POLAR
LISTENS TO YOUR BODY

POLAR PRODUCTS
FALL 2012

SMART
COACHING
since 1977

MY GOAL: I WANT TO GET ACTIVE

MY SPORT: FITNESS & CROSS-TRAINING

FT7
Clear Training
Guidance.
See page 8

FT4
Fitness
Improvement.
See page 9

FT2
Easy Start
to Fitness.
See page 9

FT1
First Step
into Training.
See page 9

CYCLING

CS100
Cycling Speed
and Heart Rate.
See page 18

MY GOAL: I WANT TO IMPROVE FITNESS

MY SPORT: FITNESS & CROSS-TRAINING

GPS

FT80
Strength Training
Guidance.
See page 7

GPS

FT60
Weekly Training
Program.
See page 7

FT40
Fitness
Guidance.
See page 8

RUNNING & MULTISPORT

NEW

GPS

RC3 GPS
Integrated
GPS.
See page 5, 12, 16

NEW

GPS

RCX3
Instant Training
Feedback.
See page 13, 17

GPS

RS300X
Speed, Distance
and Heart Rate.
See page 13

CYCLING

CS300
Cycling and
Cross-Training.
See page 17

CS200cad
Improved Cycling
Performance.
See page 18

MY GOAL: I WANT TO MAXIMIZE PERFORMANCE

MY SPORT: RUNNING & MULTISPORT

GPS

RS800CX
Maximum Performance
for Endurance Sports.
See page 11

NEW

GPS

RCX5
Optimized
training.
See page 11

RS400
Advanced Running
Features.
See page 12

CYCLING

GPS

CS600X
Maximize Road
Cycling Performance.
See page 15

CS500+
Functional Design
for the Ride.
See page 15

NEW

POLAR RC3 GPS
WITH INTEGRATED GPS

SMART
COACHING
since 1977

The new Polar RC3 GPS listens to your body and tracks your speed, distance and route in one compact package. With unique Smart Coaching features to take your training to the next level, it's GPS, only smarter.

By analyzing and guiding, Smart Coaching helps you develop your training as well as offering motivating feedback on your progress. Experience the rewards of over 30 years of training guidance, now with integrated GPS.

GPS

Slim Integrated GPS
RC3 GPS is all you need for tracking your speed, distance and route. The slim and lightweight device has a built-in GPS and rechargeable battery with up to 12 hours of usage time.

Training Benefit
This feature gives instant, motivating feedback so you know what you have achieved during a training session. From developing your aerobic fitness to improving sprint speed, whatever your goals, the RC3 GPS gives you a better understanding of your progress.

Web Training Diary
To analyze your training progress, to view the altitude of your trail or to share it online, log in to polarpersonaltrainer.com. You can download your data, review, plan and track workouts. And while connected to a computer, the RC3 GPS also recharges itself.
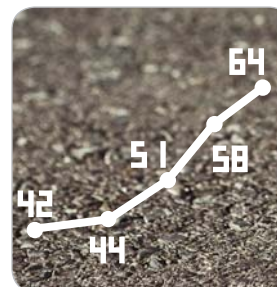
Running Index
You can easily monitor the efficiency of your run with this feature. Running Index is calculated automatically after every run, based on the heart rate and speed data gathered from your RC3 GPS. A rising index means more efficient running performances.

FITNESS & CROSS-TRAINING

Black display

White display

FT80

For fitness enthusiasts who want to improve strength and cardio.

• Strength Training Guidance tells you how long to rest between each set, making every session more effective

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

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

• Comes with Polar FlowLink® for effortless data transfer to your online training diary at polarpersonaltrainer.com

Smart Coaching features:

Compatible accessories:
S1 foot pod
G1 GPS sensor
FlowLink®

Black

Female, Black   Female, Purple

FT60

For committed exercisers who want to know how much and how intensively to train.

• STAR Training Program provides you with an aerobic training plan 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:

Compatible accessories:
S1 foot pod
G1 GPS sensor
FlowLink®

> Take a look at page 34 for the full description of the Smart Coaching features.

7

FT40

For active exercisers who want clear guidance and to monitor their fitness level.

- EnergyPointer shows when your training is more effective for fitness improving or fat burning
- Fitness Test measures your aerobic fitness at rest and tells you about your progress
- OwnCal® displays calories burned with fat percentage
- Comes with comfortable textile transmitter and coded heart rate transmission to avoid cross-talk

White

Female, Black   Male, Black

Smart Coaching features:

Compatible accessories:
FlowLink®

FT7

For those who want to know if they're improving fitness or burning fat.

