POLAR

POLAR M400

Benefit
Great pace! You improved your aerobic fitness, speed, and ability to sustain

Heart rate
147
6:23 min/km
7.85 km

M400

M400

M400 M400

GPS Smart Coaching
Flow

Flow

www.polar.com/en/support/M400

M400

H7

M400

(i)   *M400*

USB

USB   FlowSync   M400   Polar Flow

POLAR FLOW

Flow   Polar Flow
    App Store   Google Play   Polar Flow

POLAR FLOWSYNC

Flowsync   USB   M400   Flow
    www.flow.polar.com/start   Polar FlowSync

POLAR FLOW

polar.com/flow

M400   flow.polar.com/start   M400
Flow

M400

M400

Polar Flow

M400   Flow

M400   Polar Flow

ⓘ *M400*   *M400*   *USB*   *M400*

POLAR FLOW

1.   flow.polar.com/start   Polar FlowSync   M400
     Flow
2.
3.   FlowSync   Polar
4.   USB   M400   USB   M400
      USB
5.   Flow   Polar
                  Smart Coaching

6.   M400   FlowSync
       "   "

ⓘ   *Polar Flow*   ***Dansk(***   ***) Deutsch(***   ***) English(***   ***)***
Español(***) Français(***   ***) Italiano(***   ***)***   ***Nederlands(***   ***) Norsk***
(***) Polski(***   ***) Português(***   ***)***   ***Русский(*** ***) Suomi(***   ***)***
Svenska(***)***

USB   M400   USB   USB
M400   Polar Flow

1.   **12   24   12**
2.
3.   **(kg cm)   (lb ft)**
4.
5.
6.
7.
8.   **(0-1   /)   (1-3   /)   (3-5   /)   (5-8   /)**
   (8-12   /)   (12+   /)   _____
   —
9.   "   " M400

M400   M400

M400   USB   USB

                                              USB   (
)   USB   "output 5Vdc"(5V   )
        500mA   USB   ("LPS" "Limited Power
Supply"(   ) "UL listed"(UL   ) "CE")

