

**POLAR®**

## **POLAR M460**



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# POLAR M460

M460 Strava Live Segments ! Polar M460 all-round GPS Bluetooth Polar  
M460 Polar M460 16 LED Flow Flow (IPX7)  
[support.polar.com/en/M460](https://support.polar.com/en/M460)

## M460

## H10

M460



## USB

USB FlowSync M460 Polar Flow

## POLAR FLOW

App Store Google Play Flow Polar Flow

## POLAR FLOWSYNC

Flowsync USB M460 Flow  
[flow.polar.com/start](https://flow.polar.com/start) Polar FlowSync

## POLAR FLOW

[flow.polar.com](https://flow.polar.com)

# M460

Polar Flow

M460

Flow

 M460

USB

2

## POLAR FLOW

1. [flow.polar.com/start](http://flow.polar.com/start) M460 Flow Polar FlowSync
- 2.
3. FlowSync Polar M460
4. USB USB M460
5. Flow USB Polar
6. M460 synchronization FlowSync
7. M460 M460 20-30

M460

USB

USB

)

AC

AC

" 5Vdc" 500mA ("LPS", "Limited Power Supply", "UL listed")

)

1. USB

USB

M460 USB

PC



- 2. Charging( )
- 3. M460 Charging completed( )

USB

**i** M460

**i** 0 °C / 32°F

+50°C / 122°F

M460

( : GPS ), 16

M460

**Battery low. Charge( )**

. M460

**Charge before training( )**

M460

M460



•	•	• Quick Menu ( )
---	---	------------------

•	•	• 3
•		
•		
•		
•		
•		
Flow		

•	•	•
---	---	---



• •		• •

/

• •	•	•

<ul style="list-style-type: none"> <li>• Diary ( )</li> <li>• Settings ( )</li> <li>• Tests ( )</li> <li>• Interval timer ( )</li> <li>• Favorites ( )</li> <li>• Strava Live Segments</li> </ul>	
---	--

**DIARY ( )**

, 4 4 ,

**SETTINGS ( )**

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

**TESTS ( )**

Tests ( )

Orthostatic test ( )

Fitness test ( )

INTERVAL TIMER ( )

/

FAVORITES ( )

Favorites ( ) Flow

Favorites ( )

## M460

M460 [flow.polar.com/start](http://flow.polar.com/start) Polar FlowSync App Store Google Play Flow, Flow

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 ( )

1. Flow Polar
2. (Polar M460 )
3. M460
4. Connecting to device ( ) Connecting to app ( )
5. Bluetooth M460 PIN
6. Pairing completed ( )

1. Settings ( ) > General settings ( ) > Pair and sync ( ) > Paired devices ( )
- 2.
3. Delete pairing? ( ?) , Yes ( )
4. Pairing deleted ( )

# M460

Bluetooth®

( , )

M460

Bluetooth Smart®

M460

## BLUETOOTH SMART®

## M460

Polar

, M460

Bluetooth

[support.polar.com](http://support.polar.com)

. M460

## POLAR H10

Polar

M460

. Polar H10

[support.polar.com](http://support.polar.com)

M460

Polar H6

H10

( , , )

## M460

M460

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

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

## POLAR BLUETOOTH® SMART

- 
- 
-

**M460**

M460

1. > >
2. M460
3. Polar SPD xxxxxxxx
- 4.
- 5.
6. : 1, 2 3
- 7.



1

- 1.
2. M460
3. ID Pair Polar SPD xxxxxxxx . Yes( )
- 4.
5. : 1, 2 3
- 6.

1

( ETRTO)

( )

ETRTO	( )	(mm)
25-559	26 x 1.0	1884
23-571	650 x 23C	1909
35-559	26 x 1.50	1947
37-622	700 x 35C	1958
52-559	26 x 1.95	2022
20-622	700 x 20C	2051
52-559	26 x 2.0	2054
23-622	700 x 23C	2070
25-622	700 x 25C	2080
28-622	700 x 28	2101
32-622	700 x 32C	2126