- EnergyPointer shows when your training is more effective for improving fitness or burning fat
- OwnCal® displays calories burned
- Keeps track of your weekly training
- Comes with comfortable textile transmitter and coded heart rate transmission to avoid cross-talk

Female, Red

Black   Silver   Female, Gold

Smart Coaching features:

Compatible accessories:
FlowLink®

> Take a look at page 34 for the full description of the Smart Coaching features.

FT4

For those who want basic heart rate based features to keep their fitness training simple.

- Target Zone shows when you are improving fitness based on your heart rate
- OwnCal® displays calories burned
- Keeps track of your 10 latest sessions
- Comes with comfortable textile transmitter and coded heart rate transmission to avoid cross-talk

Orange/Black

Silver

Female, Purple/Pink

Female, Bronze

Smart Coaching features:

FT2

For recreational exercisers who want an easy start to fitness.

- Shows heart rate on large and easy-to-read display
- Helps improve your fitness with automatic age-based heart rate target zone
- Displays a summary of your latest workout
- Offers one-button functionality and coded heart rate transmission to avoid cross-talk

Red   Black

FT1

For the first step into heart rate based training.

- Shows heart rate on large and easy-to-read display
- Helps improve your fitness with manual heart rate target zone
- Displays a summary of your latest workout
- Offers one-button functionality and coded heart rate transmission to avoid cross-talk

Turquoise   Black

RUNNING & MULTISPORT

RS800CX

For multisport athletes who require a wide range of performance information.

- Helps avoid over- or under-training by guiding you to train at the right intensity
- Measures detailed information about your performance
- OwnOptimizer® determines if your training and recovery times are optimally developing your performance
- Comes with Polar ProTrainer 5 software to create, plan and analyze your own training diary

Silver

Smart Coaching features:

Compatible accessories:
s3+ stride sensor
CS speed sensor W.I.N.D.
CS cadence sensor W.I.N.D.
G3 GPS sensor W.I.N.D.
G5 GPS sensor
IrDA USB Adapter

RCX5

NEW

For triathletes, runners, cyclists and endurance athletes who want to optimize their training.

- ZoneOptimizer adjusts your heart rate zones, making every session more effective
- Sport profiles guarantee a swift switch between different sports
- Improves performance with endurance training programs, downloadable from polarpersonaltrainer.com with the Polar DataLink
- Gives heart rate even in water with comfortable and disturbance-free hybrid transmitter*
- Race Pace helps control your speed to reach your target time

Red

Black

Smart Coaching features:

Compatible accessories:
s3+ stride sensor
G3 GPS sensor W.I.N.D.
G5 GPS sensor
CS speed sensor W.I.N.D.
CS cadence sensor W.I.N.D.
DataLink

* If you are swimming in salt water or highly chlorinated water, we recommend that you use the T31c heart rate sensor.

RS400

For endurance athletes and runners who rely on systematic training.

- Helps you train at the right intensity with personal sport zones
- Measures detailed information about your performance
- Fitness Test measures your aerobic fitness at rest and tells you about your progress
- Comes with Polar ProTrainer 5 software to create, plan and analyze your own training diary

Steel grey

Smart Coaching features:

Compatible accessories:
S1 foot pod
IrDA USB Adapter

NEW

RCX3

For recreational runners and cyclists who want smart guidance while preparing for an event.

- Training Benefit gives you instant feedback after your session
- Helps you train at the right intensity with personal sport zones
- Allows you to share your training with your friends
- Tracks your route, speed and distance with the optional GPS sensor
- White version comes with a slender design with a narrow strap and silicone wristband

White

Black

Smart Coaching features:

Compatible accessories:
s3+ stride sensor W.I.N.D.
G3 GPS sensor W.I.N.D.
G5 GPS sensor
CS speed sensor W.I.N.D.
CS cadence sensor W.I.N.D.
DataLink

NEW

RC3 GPS

For recreational runners and cyclists who want integrated GPS with smart guidance.

- Training Benefit gives you instant feedback after your session
- Tracks your route, speed and distance using built-in GPS
- Running Index scores your performance
- Slim and lightweight design with rechargeable battery
- Allows you to share your training with your friends
- Back To Start means you can try new routes without getting lost

Black

Smart Coaching features:

Compatible accessories:
s3+ stride sensor
CS speed sensor W.I.N.D.
CS cadence sensor W.I.N.D.

RS300X

For recreational athletes who require all essential heart rate and timing features.

- Helps you train at the right intensity with personal sport zones
- Fitness Test measures your aerobic fitness at rest and tells you about your progress
- OwnCal® displays calories burned
- Comes with comfortable textile transmitter and coded heart rate transmission to avoid cross-talk

Orange

Black

Smart Coaching features:

Compatible accessories:
S1 foot pod
G1 GPS sensor
FlowLink®

CYCLING

CS600X

For competitive cyclists who want to take their training to its highest level.

