

SET UP YOUR M450

Set up your M450 at flow.polar.com/start. During the setup, the M450 will be updated with the latest firmware, and you can start using the Flow web service.

1. Go to flow.polar.com/start and download the Polar FlowSync software, which you need to connect your M450 to Flow web service.
2. Open the installation package and follow the on-screen instructions for installing the software.
3. Once the installation is complete, FlowSync opens automatically and asks you to connect your Polar product.
4. Plug in your M450 to your computer's USB port with the USB cable. The M450 will then wake up and start charging. Let your computer install any suggested USB drivers.
5. The Flow web service will be opened automatically on your internet browser. Create a Polar account or sign in if you already have one. Fill in your physical details to get personal guidance and accurate interpretation of your training sessions.
6. Click Done to **synchronize** your settings between the M450 and Polar Flow web service. FlowSync status will change to completed, once the synchronization is done.



When you get hold of your new M450, it's in storage mode. It wakes up when you plug it to a computer or a USB charger. If the battery is completely empty, it takes a couple of minutes for the charging animation to appear.



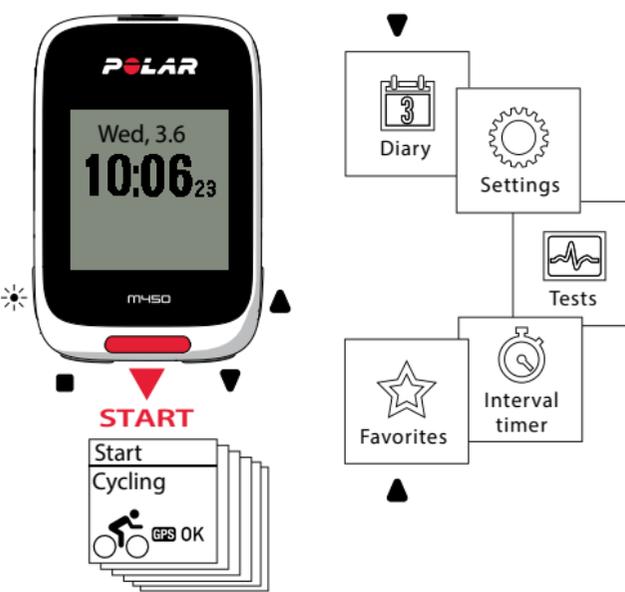
Do not charge the device when the USB port is wet.

7. If there is a firmware update available for your M450 you are able to install it at this stage.

You're ready to go. Have fun!

Learn more about your M450 from the full-length user manual and tutorial videos at polar.com/support/M450.

GET TO KNOW YOUR M450



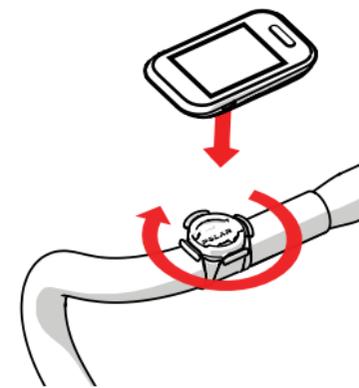
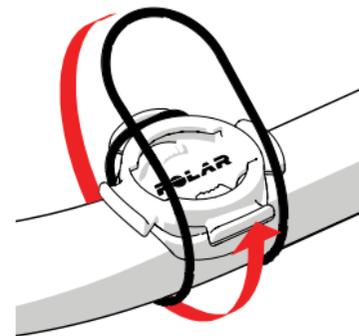
LIGHT BACK UP DOWN

- » Browse through the menu by pressing UP or DOWN.
- » Start a training session and confirm selections with the START button.
- » Return, pause and stop with the BACK button.
- » Lock buttons in time view by pressing and holding LIGHT.

BIKE MOUNT

You can install the bike mount either on the stem of your bike, or on the left or right hand side of the handle bar.

1. Place the rubber base on the stem/handlebar.
2. Position the bike mount on the rubber base so that the POLAR logo is in line with the handlebar.
3. Secure the bike mount onto the stem/handlebar with the O-ring.
4. Align the ledges on the back of the M450 with the slots on the bike mount and turn clockwise until the M450 is in place.

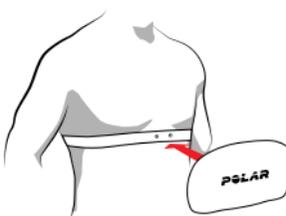
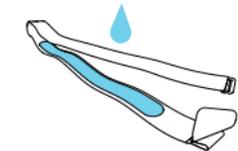


H7 HEART RATE SENSOR

Wear the comfortable strap and connector around your chest to get your heart rate accurately and in real time in your M450.

** If you bought your M450 without a heart rate sensor, not to worry, you can buy one at any time.*

1. Moisten the electrode area of the strap.
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector.
4. Before your first training session, you need to **pair the heart rate sensor with your M450**. Wear your heart rate sensor and press START. Then wait for the sensor pairing request and choose Yes.



