

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

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 Polar FlowSync

POLAR FLOW

flow.polar.com

M460

Polar Flow

M460

Flow

 M460

USB

2

POLAR FLOW

1. 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		

•	•	•
---	---	---

•		•
•		•

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•	•	•
•		

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

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 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

. M460

POLAR H10

Polar

M460

. Polar H10

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()

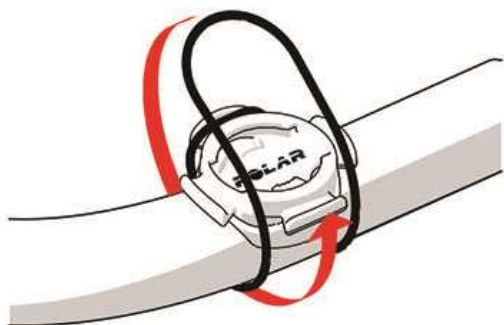
- 4.
5. : 1, 2 3

**POLAR LOOK KÉO POWER
POLAR**

BLUETOOTH® SMART

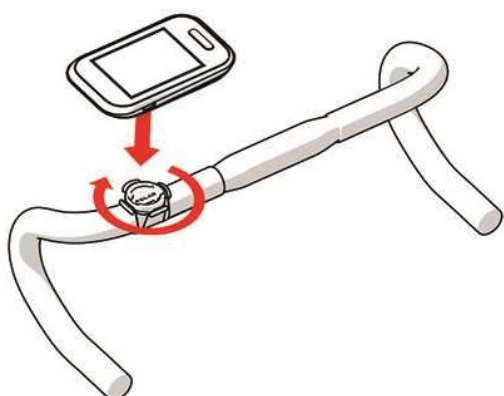
Polar

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_{max}
HR_{max}

HR_{max}

HR_{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 . 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 Flow USB M460 USB FlowSync
M460

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

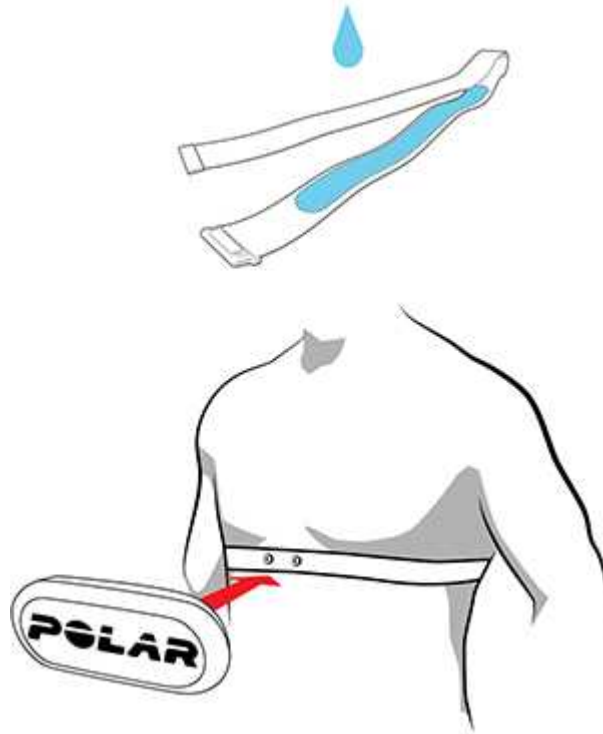


M460 Flow

- 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 () Automatic lap ()
Lap distance () 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>Summary</p>  <p>Longest distance 34.20 km!</p>	<p>M460 /</p>										
<p>Summary</p> <p>Start time 10:42 AM</p> <p>Duration 01:18:44.3</p> <p>Distance 34.20 km</p>	<p> GPS Polar Bluetooth® Smart</p>										
<p>Summary</p> <p>Training benefit Steady state training</p>	<p> Training benefit () 10</p>										
<p>Summary</p> <p>HR zones</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>Summary</p> <p>Avg heart rate 138</p> <p>Max heart rate 162</p>	<p></p>										

<p>Summary</p> <p>Calories 764 kcal</p> <p>Fat burn % of calories 30%</p>	<p>%. .</p>										
<p>Summary</p> <p>Speed zones</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>Summary</p> <p>Average speed 30.4 km/h</p> <p>Maximum speed 42.7 km/h</p>	<p> <i>GPS</i> <i>Polar</i> <i>Bluetooth® Smart</i></p>										
<p>Summary</p> <p>Average cadence 86</p> <p>Maximum cadence 108</p>	<p> <i>Polar LOOK Kéo Power</i> <i>Polar</i> <i>Bluetooth® Smart</i></p>										
<p>Summary</p> <p>Avg power 230 w</p> <p>Max power 269 w</p>	<p> <i>Polar LOOK Kéo Power</i></p>										

<p>Summary</p> <p>Power zones</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>Summary</p> <p>Max altitude 148 m</p> <p>Ascent 418 m</p> <p>Descent 390 m</p>											
<p>Summary</p> <p>Laps (2)</p> <p>Best lap 00:19:00.5</p> <p>Average lap 00:19:00.5</p>											
<p>Summary</p> <p>Automatic laps (5)</p> <p>Best lap 00:09:06.0</p> <p>Average lap 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

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M460

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(

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

()

, Polar

(VO_{2max})

OwnIndex

. Polar

6

OwnIndex

, OwnIndex

2

2

OwnIndex

• ,)

(:TV,

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2-3

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•

1-3

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M460

VO_{2max}

VO_{2max}

?