ETRTO	( )	(mm)
42-622	700 x 40C	2189
47-622	700 x 47C	2220



2

- 
- 

• 4mm

**POLAR** **BLUETOOTH® SMART**

- 
- 
- 

**M460**

M460

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



1

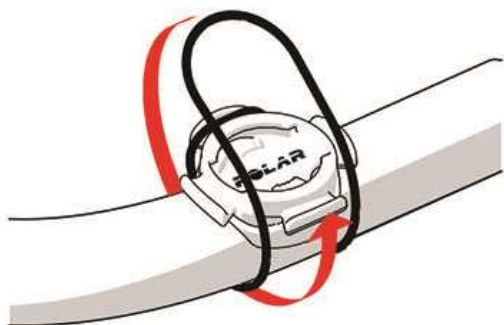
- 1.
2. M460
3. ID Pair Polar CAD xxxxxxxx . Yes( )
- 4.
5. : 1, 2 3

**POLAR LOOK KÉO POWER  
POLAR**

**BLUETOOTH® SMART**

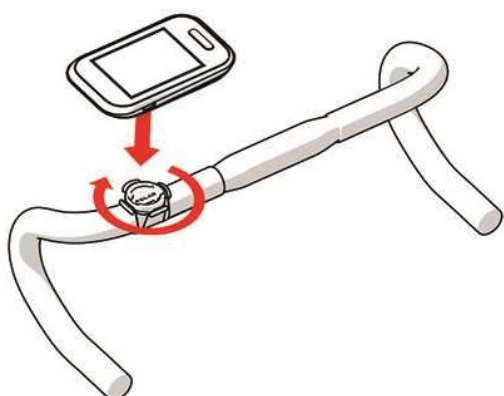
Polar

1. /
2. . POLAR
3. O- /



4. M460

M460



 GPS

M460  
GPS

>

Flow

(Flow)

M460

6

- Cycling ( )
- Road cycling ( )
- Indoor cycling ( )
- Mountain biking ( )
- Other outdoor ( )
- Other indoor ( )

Flow

M460

20

M460

. Flow



Flow

M460

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



Bluetooth® Smart

Polar LOOK Kéo Power

- GPS recording (GPS ) : Off ( ) On ( )
- Bike settings ( ): Wheel size ( ): ( )  
Crank length ( ): ( ) . Used sensors ( ):

- **Speed settings** ( ): **Speed view** ( ): km/h( ) min/km( )  
mph( ) 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



, Bluetooth Smart

Polar

Bluetooth

Bluetooth

Settings ( ) > Physical settings ( )

Physical settings ( ) :

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

(kg)

(lbs)

( )

( )

(24 : - - / 12 : - -

).



Male ( ) Female ( )

3

• Occasional (0-1h/week) ( (0-1 / ) ):

• Regular (1-3h/week): ( (1-3 / ) )

5-10km 3-6

• Frequent (3-5h/week) ( (3-5 / ) ): 1 3

50km/12-31

3-5

20-

• Heavy (5-8h/week) ( (5-8 / ) ): 1 5

• Semi-pro (8-12h/week) ( (8-12 / ) ):

• Pro (>12h/week) ( (12 / ) ):

(220- )

HR<sub>max</sub>  
HR<sub>max</sub>

HR<sub>max</sub>

HR<sub>max</sub>

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 . Sync data ( ) M460

- Front light ( ): Manual front light ( ) Automatic front light ( )
  - Manual front light ( ):
  - Automatic front light ( ): M460
- Activation level ( ): Dark ( ), Dusk ( ) Light ( )
- Blink rate ( ): Blinking off ( ), Slow ( ), Fast ( ) Very fast ( )

On ( ) Off ( )

Polar Flow Bluetooth® Smart Bluetooth® Smart

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

 FlowSync Flow M460 Flow

Monday ( ), Saturday ( ) Sunday ( )

On ( ) Off ( )



" 15 "

Manual lock ( ) Automatic lock ( ) Manual 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. M460

A-GPS M460 ID

- 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 ( , )):  
 1, 3, 5, 10, 15, 30 60 . FTP : FTP( )  
 60~600W . Check power zone limits ( ):



Polar LOOK Kéo Power

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** ( )
- **Automatic 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\*** ( \*):
- **Set location guide on\*** ( \*), M460 **Back to Start** ( ) . **Location guide arrow view set on** ( )

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

 Polar LOOK Kéo Power 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( )  
limits ( ): mph( ) min/mi( ) . Check speed zone
- 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 USB , M460 USB  
FlowSync

