

POLAR®

POLAR M200



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POLAR M200

M200

. M200

support.polar.com/en/M200

Polar M200

!

Polar M200 GPS
GPS

GPS

M200

M200

Polar

M200

App Store®

Google Play™

Polar Flow

Flow

M200

, Flow

FlowSync

Flow

Polar Flow

flow.polar.com

M200

M200

. M200

USB

M200 USB

- USB

- USB

M200

A: POLAR FLOW

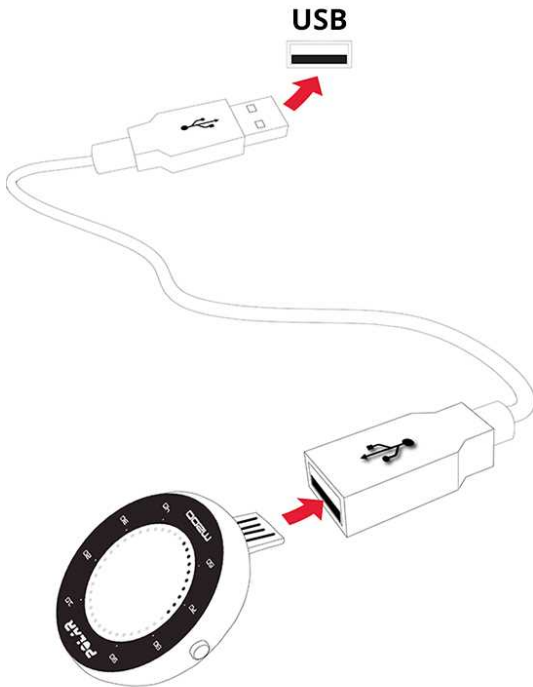
Polar M200 Bluetooth® Smart Polar Flow , Bluetooth

Polar Flow support.polar.com

1. _____
2. M200 USB USB
 M200 "output 5Vdc" 500mA
 M200 M200 USB 4 USB USB
 4 M200



M200 USB



3. App Store Google Play Polar Flow
4. Flow , M200 Bluetooth

Flow



M200 Flow

, M200

5. Polar Save and sync()

M200



. M200

6. M200

!

B:

1. flow.polar.com/start M200 FlowSync

2. _____

3. _____ USB M200 M200 USB M200 USB

 M200 USB

4. Polar

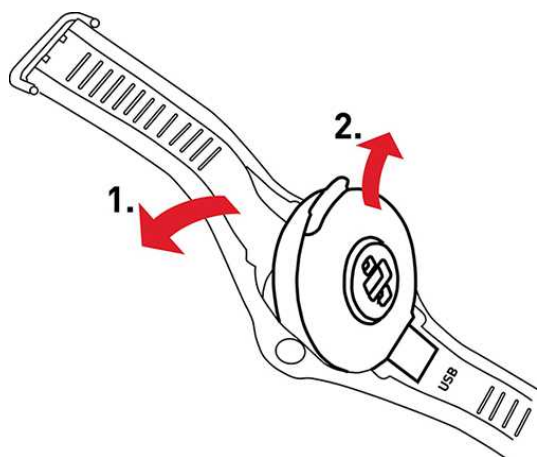
 _____ M200 M200 10 _____

!

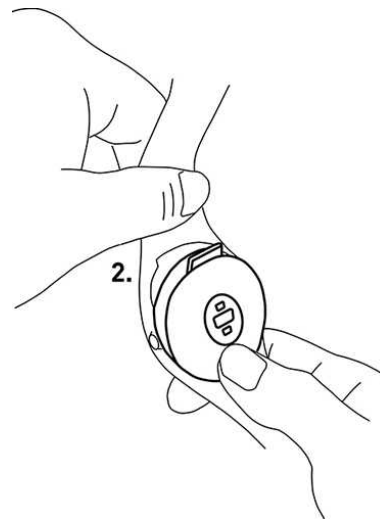
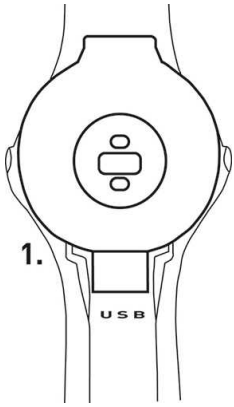
. shoppolar.com

1.