- OwnOptimizer® determines if your training and recovery times are optimally developing your performance
- Helps you train at the right intensity with personal sport zones
- In-built altitude measurement, which also shows the profile of your ride
- Comes with Polar ProTrainer 5 software to create, plan and analyze your own training diary

Black/Chrome

Smart Coaching features:

Compatible accessories:
CS speed sensor W.I.N.D.
CS cadence sensor W.I.N.D.
G3 GPS sensor W.I.N.D.
G5 GPS sensor
Kéo Power pedals
IrDA USB Adapter

CS500+

For ambitious cyclists seeking improved cycling performance.

- Extended memory records more hours of highly accurate power data from the compatible Polar LOOK Kéo Power pedals
- Allows quick and safe control with the rocker switch and oversized user-configurable display
- Guarantees interference-free transmission with W.I.N.D. technology
- Training Load graph at polarpersonaltrainer.com tells when you are ready for your next ride

Black

Smart Coaching features:

Compatible accessories:
CS speed sensor W.I.N.D.
CS cadence sensor W.I.N.D.
Kéo Power pedals
DataLink

> Take a look at page 34 for the full description of the Smart Coaching features.

Black

White

RC3 GPS BIKE   Available in November

For recreational cyclists and runners who want integrated GPS with smart guidance.

- Training Benefit gives you instant feedback after your session
- Tracks your route, speed and distance using built-in GPS
- Running Index scores your performance
- Slim and lightweight design with rechargeable battery
- Allows you to share your training with your friends
- Back To Start means you can try new routes without getting lost

Smart Coaching features:

Compatible accessories:
s3+ stride sensor
CS speed sensor W.I.N.D.
CS cadence sensor W.I.N.D.

RCX3 BIKE

For recreational cyclists and runners who want smart guidance while preparing for an event.

- Training Benefit gives you instant feedback after your session
- Helps you train at the right intensity with personal sport zones
- Allows you to share your training with your friends
- Tracks your route, speed and distance with the optional GPS sensor
- White version comes with a slender design with a narrow strap and silicone wristband

Smart Coaching features:

Compatible accessories:
s3+ stride sensor W.I.N.D.
G3 GPS sensor W.I.N.D.
G5 GPS sensor
CS speed sensor W.I.N.D.
CS cadence sensor W.I.N.D.
DataLink

Black

Beige

CS300

For fitness cyclists who want to wear their training computer on the wrist or on the bike mount.

- Measures heart rate combined with current, average and maximum speed
- OwnZone® determines daily personal heart rate target zones for optimal training
- Fitness Test measures your aerobic fitness at rest and tells you about your progress
- Connects to your training diary at polarpersonaltrainer.com

Smart Coaching features:

Compatible accessories:
CS speed sensor
CS cadence sensor

CS200cad

For goal-oriented cyclists who want more out of their training and performance.

- Measures heart rate combined with current, average, and maximum speed
- OwnZone® determines daily personal heart rate target zones for optimal training
- Shows real-time and average pedaling rate
- Connects to your training diary at polarpersonaltrainer.com

Smart Coaching features:

Compatible accessories:
CS speed sensor
CS cadence sensor

 Take a look at page 34 for the full description of the Smart Coaching features.

Black

CS100

For recreational cyclists who want to improve their cycling performance.

- Measures heart rate combined with current, average, and maximum speed
- OwnZone® determines daily personal heart rate target zones for optimal training
- OwnCal® displays calories burned
- Displays a summary of your latest ride

Smart Coaching features:

Compatible accessories:
CS speed sensor
CS cadence sensor

POLAR CUSTOMER CARE

When you buy a Polar product, you get much more than what is in the box. We will be there to maximize the benefit of your purchase by providing advice and assistance for your training, not just your training computer. You will receive first-class global after-sales support, including:

- 2-year international warranty
- Extensive helpdesk support
- Global service network

DISCOVER SMART COACHING

SMART COACHING
since 1977

If you're looking for real progress when you train, you need the best guidance, so to help we've developed Smart Coaching.

Whether it's assessing your day-to-day fitness levels, creating individual training plans, working out at the right intensity or receiving instant feedback, Smart Coaching offers a choice of unique, easy-to-use heart rate based features, personalized to your needs and designed for maximum enjoyment and motivation when training.

Understanding Your Training

Polar Smart Coaching starts from the benefits of training at different intensities. Polar sport zones help you to understand your training intensity, which is determined from the percentage of your maximum heart rate. When you train at the right intensity, you'll get the effect you're looking for, so you know when to pick up your pace or slow down a bit.