Flow

M460

M460

- Flow
- FlowSync
- Flow M460



[flow.polar.com/start](http://flow.polar.com/start)

Polar Flow

Polar

FlowSync

PC

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



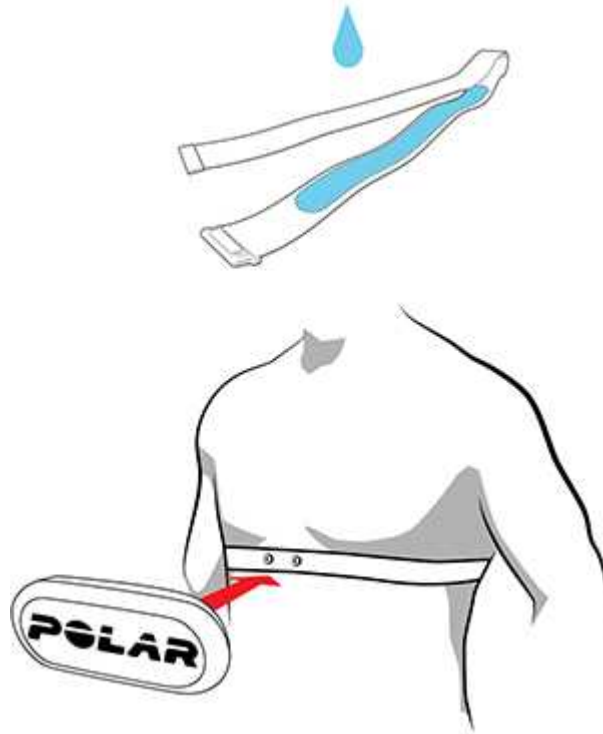
M460

Flow

- 1.
- 2.
- 3.
- 4.

M460

Yes( )



- 1.
- 2.



GPS

Bluetooth® Smart

M460

M460 GPS

. GPS

M460

. M460

GPS  
M460 Flow

A-GPS(Assisted GPS)  
A-GPS

M460

. FlowSync

. A-GPS

M460

A-GPS(Assisted GPS)

3. M460



M460

GPS: GPS

GPS

100%

: M460

OK ( )

. M460

Bike 1 ( 1)

Bike 2 ( 2)

. M460

M460

1

1

1

M460

2

•

, M460

1

2 M460

• M460

2

Flow

Flowsync

Flow

M460

1. **Diary** ( ) **Favorites** ( )

2.

3.

4. M460

**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** ( )

2

4. **Start X.XXkm / XX:XX**

5. M460

**Recording started** ( )



( : ) **Interval timer** ( )  
**Interval timer** ( )

**Lap distance** ( ) **Lap duration** ( ) **Lap distance** ( ) **Automatic lap** ( )  
**Lap duration** ( )



*Flow* *Flow*  
.[ ] , *FlowSync* /



# Sport profiles

Add sport profile

1   
**Road running**  
4.9.2017 19:28  
**Edit**

2   
**Cycling**  
2.14.2016 21:26  
**Edit**

3   
**Walking**  
6.3.2017 19:29  
**Edit**

4   
**Strength training**  
6.10.2016 19:00  
**Edit**

## Related to sport

Cancel Save

### Basics

### Heart rate

### Speed/Pace settings

#### Speed/Pace view

- km/h
- min/km

#### Zone lock available

Available for Polar M400

- Off
- On

Quick Menu ( )

Start next phase ( )

 Flow

Quick Menu ( )

/

- 1.
2. ended ( )

Recording paused ( )






M460





3


Recording



M460, Flow Flow

<p><b>Summary</b></p>  <p><b>Longest distance</b> 34.20 km!</p>	<p>M460 /</p>										
<p><b>Summary</b></p> <p><b>Start time</b> 10:42 AM</p> <p><b>Duration</b> 01:18:44.3</p> <p><b>Distance</b> 34.20 km</p>	<p> GPS Polar Bluetooth® Smart</p>										
<p><b>Summary</b></p> <p><b>Training benefit</b> Steady state training</p>	<p> Training benefit ( ) 10</p>										
<p><b>Summary</b></p> <p><b>HR zones</b></p> <table border="1"> <tr> <td>5</td> <td>00:01:27</td> </tr> <tr> <td>4</td> <td>00:11:20</td> </tr> <tr> <td>3</td> <td>00:22:02</td> </tr> <tr> <td>2</td> <td>00:08:11</td> </tr> <tr> <td>1</td> <td>00:07:20</td> </tr> </table>	5	00:01:27	4	00:11:20	3	00:22:02	2	00:08:11	1	00:07:20	<p></p>
5	00:01:27										
4	00:11:20										
3	00:22:02										
2	00:08:11										
1	00:07:20										
<p><b>Summary</b></p> <p><b>Avg heart rate</b> 138</p> <p><b>Max heart rate</b> 162</p>	<p></p>										

