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.

**How to get started**

Get to know your M460 H10 heart rate sensor

- 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 on the stem or handlebar of your bike.

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

**Set up your new Polar M460 in the Polar Flow web service.**

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.
5. The Flow web service will guide you through the installation process.

**How to clean your M460**

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 the heart rate sensor and press START. Then wait for the sensor to pair and choose Yes.

**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:
  - Press START during a session.
  - 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.
  - 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.
  - You can also pair a new sensor in Settings > General settings > Pair and sync > Pair other device.

**After training,**

- After training, detach the heart rate sensor connector and move the clip on the rubber band to keep it clean. For more detailed instructions, see the M460 support pages at support.polar.com/en.

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

- **Training with your M460**

Press START and choose your sport. Go outdoors and away from tall buildings and trees to catch the GPS satellite signal. 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**

- Press START during a session.
- 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 START to specify the Quick menu. You can change certain settings without pausing the training recording.

**Pause and stop training**

Press BACK to pause your training session. After training, detach the heart rate sensor connector and move the clip on the rubber band to keep it clean. For more detailed instructions, see the M460 support pages at support.polar.com/en.
Polar M460 is packed with Polar's unique Smart Coaching features that offer helpful feedback on your progress.

The best possible guidance on how to develop your training as well as understanding of your performance with the following accessories:

- Cadence sensor Bluetooth® Smart
- Speed sensor Bluetooth® Smart
- Adjustable Front Bike Mount

Key features

COMPATIBILITY WITH 3RD PARTY POWER SENSORS

Your M460 is compatible with a number of 3rd party power sensors. Please check the full compatibility list at the support website for the most important ones.

Integrated GPS

With integrated GPS, M460 tracks your speed, distance and altitude accurately even on the most demanding routes. Useful measures your cycling speed/pace as revolutions per minute. M460 shows the current, average and maximum values of your cadence.

COMPATIBILITY WITH TRANSMITTERS

After connecting your Transmitters to your Polar Flow app on your smartphone, you can control your transmitter from your M460. You can see the sensor data, speed and distance on the M460 screen during training.

STRAVA LIFE SEGMENTS ON YOUR M460

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

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.

You can track your achievements, get feedback on your training result and get an instant overview and detailed analysis in the Flow app or in the Polar Flow web service. Use your M460 to TrainingPeaks. You can see your Training Stress Score® (TSS®), Intensity Factor® (IF®) and Normalized Power® (NP®) on your M460.

To change the heart rate sensor battery:

1. Open the battery cover on the back of your Polar M460 by sliding the slot on the connector and pressing the battery cover back into place. You should hear a click when removing the battery cover.
2. Remove the old battery from the battery cover.
3. Insert the new battery (CR2025) inside the battery cover. Make sure the flat side of the battery faces down.
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 click when the battery cover is locked in place.

Technical specification

- GPS BIKE COMPUTER
- GPS 2.0 (10 Hz)
- Water resistant: IPX7 (RAINPROOF, NOT SUITABLE FOR SWIMMING)
- Battery: rechargeable 385mAh, 4,35V battery, up to 16 hours with GPS
- Power source: 3V battery (CR2025)
- Operating temperature: -10 °C to +50 °C / -4 °F to 122 °F
- Battery sealing ring: O-Ring 20.0 X 1.0 MATERIAL FPM
- Frequency: 10 Hz
- Memory: 4GB, 200 segments, 100 episodes
- Bluetooth Smart®
- ANT+
- strap connector: standard size connector
- strap length: 28.0 cm
- strap width: 2.8 cm
- speed sensor: Bluetooth® Smart
- cadence sensor: Bluetooth® Smart
- battery: CR2025
- weight: 50.8 g
- dimensions: 32.8 mm x 32.8 mm x 71.0 mm

Customize with accessories

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

- Adjustable Front Bike Mount
- Cadence sensor Bluetooth® Smart
- Speed sensor Bluetooth® Smart
- Adjustable Front Bike Mount

Useful for indoor training on a bike by the window or while riding on the road. It’s an intelligent feature that you can turn on and off as needed.

Getting Started Guide

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

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

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

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