ⓘ   9   Polar   9   Polar

1.   USB   M400   USB
2.
3. M400

ⓘ *M400*

ⓘ *USB*

ⓘ   *-10 °C*   *+50 °C*

GPS   8
         30   M400
                        M400

ⓘ **Battery low. Charge.**	M400

	M400			

Charge before training

M400   M400

M400

LIGHT
Mon, 9.8.
UP
10:02
START
AM
BACK
DOWN

•	•	•	•	•
	•	•		
•	•	•		
	•			
	•			

	• Flow		•	•
			•	

•	•	•	•	•
•				

•	•	•	•	•
•	• 3	/		
		•		

-
-
-

-
-

DOWN → Diary

73%
Today's Activity

Settings

Start
Running
GPS OK

Fitness Test

Timers

UP → Favorites

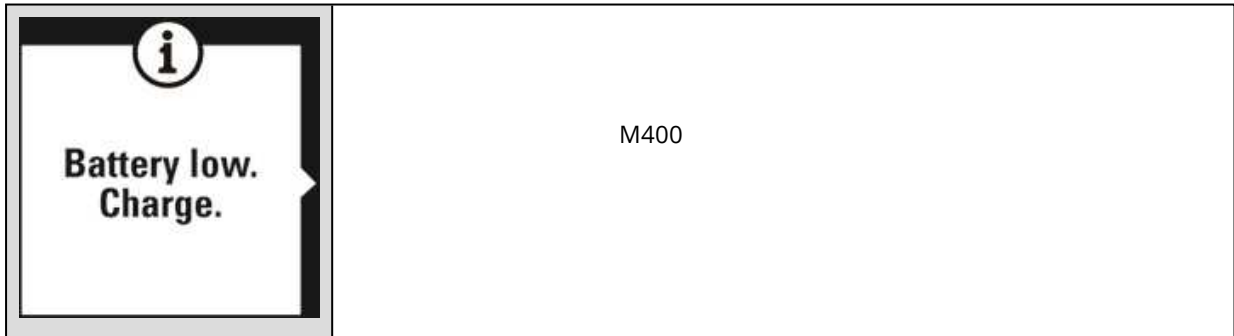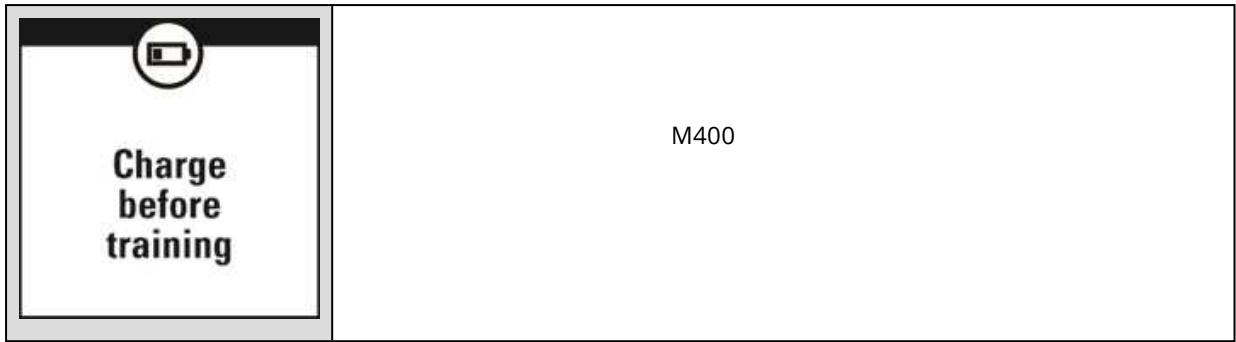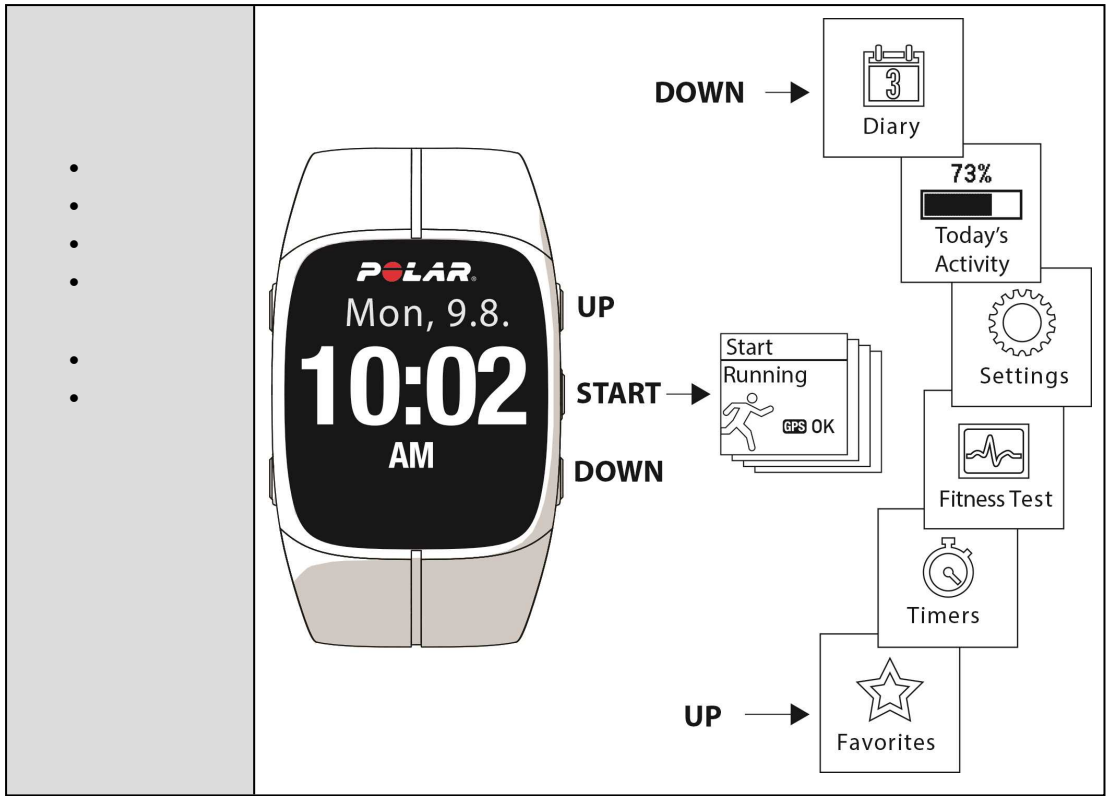Polar M400   Flow

(   )

-
-
-
-

<u></u>

- /
- M400

<u></u>

<u></u>

Flow

<u></u>

Bluetooth® Smart

POLAR H7   **BLUETOOTH® SMART**

M400

POLAR   ***BLUETOOTH*® SMART**

Bluetooth® Smart

-
-
-
-

Bluetooth Smart ®   (   )   M400
                M400

M400

M400

1.
2. **M400**   M400
3. ID   **Polar H7 xxxxxxxx**
4.

