



RCX5 Polar

SMART COACHING FEATURES



Zone Optimizer

Ensures you always train at the right intensity



Training Load

Helps you find the perfect balance between rest and training



Endurance Program

Guiding you to improve your running and cycling performance



Running Index

Illustrates how your running performance is developing



Own Zone

Guides you to train at the right intensity



Smart Calories

Lets you know exactly how many calories you've burned

COMPATIBLE ACCESSORIES



Stride Sensor

Add the small s3 + stride sensor and attach it onto shoe to get your speed / pace, distance, as well as your Running index to measure your running performance.



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