Polar Flow
Polar Bluetooth® M600 Polar
Polar Bluetooth® Polar

Polar Flow

Polar

GPS
Polar Smart Coaching

Flow

Flow

Polar Sleep Plus™
Polar

Polar Flow

Training Benefit
Running Program
Running Index

( )

Swolf
POLAR M600

Wear OS by Google™

Polar M600

Android™ 4.4   iOS® 10.0

Polar M600

M600

Polar Flow

M600 Support

USB

M600

USB

M600

USB

(USB)

500mA

"output 5Vdc"

Support", "UL listed" "CE"

CE

C

UL

US

LISTED
1. USB

2. 0°C to +40°C
M600

Polar

POLAR M600

Polar M600   Android 4.4   iOS 10.0
iPhone      5            g.co/WearCheck  Wear OS by Google

1. M600     M600     USB     USB
            "output 5Vdc"  500mA

2. Polar    M600

3. M600

4. Google™ Search  Google Play™

5. M600

6. Wear OS by Google

POLAR M600
1. Google Play App Store Wear OS by Google Wear OS by Google

2. Wear OS by Google

3. M600

4. Android Wear

5. M600

6. M600

7. M600 Wear OS by Google

8. M600

Polar M600 Wear OS by Google

M600 POLAR

Polar M600 Polar Polar Flow Polar Flow

1. Google Play App Store Polar Flow

2. Polar Flow

iPhone : M600 Polar

3. M600

4. Polar

5. M600 Polar
M600  WI-FI

1. M600
2. M600
3. M600
4. M600
5. Wi-Fi
6. +
7. M600
8. +

M600

• M600 4
• Wear OS by Google 2.0

M600  WI-FI

M600  Wi-Fi
M600  Google Play Store
M600  Polar

Wear OS by Google
WEAR OS BY GOOGLE

1. Wear OS by Google
2. 
3. 
4.

Android iPhone Polar M600

M600 WI-FI

1. M600
2. 
3. 
4. 
5. Wi-Fi
6. +
7. Wi-Fi Wi-Fi
8. Wi-Fi

Wi-Fi

1. 
2. Wi-Fi
3. Wi-Fi Wi-Fi Wi-Fi

Wear OS by Google
M600

Hiking at Stora Sjöfallet

DEC 10

74 % 100 %
M600
"Ok Google, ( ) "

1. M600
2. M600
3. M600
Polar M600:  

- Fit  
- Fit Workout  
- Polar  
- Play Store

*Android Polar M600

Wear OS by Google Google Play Store Wear OS by Google

Android Polar M600

Google Play Store Wear OS by Google

Wear OS by Google

Android Polar M600

Play Store

M600 Wear OS by Google

M600
1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

- Zs
M600 Google Contacts

Android Polar M600

1. M600
2. 10 (33)
3. M600 X

FIT

Google Fit™

1. Fit
2. Fit

Google Fit Wear OS by Google

FIT WORKOUT

Google Fit Workout™
1. Fit Workout
2. 
3. 

Google Fit Workout

Wear OS by Google

PLAY STORE

M600 Wi-Fi
Play Store Wear OS by Google

M600 Polar

M600 Google

M600 Play Store

POLAR

M600 Polar

M600 Polar

Polar:

• Polar
• Polar
• M600
• M600

Polar

Polar Smart Coaching
  M600 Polar
  Polar Smart Coaching

• Training Benefit
• Running Program
• Running Index

Polar Flow

Polar Flow

Google Calendar

iPhone: App Store Google Calendar Wear OS by Google
  Google Calendar

Calendar
  1. App Store Google Calendar iPhone
  2. Wear OS by Google Google
  3.
M600

- Google Assistant

  - 
  - 
  - 

  - 
  - 

- Google Fit
- Google Assistant

M600
Polar M600

1. 
2. 
3. 

Polar M600

• Polar M600
• Polar M600
• Polar M600
• Polar M600
• Polar M600
• Polar M600

M600 Polar

M600
• Google Assistant

• M600
• Polar

1. 
2. 

Wear OS by Google
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<th>iOS 10.0</th>
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**ANDROID** | **IOS** | **M600**

Polar M600 | Android | iOS | M600

- Wi-Fi
- Play Store
- Polar
- Flow

**Notes:**
- Android 6.0
- iOS 10.0
- Wi-Fi
- Play Store
- Polar
- Flow
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<td><strong>Google Assistant</strong></td>
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*Google Play Music

**
M600

1.
2.
3.
4.

Wear OS by Google

M600

Android

Polar M600

Google Contacts
iPhone M600

M600

1. 
2. 
3. 