EFFORT		EFFECT
MAXIMUM 90 – 100%		DEVELOPS MAXIMUM PERFORMANCE AND SPEED
HARD 80 – 90%		INCREASES MAXIMUM PERFORMANCE CAPACITY
MODERATE 70 – 80%		IMPROVES AEROBIC FITNESS
LIGHT 60 – 70%		IMPROVES BASIC ENDURANCE AND FAT BURNING
VERY LIGHT 50 – 60%		IMPROVES OVERALL HEALTH AND HELPS RECOVERY

Smart Coaching features

Polar's unique Smart Coaching features offer the best possible training guidance, so why not discover which ones are best suited to your needs.

Training Benefit

Motivating feedback straight after exercise.

EnergyPointer

Gives you clear guidance on how to get into shape faster.

Fitness Test

Tells you exactly how your fitness is developing.

STAR Training Program

A personal training program on your wrist.

> Take a look at page 34 for the full description of the Smart Coaching features.

ENHANCE YOUR TRAINING EXPERIENCE
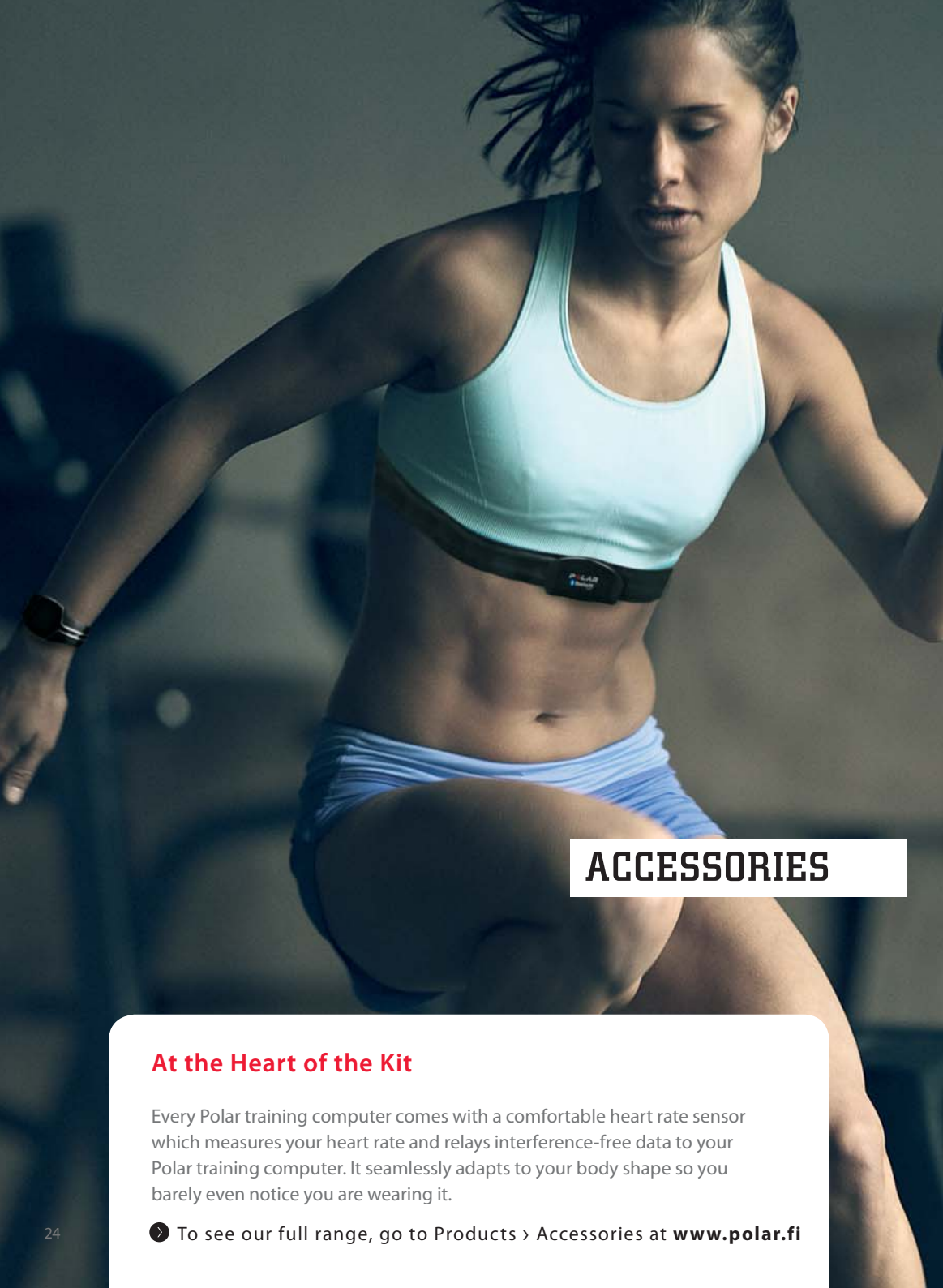
polarpersonaltrainer.com

Add something extra to your workout by taking your training online. Polarpersonaltrainer.com is designed to guide and motivate you to a better workout.

