


How to get started

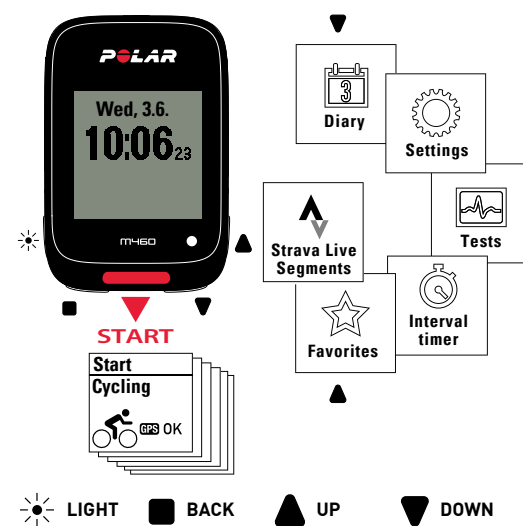
Set up your new Polar M460 in the Polar Flow web service. The M460 is in storage mode, and it wakes up in the setup. To get the most accurate and personal training data, it's important that you're precise with the settings in the setup.

1. Go to flow.polar.com/start and download the Polar FlowSync software, which you need to connect your M460 to the 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 M460 to your computer's USB port with the USB cable. It may take a few minutes for your M460 to wake up and start charging. Let your computer install any suggested USB drivers.
5. The Flow web service will be opened automatically in your internet browser. **Create** a Polar account or sign in if you already have one.
6. Click Done to **synchronize** your settings between the M460 and the Polar Flow web service. FlowSync status will change to completed, once the synchronization is done.
7. If there's a firmware update available for your M460, we recommend you install it during the setup.



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

Get to know your M460

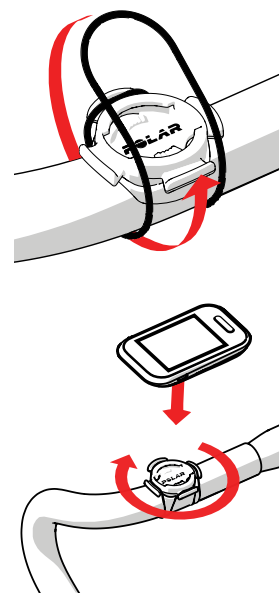


- Browse through the menu by pressing UP or DOWN.
- Start a training session and confirm selections with the START button.
- Return, pause and stop with the BACK button.
- Lock buttons in time view by pressing and holding LIGHT.

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 M460 with the slots on the bike mount and turn clockwise until the M460 is in place.

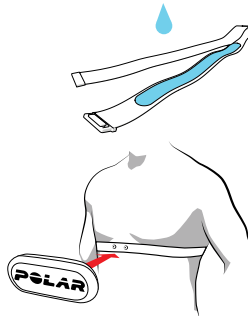


H10 heart rate sensor


Wear the comfortable strap and connector around your chest to get your heart rate accurately and in real time on your M460.

*** If you bought your M460 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 M460**. 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 M460 support pages at support.polar.com/en/M460.

Training with your M460

Press START and choose your sport. Go outdoors and away from tall buildings and trees to catch the GPS satellite signals. Keep your M460 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 your favorite sports and the information you want to follow during your sessions in the Polar Flow app or 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 M460 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, M460 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 M460 measures comprehensive data such as ascent/descent, incline/decline, real-time VAM (mean ascent velocity) and altitude compensated calories.

FRONT LIGHT

The function of the front light on the top edge of the M460 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

M460 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.

SMART NOTIFICATIONS

The smart notifications feature allows you to get alerts about incoming calls, messages and notifications from your smartphone onto your M460. To receive notifications, pair your M460 with Flow app. Set smart notifications on from your M460 settings or from Flow app.

COMPATIBILITY WITH 3RD PARTY POWER SENSORS

Your M460 is compatible with a number of 3rd party power sensors. Please check the full compatibility table from support.polar.com/en/3rd-party-sensors.

COMPATIBILITY WITH TRAININGPEAKS®

After connecting your TrainingPeaks and Polar Flow accounts you can sync your training sessions from M460 to TrainingPeaks. You can see your Training Stress Score® (TSS®), Intensity Factor® (IF®) and Normalized Power® (NP®) on your M460 during training.



STRAVA LIVE SEGMENTS® ON YOUR M460

To receive alerts in M460 when approaching one of your favorite Strava segments you need to:



1. Connect your Strava Premium and Polar Flow accounts.
2. Select the segments you wish to download to Polar Flow in Strava.
3. Select the Strava segments you wish to see on your M460 in Polar Flow.
4. Sync your M460.

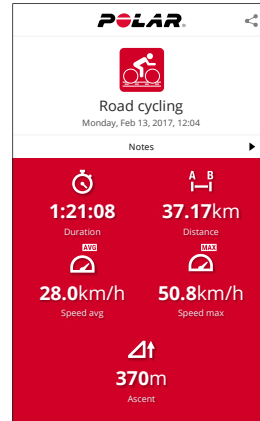
Learn more at support.polar.com/en/strava.

After training

You'll get a summary of your training session on your M460 right after you've stopped training. Get a more detailed analysis in the Flow app or in the Flow web service.

VIEW YOUR TRAINING DATA AT A GLANCE ON THE MOBILE APP

Get the Polar Flow app on the App StoreSM or Google PlayTM. Sync your M460 with Flow app after training and get an instant overview and feedback on your training result and performance.



POLAR FLOW WEB SERVICE FOR MORE DETAILED ANALYSIS

Sync your training data to the Flow web service with your computer or via Flow app. In the web service you can track your achievements, get guidance and see a detailed analysis of your training results and activity. Find all this and more at flow.polar.com.

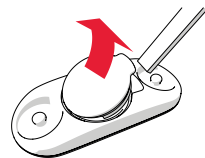
Customize with accessories

Enhance your training experience and achieve a more complete understanding of your performance with the following accessories:

- **Adjustable Front Bike Mount** gives you the best viewing angle and an easy access to your bike computer. You can attach the unit either around the handlebar or the stem of your bike.
- **Speed sensor Bluetooth® Smart** measures your cycling speed/pace and distance accurately even on the most demanding routes. Useful for indoor cycling. M460 shows the current, average and maximum values of your speed.
- **Cadence sensor Bluetooth® Smart** measures your cycling cadence as revolutions per minute. M460 shows the current, average and maximum values of your cadence.

To change the heart rate sensor battery:

1. Lever the battery cover open by using a small flat-headed tool.
2. Remove the old battery from the battery cover.
3. Insert the new battery (CR2025) inside the cover with the negative (-) side outwards.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place. You should hear a snap.



For safety reasons, please ensure you use the correct battery (CR2025).

Technical specification

M460

BATTERY TYPE	RECHARGEABLE 385MAH, 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

POLAR H10 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	POLYAMIDE, POLYURETHANE, ELASTANE, POLYESTER

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GPS BIKE COMPUTER

Getting Started Guide

Learn more at support.polar.com/en/M460

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