POLAR M460
POLAR M460

M460 Strava Live Segments Polar M460 all-round GPS Bluetooth Polar
M460 . Polar M460 . (IPX7)

M460

H10

M460

USB

USB FlowSync M460 Polar Flow

POLAR FLOW

. Flow Polar Flow
. App Store Google Play

POLAR FLOWSYNC

Flow sync USB M460 Flow
. flow.polar.com/start Polar FlowSync

POLAR FLOW

flow.polar.com
M460

Polar Flow

M460

POLAR FLOW

1. flow.polar.com/start  M460  Flow  Polar FlowSync

2.

3. FlowSync  Polar

4. USB  USB  M460  M460

5. Flow  Polar

6. M460  M460  synchronization  FlowSync

7. M460  M460  20-30

M460

USB  USB  USB

( )  AC  "5Vdc"  500mA

AC  "LPS", "Limited Power Supply", "UL listed"

1. USB  USB  M460  USB  PC
2. Charging
3. M460
   Charging completed
   USB

M460

M460

0 °C / 32°F  +50°C / 122°F

GPS  16

M460

Battery low. Charge

M460

Charge before training

M460
<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Quick Menu (</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
<td></td>
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</tr>
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<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Flow</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

|          |          |                         |
|          |          |                         |
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|          |          |                         |
|          |          |                         |

<p>| | | |
|          |          |                         |
|          |          |                         |
|          |          |                         |
|          |          |                         |</p>
<table>
<thead>
<tr>
<th>• Diary ( )</th>
<th>• Setting ( )</th>
<th>• Tests ( )</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Interval timer ( )</td>
<td>• Favorites ( )</td>
<td>• Strava Live Segments</td>
</tr>
</tbody>
</table>

**DIARY ( )**

Tests ( )

**SETTINGS ( )**

- Sport profiles ( )
- Physical settings ( )
- General settings ( )

**TESTS ( )**

Orthostatic test ( )

Fitness test ( )
INTERVAL TIMER ( ) / 

FAVORITES ( )

Favorites ( ) Flow

Favorites ( )

M460

Flow.polar.com/start FlowSync

Bluetooth /

1. M460 Settings ( ) > General settings ( ) > Pair and sync ( ) > Pair and sync mobile device ( )
2. ID Polar mobile xxxxxxxx M460
3. Connecting to device ( ) Connecting to app ( )
4. Bluetooth M460 PIN
5. Pairing completed ( )

Flow Polar

(Polar M460 )

M460

Connecting to device ( ) Connecting to app ( )

Bluetooth M460 PIN

Pairing completed ( )

Settings ( ) > General settings ( ) > Pair and sync ( ) > Paired devices ( )

Delete pairing? ( ) Yes ( )

Pairing deleted ( )

14
M460

Bluetooth®

BLUETOOTH SMART® M460

Polar M460 Bluetooth support.polar.com M460

POLAR H10

Polar M460 Polar H10 support.polar.com M460

M460

1. 
2. M460 ID (Pair Polar H10 xxxxxxxx)
3. 
4. 
5. 

1. 
2. M460 ID (Pair Polar H10 xxxxxxxx)
3. 
4. 

POLAR BLUETOOTH® SMART
<table>
<thead>
<tr>
<th>ETRTO</th>
<th>( )</th>
<th>(mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>25-559</td>
<td>26 x 1.0</td>
<td>1884</td>
</tr>
<tr>
<td>23-571</td>
<td>650 x 23C</td>
<td>1909</td>
</tr>
<tr>
<td>35-559</td>
<td>26 x 1.50</td>
<td>1947</td>
</tr>
<tr>
<td>37-622</td>
<td>700 x 35C</td>
<td>1958</td>
</tr>
<tr>
<td>52-559</td>
<td>26 x 1.95</td>
<td>2022</td>
</tr>
<tr>
<td>20-622</td>
<td>700 x 20C</td>
<td>2051</td>
</tr>
<tr>
<td>52-559</td>
<td>26 x 2.0</td>
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<td>23-622</td>
<td>700 x 23C</td>
<td>2070</td>
</tr>
<tr>
<td>25-622</td>
<td>700 x 25C</td>
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<td>28-622</td>
<td>700 x 28</td>
<td>2101</td>
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<tr>
<td>32-622</td>
<td>700 x 32C</td>
<td>2126</td>
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<tr>
<td>ETRTO</td>
<td>( )</td>
<td>(mm)</td>
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<td>-------</td>
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<tr>
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<td>700 x 40C</td>
<td>2189</td>
</tr>
<tr>
<td>47-622</td>
<td>700 x 47C</td>
<td>2220</td>
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</table>