2.



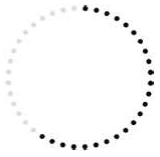
- 1.
- 2.
- 3.



M200

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M200



Do not disturb()
 disturb()
) , Polar Flow

10 7

. Do not
 . Do not disturb(



Bluetooth



. M200 Polar Flow



M200 GPS

GPS

. M200



. M200



Training()

. Polar Flow

Polar Flow

ACTIVITY()

Activity()

. Activity()

Activity()

Polar M200

, Polar Flow

24/7

HISTORY()

History()

5

Polar Flow

M200

M200

Flow

MY HR()

My HR()

Settings()

/ , M200

Bluetooth Smart ®

(,) M200

M200

M200

Flow

M200

M200

M200

Polar

:



- M200 flow.polar.com/start
- App Store Google Play Flow
- Bluetooth /



Bluetooth

Flow

:

1. Flow M200 Polar
2. M200
3. M200 Settings() > Pair & sync() > Pair & sync devices()
Touch your device with M200 (M200 mobile device())
4. M200 Pairing()
 Android :
5. Confirm on other dev. xxxxx(xxxxx) M200 M200
, PAIR()
, Pair()/OK()
 Android :
6. M200

M200

 M200 Polar Bluetooth Smart , M200

M200

- 1.
2. M200 Settings() > Pair & sync() > Pair & sync devices()
3. M200
4. Pairing(), Completed()

- 1.
2. _____
3. M200
4. M200 Pair Polar H7...(Polar H7 ..)
5. Pairing(), Completed()

POLAR BALANCE SCALE M200

Polar Balance Scale M200

- 1.
2. Bluetooth M200
3. M200 Searching()
4. M200 Pairing(), Completed()

1. M200 Settings() > Pair & sync() > Pair & sync devices()
2. M200 M200 Searching()
- 3.
4. Bluetooth
5. M200 Pairing(), Completed()

 7 Polar 7



M200

1. M200 Settings() > Pair & sync() > Remove pairings()
2. Delete pairings?()
3. Pairings deleted()

M200

M200

M200

Settings() :

- Pair & Sync()
- Flight mode()
- Smart notificat.()
- About product()

PAIR & SYNC()

Pair & Sync devices(): M200
M200

Remove pairings(): M200

FLIGHT MODE()

On() Off()

Smart , Bluetooth Smart Bluetooth
Polar Flow

SMART NOTIFICAT.()

On() Off()

ABOUT PRODUCT()

M200 ID . Polar
Restart device()

M200

Polar Flow

M200
M200

M200

M200

M200

,


1. M200 Settings() > About product() > Restart device()

2.

M200

M200

M200

 M200 [Polar Support](#)(Polar) troubleshooting support() M200

FlowSync M200 :

1. M200
2. FlowSync settings()
3. **Factory Reset**()

M200

1. Settings() > About product() > Restart device()
- 2.
3. Polar Restoring()" .

M200

Polar

M200

M200

M200

Polar Flow

M200



20

FlowSync ,A200

FlowSync

- 1. M200
- 2. FlowSync
- 3.
- 4. Yes()

,M200
M200



Flow

,A200

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M200

Polar M200
Flow

M200

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Polar *Bluetooth Smart*

M200 , Polar

1. M200
2. Training()

3. . Polar Flow Flow M200

4. M200 . M200 GPS GPS

M200

5.

M200

Polar Flow

Polar Flow

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Training()

1.

2.