<p><b>Summary</b></p> <p><b>Calories</b> 764 kcal</p> <p><b>Fat burn % of calories</b> 30%</p>	<p>%. .</p>										
<p><b>Summary</b></p> <p><b>Speed zones</b></p> <table border="1"> <tr><td>5</td><td>00:00:00</td></tr> <tr><td>4</td><td>00:13:39</td></tr> <tr><td>3</td><td>00:36:25</td></tr> <tr><td>2</td><td>00:25:24</td></tr> <tr><td>1</td><td>00:00:42</td></tr> </table>	5	00:00:00	4	00:13:39	3	00:36:25	2	00:25:24	1	00:00:42	<p> <i>GPS</i>      <i>Polar</i>      <i>Bluetooth® Smart</i></p>
5	00:00:00										
4	00:13:39										
3	00:36:25										
2	00:25:24										
1	00:00:42										
<p><b>Summary</b></p> <p><b>Average speed</b> 30.4 km/h</p> <p><b>Maximum speed</b> 42.7 km/h</p>	<p> <i>GPS</i>      <i>Polar</i>      <i>Bluetooth® Smart</i></p>										
<p><b>Summary</b></p> <p><b>Average cadence</b> 86</p> <p><b>Maximum cadence</b> 108</p>	<p> <i>Polar LOOK Kéo Power</i>      <i>Polar</i>      <i>Bluetooth® Smart</i></p>										
<p><b>Summary</b></p> <p><b>Avg power</b> 230 w</p> <p><b>Max power</b> 269 w</p>	<p> <i>Polar LOOK Kéo Power</i></p>										

<p><b>Summary</b></p> <p><b>Power zones</b></p> <table border="1"> <tr><td>5</td><td>00:00:00</td></tr> <tr><td>4</td><td>00:18:05</td></tr> <tr><td>3</td><td>00:40:06</td></tr> <tr><td>2</td><td>00:15:52</td></tr> <tr><td>1</td><td>00:05:45</td></tr> </table>	5	00:00:00	4	00:18:05	3	00:40:06	2	00:15:52	1	00:05:45	 <i>Polar LOOK Kéo Power</i>
5	00:00:00										
4	00:18:05										
3	00:40:06										
2	00:15:52										
1	00:05:45										
<p><b>Summary</b></p> <p><b>Max altitude</b> 148 m</p> <p><b>Ascent</b> 418 m</p> <p><b>Descent</b> 390 m</p>											
<p><b>Summary</b></p> <p><b>Laps</b> (2)</p> <p><b>Best lap</b> 00:19:00.5</p> <p><b>Average lap</b> 00:19:00.5</p>											
<p><b>Summary</b></p> <p><b>Automatic laps</b> (5)</p> <p><b>Best lap</b> 00:09:06.0</p> <p><b>Average lap</b> 00:09:44.5</p>											

**POLAR FLOW**

M460 Flow

. Flow

Polar Flow

**POLAR FLOW**

Flow

Polar Flow

# A-GPS(ASSISTED GPS)

M460 GPS , Flow

M460 AssistNow® Offline AssistNow Offline A-GPS  
M460 GPS M460

A-GPS FlowSync M460 Flow A-  
GPS M460

## A-GPS

A-GPS 14 GPS 3  
10 14

M460 A-GPS M460 Settings ( ) > General settings ( )  
) > About your product ( ) > A-GPS exp. date (A-GPS )  
FlowSync M460 Flow 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 ( )  
) , M460 Back to Start ( )

:

- M460

- 

- M460

( )



M460

- 

- 

( )

- 

- 

M460

/ )

(

M460



GPS



M460

- Training Benefit( )

- 

( Polar Flow )

- 

- 

- Heart rate zones( )