M600

Android Polar M600

Google Assistant Google Contacts Wear OS by Google

IPHONE M600

Gmail Rich Gmail M600

Rich Gmail

1. iPhone Wear OS by Google
2. 
3. Rich Gmail
4. 
M600

Polar

M600 Bluetooth

Wear OS by Google

GOOGLE ASSISTANT

"OK GOOGLE"

1. M600
2. 
3. 
4. 
5. "Ok Google"

GOOGLE ASSISTANT

1. M600 "Ok Google"
2. Google Assistant "Ok Google"?

GOOGLE ASSISTANT

M600
Google Assistant

M600

Google Assistant

M600

Google Assistant

M600

Google Assistant

M600

Google Assistant

M600

Polar

M600*

Wi-Fi

Play Store
POLAR

POLAR FLOW

POLAR

M600  Polar Wear OS by Google  Polar

Polar  M600  Google Play  App Store  Polar Flow

POLAR FLOW

Polar Flow

Polar Flow  Flow Feed
POLAR FLOW

Polar Flow

Polar M600

Polar Flow

M600 Polar

Flow Polar

5K, 10K, Running Program

Polar Running Program

Polar Flow

Flow Polar

POLAR
M600  Polar  Polar Flow  Polar Flow
flow.polar.com

, M600

, GPS  GPS  GPS

MY DAY(

"Polar Jumbo"  Polar  , M600

My day(

My day(  )

My day(  )  NOW(  )

My day(  )  Polar Flow  Polar Flow

My heart rate
iPhone       Polar M600

M600       Polar       Polar Flow       . Polar

M600       Polar

POLAR

POLAR

• M600

• Polar

•

1. M600
2. "Ok Google"
3. "Polar"

i  Polar        "Ok Google"

POLAR
• POLAR
  • Polar Training
  • Polar
  • Polar
  • Polar
  • Polar

Polar

"Ok Google"

1. M600
2. "Ok Google"
3. "Ok Google"
4. "Ok Google"
5. "Ok Google"

M600

Polar

M600

Polar

M600

Polar

M600
M600

Wrist bone

Polar

Polar

(i) Polar
1. M600
2. Training
3. M600 GPS
   GPS
   GPS
   M600
   M600 GPS
   GPS
   GPS
   M600
   M600
   M600
4.

M600 Polar

Polar Flow
Polar

1. M600
2. Polar
3. Polar
4. Polar

1. M600
2. Google Play Music

Polar

M600

M600

Polar

M600

Google Play Music

Wear OS by Google
1. Polar
   - M600
2. 
   - 

Recording on

00:06 30

Polar
   - M600
2. 
   - 

M600

• 

• 

• 

• 

45
Running Index: 52
Training Benefit: Demanding

Training load for this session
Maximum training +
What a session! You improved your sprint speed and the nervous system of your muscles.

My day
1. Polar
2. My day( )
3. Polar Flow
4. Polar

POLAR FLOW

Flow

POLAR FLOW

Polar Flow

GPS

M600 GPS

•
•
•
/ /5%
M600 Polar, Polar Flow, Polar Flow

Android: M600 Bluetooth, Wi-Fi
iPhone: M600 Bluetooth

Polar Flow, Polar Flow, Polar Flow

Android: Polar M600

M600 Android, Wi-Fi
iPhone: Polar M600

M600 iPhone, M600 Polar

(IPHONE)

1. M600 Polar
2. Sync
3. 

Polar Flow, Polar Flow, Polar Flow
POLAR FLOW

1. Polar Flow
2.  

1. 
2.  
3.  
4.  

POLAR FLOW

1.  
2.  
3.  
4.  
5.  

POLAR FLOW

1.  
2.  
3.  
4.  
5.
POLAR FLOW

1. 
2. ✷

1. 
2. ✷

1. 
2. 
3. 

1. 
2. 

POLAR

POLAR M600 Polar Polar H6 H7 Bluetooth®

M600 Polar Polar H6 H7 Bluetooth®

POLAR BLUETOOTH®

1. 

POLAR BLUETOOTH®

M600 POLAR
1. M600 Polar
2. Training ( ) M600
3. M600 ID
4.
5. H7

Polar Bluetooth®, Polar

POLAR BLUETOOTH® POLAR
1. flow.polar.com
2.
3.


POLAR

M600  Polar

M600  Polar  7

Polar Flow

20  M600  Polar  Polar Flow

Polar  Polar Flow

FLOW  POLAR

M600  Polar  7  Polar Flow

M600  Polar  20  Polar Flow

Polar Flow:
1. 
2.
3.

Bluetooth

Polar Flow

Bluetooth Smart

( : )

Polar Flow
Polar Flow:

1. 
2. 
3. 

