



SMART COACHING FEATURES



Fitness Test

Tells you exactly how your fitness is developing



STAR Training Program

A personal training program on your wrist



Training Load

Helps you find the perfect balance between rest and training



Strength Training Guidance

Helps you get better results in less time



Own Zone

Guides you to train at the right intensity



Smart Calories

Lets you know exactly how many calories you've burned



Relaxation Test

Tells you quickly and easily how relaxed you are

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