- Avoid over or under training by following your training load as a color-coded graph
- Tailor training programs for your specific need
- Get motivated by seeing your weekly progress
- Analyze your results in detail to learn more about your performance
- Download data to your online training diary to track your progress
- Share your training experience in Facebook and Twitter

Enhance your training experience with polarpersonaltrainer.com web service and Polar accessories.

Polarpersonaltrainer.com is designed to tailor training programs for your specific needs, so you can analyze your results in detail, follow your progress, and share it all with your friends. With accessories you can upgrade your training computer to enhance your experience and achieve a more complete understanding of your performance.

SPEED AND DISTANCE OPTIONS

	Integrated GPS	G5 GPS sensor	s3+ stride sensor	CS Speed sensor W.I.N.D.
	GPS is always with you during training	Wearable GPS works with several Polar products	The most accurate speed and distance measurement in running	Speed and distance measurement in cycling
Features	Speed/pace, distance, Running Index, route mapping	Speed/pace, distance, Running Index, route mapping	Speed/pace, distance, Running Index, running cadence, average stride length	Speed, distance
Outdoor / indoor	Outdoor	Outdoor	Outdoor / indoor	Outdoor / indoor
Battery	Chargeable / 12 h	Chargeable / 20 h	User replaceable / 200 h	Built-in / 3000 h
Attachment	Wrist / bike	Arm / belt	Shoe	Bike

ACCESSORIES

At the Heart of the Kit

Every Polar training computer comes with a comfortable heart rate sensor which measures your heart rate and relays interference-free data to your Polar training computer. It seamlessly adapts to your body shape so you barely even notice you are wearing it.

❯ To see our full range, go to Products › Accessories at **www.polar.fi**

NEW

POLAR H7 HEART RATE SENSOR

Bluetooth® SMART

The H7 heart rate sensor gives you live heart rate information on your mobile training app, to make the most of every session.

In addition to low energy Bluetooth® smart technology, the H7 heart rate sensor uses coded 5kHz transmission to connect with the majority of Polar training computers on the market and with compatible gym equipment.

- Gives ECG-accurate heart rate
- Long transmission range (~10m)
- Compatible with iPhone 4S

❯ Visit **www.polar.fi** to find out the compatibility between the heart rate sensor and your smartphone.

OUR MOST POPULAR ACCESSORIES

With Polar accessories you can upgrade your training computer, enhance the training experience and achieve a more complete understanding of your performance.

FOR OUTDOOR SPORTS

G5 GPS sensor

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

G3 GPS sensor W.I.N.D.

Add a G3 GPS sensor W.I.N.D. and wear it on your arm to see your speed/pace and distance in outdoor sports, as well as your route later on a map with compatible software/web service.

G1 GPS sensor

Add the G1 GPS sensor and wear it on your arm to measure your speed/pace and distance in outdoor sports.

FOR RUNNING

s3+ stride sensor

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

S1 foot pod

Add the S1 foot pod to measure your running speed/pace, distance and Running Index.

FOR DATA TRANSFER

DataLink

With Polar DataLink, you can transfer your training files to your online training diary at polarpersonaltrainer.com

FlowLink®

With Polar FlowLink®, you can transfer your training files to your online training diary at polarpersonaltrainer.com

IrDA USB Adapter

With Polar IrDA USB Adapter, you can transfer your training files to Polar ProTrainer 5 software and polarpersonaltrainer.com

FOR CYCLING

NEW

Kéo Power pedals

- Instant and accurate feedback of power output in watts measurement
- Help to improve cycling technique by displaying left/right balance with the CS600X/CS600
- Measuring current and average cadence
- Easy attachment and switching between bikes

Compatible with CS600X, CS600, CS500+ and CS500 cycling computers.

CS speed sensor W.I.N.D.

Add the CS speed sensor using W.I.N.D. technology and you can see your cycling speed and distance.

CS cadence sensor W.I.N.D.

Add the CS cadence sensor W.I.N.D. to measure your real-time and average pedaling rate of the ride.

CS speed sensor

Add the CS speed sensor and you can see your cycling speed and distance.

CS cadence sensor

Add the CS cadence sensor to improve your cycling technique and efficiency by measuring your real-time and average pedaling rate.