1. M400   **>**   **>**
2. M400
3. ID **Polar H7 xxxxxxxx**
4.
5.

M400

M400

1.
2. M400
3. ID   **Polar RUN xxxxxxxx**
4.

1.   >   >
2. M400
3.   **Polar RUN xxxxxxxx**
4.
5.

<u>Polar   Bluetooth Smart</u>

M400

-    <u>M400</u>   flow.polar.com/start
- App Store   Flow
-

1.   Flow   M400   Polar
2.   (**M400**)
3. M400   "   "
4.
5.   M400   pin
6.

1.   Flow   Polar
2.   (**M400**)
3. M400   >   >   >
4.   **xxxxxx**   M400   M400

5.

POLAR BALANCE   **M400**

Polar Balance   M400

1.
2. " "
  M400
3.   M400 " " 2

1.　　　　　　　**>**　　　　　　**>**
2. M400
3.
4.　　　　　　　M400　　　　　　　ID **Polar**　　　　**xxxxxxxx**
5.
6.

(i)　　　　　　　7　　　　Polar　　　　　　　　　Polar　　　　　　　7

1.　　　　　**>**　　　　**>**　　　　　**>**
2.
3.
4.

M400   >
                               GPS

(i)   *Flow*   *Flow*

Flow

M400 M400 20 Flow

-
-
-
-

Flow *M400*

>

-
- **(bpm)**

( )
- **GPS**

-

GPS

Polar Bluetooth Smart

- **km/h**( ) **min/km**( )
  mph( ) **min/mi**( )
-

ⓘ *GPS*

- (
) ( )

ⓘ *GPS*

-
-
-
-
-
-

(kg)   (lbs)

(   )   (   )

(24   - - /12   -

-)

- **(0-1   /   )**

- **(1-3   /   )**   5-10   3-6
  1-3
- **(3-5   /   )**   3   20-50   /12-31
  3-5

20

- **(5-8 /)** 5
- **(8-12 /)**

- **(>12 /)**

(220-)

HR_{max} HR_{max}
HR_{max} HR_{max}

>

-
-
-
-
-
-
-
-
-

- / M400
- M400
- Flow M400

21

Polar Flow   *Bluetooth*® Smart

ⓘ   "

"   *18*

60

(kg cm)   (lb ft)

Dansk(   ) Deutsch(   ) English(   ) Español(   ) Français(   )
Italiano(   )   Nederlands(   ) Norsk(   ) Polski(   ) Português
(   )   Русский(   ) Suomi(   )   Svenska(   )   M400

M400   ID   A-GPS

>

-
-
-
-
-

ⓘ

24   **12**

ⓘ *Flow*

/ /   / /   / /   - -   - -   .
.   . .

ⓘ *Flow*

ⓘ *Flow*

- (+　　　　　)
-
-
-

-
- **(bpm)**

(　　　　　　　　　)

- **GPS**
-

GPS

<u>Polar　　　　　　Bluetooth Smart</u>

- **km/h**(　　　　　) **min/km**(　　　　　)
  mph(　　　　　) **min/mi**(　　　　)

- **automatic pause(　　　　)** **On(　　)**

- (　　　　　　　　) (　　　　　　　　)

Quick menu(　　　　)

-
-

-
-

GPS

<u>Polar　　　　　　Bluetooth Smart</u>

- /
  Start X.XX km / XX:XX (　　　X.XX km / XX:XX)

Set Timer(　　　　　)

24

- **Finish time estimator (   )**   M400
                    Start XX.XX km / X.XX mi(XX.XX km / X.XX mi)
            Set distance(   )
-   GPS
- **Location Guide(   )**
location guide(   )   **Location guide arrow view set on(**
)   M400   **Back to Start(   )**

    _____

                            Quick menu(   )   **Quick menu(   )**

-
-
-   **(bpm)**
                                                                                    (
)
- **GPS**
-
                            GPS
Polar   Bluetooth Smart

-                    **km/h(   )   min/km(   )**
  mph(   )   min/mi(   )
-   **automatic pause(   )   On(   )**