You can also pair a new sensor in **Settings > General settings > Pair and sync > Pair other device**.



After training, detach the heart rate sensor connector and rinse the strap under running water to keep it clean. For more detailed instructions, see the full user manual at polar.com/support/M450.

TRAINING WITH YOUR M450

Press START and choose your sport. Go outdoors and away from tall buildings and trees to catch the GPS satellite signals. Keep your M450 still with the display facing upwards until it finds the GPS satellite signal. When the signal is found, OK is displayed.

Press START again when you're ready to go.



Choose the information you want to see during your sessions in sport profiles in the Polar Flow web service

DURING TRAINING

Take a lap: Press START during a session.

Lock a zone: To lock/unlock the heart rate zone you are currently in, press and hold START. If your heart rate goes outside the locked zone, you will be notified with audio feedback.

Change Settings in Quick Menu: Press and hold LIGHT to open the Quick menu. You can change certain settings without pausing the training recording.

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.

KEY FEATURES

Polar M450 offers a host of unique features to help you train better. Here you can find a summary of the most important ones.

INTEGRATED GPS

With integrated GPS, M450 tracks your speed, distance, altitude and route. You can view your route on a map in the Polar Flow App or Flow web service after your session. The Back-to-start feature directs you to your starting point.

BAROMETER

In addition to altitude, your M450 measures comprehensive data such as ascent/descent, incline/decline*, real-time VAM (mean ascent velocity) and altitude compensated calories.

*Requires Speed Sensor Bluetooth® Smart.

FRONT LIGHT

The function of the front light on the top edge of the M450 is to improve your visibility to others on the road. It's an intelligent feature that you can set to turn on automatically when it gets dark.

TRAINING GUIDANCE

M450 is packed with Polar's unique Smart Coaching features that offer the best possible guidance on how to develop your training as well as helpful feedback on your progress.

See the full-length user manual at polar.com/support/M450 to get familiar with all the great features in your M450.

POLAR FLOW

Polar M450 is a great training device by itself, but you'll get even more out of it when you use it together with the Polar Flow web service and mobile app.

MOBILE APP

With the Polar Flow mobile app you can view your training data at a glance. The app syncs the data wirelessly from your M450 to the Polar Flow web service. Get it on the App StoreSM or Google PlayTM.

WEB SERVICE

Set targets and get guidance to achieve them. Get detailed analysis of your results and share your achievements with your friends. Find all this and more at polar.com/flow.



TECHNICAL SPECIFICATION

M450

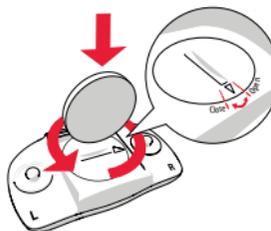
Battery type	Rechargeable 400mAh, 4,35V battery
Operating time	Up to 16 hours with GPS
Operating temperature	-10 °C to +50 °C / -4 °F to 122 °F
Water resistance	IPX7 (rainproof, not suitable for swimming)
Materials	PC+GF, ABS, PC, PMMA, TPU
Bike mount materials	POM

BLUETOOTH® SMART HEART RATE SENSOR

Battery type	CR2025
Battery sealing ring	O-ring 20.0 x 1.0 Material FPM
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Water resistance	30 m
Connector	Polyamide
Strap	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

To change the heart rate sensor battery:

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR 2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
3. Press the cover back into the connector.
4. Use the coin to turn the cover clockwise to CLOSE.



 For safety reasons, please ensure you use the correct battery.

CUSTOMIZE WITH ACCESSORIES

BLUETOOTH® SMART CYCLING SENSORS

Enhance your training experience and achieve a more complete understanding of your performance with Bluetooth® Smart cycling sensors.

- » **Speed sensor Bluetooth® Smart** measures your cycling speed/pace and distance accurately even on the most demanding routes. Useful for indoor cycling.
- » **Cadence sensor Bluetooth® Smart** measures your cycling cadence as revolutions per minute.
- » **Kéo Power Bluetooth® Smart** measures your power output (in Watts) and force (in Newton). M450 shows your power output in Watts, Watts/kg or % of FTP, as well as your left/right balance and cadence. The set includes two pedals and two power transmitters.
- » **Kéo Power Essential Bluetooth® Smart** is a cost-effective choice for basic power measurement. It measures your power output and force on the left hand pedal and provides your total power/force by multiplying the measurement by two. M450 shows your power output in Watts, Watts/kg or % of FTP. The set includes two pedals and one power transmitter.

 M450 also shows the average and maximum values of your speed, cadence and power output.

CHANGEABLE COVER

Change the M450's back cover to match perfectly with the colors of your bike! You can buy additional back covers in different colors separately.

FIND PRODUCT SUPPORT



polar.com/support/M450

STAY TUNED WITH POLAR



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youtube.com/polar



instagram.com/polarglobal

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Compatible with



POLAR



Polar M450
GETTING STARTED GUIDE

Setup at flow.polar.com/start