



RS300X Polar

FEATURES

Helps you train at the right intensity with personal sport zones

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

OwnCal displays calories burned

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

SMART COACHING FEATURES



Own Zone

Guides you to train at the right intensity



Smart Calories

Lets you know exactly how many calories you've burned



Training Load

Helps you find the perfect balance between rest and training



Fitness Test

Tells you exactly how your fitness is developing

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