-   (
)   (   )
                                    ⓘ GPS

    M400   FlowSync   M400   USB
                    USB   FlowSync   Flow

25

M400

M400

- Flow
- FlowSync
- Flow   M400

ⓘ   flow.polar.com/start   *Polar Flow*   *Polar*   *FlowSync*

1.   USB   M400   USB
2. FlowSync
3.
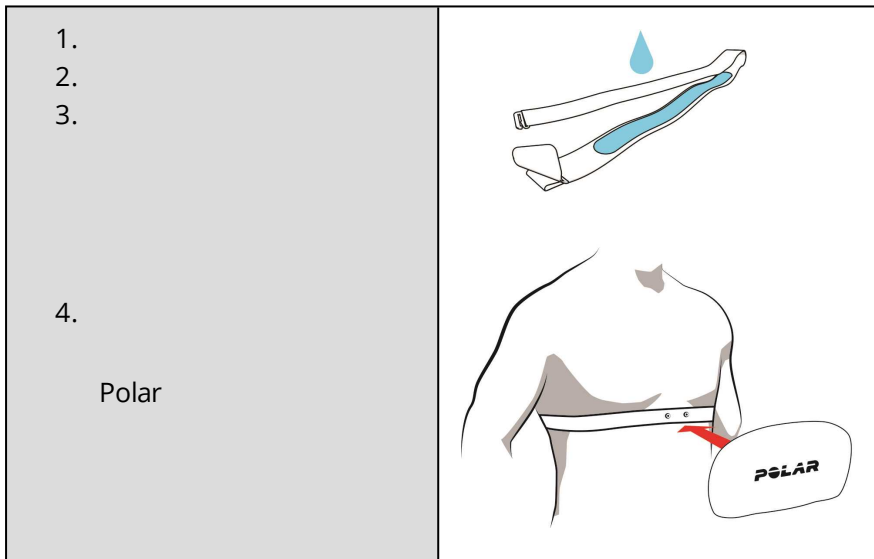4.   (   ) M400

ⓘ   *M400*   *Flow*

Polar   Smart Coaching

(   )

1.
2.   **M400**   M400
3.   ID   **Polar H7 xxxxxxxx**
4.

      >   >   >

1.
2.
3.

4.

      Polar

M400

Mon, 9/8 **11:55**	
11:57 **Start** **Running** **GPS 0%**	/ （ ） GPS M400
11:57 **Start** **Running** **♥ 79** **GPS OK**	**M400** **GPS** GPS GPS M400 M400 GPS GPS 100% " " M400 M400 **Recording started( )** (A-GPS) GPS FlowSync M400 Flow A-GPS M400 A-GPS M400 (A-GPS) *M400 GPS*

/

Quick Menu( )

Recording paused(　　　　　　　) M400

                                                                **Recording ended
(　　　　　)**

　　　Flow   Flowsync　　　　Flow
M400

1.

2.

3.

4.　　M400　　　　　　　　　　　　　　　**Recording started(　　　　　　)**

　　　　　　　　　　　　　　　 ─────

　　　　　　　　　　　　　　　　　/

1.　　　　　　>
2.
      •
      •
3.　　**"Set another timer?"(　　　　　　　　　　)**　　　　　　　　　　**Yes(　)**
　　　　　　2
4.　　　　　　**Start X.XX km / XX:XX (　　X.XX km / XX:XX)**

5.　　M400　　　　　　　　　　　　　　　　　**Recording started(　　　　　　)**

ⓘ

　　　　　　　　M400

1.　　　Timers **>Finish time estimator**(　　　　>　　　　　　　　)
2.　　　　　　　　　　　　　　Set distance(　　　　　) 　　5.00 km(5.00　　　) 　10.00 km
　　(10.00　　　) 　1/2 marathon(1/2　　　　) 　Marathon(　　　　) 　Set other distance(
　　　) 　　　　　　　　　　　　　　　　　　　**Finish time will
　　be estimated for XX.XX(　　　　　　　　XX.XX)**
3.　　　　　**XX.XX km / X.XX mi**
4.　　M400　　　　　　　　　　　　　**Recording started(　　　　　)**

ⓘ

　　　　　　　　　　　　　　(　　　　　　　　)
　　(　　　　　　　)

　"　　"　　　　　　　　　　　　　　　　　　　　　　　　　/

　　　　　　　　　　　　　　　　　(
　)

"   "

———

/

i Recording paused	1. **Recording paused( )** M400

i Recording ended	2.