❯ To see our full range, go to Products › Accessories at **www.polar.fi**

FEATURE LIST

FITNESS & CROSS-TRAINING

	FT80	FT60	FT40	FT7	FT4	FT2	FT1
Body measurement features							
Automatic age-based target zone	bpm / %	bpm / %			bpm / %	bpm	
Heart rate	bpm / %	bpm / %	bpm / %	bpm / %	bpm / %	bpm	bpm
Heart rate-based target zones with visual and audible alarm	•	•			•	•	•
Manual target zone	bpm / %	bpm / %	bpm (upper limit)	bpm (upper limit)	bpm / %	bpm	bpm
Polar EnergyPointer			•	•			
Polar Fitness Test	•	•	•				
Polar OwnCal® – calorie expenditure	•	•	•	•	•		
Polar OwnCode® – coded transmission	5kHz	5kHz	5kHz	5kHz	5kHz	5kHz	5kHz
Polar OwnRelax® – relaxation test	•						
Polar OwnZone® – personal heart rate zone	•	•					
Polar STAR Training Program	•	•					
Polar Strength Training Guidance	•						
Training features							
Graphical target zone indicator	•	•	•	•	•		
HeartTouch – button-free operation	•	•	•	•	•	•	•
ZoneLock	•	•	•	•			
ZonePointer	•	•	•	•			
Recording features							
Total training summary	•	•	•	•	•		
Training files (with summaries)	100	100	50	99	10	1	1
Weekly history	•	•	•	•			
GPS sensor features							
Speed/Pace/ Distance	•	•					
Footpod features							
Speed/Pace/ Distance	•	•					
Data transfer							
Compatible with Mac (Intel-based)	•	•[1]	•[1]	•[1]			
Compatible with PC	•	•[1]	•[1]	•[1]			
Compatible with polarpersonaltrainer.com	•	•[1]	•[1]	•[1]			

	FT80	FT60	FT40	FT7	FT4	FT2	FT1
Watch features							
Date and weekday indicator	•	•	•	•	•	•	•
Display text	EN, DE, FR, ES, PT, IT, FI	EN, DE, FR, ES, PT, IT, FI	EN, DE, FR, ES, IT	EN, DE, FR, ES, PT, ITA, FI, SV	EN, DE, FR, ES, PT, IT, FI, SV	EN	EN
Time of day (12/24h)	•	•	•	•	•	•	•
User replaceable battery	•	•	•	•	•		
Water resistant	•	•	•	•	•	•	•

[1] requires optional FlowLink

ABBREVIATIONS USED ON THESE PAGES

bpm = beats per minute; % = percentage of maximum heart rate; %HRR = percentage of heart rate reserve; W.I.N.D. = Wireless Integrated Network Device, using 2.4 GHz transmission technology proprietary to Polar

❯ Complete feature lists can be found at **www.polar.fi**

FEATURE LIST

RUNNING & MULTISPORT

Body measurement features	RS800CX	RCX5	RS400	RC3 GPS	RCX3	RS300X
Automatic age-based target zone	bpm / % / %HRR		bpm / %			bpm / %
Heart rate	bpm / % / %HRR	bpm / %	bpm / %	bpm / %	bpm / %	bpm / %
HR-based target zones with visual and audible alarm	•	•	•			•
Manual target zone	bpm / % / %HRR	bpm / %	bpm / %			bpm / %
Polar Fitness Test	•	•	•	•	•	•
Polar OwnCal® – calorie expenditure	•	•	•	•	•	•
Polar OwnCode® – coded transmission	W.I.N.D.	W.I.N.D./5kHz	5kHz	W.I.N.D.	W.I.N.D.	5kHz
Polar OwnOptimizer – personal training status	•		•			
Polar OwnZone® – personal heart rate zone	•		•			•
Polar sport zones	•	•	•	•	•	•
Polar ZoneOptimizer – personalized sport zones		•		•	•	
Polar Training Benefit				•	•	
Training features						
Graphical target zone indicator	•	•	•	•	•	•
HeartTouch – button-free operation		•	•			•
Number of laps	99	99	99	99	99	99
Time and distance-based interval timers	•	•	•			•
ZoneLock	•	•	•	•	•	•
ZonePointer	•	•	•	•	•	•
Recording features						
R-R Recording	•					
Total training summary	•	•	•	•	•	•
Training files (with summaries)	99	99	99	99	99	16
Weekly history	•	•	•	•	•	•
Altimeter and barometer features						
Altitude, ascent and descent	•					
Temperature	•					
Cadence sensor features						
Cadence	•	•		•	•	
Cadence Limits	•	•				
Speed sensor features						
Auto start/stop	•	•		•	•	
Incline measurement	•					
Race Pace		•				
Speed Limits	•	•				

