



## MEASUREMENT

Weight 31.7g (S), 33.7g (M), 37.3g (L)  
Wristband thickness .53 in  
Wristband width .92 in

## TECH

Waterproof (WR30)  
Wide-viewing angle full color TFT display with capacitive touchscreen

Screen resolution 80 x 160 pixels (RGB)  
Screen size .51in x 1.06in

Polar proprietary optical heart rate module (2 green LEDs, 1 photodiode, analog front-end)  
Rechargeable 100 mAh battery  
Battery life up to 2 weeks with 24/7 activity tracking, including 1 hour of training per day (without smart notifications in use)

## CONNECTIVITY

Easy wireless sync via Bluetooth® Smart with the Polar Flow app  
Micro USB connector for charging and data sync with PC or Mac via Polar FlowSync  
Compatible with:  
\* Computer running Mac OS X 10.6 or later and Windows XP, 7, 8, 10  
\* Mobile phones running iOS 7 or later and Android 4.3 or later  
\* Polar H7 heart rate sensor  
\* Apple Health Kit, Google Fit, MyFitnessPal (iOS users) and MapMyFitness  
\* All compatible phones available [here](#)

## UPDATABLE SOFTWARE

UI languages: English, Spanish, Portuguese, French, Danish, Dutch, Swedish, Norwegian, German, Italian, Finnish, Polish, Russian, Chinese (simplified), Japanese