ⓘ

M400 Flow Flow

M400

Summary 🏆 Longest distance 8:20 km!	/ M400
Summary Start time 11:58 Duration 51:35:7 Distance 8.20 km	ⓘ GPS
Benefit Great pace! You improved your aerobic fitness, speed, and ability to sustain	10 ⓘ

Summary **HR zones** 5 00:01:27 4 00:11:20 3 00:22:02 2 00:08:11 1 00:07:20	ⓘ
Summary **Avg heart rate** 142 (76%) **Max heart rate** ▪ 176 (95%)	ⓘ
Summary **Calories** 682 kcal **Fat burn %** **of calories** 35 %	%
Summary **Average pace** 5:58 min/km **Maximum pace** ▪ 4:36 min/km	/ ⓘ *GPS*
Summary **Running Index** Good 44 ▪	GPS • ( ) • 6 km/h / 3,75 mi/h 12

Summary **Max altitude** 172 m **Ascent** 40 m **Descent** 25 m	/ / ⓘ *GPS*
Summary **Laps** (5) **Best lap** 09:30:07 **Average lap** 10:02:52	
Summary **Automatic laps** (10) **Best lap** 03:20:08 **Average lap** 05:01:02	

POLAR FLOW

Flow   M400   Flow

POLAR FLOW

Polar Flow

(A-GPS)

M400   GPS
        Flow

M400   AssistNow®   AssistNow   A-GPS
M400   GPS   M400

A-GPS   FlowSync   Flow   M400   Flow
          A-GPS   M400

A-GPS

A-GPS   14   10   14

            M400   A-GPS   M400   >   >
                  > **A-GPS**   FlowSync   Flow
M400   Flow   A-GPS

      A-GPS

GPS

M400   GPS

-   /
-
-    /   /
-         M400
-

GPS   M400   M400   GPS

1.
2.   M400

- M400
-           M400
-
- M400

(i)   *M400*

M400   3D

M400

                    Flow   Flow
          /   "   "   "
"   "   (
              1)   (2)

SETTINGS   ACCOUNT **DAILY ACTIVITY GOAL** YOUR PROFILE PRIVACY GENERAL

DAILY ACTIVITY GOAL   (i)

Daily activity goal is a good way to find out how active
you really are in your everyday life. Here you can
choose your typical activity level from three options
and see how active you need to be to reach your daily
activity goal.

The time you need to complete your daily activity goal
depends on the level you have chosen and the
intensity of your activities. Age and gender also affect
the intensity you need to reach your daily activity goal.

● **LEVEL 1**
If your day includes only a little sports and a lot of sitting, commuting by car or
public transport and so on, we recommend you pick this activity level.

1 ○ **LEVEL 2**
If you spend most of your day on your feet, perhaps due to the type of work you
do or your daily chores, this is the right activity level for you.

○ **LEVEL 3**
If your work is physically demanding, you're into sports or otherwise tend to be
on the move and active, this is the activity level for you.

Ways to reach your daily activity goal **100%**

LOW INTENSITY   **7H 20MIN**
Standing work, light household chores

2   OR

MEDIUM INTENSITY   **2H 11MIN**
Walking and other moderate activities

                                                              OR

HIGH INTENSITY   **0H 57MIN**
Jogging, running and other intense activities

37

M400

(" ")

-
  -
  - BMR( )
  -
- **To go( )** M400

M400 ' ' ' ' '
' Flow

M400

- " "

FLow FLow

> >

Flow M400

Polar Flow Polar Flow

Flow **Flow**

M400 ( )
M400 (
) Flow Flow

18:00/6   18:00/6   24

Flow   Flow

Polar Flow   M400
            Polar Flow   Flow

.

SMART COACHING

Smart Coaching

M400   Smart Coaching

-
-
-
-
- Smart calories

        10

Maximum training+ (+)	

Maximum training ( )	
Maximum & Tempo training ( )	
Tempo & Maximum training ( )	
Tempo training+ (+)	
Tempo training ( )	
Tempo & Steady state training ( )	
Steady state & Tempo training ( )	
Steady state training+ (+)	
Steady state training ( )	
Steady state & Basic training, long (( ))	
Steady state & Basic training ( )	
Basic & Steady state training, long (( ))	
Basic & Steady state training ( )	
Basic training, long (( ))	
Basic training ( )	
Recovery training ( )	

Polar   (   )

Polar OwnIndex   (VO_{2max})

OwnIndex   Polar

OwnIndex

OwnIndex

OwnIndex

-                           -   -
              (   )
-
-           2-3
-
-                                1-3

>

>   >

-

-

M400   "   "

VO$_{2max}$

VO2max

-
- VO**2max**

>   >

Flow

/							
20-24	< 32	32-37	38-43	44-50	51-56	57-62	> 62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	> 59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	> 56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	> 54
40-44	< 26	26-31	32-35	36-41	42-46	47-51	> 51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	> 48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	> 46
55-59	< 22	22-26	27-30	31-34	35-39	40-43	> 43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	> 40

