



FT60 M Polar

FEATURES

STAR Training Program tailors you an aerobic training program with weekly targets based on your personal goals

Gives feedback on the effect of your training after the session

Fitness Test measures your aerobic fitness at rest and tells you your progress

OwnCal displays calories burned with fat percentage

SMART COACHING FEATURES



Smart Calories

Lets you know exactly how many calories you've burned



STAR Training Program

A personal training program on your wrist



Own Zone

Guides you to train at the right intensity



Fitness Test

Tells you exactly how your fitness is developing



Training Load

Helps you find the perfect balance between rest and training

COMPATIBLE ACCESSORIES



Flow Link

With Polar FlowLink transfer your training files to your online training diary at polarpersonaltrainer.com



GPS Sensor

Add the small G5 GPS sensor to get your speed / pace, distance in outdoor sports, as well as your route later on a map with compatible software