- 

**TRAINING BENEFIT( )**

10

+	!
	!
	!
	!
+	!
	!
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+	!
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Polar Flow

. Polar Flow

( : , , )

Polar  
OwnIndex

( )

(VO<sub>2max</sub>)

, Polar

OwnIndex

. Polar

6

OwnIndex

, OwnIndex

2

2

OwnIndex

• , )

( :TV,

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M460

VO<sub>2max</sub>

VO<sub>2max</sub>

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VO<sub>2max</sub>

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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

7

VO<sub>2max</sub>

62

: 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<sub>2MAX</sub>

VO<sub>2max</sub>( , ) (VO<sub>2max</sub>)

VO<sub>2max</sub> (ml/min = ml ■ min<sup>-1</sup>)

VO<sub>2max</sub> (ml/kg/min = ml ■ kg<sup>-1</sup> ■ min<sup>-1</sup>)

HRrest, HRstand HRpeak

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- 3 M460
- 3 M460
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M460



HRrest, HRstand HRpeak




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Flow

Flow

Polar

	Intensity % of HR <sub>max</sub> ( )*	: **	:	
<b>MAXIMUM( )</b>	90-100%	171-190 bpm	5	:
				:
<b>HARD( )</b>	80-90%	152-172 bpm	2-10	:
				:
<b>MODERATE( )</b>	70-80%	133-152 bpm	10-40	:

	Intensity % of HR <sub>max</sub> ( )*	: **	:	
				:
LIGHT( )	60-70%	114-133 bpm	40-80	:
				:
VERY LIGHT( )	50-60%	104-114 bpm	20-40	:
				:

\*HR = (220- )

\*\* 30 190 bpm(220-30) ( )

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1 2

4 5

10

4 5

HR

Polar Flow

Polar

Polar

1 3

3-5

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- (HR )
- 
- (VO<sub>2max</sub>)
- 

## (IOS)

M460

iOS Android

M460

M460 Flow

M460

M460

Flow

M460 Polar Flow

M460

M460

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

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

M460

Smart notifications (iOS)

M460

M460

(iOS 8

)

M460

- :
- :

30

## (ANDROID)

M460

M460


- Android 5.0
- M460

Android Polar Flow  
, Polar Flow

M460

- Bluetooth

M460

 Samsung Galaxy S5, Samsung Galaxy S6, Nexus 5, LG G4, Sony Xperia Z3  
. Android 5.0

M460 Flow

M460

M460

Flow

. M460 Polar Flow

M460

**M460**

M460

M460 Menu ( ) > Settings ( ) > General settings ( ) > Smart notifications ( )

• On ( )

• On (no preview) ( ( ))

• M460 Off ( )

**FLOW**

Polar Flow

1. Polar Flow

2. Devices( )

3. 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

M460

Android

Polar Flow  
Polar Flow

( , Polar Flow ) . Polar Flow

M460

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Polar M460

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Polar Flow  
Devices ( ) > Block apps ( )

M460

Flow

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Default ( )

Default ( )

Free ( )

Free ( )

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Flow Sync

M460

Flow

(Flow )





Bluetooth Smart

Polar

Bluetooth

Bluetooth

# M460 STRAVA LIVE SEGMENTS®

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Strava

[Strava.com](https://www.strava.com)

Strava

Strava  
the Mountain)

KOM/QOM(King/Queen of

Strava Summit

Polar M460

Strava

Strava

(PR),

Strava

KOM

QOM

M460

M460

Polar M460

Strava

1. Polar Flow Polar Flow Strava Polar Flow

Polar Flow : > > Strava >

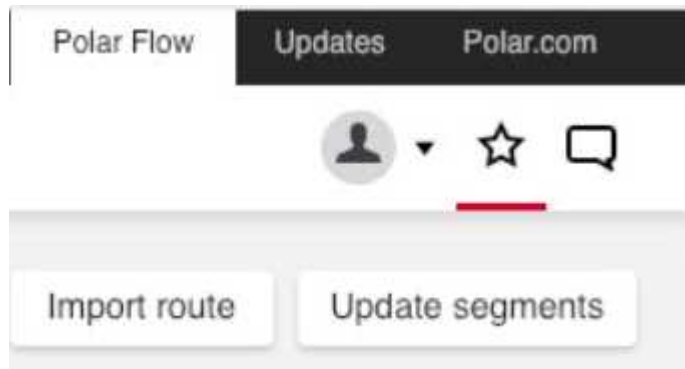
Polar Flow : > > Strava ( )