GPS sensor features	RS800CX	RCX5	RS400	RC3 GPS	RCX3	RS300X
Built-in GPS				•		
Back to start				•		
Distance – training, lap, total and distance based interval	•	•				•
Race Pace		•				
Route mapping with compatible software/web service	•3+4, 6)	•5)		•5 + 7)	•5)	
Speed Limits	•	•				•
Running Index	•	•		•	•	
Speed/Pace/Distance	•	•		•	•	
Speed/Pace-based target zones with visual and audible alarm	•	•				•
Speed/Pace – current, average and maximum	•	•		•	•	•
Footpod features						
Average stride length	•	•				
Race Pace		•				
Running cadence	•	•		•		
Running Index	•	•	•	•	•	
Speed/Pace/Distance	•	•	•	•	•	•
Data transfer						
Compatible with Mac (Intel-based)		•		•7)	•2)	•1)
Compatible with PC	•	•	•3)	•7)	•2)	•1)
Compatible with Polar ProTrainer 5 software	•			•3)		
Compatible with polarpersonaltrainer.com			•3)	•	•2)	•1)
Watch features						
Date and weekday indicator	•	•	•	•	•	•
Display text	EN, DE, FR, ES, IT	EN, DE, FR, ES, PT, IT, FI, SV	EN, DE, FR, ES	EN, DE, FR, ES, PT, IT, NL, DA, FI, NO, SV	EN, DE, FR, ES, PT, IT, NL, DA, FI, NO, SV	EN, DE, FR, ES
Time of day (12/24h)	•	•	•	•	•	•
User replaceable battery	•	•	•	Chargeable	•	
Water resistant	•	•	•	splash proof	•	•

1) requires optional FlowLink, 2) requires optional DataLink, 3) requires optional IrDA USB Adapter,
4) Polar ProTrainer 5 software, 5) polarpersonaltrainer.com via Polar WebSync software,
6) polarpersonaltrainer.com via Polar WebLink software, 7) requires data transfer/charging micro USB cable

ABBREVIATIONS USED ON THESE PAGES

bpm = beats per minute; % = percentage of maximum heart rate; %HRR = percentage of heart rate reserve;
W.I.N.D. = Wireless Integrated Network Device, using 2.4 GHz transmission technology proprietary to Polar

❯ Complete feature lists can be found at **www.polar.fi**

FEATURE LIST

CYCLING

Body measurement features	CS600X	CS500+	CS300	CS200	CS100
Automatic age-based target zone	bpm / % / %HRR	bpm / %	bpm / %	bpm / %	bpm / %
Heart rate	bpm / % / %HRR	bpm / %	bpm / %	bpm / %	bpm / %
HR-based target zones with visual and audible alarm	•	•	•	•	•
Manual target zone	bpm / % / %HRR	bpm / %	bpm / %	bpm / %	bpm / %
Polar Fitness Test	•		•		
Polar OwnCal® – calorie expenditure	•	•	•	•	•
Polar OwnCode® – coded transmission	W.I.N.D.	W.I.N.D.	5kHz	5kHz	5kHz
Polar OwnOptimizer – personal training status	•				
Polar OwnZone® – personal heart rate zone	•	•	•	•	•
Polar sport zones	•				
Training features					
Graphical target zone indicator	•	•			
HeartTouch – button-free operation			•		
Number of laps	99	99		50	50
Reminders – calorie expenditure, distance or time based		•			
ZoneLock	•				
ZonePointer	•	•	•	•	•
Recording features					
R-R Recording	•				
Total training summary	•	•	•	•	•
Training files (with summaries)	99	30	14	7	1
Weekly history	•		•	• (totals)	
Altimeter and barometer features					
Altitude, ascent and descent	•	•			
Temperature	•	•			
Cadence sensor features					
Cadence	•	•	•	•	•
Cadence Limits	•		•		
Speed sensor features					
Auto start/stop	•	•	•	•	•
Incline measurement	•	•			
Speed Limits	•				
Speed/ Distance	•	•	•	•	•

GPS sensor features	CS600X	CS500+	CS300	CS200	CS100
Distance – training, lap, total and distance based interval	•				
Route mapping with compatible software/ web service	•[3, 5]				
Speed Limits	•				
Speed/ Distance	•				
Speed/Pace-based target zones with visual and audible alarm	•				
Speed/Pace – current, average and maximum	•				
Power sensor features					
Cadence	•	•			
Cycling Efficiency Index	•				
Left/right balance	•				
Power Limits	•				
Power	•	•			
Data transfer					
Compatible with Mac (Intel-based)		•[2]			
Compatible with PC	•	•[2]			
Compatible with Polar ProTrainer 5 software	•				
Compatible with PC via IrDA USB Adapter	•				
Compatible with polarpersonaltrainer.com	•	•[2]	•[4]	•[4]	
Watch features					
Date and weekday indicator	•	•	•	•	•
Display text	EN, DE, FR, ES, IT	EN	EN, DE, FR, ES, IT	EN	EN
Time of day (12/24h)	•	•	•	•	•
User replacable battery	•	•		•	•
Water resistant	splash proof	splash proof	•	splash proof	splash proof

