*

Calories(  
)

\*)

\*\*) GPS

## M200

History( )

5

. History( )

Polar Flow

Flow

M200

M200

(POLAR FLOW )

Bluetooth

Bluetooth

M200 Polar Flow  
, M200

M200

, Flow  
Flow

Polar Flow

(POLAR FLOW )

Polar Flow



# GPS

M200 GPS  
Flow



GPS M200

M200 SiRFInstantFix™

M200 1

M200

3  
5-10

3

2 3

M200

, M200



GPS

M200

## 24/7

M200

3D

M200

M200  
Flow

. M200

. Polar

, Polar Flow

Polar Flow

)  
Settings(

) > Daily Activity goal(

, Flow  
, [flow.polar.com](http://flow.polar.com)

)

Polar

. 3

Daily activity goal(  
, Name( ) >

4

Activity goal reached( )

Activity( )

• To go( ): M200

M200

Flow

• Steps( ):

• Inactivity stamps( ):



M200

55

It's time to move( )

.5

M200

, Flow

Flow

M200

. Flow

Flow

FLOW

FLOW

M200

( / )

M200

/ ) Flow

Flow

6 (18:00)

6 (18:00)

24

1

1

FLOW

FLOW

Flow

. Flow

M200

Flow

. PROGRESS( )

" "

M200 ( : SMS M200  
WhatsApp  
Polar Flow

- iOS 10 Android 5.0 M200
- Bluetooth Polar

### (IOS)

M200

iOS

:

1. Settings( ) > Notifications( )
2. NOTIFICATION STYLE( )
3. Allow Notifications( ) , ALERT STYLE WHEN UNLOCKED( )  
Banners( ) Alerts( )

### (ANDROID)

Polar

Android

, Polar Flow  
Polar Flow ( , Polar Flow ) Polar Flow

## POLAR FLOW

 Polar Flow

1. Polar Flow
2. Devices( )
3. Smart notifications( ) On (no preview)( ( )) Off( )
4. M200 M200
5. Smart notifications on( ) Smart notifications off( ) M200

 Polar Flow

M200

Do not disturb( ) , Polar Flow Do not disturb( ) on( )  
) 10 7 Do not disturb(

Do not disturb( )

1. Polar Flow
2. **Devices**( )
3. **Smart notifications**( ) **Do not disturb**( ) on( ) off( )
4. M200 M200

*Android M200*

M200 M200

1. Polar Flow
2. **Devices**( )
3. M200 **Block apps**( )
- 4.
5. M200

M200

M200

Flow

( , , )

## BLUETOOTH

Bluetooth M200 5m M200  
2 M200 15

M200 2 Bluetooth M200 M200

[support.polar.com/en/M200](https://support.polar.com/en/M200)

## POLAR

M200 M200 3 Polar Flow  
M200

, Flow

20

M200




. Polar Flow



Polar Flow

(Flow )

(Polar Flow )

Polar

	Intensity % of HR <sub>max</sub> ( )*	: **	:	
<b>MAXIMUM( )</b> 	90-100%	171-190 bpm	5	:
<b>HARD( )</b> 	80-90%	152-172 bpm	2-10	:
<b>MODERATE( )</b> 	70-80%	133-152 bpm	10-40	:
<b>LIGHT( )</b>	60-70%	114-133 bpm	40-80	:

	Intensity % of HR <sub>max</sub> ( )*	: **	:	
				:
VERY LIGHT( )	50-60%	104-114 bpm	20-40	:
				:

\*HR = (220 - )

\*\* 30 190 bpm(220-30) ( )

1

2

3

3

1 2

4 5

10

4 5

HR

. Polar Flow

Polar

Polar

1 3

3-5

# POLAR

Polar

M200

Polar

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

. Polar Flow

, Polar Flow

, M200

M200

M200

M200

'50

'20

Polar Flow

Polar Flow

M200

24/7

Activity Benefit

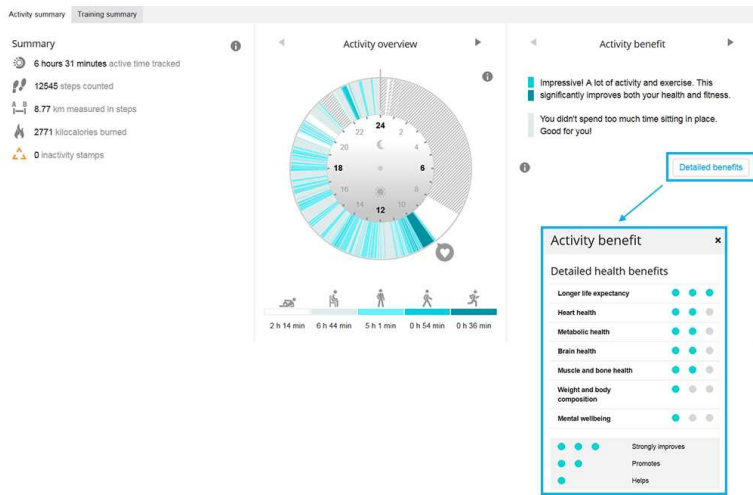
Flow

Flow

, Flow

Activity Benefit

. Activity Benefit



24/7 Activity Tracking(24/7 )

- 
- (HR )
- 
- 

**TRAINING BENEFIT**

Training Benefit( )  
 Flow Flow

10

Training Benefit( )

+	!
	!
	!
	!
+	!
	!





