



## FT7M Polar

---

### FEATURES

---

EnergyPointer tells you if the main effect of your training is fitness improvement or fat burning

OwnCal displays calories burned

Keeps track of your weekly training

Comes with comfortable textile transmitter and coded heart rate transmission to avoid cross-talk

---

### SMART COACHING FEATURES

---



#### Training Load

Helps you find the perfect balance between rest and training



#### Energy Pointer

Gives you clear guidance on how to get into shape faster



#### Smart Calories

Lets you know exactly how many calories you've burned

---

### COMPATIBLE ACCESSORIES

---



#### Flow Link

With Polar FlowLink transfer your training files to your online training diary at [polarpersonaltrainer.com](http://polarpersonaltrainer.com)