/							
20-24	< 27	27-31	32-36	37-41	42-46	47-51	> 51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	> 49

/							
30-34	< 25	25-29	30-33	34-37	38-42	43-46	> 46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	> 44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	> 41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	> 38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	> 36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	> 33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	> 30

62   7

VO_{2max} Shvartz E, Reibold RC.6   75   Aviat
61:3-11 1990

VO$_{2MAX}$

($VO2_{max}$)

$VO2_{max}$ (   )

$VO2_{max}$ (

Polar   ) $VO2_{max}$

$VO2_{max}$ (ml/min = ml ■ min-1)   (

) (ml/kg/min = ml ■ kg-1 ■ min-1)

HR_{max}

GPS   :

- (   )
- 6 km/h / 3,75 mi/h   12
- _____

M400

/						
20-24	< 32	32-37	38-43	44-50	51-56	57-62	> 62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	> 59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	> 56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	> 54
40-44	< 26	26-31	32-35	36-41	42-46	47-51	> 51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	> 48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	> 46
55-59	< 22	22-26	27-30	31-34	35-39	40-43	> 43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	> 40

/						
20-24	< 27	27-31	32-36	37-41	42-46	47-51	> 51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	> 49
30-34	< 25	25-29	30-33	34-37	38-42	43-46	> 46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	> 44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	> 41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	> 38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	> 36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	> 33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	> 30

VO$_{2max}$ Shvartz E, Reibold RC.6   75   Aviat 61:3-11 1990

		( )5 (: :)	10 (: :)		
36	1800	0:36:20	1:15:10	2:48:00	5:43:00
38	1900	0:34:20	1:10:50	2:38:00	5:24:00
40	2000	0:32:20	1:07:00	2:29:30	5:06:00
42	2100	0:30:40	1:03:30	2:21:30	4:51:00
44	2200	0:29:10	1:00:20	2:14:30	4:37:00
46	2300	0:27:50	0:57:30	2:08:00	4:24:00
48	2400	0:26:30	0:55:00	2:02:00	4:12:00
50	2500	0:25:20	0:52:40	1:57:00	4:02:00
52	2600	0:24:20	0:50:30	1:52:00	3:52:00
54	2700	0:23:20	0:48:30	1:47:30	3:43:00
56	2800	0:22:30	0:46:40	1:43:30	3:35:00
58	2900	0:21:40	0:45:00	1:39:30	3:27:00
60	3000	0:20:50	0:43:20	1:36:00	3:20:00
62	3100	0:20:10	0:41:50	1:32:30	3:13:00
64	3200	0:19:30	0:40:30	1:29:30	3:07:00
66	3300	0:18:50	0:39:10	1:26:30	3:01:00
68	3350	0:18:20	0:38:00	1:24:00	2:55:00

	( )5 (: :)	10 (: :)		
70	3450	0:17:50	0:36:50	1:21:30	2:50:00
72	3550	0:17:10	0:35:50	1:19:00	2:45:00
74	3650	0:16:40	0:34:50	1:17:00	2:40:00
76	3750	0:16:20	0:33:50	1:14:30	2:36:00
78	3850	0:15:50	0:33:00	1:12:30	2:32:00

Polar

	HR_{max} $HR_{max} = $ (220-)	190 bpm(220-30) 30 ( )		
	90–100%	171-190 bpm	5	
	80–90%	152-172 bpm	2-10	

	HR_{max} $HR_{max} = $ (220-)	190 bpm(220-30) 30 ( )		
	70–80% 133-152 bpm		10–40	
	60–70%	114-133 bpm	40-80	

	HR$_{max}$ $HR_{max} =$ (220-)	190 bpm(220-30) 30 ( )		
	50–60%	104-114 bpm	20–40	

1

2

3   1   2   3

                                                        4   5
10
                4   5

                    HR max   Polar

                                                                                    1
3   3-5

SMART CALORIES

-
-            (HR_{max})
-
-            ($VO2_{max}$)

                                        Polar   (SMS
WhatsApp   )   Polar
                        iOS   Android   Polar Flow   Polar

        /   /

Flow

(   )