M200 Training( )

- 1.
- 2.
- 3.
- 4.

GPS

GPS

M200

M200

- 5.

USB

Flow

Flow

Programs( )

Polar

, M200

M200

Polar

- 1 : , 75%
- 2 : , 90%
- 3 : , 100%
- : (1-3) (200% )
- : (4-5) (150% )



## RUNNING INDEX

Running Index

Running Index

, HR ( )

- ( , , )
- 6 km/h 12



Flow

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

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

7

VO<sub>2max</sub>

62

: 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.

Running Index

Running Index

Running Index  
Progress( )

Running Index

Polar Flow

Polar Running

Running Index

Running Index

Running Index

Running Index	(m)	5 km( : : )	10 km( : : )	21.098 km( : : )	42.195 km( : : )
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
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

Polar Flow

Polar Flow

24/7

Flow

. Flow

. Flow

M200

20

Flow

GPS

Flow

[Polar Flow](#)

## FLOW

Flow

[M200](#)

Flow

, App Store  
, Apple iOS 10.0( )  
. Polar Flow

Google Play

. Android Polar Flow

. iOS Flow iPhone 5( )  
Android 4.4

[support.polar.com/en/support/Flow\\_app](http://support.polar.com/en/support/Flow_app)

( , )

, M200

M200

Flow

Flow

. Flow

M200

## (POLAR FLOW )

Polar Flow

Polar Flow  
M200

. M200

. M200

- Quick Target( ): , 500kcal  
30 , 10Km
- Phased Target( ):

## (POLAR FLOW )

1. Polar Flow Training( )
- 2.

1. Add quick target( )
2. Distance( ), Duration( ), Calories( )
3. sport( )( ) , Target name( ), Date( ), Time( ), Notes( )( )  
Distance( ), Duration( ), Calories( )
4. Create target( )

 Polar Flow

Polar Flow

1. Add phased target( )
2. sport( )( ) , Target name( ), Date( ), Time( ), Notes( )( )  
Start phases automatically( )
3.
  - Warm-up( ): Duration( ) Distance( )
  - Interval( ): Number of intervals( ) , Work( ) Rest( )  
Duration( ) Distance( )
  - Cool-down( ): Duration( ) Distance( )

1. Create target( )

## POLAR (FLOW )

M200

3

. Polar Flow  
20

Flow  
20

M200  
M200

. Polar

20

1. Polar Flow Sport profiles( )
- 2.

- 3.
- 4. DONE( )

- 1. Polar Flow Sport profiles( )
- 2.
- 3. Remove (sport profile?)( ?)
- 4. Remove( ) Polar

M200

## POLAR FLOW

Polar Flow

Polar Flow

M200

. Flow

FlowSync  
Flow

[flow.polar.com/start](http://flow.polar.com/start)

M200

M200

Flow

FEED( )

Feed( )

EXPLORE( )

Explore( )

DIARY( )

Diary( ) ( )

PROGRESS( )

Progress( )

" "

## COMMUNITY( )

Flow Groups(Flow ), Clubs( ), Events( )

Polar SNS Flow !

## PROGRAMS( )

Polar Polar Polar 5K, 10K, 2~5 !

Flow [support.polar.com/en/support/flow](https://support.polar.com/en/support/flow)

## (POLAR FLOW )

Polar Flow Polar Flow Flowsync Flow M200 M200 M200

- Quick Target( ): , 500kcal 30 , 10Km
- Phased Target( ):
- Favorites( ): M200

## (POLAR FLOW )

1. Diary( ) , Add( ) > Training target( )
2. Add training target( ) , Quick( ) Phased( )

## Quick Target( )


1. Quick( )
2. Sport( ) , Target name( ) ( 45 ) , Date( ) Time( ) , Notes ( ) ( )
3. Duration( ) , Distance( ) Calories( )
4. Favorites( ) ☆
5. Diary( ) Save( )

## Phased target( )

1. Phased( )
2. Sport( ) , Target name( ) ( 45 ) , Date( ) Time( ) , Notes ( ) ( )
3. Create new( ) Use template( )
  - Create new( ): Duration( )
  - Distance( ) Name( ) , Duration( ) , Distance( ) , Manual( ) Automatic( ) , Select





1. 
2. , Edit( )
3. , Update changes( ) Quick( ) Phased( )

1. 
- 2.

**POLAR (FLOW )**

M200 3 Polar Flow  
 20 M200 20 M200 Flow

Flow

- 1.
2. Sport Profiles( )
3. Add sport profile( )
- 4.