2
- POLAR BLUETOOTH® SMART

- 4mm

M460

M460

1. > >
2. M460
3. Polar CAD xxxxxxxx
4. 
5. 
6. : 1, 2, 3

1.
2. M460
3. ID Pair Polar CAD xxxxxxxx. Yes( )
4. 
5. : 1, 2, 3
POLAR LOOK KÉO POWER  

BLUETOOTH® SMART

Polar LOOK Kéo Power

Bluetooth® Smart

• (W ) (N )
• M460 (W ), W/kg FTP( ) %
• M460 /

Kéo Power Bluetooth® Smart

Kéo Power Essential Bluetooth® Smart

2 / 2 1

KÉO POWER M460

Kéo Power

Polar LOOK Kéo Power

2

ID

Keó Power M460

1. > > M460 Kéo Power

2. Polar PWR xxxxxxxx

3. 

4. 

5. 

6. ? 1, 2 3 

7. : ( ) 

1

1. 

2. 

3. ID Pair Polar PWR xxxxxxxx Yes( )

4. 

5. ? 1, 2 3 

6. : ( )
M460

- (W) /kg(W/kg) FTP %
- : 1, 3, 5, 10, 15, 30 60
- FTP : FTP 60~600W

KÉO POWER

Kéo Power:
1. 
2. M460
3. ? M460
4. 2
5. LED

LED

POLAR

Polar
1. 
2. . POLAR
3. O-
• Cycling 
• Road cycling 
• Indoor cycling 
• Mountain biking 
• Other outdoor 
• Other indoor

Settings ( ) > Sport profiles ( )

• Training sounds ( ): Off ( ), Soft ( ) , Loud ( ) , Very loud ( ) 
• Heart rate settings ( ): Heart rate view ( ): Beats per minute (bpm) (bpm)
  % of maximum ( )
  Check HR zone limits ( )
  HR visible to other device: ( )
• Bike power settings ( ): Power view (Watts (W) (W)), Watts/kg (W/kg) (kg(W/kg)), % of FTP (FTP %))
  Power, rolling average ( ), Set FTP value (FTP %): FTP( )
  Check power zone limits ( )

GPS recording (GPS): Off ( ), On ( )
• Bike settings ( ): Wheel size ( ), Crank length ( )
  Used sensors ( )
**Speed settings**:

- Speed view: km/h, mph
- min/km, min/mi

Check speed zone limits.

**Automatic pause sett.**:

- Automatic pause: On, Off
- Activation speed

**Automatic lap**:

- Off, Lap distance, Lap duration
- Lap distance, Lap duration

**GPS** Polar Bluetooth® Smart

**Physical settings**:

- Weight
- Height
- Date of birth
- Sex
- Training background
- Maximum heart rate

Weight 
Height 
Date of birth
Sex
Training background
Maximum heart rate

(kg) (lbs)

Sex: Male, Female

( ) ( )

(24 : - - / 12 : - - )

Male, Female
• Occasional (0-1h/week) (0-1 / ): 1-3, 5-10km 3-6
• Regular (1-3h/week): (1-3 / )) 1-3
• Frequent (3-5h/week) (3-5 / ): 1 3, 20-50km/12-31 3-5
• Heavy (5-8h/week) (5-8 / ): 1 5
• Semi-pro (8-12h/week) (8-12 / ): 13
• Pro (>12h/week) (12 / )):

\[ HR_{\text{max}} \]
\[ HR_{\text{max}} \]
\[ HR_{\text{max}} \]

Settings ( ) > General settings ( )

General settings ( ):

• Pair and sync ( )
• Front light settings ( )
• Strava Live Segments
• Flight mode ( )
• Time ( )
• Date ( )
• Week's starting day ( )
• Button sounds ( )
• Smart notifications ( )
• Units ( )
• Language ( )
• About your product ( )
• Pair and sync mobile device (
  ): M460
• Pair other device (  ): M460
• Paired devices (  ): M460
• Sync data (  ): Flow