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M200

. Polar Flow

(Flow)





Flow

M200

(%)

(%)

Flow

M200



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2

60-69%
70%



manual phase change()

, M200

/

. Recording paused()

. Recording ended()



M200

. Polar Flow

Polar Flow

M200

Duration()	
HR avg()*	% Polar Flow
HR max()*	
Distance()**	
Pace/Speed avg(/)**	/
Pace/Speed avg(/)**	/
Calories()	

*)

***) GPS

M200

History()

5

. History()

Polar Flow

M200

M200

Flow

(POLAR FLOW)

Bluetooth

M200

Polar Flow

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Bluetooth

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M200

Flow

Polar Flow

(POLAR FLOW)

Polar Flow

GPS

M200 GPS
Flow



GPS M200

M200 SiRFInstantFix™

M200 1

M200

3

5-10

3

2 3

M200

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GPS

M200

24/7

M200

3D

M200

M200

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. Polar Flow

, Polar Flow

Polar Flow

()

, Flow

, flow.polar.com

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Polar

Daily activity goal

() > Settings(

) > Daily Activity goal(

)

.3

, Name

4

Activity goal reached(

)

Activity()

- To go(): M200

. M200

Flow

- Steps():

- Inactivity stamps():



M200

55

. It's time to move()

M200

, Flow

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Flow

M200

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Flow

FLOW

FLOW

M200

(/)

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(/) Flow

Flow

6 (18:00)

6 (18:00)

24

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FLOW FLOW

Flow

M200

Flow

. PROGRESS(

. Flow

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M200

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M200

WhatsApp

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Polar Flow

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(Android)

(iOS)

POLAR

M200

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3

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Flow

M200

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M200

. Polar Flow

Polar Flow

(Flow)

(Polar Flow)

. Flow

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Polar

Bluetooth

Bluetooth

Polar

	Intensity % of HR _{max} ()*	: **	:	
MAXIMUM() 	90-100%	171-190 bpm	5	: : : , ,
HARD() 	80-90%	152-172 bpm	2-10	: : : , ,
MODERATE() 	70-80%	133-152 bpm	10-40	: , , : : , ,
LIGHT()	60-70%	114-133 bpm	40-80	: , , , : , ,

	Intensity % of HR _{max} ()*	: **	:	
				:
VERY LIGHT()	50-60%	104-114 bpm	20-40	:
				:

*HR = (220-)

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

1

2

3

10

HR

. Polar Flow

Polar

Polar

POLAR

Polar

M200

Polar

- [Activity Guide](#)()
- [Activity Benefit](#)()
- [Smart Calories](#)()
- [Training Benefit](#)()
- [Running Program](#)()
- [Running Index](#)()

. Polar Flow

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M200

M200

M200

. M200

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Polar Flow

Polar Flow

24/7

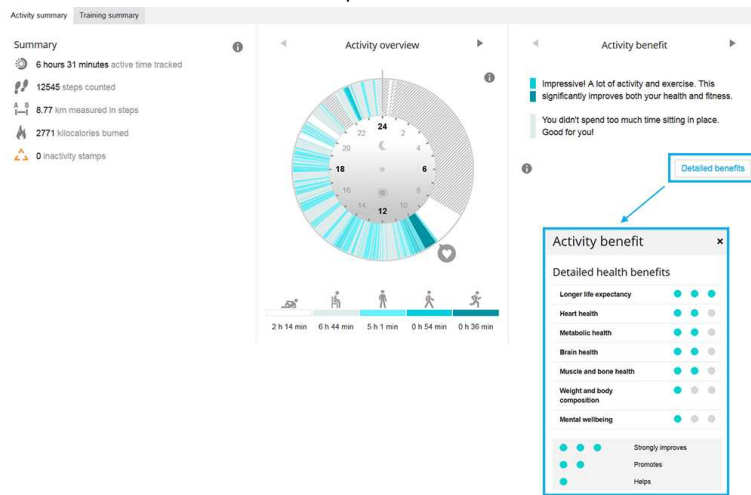
Activity Benefit

Flow

Flow

Activity Benefit

Activity Benefit



24/7 Activity Tracking(24/7)

-
- (HR)
-
- (VO2)

((kcal))

TRAINING BENEFIT

Training Benefit()
Flow Flow

10

Training Benefit()

+	!
	!
	!
	!
+	!
	!
	!
	!
+	!
	!
,	!
	!
,	!
	!
,	!
	!
	!

Polar

flow.polar.com Polar Flow

5K, 10K,

(,)
5

3

1 7

2 5

9

20

[In-depth guide](#)() Polar

POLAR

1. flow.polar.com Flow
2. Programs()
- 3.
4. *
- 5.
- 6.
- 7.
8. Start program()

*4

M200 Training()

- 1.
- 2.
- 3.
4. [GPS](#) GPS M200

M200

5.