Flow

- 1.
2. Sport Profiles( )
3. Edit( )

**Basics( )**

- ( )

**Heart Rate( )**

- ( %)
- ( Bluetooth Smart  
 .) Polar Club M200 Polar Club

- ( ) . Free( ) . Default( )

**Speed/Pace settings( / )**

- / (km/h / mph min/km / min/mi )

2 5

**Add new view( )**

**Gestures and feedback( )**

- ( )

**GPS altitude (GPS )**

- GPS (GPS , GPS .)

, Save( ) M200

Bluetooth Smart M200 Polar Flow , USB FlowSync  
 Polar M200 Polar Flow , Polar M200 Flow FlowSync  
 M200 , Polar M200 FlowSync  
 M200, ,

**FLOW**

:

- Polar Flow
- Bluetooth , /
- M200

:

1. Flow M200
2. Searching( ), Connecting( ), Syncing( )
3. M200



Polar Flow

[support.polar.com/en/support/Flow\\_app](https://support.polar.com/en/support/Flow_app)

## FLOWSYNC FLOW

Flow

FlowSync

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

1. M200 FlowSync
2. FlowSync
3. Completed( )

M200

Polar FlowSync

Polar Flow

(Mac OS X)

FlowSync

(Windows)  
FlowSync



M200  
M200

Flow

, FlowSync synchronize( )

Flow

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

FlowSync

[support.polar.com/en/support/FlowSync](https://support.polar.com/en/support/FlowSync)

# M200

, Polar M200

USB

. USB

•



24

•

•

•

M200

, M200 USB

0-50°C



2 /

Polar

Polar Electro  
Polar

Polar

[support.polar.com](http://support.polar.com)

Polar

**M200**

M200

300

 0°C

40°C

USB

500mA  
listed"

"CE"

)

) USB

USB

USB

"output 5Vdc"  
("LPS", "Limited Power Supply", "UL

(USB



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M200 USB

4

USB

4

M200

FlowSync

1.

2.

M200

USB

USB

M200

M200

USB

USB

M200

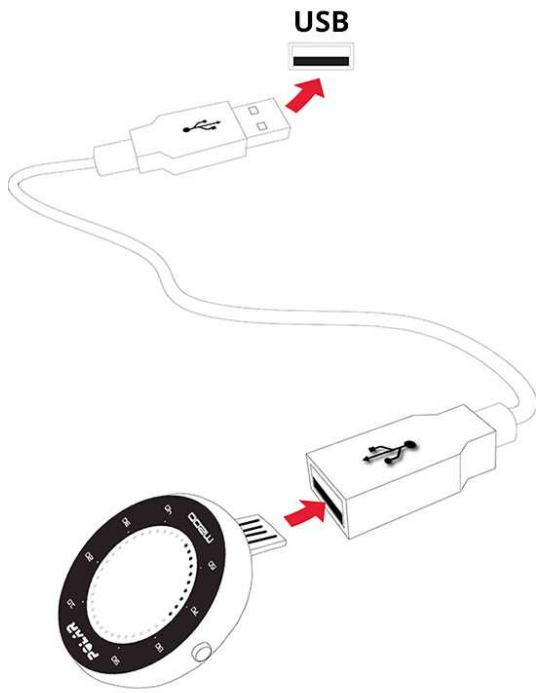
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M200

USB



- 3.
- 4.

M200



- 6 24 1 GPS
  - GPS 6
  - 40
  - 24 30
- M200 , M200

Battery low( )

. M200

Charge( )

. M200

Polar M200

Polar ( )

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Polar

.GPS

Polar

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[www.polar.com/en/products/accessories](http://www.polar.com/en/products/accessories)

Polar

WLAN

LED

[support.polar.com](http://support.polar.com)

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**M200**

:	180 mAh
:	24 1 GPS 6
:	-10 °C- +50 °C
:	2
:	0 - 40 °C
:	: , , , (TPU): , ( ): ,
:	25 °C ± 0.5 /
:	30-240 bpm
:	60

Bluetooth Smart

M200 Polar *Bluetooth* Smart

**POLAR FLOWSYNC**

FlowSync Microsoft Windows Mac OS X  
 USB

FlowSync

	32bit	64bit
Windows XP	X	
Windows 7	X	X
Windows 8	X	X
Windows 8.1	X	X
Windows 10	X	X
OS X 10.9		X
OS X 10.10		X
OS X 10.11		X
macOS 10.12		X
macOS 10.13		X

## POLAR FLOW

Polar

- iOS 11
- Bluetooth 4.0

5 (

, Bluetooth Low Energy (BLE)

. Polar

## POLAR

Polar

. GymLink Polar

- ECG
- ECG

ECG

**Polar**

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**ISO 22810**

**IEC60529**

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			( )	( )	
IPX7		-	-	-	: IEC60529.
IPX8			-	-	: IEC60529.
20/30/50			-	-	: ISO22810.
100				-	: ISO22810.

## POLAR

- Polar Electro Oy Polar Polar Electro, Inc.
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- ( : ) Polar
- Polar Central Services
- Polar Electro Oy/Inc. /
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Polar Electro Oy ISO 9001:2015

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