• Front light (  ): Manual front light (  ) Automatic front light (  )
  • Manual front light (  )
  • Automatic front light (  )

• Activation level (  ): Dark (  ), Dusk (  ), Light (  )
• Blink rate (  ): Blinking off (  ), Slow (  ), Fast (  ), Very fast (  )

On (  ) Off (  )

Bluetooth® Smart
Polar Flow

24 h (24 ) 12 h (12 )

Date format (  ) mm/dd/yyyy, dd/mm/yyyy, yyyy/mm/dd, dd-mm-yyyy, yyyy-mm-dd, dd.mm.yyyy yyyy.mm.dd

Monday (  ), Saturday (  ), Sunday (  )

On (  ) Off (  )

"21"
Manual lock ( )  Automatic lock ( )  Quick menu ( )
Automatic Lock ( )  60

(kg, cm) (lb, ft)

Dansk, Deutsch, English, Español, Français, Italiano, 日本語, Nederlands, Norsk,
Polski, Português, 简体中文, Русский, Suomi Svenska.

• Training sounds ( ): Off ( ), Soft ( ), Loud ( ) Very loud ( )
• Heart rate settings ( ): Heart rate view ( ): Beats per minute (bpm) ( (bpm))
% of maximum ( ) %
Check HR zone limits ( )
  On ( ) Off ( )

• Bike power settings ( ): Power view ( ): Watts (W) ( (W)),
Watts/kg (W/kg) ( /kg(W/kg)) % of FTP (FTP %)
Power, rolling average ( ) FTP : FTP( )
1, 3, 5, 10, 15, 30 60 60~600W Check power zone limits ( )

Bluetooth® Smart

• GPS recording (GPS ): Off ( ) On ( )
• Calibrate power sensor ( )

Polar LOOK Kéo Power Bluetooth® Smart

• Bike settings ( ): Used sensors ( )
• Calibrate altitude ( )

• Speed settings ( ): Speed view ( ): km/h ( ) min/km ( )
  mph ( ) min/mi ( )
Check speed zone limits ( )

• Automatic pause sett. ( ): Automatic pause ( )
  On ( ) Off ( )
Activation speed ( )

Polar LOOK Kéo Power
• Automatic lap (lap): Off ( ), Lap distance ( ), Lap duration ( )
  - Lap distance ( )
  - Lap duration ( )

• Lock buttons ( ):

• Set front light on ( ) off ( ).

• Set backlight on ( ) off ( ).

• Calibrate power sensor ( ):
  
Polar LOOK Kéo Power Bluetooth® Smart

• Calibrate altitude ( ):

• Interval timer ( ):

• Current location info* ( ): Location guide arrow view set on ( )
  - M460 Back to Start ( )

* GPS

• Lock buttons ( ):

• Set front light on ( ) off ( ).

• Training sounds ( ): Off ( ), Soft ( ), Loud ( ) Very loud ( )

• Heart rate settings ( ): Heart rate view ( ): Beats per minute (bpm) (bpm)
  - % of maximum ( %) Check HR zone limits ( )

• Bike power settings ( ): Power view ( ): Watts/kg (W/kg) Watts/kg (W/kg)
  - % of FTP (FTP %) Power, rolling average ( ), FTP:
  - 60~600W Check power zone limits ( )

i Bluetooth® Smart

• GPS recording (GPS): Off ( ), On ( )

• Calibrate power sensor ( ):
  
Polar LOOK Kéo Power Bluetooth® Smart

• Bike settings ( ): Used sensors ( )

• Calibrate altitude ( ):

• Speed settings ( ): Speed view ( ): km/h ( ), min/km ( ),
  - mph ( ), min/mi ( ) Check speed zone limits ( )

<table>
<thead>
<tr>
<th>Polar LOOK Kéo Power</th>
<th>Bluetooth® Smart</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td></td>
</tr>
</tbody>
</table>
• Automatic pause sett. ( ): Automatic pause ( ): On ( ) Off ( )
  Activation speed
• Automatic lap ( ): Off ( ), Lap distance ( ) Lap duration ( ) Lap
  distance ( ) Lap duration ( )