USB
)

Flow

Flow

. Programs(

Polar

, M200

M200

Polar

- 1 : , 75%
- 2 : , 90%
- 3 : , 100%
- : (1-3) (200%)
- : (4-5) (150%)



RUNNING INDEX

Running Index

Running Index

, HR ()

Running Index

, GPS ,

- (, ,)
- 6 km/h 12



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 VO₂max 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.

Running Index

Running Index

Running Index
Progress()

Running Index

. Polar Flow

Polar Running
Running Index

Running Index
Running Index

Running Index	(m)	5 km(: :)	10 km(: :)	21.098 km(: :)	42.195 km(: :)
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
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 FLOW

POLAR FLOW

Polar Flow

Polar Flow

[Image sharing\(\)](#)

Polar Flow

Flow

Flow

20

[Polar Flow](#)

Flow

Facebook Instagram

GPS

[Polar Flow](#)

FLOW

Flow

Flow

, App Store

Google Play

. Polar Flow

support.polar.com/en/support/Flow_app

(,)

Flow

Flow

. Flow

Flow

[Polar Flow](#)

(POLAR FLOW)

Polar Flow

Polar Flow

M200

. M200

. M200

- Quick Target(): , 500kcal
30 , 10Km
- Phased Target():

(POLAR FLOW)

1. Polar Flow Training()
- 2.

1. Add quick target()
2. Distance(), Duration(), Calories()
3. sport()() , Target name(), Date(), Time(), Notes()()
Distance(), Duration(), Calories()
4. Create target()

1. Add phased target()
2. sport()(), Target name(), Date(), Time(), Notes()()
Start phases automatically()
3.
 - Warm-up(): Duration() Distance()
 - Interval(): Number of intervals(), Work() Rest()
Duration() Distance()
 - Cool-down(): Duration() Distance()

1. Create target()

POLAR (FLOW)

M200	3	Polar Flow	
		20	Flow
M200	Polar	20	20
M200			

1. Polar Flow Sport profiles()
- 2.
- 3.
4. DONE()

1. Polar Flow Sport profiles()
- 2.
3. Remove (sport profile?)(?)
4. Remove() Polar

M200

, Bluetooth Smart (:)
Polar Bluetooth

POLAR FLOW

Polar Flow

Flow

Polar Flow

flow.polar.com/start

FlowSync

Flow

Flow

DIARY()

Diary() ()

REPORTS()

Reports()

Polar

Polar

10K,

!

Polar
2~5

5K,

Flow

support.polar.com/en/support/flow

(POLAR FLOW)

Polar Flow

Polar Flow

Flowsync

Flow

M200

M200


M200

- Quick Target(): , 500kcal
30 , 10Km
- Phased Target():
- Favorites(): M200

(POLAR FLOW)


1. Diary() ,Add()> Training target()
2. Add training target() ,Quick() Phased()

Quick Target()

1. Quick()
2. Sport() ,Target name()(45),Date() Time(),
Notes()()
3. Duration(),Distance() Calories()
4. Favorites() 
5. Diary() Save()

Phased target()

1. Phased()
2. Sport() ,Target name()(45),Date() Time(),
Notes()()
3. Create new() Use template()
 - Create new(): .Duration()
Distance() Name(),
Duration(),Distance() ,Manual() Automatic()
,Select intensity() ,Done()
 - Using the template():

4. Favorites() 
5. Diary() Save()

1. Diary() +Add(+)
2. Favorite target()
- 3.

4.

6 (18:00)

Diary()

Save()

1. Diary() ,Add()> Training target()
2. Add training target() ,Favorite targets()
3. Use()
4. Date() Time()
- 5.
6. Diary() Add to Diary()

M200

FlowSync Flow Flow M200
 ,Flow Diary() Favorites()

Flow Favorites() M200
(Flow)

1. _____
2. ☆
- 3.

1. Diary()
2. ☆
- 3.

1. ☆
2. , Edit()
3. , Quick() Phased()
 , Update changes() _____)

1.



2.