- ( 
- ( %
- ( ) (Free)

/ (km/h min/km)

8 4
6 1-4
• GPS

• GPS

POLAR SMART COACHING

Smart Coaching

M600  Polar  Polar Smart Coaching
<table>
<thead>
<tr>
<th>Activity Benefit</th>
<th>Training Benefit</th>
<th>Running Program</th>
<th>Running Index</th>
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Polar Flow

<table>
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<tr>
<th>M600</th>
<th>Polar 3D</th>
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</thead>
</table>

- M600
- M600 Polar

Polar

- My day( )

Polar

- Monday, 6/13
- 12:06

- Monday, 6/13
- 12:06
Polar Jumbo

Polar Combo

My day(

Polar Flow

Polar

• Steps(

• Distance(

• BMR (Basal Metabolic Rate, )

Polar Jumbo

Polar Flow

Polar
FLOW

M600  Polar

Polar

Polar

Polar Flow

Polar

Polar Sleep Plus

- •: Sleep time( )

- •: Actual sleep( ) [ % ] [ : ]

- •:

- •: 1~5

- •: Flow

- •: 5 ( - - - - - )
POLAR FLOW

Activity Benefit

24/7 Activity Tracking

- (HR)
- (VO2)

POLAR SLEEP PLUS™

M600 Polar Flow
1. M600
2. My day( )
3. "?
4. My day( )

POLAR

M600

Sleep time
7h22min
Open summary?

Open sleep summary?
POLAR FLOW

M600  Polar  Flow  Polar Flow  Flow  Diary  Progress  Activity reports

Polar Flow  Your preferred sleep time

Polar Sleep Plus
Polar

- 0-6
- 7-12
- 13-24
- 25-48
- 48

Polar Flow

M600

**TRAINING BENEFIT**

Training Benefit( )

<table>
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<tr>
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Training Benefit( )

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64
RUNNING PROGRAM

Polar Running Program

Polar Running Program

5K, 10K,

Polar Running Program

. flow.polar.com Polar Flow

RUNNING INDEX

Running Index

Running Index

Running Index

GPS

• 6km/h / 3.75mi/h

M600 Running Index

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<td>&lt; 21</td>
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<td>25-28</td>
<td>29-32</td>
<td>33-36</td>
<td>37-40</td>
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: VO$_{2\text{max}}$ 62

Shvartz E, Reibold RC. Aerobic fitness norms for males and females aged 6 to 75 years: a review (6 75 ). Aviat Space Environ Med; 61:3-11, 1990.

Running Index

Running Index

Running Index

Running Index

Running Index

Running Index

<table>
<thead>
<tr>
<th>Running Index (m)</th>
<th>5km ( : : )</th>
<th>10km ( : : )</th>
<th>20km ( : : )</th>
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<td>1800</td>
<td>0:36:20</td>
<td>1:15:10</td>
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<tr>
<td>38</td>
<td>1900</td>
<td>0:34:20</td>
<td>1:10:50</td>
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<tr>
<td>40</td>
<td>2000</td>
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<td>1:07:00</td>
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<td>Running Index</td>
<td>(m)</td>
<td>5km ( : : )</td>
<td>10km ( : : )</td>
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<td>0:30:40</td>
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<td>1:00:20</td>
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<td>0:15:50</td>
<td>0:33:00</td>
</tr>
</tbody>
</table>

Polar

Intensity % of HR_{max}:

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

$HR = (220 - \text{Age})$

** 30 190 bpm(220-30)
HR  

Polar Flow  
Polar Flow

Android  
M600  Polar  1.4  
iPhone  

M600  Polar  2.0  

Polar M600  10m

Polar

M600  Polar
Polar M600, Polar Flow

\[ \text{SWOLF} \]

\[ \text{M600} \]

\[ \text{Polar Flow} \]

\[ > \quad > \quad > \quad \text{Polar M600} \]

\[ \text{i} \]

\[ \text{Polar} \quad 2.0 \]

\[ \text{M600} \]

\[ \text{M600} \]

\[ \cdot \]

\[ \cdot \]

\[ \cdot \]

\[ \cdot \]

\[ \text{SWOLF} \]

\[ \text{SWOLF}() \]

\[ \text{SWOLF}30 \quad 10 \]

\[ \text{SWOLF40} \]

\[ \text{SWOLF} \]

\[ \text{SWOLF} \]

\[ \text{SWOLF}25 \quad 50 \quad 25 \]

\[ 20 \quad / \]

\[ \text{SWOLF} \]
<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1.</td>
<td>M600</td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
</tr>
<tr>
<td>5.</td>
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</tbody>
</table>

50 250 / (m/yd)

Polar M600

Polar Flow M600

Polar Flow Polar Flow
M600

1. 
2. 
3. 