GPS  Polar  Bluetooth® Smart

M460 FlowSync  M460 USB

M460

• Flow
• FlowSync
• Flow M460

flow.polar.com/start  Polar Flow  Polar  FlowSync  PC

1. USB M460 USB , PC
2. FlowSync
3.
4. Yes( ), M460

M460 Flow
M460 GPS

A-GPS (Assisted GPS)

FlowSync

Bike 1 (1), Bike 2 (2)

M460

1 1

M460

2

M460

1

M460

2

Flow

Flowsync

Flow

M460
1. Diary ( ) Favorites ( )
2. 
3. M460
4. Recording started ( )

1 2 /

1. Timers ( ) > Interval timer ( ) Set timer(s) ( )
2. Time-based ( ) Distance-based ( )
   * Time-based ( )
   * Distance-based ( )
3. Set another timer? ( ?) Yes ( )
4. Start X.XXkm / XX:XX
5. M460 Recording started ( )

i ( ) Interval timer ( )
, Interval timer ( )

Lap distance ( ) Lap duration ( ) Lap distance ( )
, Lap duration ( )

i Flow
, Flow
,[ ] FlowSync
Quick Menu ( ) Start next phase ( )

Flow

1. Recording paused ( ) M460

2. ended ( )

3. Recording

M460, Flow Flow
Longest distance 34.20 km!

**Summary**

**Start time**
10:42 AM

**Duration**
01:18:44.3

**Distance**
34.20 km

**Training benefit**
Steady state training

**HR zones**

<table>
<thead>
<tr>
<th>Zone</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zone 1</td>
<td>00:01:27</td>
</tr>
<tr>
<td>Zone 2</td>
<td>00:11:20</td>
</tr>
<tr>
<td>Zone 3</td>
<td>00:22:02</td>
</tr>
<tr>
<td>Zone 4</td>
<td>00:08:11</td>
</tr>
<tr>
<td>Zone 5</td>
<td>00:07:20</td>
</tr>
</tbody>
</table>

**Avg heart rate**
138

**Max heart rate**
162

GPS  Polar  Bluetooth® Smart

Training benefit (10)
### Summary

**Calories**
764 kcal

**Fat burn % of calories**
30%

---

**Summary**

<table>
<thead>
<tr>
<th>Speed zones</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>00:00:00</td>
</tr>
<tr>
<td></td>
<td>00:13:39</td>
</tr>
<tr>
<td></td>
<td>00:36:25</td>
</tr>
<tr>
<td></td>
<td>00:25:24</td>
</tr>
<tr>
<td></td>
<td>00:00:42</td>
</tr>
</tbody>
</table>

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**Average speed**
30.4 km/h

**Maximum speed**
42.7 km/h

---

**Average cadence**
86

**Maximum cadence**
108

---

**Avg power**
230 w

**Max power**
269 w

---

*i* GPS Polar Bluetooth® Smart

*i* Polar LOOK Kéo Power Polar Bluetooth® Smart

---

*i* Polar LOOK Kéo Power
### Summary

#### Power zones

<table>
<thead>
<tr>
<th>Power zone</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>00:00:00</td>
</tr>
<tr>
<td>2</td>
<td>00:18:05</td>
</tr>
<tr>
<td>3</td>
<td>00:40:06</td>
</tr>
<tr>
<td>4</td>
<td>00:15:52</td>
</tr>
<tr>
<td>5</td>
<td>00:05:45</td>
</tr>
</tbody>
</table>

**Polar LOOK Kéo Power**

#### Max altitude

- Ascent: 148 m
- Descent: 390 m

#### Laps

- (2) laps completed
- Best lap: 00:19:00.5
- Average lap: 00:19:00.5

#### Automatic laps

- (5) automatic laps
- Best lap: 00:09:06.0
- Average lap: 00:09:44.5

---

**POLAR FLOW**

M460 Flow

Polar Flow

POLAR FLOW

Flow

Polar Flow
A-GPS (ASSISTED GPS)

M460 GPS

M460 AssistNow® Offline
M460 GPS

A-GPS
A-GPS

A-GPS

M460 A-GPS
M460 GPS

M460 A-GPS
M460 GPS

A-GPS

A-GPS

GPS

M460 GPS

• Distance ():
• Speed/Pace ( / ):
• Back to start ():

1. Quick menu ( )
2. Set location guide on ( )

Location guide arrow view set on ( ).