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

7

VO_{2max}

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_{2MAX}

VO_{2max}(,) (VO_{2max})

VO_{2max} (ml/min = ml ■ min⁻¹)

VO_{2max} (ml/kg/min = ml ■ kg⁻¹ ■ min⁻¹)

HRrest, HRstand HRpeak

2 6

2-3

14

2-3

(:TV,

(

> >

-
- 3 M460
- 3 M460
-

M460



HRrest, HRstand HRpeak




> >

Flow

Flow

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	:

	Intensity % of HR _{max} ()*	: **	:	
				:
LIGHT()	60-70%	114-133 bpm	40-80	:
				:
VERY LIGHT()	50-60%	104-114 bpm	20-40	:
				:

*HR = (220-)

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

1

2

3

3

1 2

4 5

10

4 5

HR

Polar Flow

Polar

Polar

1 3

3-5

-
- (HR)
-
- (VO₂_{max})
-

(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

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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

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Flow

. M460 Polar Flow

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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

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Polar M460

M460

- :
- : 30

Polar Flow
Devices () > Block apps ()

M460

Flow

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Default ()

Default ()

Free ()

Free ()

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3



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 >

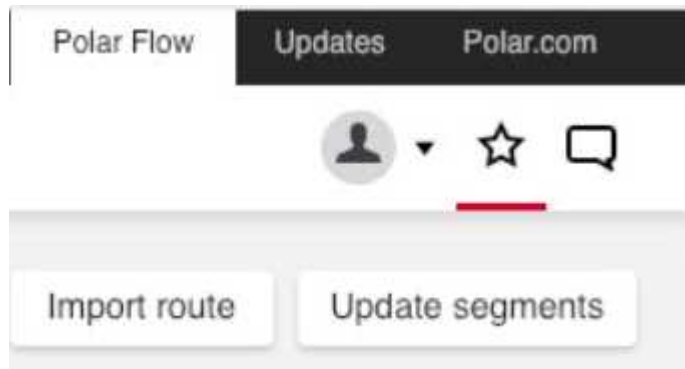
Polar Flow : > > Strava ()

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

POLAR FLOW

POLAR FLOW

Polar Flow

M460

Flow

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-

Flow
Flowsync

flow.polar.com/start

M460 Flow

Polar

M460

Progress()

Flow

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 . Flow 20

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



- 1.
- 2.
- 3.



- 1.
- 2.



(FLOW)

M460 6 . Flow . Flow 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"> • • Duration() • • • 	<ul style="list-style-type: none"> • • • • • • • • • 	<ul style="list-style-type: none"> • • Average heart rate () • • • • Maximum heart rate() • • • 	<ul style="list-style-type: none"> • • •
---	---	--	---

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

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

 _____
%)

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

M460

FlowSync



Bluetooth Smart

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Polar

Bluetooth

Bluetooth

POLAR FLOW

Polar Flow

Flow

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Flow

M460

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

M460 Flow
M460

flow.polar.com/start M460

Flow

, App Store Google Play
www.polar.com/en/support/Flow_app

Polar Flow
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, M460

Flow

, M460

Flow M460

FlowSync

USB
M460 Flow

Polar Flow

Bluetooth Smart®

Polar

M460
FlowSync
FlowSync

flow.polar.com/start

Polar Flow
Google Play

Polar
Flow

PC

App Store

M460,

FLOWSYNC FLOW

Flow FlowSync 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 Flow FlowSync
 M460

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


FlowSync 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

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")



9

Polar

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Polar

Polar

Polar H10



Polar

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www.polar.com/us-en

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Polar

Polar

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

(-)

(CR2025)



(CR2025)

Polar M460

WLAN

LED

- 1.
- 2.
- 3.

- 5
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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

POLAR FLOW

support.polar.com

Polar M460

- OwnIndex®

POLAR

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Polar ISO 22810 IEC60529 Polar
Polar

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Polar

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

POLAR

- Polar Electro Oy Polar

. Polar Electro, Inc.



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: Polar Electro Oy, Professorintie 5, FI-90440 KEMPELE, 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 www.polar.com/en/regulatory_information
	Polar (WEEE, Directive 2012/19/EU 2006 9 6 Polar Directive 2006/66/EC EU Polar

M460 > >

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