1. M600 
2. 
3. 

M600

1. 
2. ( ) ( ) 
3. 

1. Wear OS by Google 
2. 

Android : M600 
3. 

M600
1. _______________
2. _______________
3. PIN, ( )
4. _______________
5. _______________

1. _______________
2. _______________
3. PIN
4. _______________
5. _______________

Android
Polar M600

1. _______________
2. _______________
3. _______________
4. _______________
5. _______________
M600

1. 
2. +
3. 

"Polar Combo", "Polar Activity", "Polar Jumbo"

Android

Google Play Store

Wear OS by Google
1. M600
2. M600
3. M600
4. Wi-Fi
5. M600
6. M600

1. M600
2. M600
3. M600
4. ( ), (5 )
5. M600
M600

1. Wear OS by Google
2. Android
3. iPhones: +

Polar M600

Android M600
Wear OS by Google

M600

*Android
Polar M600

M600 Wi-Fi, Polar Vantage, Polar Flow

1. M600
2. 
3. 

1. M600 
2. 
3. 

• M600

1. ___________________ 
2. 
3. 
4. 
5. (____) (____)

• M600 

• ( )
• 
• ( , )
• ( , , )

• ( )
• ( )
• ( )
• ( , )
• ( , , , )
Polar

Wear OS by Google

Bluetooth

Polar Flow
Polar M600 Wear OS by Google, Wear OS by Google Bluetooth, Wear OS by Google Bluetooth

1. 
2. 
3. 

M600 Bluetooth

1. 
2. 

Android

Polar

POLAR

Polar Watch Faces

M600 Polar Play Store Android: Play Store M600 Wi-Fi Bluetooth

iPhone: Play Store M600 Wi-Fi

Play Store M600 Polar

M600 Play Store, Polar Play Store, Polar Polar Flow - Activity & Sports

POLAR

2. Polar Flow - Activity & Sports
3. 

81
M600

- Polar M600

- USB

- M600

- M600

- -10 °C to +50 °C / +14 °F to +122 °F

- Polar support.polar.com

2 / Polar

- Polar

- Polar Electro

- Polar

M600
## POLAR M600

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wear OS</td>
<td>by Google</td>
</tr>
<tr>
<td>Processor</td>
<td>MediaTek MT2601, Dual-Core 1.2GHz (ARM Cortex-A7)</td>
</tr>
<tr>
<td>Battery Capacity</td>
<td>500 mAh Li-pol</td>
</tr>
<tr>
<td>(Android)</td>
<td>2 / 8</td>
</tr>
</tbody>
</table>

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**Polar**

( : )

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**Polar M600**

(Wear OS by Google)

(MediaTek MT2601, Dual-Core 1.2GHz (ARM Cortex-A7))

500 mAh Li-pol

(Android) 2 / 8
<table>
<thead>
<tr>
<th>(iOS)</th>
<th>1.5 /8</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>-10 °C - +50 °C / 14 °F - 122 °F</td>
</tr>
<tr>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>0 °C - +40 °C / 32 °F - 104 °F</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Corning® Gorilla® 3 Glass</th>
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<table>
<thead>
<tr>
<th>GPS</th>
<th>±2%, ±2km/h</th>
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<tbody>
<tr>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>LED</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(IPX8 10m )</td>
</tr>
<tr>
<td></td>
<td>4GB</td>
</tr>
<tr>
<td></td>
<td>+ 512MB RAM</td>
</tr>
<tr>
<td></td>
<td>1.30 , 240 x 240 , 260ppi</td>
</tr>
<tr>
<td></td>
<td>TFT</td>
</tr>
<tr>
<td></td>
<td>63g</td>
</tr>
<tr>
<td></td>
<td>45x36x13mm</td>
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</tbody>
</table>

Polar M600  
Android 4.4  
g.co/WearCheck  
Wear OS by Google  
Bluetooth®  
M600  
POLAR FLOW  
support.polar.com  
POLAR  
Polar  : GymLink, Polar  

• ECG  
• ECG  
• ECG
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<thead>
<tr>
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<tbody>
<tr>
<td>IPX7</td>
<td>-</td>
<td>-</td>
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<tr>
<td>IPX8</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>20/30/50</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>100</td>
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</tbody>
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**POLAR**

- Polar Electro Oy
- Polar Electro, Inc.
- Polar Electro Oy/Polar Electro Inc.
- / 1
- Polar
- Polar Central Services
- / 1
- Polar Electro Inc.
- / 1
- !
- Polar Electro Oy/Inc.