Back to Start ( ).
• M460

- 

• M460

- 

• M460

- 

Training Benefit

- Polar Flow

- 

Heart rate zones

- 

TRAINING BENEFIT

10
Polar OwnIndex (VO_{2max}), Polar OwnIndex. OwnIndex. Polar

6

2 2 OwnIndex

M460

VO_{2max}?
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.

**$VO_2\text{max}$**

\[ VO_2\text{max} = \frac{7}{62} \]
\[ \text{VO}_2^{\max} (\text{ml/min} = \text{ml} \times \text{min}^{-1}) \]

\[ \text{VO}_2^{\max} (\text{ml/kg/min} = \text{ml} \times \text{kg}^{-1} \times \text{min}^{-1}) \]

\[ \text{HR}_{rest}, \text{HR}_{stand} \]

2-3

2-6

2-3

14

\[ ( : \text{TV,} \)

\[ ( : \text{TV}, \)

\[ ( : \text{TV,} \)

\[ ( : \text{TV}, \)

> >
<table>
<thead>
<tr>
<th>Intensity % of (HR_{max})*</th>
<th>Flow</th>
<th>Polar</th>
<th>Flow</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MAXIMUM</strong> ( )</td>
<td>90-100%</td>
<td>171-190 bpm</td>
<td>5</td>
</tr>
<tr>
<td><strong>HARD</strong> ( )</td>
<td>80-90%</td>
<td>152-172 bpm</td>
<td>2-10</td>
</tr>
<tr>
<td><strong>MODERATE</strong> ( )</td>
<td>70-80%</td>
<td>133-152 bpm</td>
<td>10-40</td>
</tr>
<tr>
<td>Intensity % of $HR_{\text{max}}$</td>
<td>**</td>
<td></td>
<td></td>
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<tr>
<td>---------------------------------</td>
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<td></td>
</tr>
<tr>
<td>LIGHT( )</td>
<td>60-70%</td>
<td>114-133 bpm</td>
<td>40-80</td>
</tr>
<tr>
<td>VERY LIGHT( )</td>
<td>50-60%</td>
<td>104-114 bpm</td>
<td>20-40</td>
</tr>
</tbody>
</table>

\[*HR = (220 - \text{Age})\]

** 30

190 bpm (220-30) ( )

1

2

3

1 2

3

4 5

10
(HR)

(VO2_max)

(iOS)

Menu ( ) > Settings ( ) > General settings ( ) > Smart notifications ( )

- On ( )
- On (no preview) ( )
- M460 Off ( )
1. Settings ( ) > Notification Center ( )
   Include ( )

   Banner ( ) Alerts ( )

Do Not Include ( )

M460

M460

M460

M460

M460

(ANDROID)

M460

M460

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M460

M460

M460

M460

M460

Samsung Galaxy S5, Samsung Galaxy S6, Nexus 5, LG G4, Sony Xperia Z3

Android 5.0
M460 > Settings > General settings > Smart notifications

- **On ( )**
- **On (no preview) ( )**
- **M460 Off ( )**

**FLOW**

Polar Flow

1. **Polar Flow**
2. **Devices ( )**
3. **Smart notifications ( )** On ( ). On (no preview) ( ) Off ( )
4. **M460** Sync your M460 with the mobile app (M460 )
5. **Smart notifications on ( )** Smart notifications off ( ) M460

**Polar Flow**

M460

Android

Polar Flow

Polar Flow ( , Polar Flow ) . Polar Flow

M460 , 30 . Polar M460

•
• : 
• : 30
STRAVA Training Peaks® M460

• Normalized Power (NP)
• Intensity Factor (IF)
• Training Stress Score (TSS)
Polar Flow > TrainingPeaks >

• Polar Flow > TrainingPeaks

TrainingPeaks Extended Power

NP®, IF®, TSS® TrainingPeaks, LLC

www.trainingpeaks.com
• Quick Target: 
• Phased Target: 
• Favorites: 

FlowSync Flow Flow M460

1. Diary( ), Add( ) > Training target( )
2. 

1. Quick( )
2. 
3. 
4. 

1. Phased( )
2. 
3. 
4. 

Favorites( )

1. 
2. 
3. 
4. 
5. 