POLAR (FLOW)

M200 3 Polar Flow
 Flow 20 M200 20 20 M200

Flow

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

Flow

- 1.
2. Sport Profiles()
3. Edit()

Basics()

- ()

Heart Rate()

- (%)
- (Bluetooth Smart M200 Polar Club

- (Default() Free()

Speed/Pace settings(/)

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

2

5

Add new view()

Gestures and feedback()

- ()

GPS altitude (GPS)

- GPS (GPS , GPS .)

, Save()

M200

, Bluetooth Smart

(:)

Polar

Bluetooth

Bluetooth

Bluetooth Smart

M200

Polar Flow

, USB

FlowSync

M200

Polar Flow

. M200

Flow

Polar

. M200

, Polar

FlowSync

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M200

FlowSync

M200,

FLOW

:

- Polar Flow

- Bluetooth , /

- M200

:

1. Flow M200
2. Searching(), Connecting(), Syncing()
3. M200

 Bluetooth M200 Flow M200
Flow Flow

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

FLOWSYNC FLOW

Flow FlowSync
flow.polar.com/start

1. M200 FlowSync
2. FlowSync
3. Completed()

M200 Polar FlowSync Polar Flow
(Mac OS X) FlowSync (Windows)
FlowSync FlowSync

 M200 Flow FlowSync synchronize()
M200

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

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

M200

, Polar M200

USB

. USB



24

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M200

, M200 USB

0-50°C



2 /

Polar

Polar Electro

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Polar


support.polar.com

Polar

M200

M200

300

 0°C 40°C USB

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



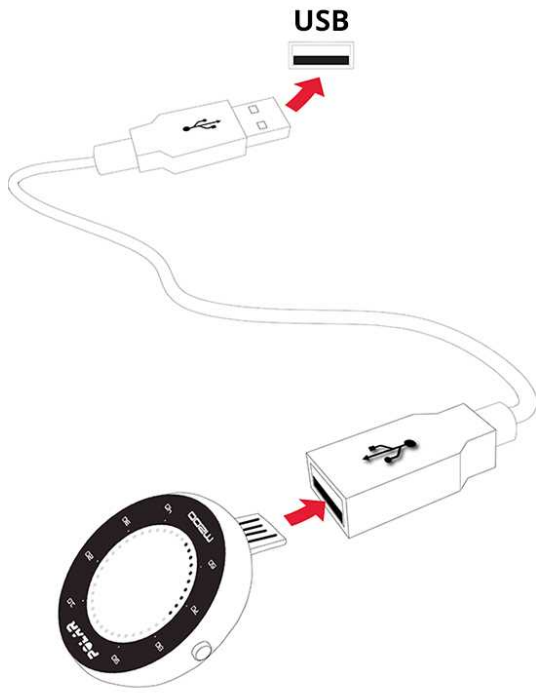
 9 Polar .9 Polar

M200 USB 4 USB 4

M200 FlowSync

1. _____
2. USB M200 M200 () M200 USB M200 USB

 M200 USB



- 3.
- 4.

M200



- 24 1 GPS
 - 6
 - GPS 6
 - 40
 - 24 30
- M200 , , . M200

Battery low
()

. M200

Charge()

. M200

Polar M200

Polar ()
. Polar . GPS Polar
. Polar Polar
www.polar.com/en/products/accessories
Polar Polar

WLAN

LED

support.polar.com

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- ?

- ?
- ?

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(:)

Polar

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Polar



(/)

M200

:	180 mAh
:	24 1 GPS 6
:	-10 °C- +50 °C
:	2
:	0 - 40 °C
:	: , , , (TPU): , (): ,
:	25 °C ± 0.5 /

:	30-240 bpm
:	
:	60

Bluetooth Smart

M200 Polar *Bluetooth* Smart

POLAR FLOWSYNC

FlowSync Microsoft Windows Mac
USB

support.polar.com

POLAR FLOW

support.polar.com

POLAR

Polar

Polar

. Polar
Polar

ISO 22810

IEC60529

. Polar

Polar

Polar

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

: Polar Electro Oy, Professorintie 5, FI-90440 KEMPELE, www.polar.com.

Polar Electro Oy ISO 9001:2015

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