" "   /

" "   (
)
        5   3

        /   FlowSync

M400   Flow

                                                ─
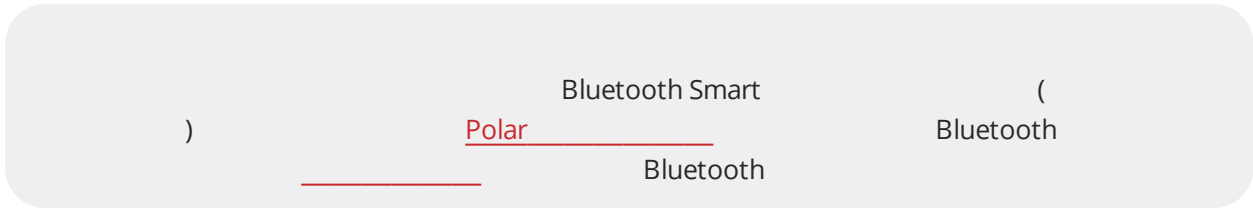
                    _____ Flow_____

M400   1.8

"   "

Flow   "   "

POLAR

www.polar.com/flow   Polar Flow

5k 10k

9   20

____   Polar   Polar_____

POLAR

1.   www.polar.com/flow   Flow
2.
3.
4.   *
5.
6.

7.

8.

*

1.

2.

3.

4.

USB   Flow   Flow

POLAR   *BLUETOOTH*® SMART

M400

M400

1.
2.   M400
3.   ID   **Polar RUN xxxxxxxx**
4.

1.   **>**   **>**
2. M400
3.   **Polar RUN xxxxxxxx**
4.
5.

/

(   )

GPS
          >   **>**   **>**   **>**
GPS

1.
2. 400
3. " "
4. **>** **>** **>**
5.

> **>** **>** **>** **>**
> **xxxx**

ⓘ

> **>**

GPS

GPS

100 500

- 6
- 7 km/h
- 30

( )

- **>** **>** **>** **>** **>**

ⓘ

> **>**

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POLAR FLOW

Polar Flow

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M400

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　　　　　　Flow　　　　　　　　　App Store　Google Play
Polar Flow　　　　　　　　　　　　　　www.polar.com/en/support/Flow_app
　　(　　　　　　　　　)　　　　　　M400　　　　　　　　　　　　　____

　　Flow　　　　　　　　　　　　　　　　M400　　　　　　M400
Flow　　　　　　　　　____

POLAR FLOW

Polar Flow

M400

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Flow   flow.polar.com/start   Polar
                                      FlowSync   M400   Flow
                              Flow

M400

Flow   www.polar.com/en/support/flow

Flow   Flowsync   Flow
M400

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ⓘ   *FlowSync   Flow*   *Flow*   *M400*
                    Flow

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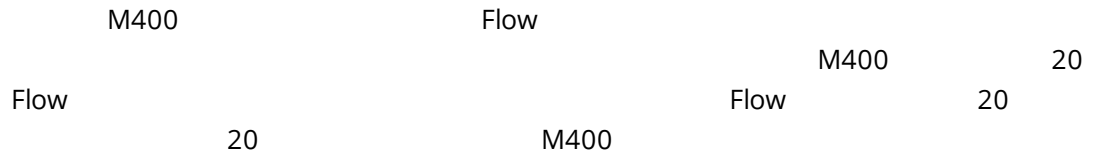   )
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            M400   20   Flow
          Flow   20   20
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FLOW

M400   Flow

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Flow

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Bluetooth Smart   (
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Bluetooth

FlowSync USB M400 Polar Flow
Bluetooth Smart® M400 Flow
Polar FlowSync flow.polar.com/start Polar Flow Polar
FlowSync App Store Google Play Flow

M400

FLOW

- Polar Flow
- Flow M400 FlowSync
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- M400 " " 15

1. Flow M400
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1. Flow > > > M400

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Flow *M400*
Flow

Polar Flow www.polar.com/en/support/Flow_app

FLOWSYNC FLOW

Flow FlowSync flow.polar.com/M400

1. USB   M400   USB
   FlowSync
2. FlowSync
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   M400   Polar FlowSync   Polar Flow
                                                                 (Windows)
   (Mac OS X)   FlowSync   FlowSync

 ⓘ   *M400*   *Flow*   *FlowSync*
      M400

      Flow   www.polar.com/en/support/flow

      FlowSync   www.polar.com/en/support/FlowSync

M400

Polar M400

M400

USB   **USB**

USB

ⓘ   *M400*   *USB*   *USB*   *M400*

USB   M400   (   )