2. Strava Polar Flow

Strava.com:

Star	Category	Name	Location
★	4	Muro di Sormano Climb	Sormano, Lombardy, Italy
★	3	Muro Di Sormano	

3. Polar Flow



4. M460



Strava

Strava

## TRAININGPEAKS® M460

TrainingPeaks

TrainingPeaks  
 Power®(NP®), Intensity Factor®(IF®) Training Stress Score®(TSS®).  
 , TrainingPeaks NP, IF TSS  
 M460 TrainingPeaks

Normalized  
 M460  
 TrainingPeaks Polar Flow

- Normalized Power(NP)
- Intensity Factor(IF)

IF

- Training Stress Score(TSS)  
 Stress Score

Polar

Training



Polar Flow

Polar Flow

TrainingPeaks

Polar Flow

- Polar Flow : > > **TrainingPeaks** >
- Polar Flow : > > **TrainingPeaks**( )

TrainingPeaks Extended Power

[TrainingPeaks](#)

NP®, IF®, TSS® TrainingPeaks, LLC

[www.trainingpeaks.com](http://www.trainingpeaks.com)

# POLAR FLOW

## POLAR FLOW

Polar Flow

M460

Flow

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Flow

[flow.polar.com/start](https://flow.polar.com/start)

Polar

Flowsync

M460 Flow

M460

Progress( )

Flow

[support.polar.com/en/support/flow](https://support.polar.com/en/support/flow)

Flow

Flowsync

Flow

M460

- Quick Target( ): , , .
- Phased Target( ): , , .

- Favorites( ): , , .

 FlowSync Flow Flow M460  
Flow

1. Diary( ) , Add( ) > Training target( )
2. ( Polar M460 ).

1. Quick( )
2. ( ), ( ), ( ) ( )
3. ,
4. ☆

1. Phased( )
2. ( ), ( ), ( ) ( )
3. ,
4. ☆

Favorites( )

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

M460 ,

- ( 4 )
-

**FAVORITES( )**

. Flow 20 M460 . M460 . Flow 20  
. Flow 20 M460 . M460 . Flow 20

- 1. Create a training target( ).
- 2.
- 3.



- 1.
- 2.
- 3.



- 1.
- 2.



**(FLOW )**

M460 6 . Flow . M460 20 . Flow  
20 M460 . Flow 20 . Flow

Flow :

- 1. /
- 2. **Sport Profiles( )**
- 3. **Add sport profile( )**
- 4.

Flow :

1. / .
2. .
3. Edit( ) .

Basics( )

- ( )
- 
- 

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

4

8

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1~4

<ul style="list-style-type: none"> <li>•</li> <li>• Duration( )</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>• Average heart rate ( )</li> <li>•</li> <li>•</li> <li>•</li> <li>• Maximum heart rate( )</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
---	---	--	---

		<ul style="list-style-type: none"> <li>• Calories( )</li> <li>•</li> <li>•</li> <li>•</li> </ul>	

			TrainingPeaks
<ul style="list-style-type: none"> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>• /</li> <li>• /</li> <li>• /</li> <li>• /</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>NORMALIZED POWER</li> <li>•</li> <li>INTENSITY FACTOR</li> <li>•</li> <li>TRAINING STRESS SCORE</li> <li>•</li> <li>NORMALIZED POWER</li> <li>•</li> <li>INTENSITY FACTOR</li> <li>•</li> <li>TRAINING STRESS SCORE</li> <li>•</li> <li>NORMALIZED POWER</li> <li>•</li> <li>INTENSITY FACTOR</li> <li>•</li> <li>TRAINING STRESS SCORE</li> <li>•</li> <li>NORMALIZED POWER</li> <li>•</li> <li>INTENSITY FACTOR</li> <li>•</li> <li>TRAINING STRESS SCORE</li> </ul>



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%)

W( ), W/kg( /kg) FTP %(

M460

FlowSync



Bluetooth Smart

( : )

Polar

Bluetooth

Bluetooth

## POLAR FLOW

Polar Flow

Flow

M460

Flow

M460

- 
- 
- Training Benefit( )
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- /
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- ,
- %
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Flow