M460

• ( 4 )
• 
1. Create a training target.

2. Sport Profiles.

3. Add sport profile.
Flow

1. 
2. 
3. Edit( )

Basics( )

- 
- 
- 
- (bpm) %
- (Bluetooth® Smart)
- (Free)

<table>
<thead>
<tr>
<th>Duration( )</th>
<th></th>
<th>Average heart rate( )</th>
<th></th>
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<tbody>
<tr>
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<table>
<thead>
<tr>
<th>Maximum heart rate( )</th>
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<table>
<thead>
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<th>1~4</th>
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</tr>
<tr>
<td>Calories</td>
<td>Training Peaks</td>
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</tr>
<tr>
<td></td>
<td>NORMALIZED POWER</td>
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<tr>
<td></td>
<td>INTENSITY FACTOR</td>
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<tr>
<td></td>
<td>TRAINING STRESS SCORE</td>
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<tr>
<td></td>
<td>TRAINING STRESS SCORE</td>
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</table>
Polar Flow

M460

• Training Benefit

FlowSync

USB

Polar Flow

Bluetooth Smart®

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. flow.polar.com/start

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FlowSync

PC

App Store

Google Play

Flow

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M460

FlowSync

USB

Polar Flow

Bluetooth Smart®

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1. USB M460 USB , PC , FlowSync

2. FlowSync

3. Completed( )

M460 Polar FlowSync Polar Flow (Windows) (Mac OS X)

FlowSync , FlowSync

M460

Flow

FlowSync

support.polar.com/en/support/flow

support.polar.com/en/support/FlowSync

FLOW

• Polar Flow

• Flow M460 FlowSync

• 

• M460

1. Flow M460

2. Connecting to device( ) Connecting to app( )

3.

1. Flow > > > M460

2. Connecting to device( ) Connecting to app( )

3.

M460 Flow

Polar Flow

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M460

, Polar M460

M460

, Polar M460

USB / GPS

(-10°C/14°F  ) (50°C/120°F )

2 / Polar Electro

Limited International Polar Guarantee
Polar M460
300

USB (USB
500mA
“CE”
)

USB
“output 5Vdc”

USB
("LPS", "Limited Power Supply", "UL listed"

CE

UL

US

LISTED

9

Polar

9

Polar

Polar

Polar H10

Polar

Polar

www.polar.com/us-en
M460

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
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<tbody>
<tr>
<td>Capacity</td>
<td>385mAh, 4.35V</td>
</tr>
<tr>
<td>GPS Accuracy</td>
<td>±2%</td>
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<tr>
<td>GPS Accuracy Speed</td>
<td>±2 km/h</td>
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<tr>
<td>Temperature Range</td>
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<td>Operating Temperature</td>
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<td>Enclosure Materials</td>
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<td>Max Operating%</td>
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<tr>
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**H10**

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<td>Battery</td>
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<td>Temperature</td>
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Polar H10

* OwnCode®

**POLAR FLOWSYNC**

FlowSync for Microsoft Windows and Mac OS X

FlowSync

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<tr>
<th>FlowSync</th>
<th>Microsoft Windows</th>
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<td>Windows 8</td>
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61
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<td>OS X 10.9</td>
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**POLAR FLOW**

- Polar
  - iOS 11
  - Bluetooth 4.0

**POLAR**

- Polar
  - OwnIndex®

- ECG
- ECG
- ECG

- Polar
  - GymLink
  - ISO 22810
  - IEC60529
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- Polar Electro, Inc.

- Polar Electro Oy/Polar Electro Inc.

- Polar Electro Oy/Inc.

- Polar Electro Oy/Inc.

- Polar Central Services

: Polar Electro Oy, Professorintie 5, FI-90440 KEMPELE, : +358 8 5202 100, : +358 8 5202 300, [www.polar.com](http://www.polar.com)

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M460

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RF

Polar M460

1cm(0.39)

FCC RF

10mm SAR FCC

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1.1 KO 12/2017