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 M430 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 AND CONTINUOUS HEART RATE
Your M430 tracks your steps, activity, sleep and calories 24/7, and supports you in achieving your individual daily activity goal. The Continuous Heart Rate feature enables a more accurate measurement of daily calorie consumption and your overall activity because physical activities with very little wrist movement can also be tracked.

RUNNING PROGRAM
Train for a running event with a personal and adaptive training plan in Polar Flow. Choose from four different targets: 5K, 10K, half marathon or marathon, and get a training plan that fits you and your goals.

How to get started
You can choose to set up your new Polar M430 either with (A) a mobile device or with (B) a computer, whichever is the most convenient for you. The M430 is in storage mode, and it wakes up in the setup. To get the most accurate and personal training and activity data, it’s important that you’re precise with the settings in the setup.

Plug your M430 into a powered USB port or a USB charger with the custom USB cable that came in the box. It may take a few minutes for your M430 to wake up. Let your M430 charge during the setup.

A
SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP
Please note that you have to do the pairing in the Flow app and NOT in your mobile device’s Bluetooth settings.
1. Make sure your mobile device is connected to the internet and turn on Bluetooth.
2. Download the Polar Flow app from the App Store or Google Play on your mobile device.
3. Open Flow app on your mobile device.
4. Flow app recognizes your M430 nearby and prompts you to start pairing. Accept the pairing request and enter the Bluetooth pairing code shown on the M430 display to 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. When you’re done with the settings tap Save and sync and your settings are synced to your M430.

Get to know your Polar M430
If there is a firmware update available for your M430, we recommend you install it during the setup. It may take up to 10 minutes to complete.

B
SET UP WITH A COMPUTER
1. Go to flow.polar.com/start and install Polar FlowSync data transfer software to your computer.
2. Sign in with your Polar account or create a new one. We’ll walk you through the sign-up and setup within the web-service.

If you have a new Polar M430, we recommend you install it during the setup. It may take up to 10 minutes to complete.

USB

LIGHT
 Illuminate the display by pressing LIGHT.
Lock buttons in time view by pressing and holding LIGHT.
Enter Quick menu in training view by pressing and holding LIGHT.

BACK
 Return, pause and stop with the BACK button.
In time view, start pairing and syncing your M430 with your mobile device by pressing and holding BACK.

UP
 Scroll the menu, selections and training views by pressing UP.
Change the watch face by pressing and holding UP.

DOWN
 Scroll the menu, selections and training views by pressing DOWN.
Start Enter the menu, confirm selections and start training by pressing START. During training, press START to mark a lap, press and hold to lock or unlock the heat rate zone you are currently in.

RUNNING PROGRAM
Train for a running event with a personal and adaptive training plan in Polar Flow. Choose from four different targets: 5K, 10K, half marathon or marathon, and get a training plan that fits you and your goals.
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 firmly for training, start a training session on your M430, 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.

Start training

1. Wear your M430 and tighten the wrist band.
2. In time view, press START to enter the list of sport profiles.
3. Browse to a sport profile by pressing UP or DOWN.
4. Go outdoors and away from tall buildings and trees. Keep your M430 still with the display upwards to catch GPS satellite signals. When the signal is found, M430 vibrates and OK is displayed.
5. M430 has found your heart rate when your heart rate is shown.

After training

1. Press START to start training recording.
2. Choose your favorite sports and the information you want to follow during your sessions in the Polar Flow app or web service.

PAUSE AND STOP TRAINING

Press BACK to pause your training session. To continue training, press START. To stop the session, press and hold BACK when paused until Recording ended is displayed.

Take care of your M430

When not measuring heart rate, loosen the wrist band a bit for a more comfortable fit and to let your skin breathe.

Your M430 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

Battery type
240 MAH LI-POL BATTERY

Heart rate sensor
INTERNAL OPTICAL

Operating time
UP TO 8 HOURS TRAINING WITH GPS AND OPTICAL HEART RATE MEASUREMENT

Water resistance
SUITEABLE FOR SWIMMING

Materials
SILICON, THERMOPLASTIC POLYURETHANE, STAINLESS STEEL, ACRYLONITRILE BUTADIENE STYRENE, GLASS FIBER, POLYCARBONATE, POLYMETHYL METHACRYLATE, LIQUID CRYSTAL POLYMER

COMPATIBLE WITH
GPS RUNNING WATCH WITH WRIST-BASED HEART RATE

POLAR M430

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English

Getting Started Guide

Learn more at support.polar.com/M430

1T55A54-2 ENG 02/2017 0901

When measuring your heart rate, carefully pull on your wrist band to avoid touching your skin. This may cause inaccurate readings.

When not measuring heart rate, loosen the wrist band a bit for a more comfortable fit and to let your skin breathe.

Your M430 is also compatible with Polar Bluetooth® Smart heart rate sensor with chest strap. You can buy a heart rate sensor as an accessory.