[2] requires optional DataLink, [3] requires optional IrDA USB Adapter, [4] requires microphone, [5] Polar ProTrainer 5 software

ABBREVIATIONS USED ON THESE PAGES

bpm = beats per minute; % = percentage of maximum heart rate; %HRR = percentage of heart rate reserve; W.I.N.D. = Wireless Integrated Network Device, using 2.4 GHz transmission technology proprietary to Polar

❯ Complete feature lists can be found at **www.polar.fi**

SMART COACHING FEATURES SYMBOL LEGEND

STAR Training Program
Designed to keep you motivated all week and every week, using a personal guidance program that's no further away than your wrist, STAR Training Program shows you how hard and how much you need to train to reach your long-term goals.

Endurance programs
Guiding you to improve your running and cycling performance these running and cycling programs include recommended warm-up, exercise and cool-.down phases for every training session. You can create these programs in polarpersonaltrainer.com and upload them to your Polar RCX5.

Fitness Test
If you're looking to improve your fitness and want to keep up to date with how well you're doing, the smart simple-to-use Fitness Test will tell you exactly what you need to know in just five minutes. By regularly comparing your test results, you can see how your fitness is improving.

Running Index
With this feature you can see how your running performance is developing. The Running Index score is calculated automatically after every run, based on your heart rate and from the speed data collected from your GPS or stride sensor. A higher reading indicates that you can run faster with less effort.

Training Load
Helps you find the perfect balance between rest and training. Check your training load status at polarpersonaltrainer.com. It shows you at a glance your cumulative training load for every day, advising if and when rest days are needed and when it's best to train harder.

ZoneOptimizer
Knowing how hard to train can be a challenge. By using ZoneOptimizer, you can get the exact training effect you're looking for as the feature adjusts your five heart rate training zones to perfectly match your body's current physiological condition.

OwnZone
Knowing the right intensity to improve fitness can be a challenge. By using the OwnZone, you can be sure your training on an intensity that improves your aerobic fitness as the feature adjusts your heart rate zone to perfectly match your body's current physiological condition.

EnergyPointer
If you want to improve your fitness or burn fat, the simple-to-use EnergyPointer shows you visually the main effect of your training.

Training Benefit
Motivating feedback straight after exercise is something we can all benefit from. So if you want to know the effect of different training sessions, this smart feature tells you exactly what you need to know with a quick overview after the session plus more detailed feedback via your training file or polarpersonaltrainer.com.

Strength Training Guidance
Forget standardized recovery periods between sets and use more reliable guidance based on your heart rate. Strength Training Guidance determines the optimal recovery time between your sets, helping you to get better results in less time.

Relaxation Test
Tells you quickly and easily how relaxed you are. All you need to do is to lie down for just five minutes while the OwnRelax test checks your body state

Recovery Test
The OwnOptimizer is a recovery test to help you assess your personal training status. By repeating this test regularly, you can review your personal training status, and see whether you need more time to recover

Smart Calories
OwnCal is the most accurate calorie counter on the market. It calculates the number of calories expended during a training session based on your weight, height, age, gender, your individual maximum heart rate (HR_{max}) and how hard you're training.

ABOUT POLAR

As the inventors of the first heart rate monitor for training over 30 years ago, we're truly specialists in the field. Since then, we've been leading this category, with the world's top specialists working on the most accurate and intelligent training computers and heart rate based features. This unrivalled physiological expertise allows us to lead the way in innovative product development.

The award-winning design of our products coupled with our technological innovation reflects our passion for sport and training. At Polar, we understand how important sports and fitness are to you. So we make it as much a part of our lives as it is of yours.

What's more, our features give guidance based on your personal information, and individual heart rate and its variation. So whatever your sport and whatever your level, Polar products will push you to get more out of your training.

Polar is proudly associated with:

FARNESE VINI — selle ITALIA

PRO CYCLING TEAM

TXIRRINDULARITZA TALDEA - EQUIPO CICLISTA
euskaltel Euskadi

Cofidis Pro Cycling Team

FDJ

Official Partner
Rabobank Cycling Team   Rabobank

TT1 ®

BigMat
Matériaux et conseils pour vivre mieux

LPM

COLNAGO
CSF inox - BARDIANI VALVOLE

F/I/S

Tennis Europe

❯ Visit **polar.fi** for more information about Polar products

youtube.com/
polarglobalchannel

❯ Like us on Facebook to get the latest updates
facebook.com/polarglobal

twitter.com/polarglobal