M460 Flow  
M460

[flow.polar.com/start](http://flow.polar.com/start)

M460

Flow

, App Store Google Play  
[www.polar.com/en/support/Flow\\_app](http://www.polar.com/en/support/Flow_app)

, Polar Flow  
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Flow

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, Flow M460

FlowSync

USB  
M460 Flow  
[flow.polar.com/start](http://flow.polar.com/start)

Polar Flow  
Polar Flow  
Google Play

Bluetooth Smart®  
Polar  
Flow

Polar  
M460  
FlowSync  
FlowSync

PC

, App Store

M460,

## FLOWSYNC FLOW

Flow FlowSync [flow.polar.com/start](https://flow.polar.com/start)

1. USB M460 USB PC FlowSync
2. FlowSync
3. Completed( )

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

 M460 M460 Flow FlowSync

Flow [support.polar.com/en/support/flow](https://support.polar.com/en/support/flow)


FlowSync [support.polar.com/en/support/FlowSync](https://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 Flow

Polar Flow [support.polar.com/en/support/Flow\\_app](https://support.polar.com/en/support/Flow_app)

# M460

, Polar M460

# M460

USB /



GPS

(-10°C/14°F ) (50°C/120°F )



M460:

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Polar

Polar Electro  
Limited International Polar

Guarantee

Polar M460  
300

500mA  
"CE"

) USB

USB

USB

"output 5Vdc"

(USB

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



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Polar

Polar H10



Polar

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[www.polar.com/us-en](http://www.polar.com/us-en)

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Polar

Polar

- 1.
- 2.
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(CR2025)



(CR2025)

Polar M460

WLAN

LED

- 1.
- 2.
- 3.

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! Polar Polar

Polar

Polar



(-20°C ~ -10°C / -4°F ~ 14°F)

Polar ( : H10 H9)

2

**M460**

:	385mAh, 4,35V
:	GPS 16 12
:	-10 °C +50 °C / 14 °F 122 °F M460

:	PC+GF, ABS, PC, PMMA, TPU
:	25 °C / 77 °F ± 0.5 /
GPS :	±2%, ±2 km/h
:	1 m
/ :	5 m
:	9000 m/29525 ft
:	1
:	± 1% 1 bpm( ).
:	15-240 bpm
:	0-399 km/h 247.9 mph
:	IPX7 ( , )
:	64Mb HR, GPS 70
:	128 x 128

## H10

:	400
:	CR 2025
:	O 20.0 x 0.90
:	-10°C ~ +50°C/14°F ~ 122°F
:	ABS, ABS + GF, PC,
:	, , , , ,
:	30 m

Polar H10

- OwnCode®

## POLAR FLOWSYNC

FlowSync  
USB

Microsoft Windows Mac

[support.polar.com](http://support.polar.com)

# POLAR FLOW

[support.polar.com](http://support.polar.com)

Polar M460

- OwnIndex®

## POLAR

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Polar ISO 22810 IEC60529 Polar  
Polar

Polar

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			( )	( )	
IPX7	-	-	-	-	: IEC60529.
IPX8		-	-	-	: IEC60529.
20/30/50		-	-	-	: ISO22810.
100				-	: ISO22810.

## POLAR

- Polar Electro Oy Polar

. Polar Electro, Inc.





- Polar Electro Oy/Polar Electro Inc. Polar / 1
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- ( : ) Polar
- Polar Central Service
- Polar Electro Oy/Inc. /
- Polar Electro Oy/Inc.

: Polar Electro Oy, Professorintie 5, FI-90440 KEMPELE, [www.polar.com](http://www.polar.com).

Polar Electro Oy ISO 9001:2015

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 Polar Electro Oy Bluetooth SIG, Inc.

	2014/53/EU, 2011/65/EU 2015/863/EU <a href="http://www.polar.com/en/regulatory_information">www.polar.com/en/regulatory_information</a>
	Polar (WEEE, Directive 2012/19/EU 2006 9 6 Polar Directive 2006/66/EC EU Polar

M460 > >

[support.polar.com](http://support.polar.com)

### RF

Polar M460 1cm(0.39 )

FCC RF 1cm(0.39 )

10mm

SAR

FCC

- 
- Polar Electro Inc./Polar Electro Oy
- Polar Electro Inc./Polar Electro Oy

2.0 KO 05/2021