USB

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USB

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BLUETOOTH® SMART

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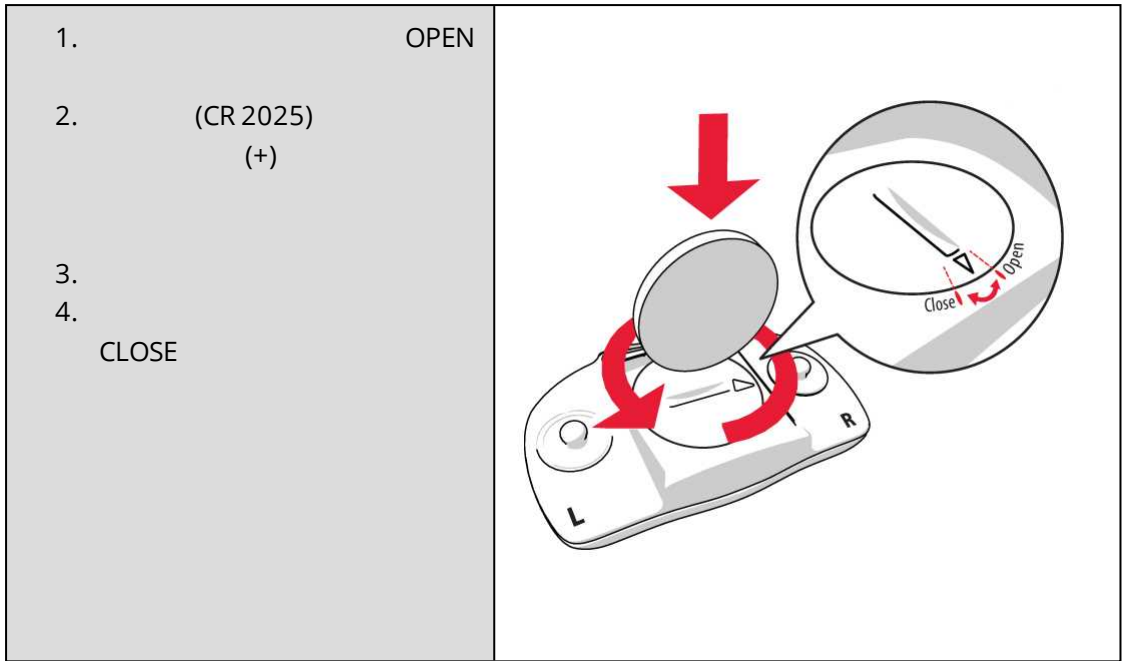   Polar

                              Polar   www.polar.com/support

            Polar   Polar   Polar Flow
Polar

Polar M400

300

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Polar H7 "

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Polar   Bluetooth Smart®

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Polar   /   Polar
www.shoppolar.com   /

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Polar M400

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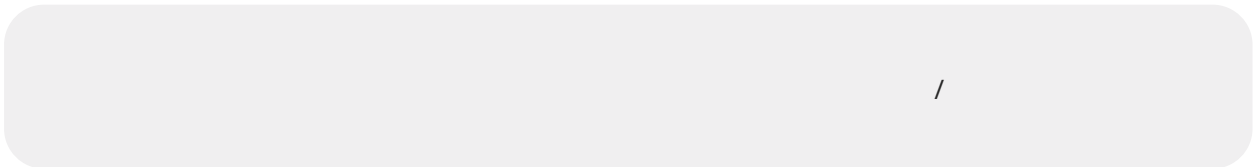
Polar　　　　　(　　H10　　H9)　　　　　　　　　　　　　　　　　　　　　　　　　2

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M400

	190 mAh
	GPS　　　　　　　　　　　8 30
	-10 ℃　　+50 ℃/14 °F　　122°F
	/ABS　　　ABS
	25 ℃ / 77 °F　　　　　　± 0.5　/
GPS	±2%　　　±2 km/h
	1
/	5
	9000　/29525
	1
	± 1%　　1 bpm
	15-240 bpm

	0-399 km/h 247.9 mph (0-36 km/h 0-22.5 mph(Polar)
	30 ( )
	GPS 30
	128 x 128

H7

	200
	CR 2025
	O 20.0 x 1.0
	-10 °C +50 °C/14 °F 122°F
	38% 29% 20% 13%
	30

Bluetooth® Smart

POLAR FLOWSYNC

FlowSync   Microsoft Windows   Mac
USB

support.polar.com

POLAR FLOW

support.polar.com

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Polar   **ISO 22810**   **IEC60529**

Polar

Polar   Polar

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IPX7		-	-	-	
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	Polar (WEEE) 2012/19/EU 2006 9 2006/66/EC Polar / Polar

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2.1 CHNS 10/2019