

## WELCOME

Congratulations on your great purchase! In this handy guide we'll walk you through the first steps in starting to use Polar M400, your choice for smarter training. Polar M400 is a great training device by itself, but you'll get even more out of it when you use it together with the Polar Flow web service and mobile app.

### POLAR FLOW WEB SERVICE

Set targets and get guidance to achieve them. Get detailed analysis of your results and share your achievements with your friends. Find all this and more at [polar.com/flow](http://polar.com/flow)

### POLAR FLOW APP

View your training data at a glance. The mobile app syncs your data to the Polar Flow web service. You can download it from the App Store.



### POLAR M400

With an integrated GPS, the M400 provides you with a variety of useful information during training. M400 accurately tracks your speed and distance, and also calculates GPS based altitude, ascent and descent data.

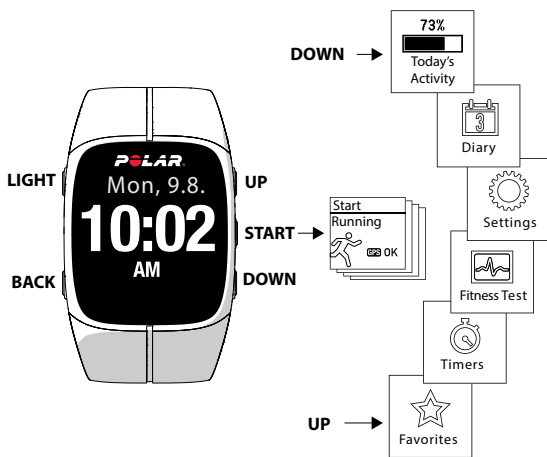
### POLAR HEART RATE SENSOR\*

Wear the comfortable strap and connector around your chest to get your heart rate accurately and in real time in your M400.

*\* If you bought your M400 without a heart rate sensor, not to worry, you can buy one at any time.*

## GET TO KNOW YOUR M400

Browse through the menu by pressing UP or DOWN. Confirm selections with the START button, and return, pause and stop with the BACK button.



### USEFUL TIPS

- » Change the watch face by pressing and holding UP
- » Lock buttons in time view by pressing and holding LIGHT
- » Enter Quick menu in training view by pressing and holding LIGHT

## GET STARTED

To make sure you get to enjoy your M400 at its best, please go to [flow.polar.com/start](http://flow.polar.com/start) where simple instructions will guide you through setting up your M400, downloading the latest firmware and taking the Flow web service into use. If you're in a hurry for your first run with M400, let's do a quick setup to get you going:

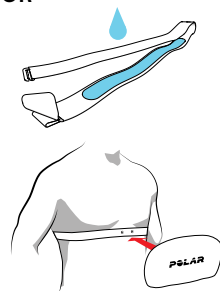
1. Plug M400 into your computer with a USB cable to charge the battery. If the battery is completely empty, it takes a couple of minutes for the charging animation to appear.
2. When charging is complete, set up your M400. To get the most accurate and personal training data, it's important that you're precise with date, time and physical settings. **Ready to go!** is displayed when you're done.

To change the language of your M400, go to [flow.polar.com/start](http://flow.polar.com/start).

### WEAR THE HEART RATE SENSOR

1. Moisten the electrode area of the strap.
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector.

After training, detach the connector and rinse the strap under running water to keep it clean. For more detailed instructions, see the full user manual at [polar.com/support](http://polar.com/support).



## TRAINING WITH YOUR M400

Before your first training session, you need to pair the heart rate sensor with your M400. Wear your heart rate sensor and press START. Then wait for the sensor pairing request and choose Yes.

You can also pair a new sensor in **Settings > General settings > Pair and sync > Pair new device**.

### START TRAINING

Press START and choose your sport. Go outdoors and away from tall buildings and trees to catch the GPS satellite signals. Stand still with the display facing upwards until the signal is found. When the signal is found, OK is displayed.

Press START again when you're ready to go.

*Choose what's shown on the display during your sessions in sport profiles in the Polar Flow web service.*

### DURING TRAINING

**Take a lap:** Press START during a session.

**Lock a heart rate zone:** To lock/unlock the zone you are currently in, press and hold START. If your heart rate goes outside the locked zone, you will be notified with audio feedback.

**Pause and Stop Training:** Press BACK to pause your training session. To continue training, press START. To stop the session, press and hold BACK for three seconds when paused until **Recording ended** is displayed.

*You can download the full-length user manual and the latest version of this guide at [polar.com/support](http://polar.com/support). For more help, there are some great video tutorials at [polar.com/en/polar\\_community/videos](http://polar.com/en/polar_community/videos) you may want to check out.*

## KEY FEATURES

Polar M400 offers a host of unique features to help you train better. Here you can find a summary of the most important ones.

### INTEGRATED GPS

With an integrated GPS, M400 tracks your speed, distance, altitude and route. You can view your route on a map in the Polar Flow App or Flow web service after your session. The Back-to-start feature directs you to your starting point. Now you can check out more adventurous routes and explore them safely, knowing that your M400 can take you back to where you started.

### TRAINING GUIDANCE

Improve your performance and train towards your goal with the help of Polar's unique Smart Coaching features.

### FINISH TIME ESTIMATOR

Set the distance for your session and M400 will estimate your arrival time to the destination according to your speed.

Finish time	00:58 <sup>02</sup>
	5:47 <sup>min</sup> / <sub>km</sub>
	9:59

### TRAINING BENEFIT

M400 gives motivating feedback about the effect of your training immediately after your session.

Benefit
Great pace! You improved your aerobic fitness, speed, and ability to sustain

### RUNNING INDEX

See how efficient your running is. M400 calculates your Running Index automatically after every run, based on your heart rate and speed data.

### PERSONAL BEST

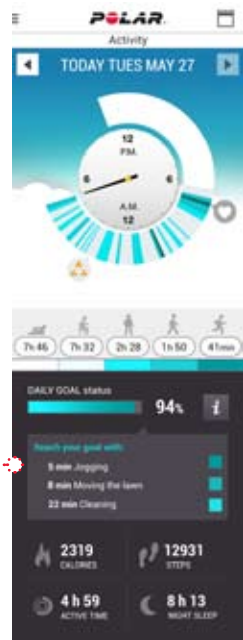
M400 rewards you everytime you reach your best result in average speed/pace, distance or calories.

### DAILY ACTIVITY

With an inbuilt accelerometer M400 tracks all your movements 24/7. You'll get a daily activity goal and guidance on how to reach your goal. M400 also reminds you to get up and move when you've been inactive too long.

You can view the data on your M400 or Polar Flow App.

Activity	
Active time	04:59
Calories	2319 kcal
Steps	12931



## TECHNICAL SPECIFICATION

### M400

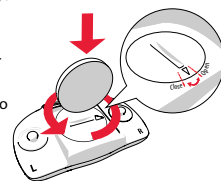
Battery type	190 mAh Li-pol battery
Operating time	Up to 8 hours with GPS and heart rate sensor
Operating temperature	-10 °C to +50 °C / -4 °F to 122 °F
Water resistance	30 m
Materials	Stainless steel, Polycarbonate/acrylonitrile butadiene styrene, Acrylonitrile butadiene styrene, Thermoplastic urethane, Polymethylmetacrylate, Silicone

### BLUETOOTH® SMART HEART RATE SENSOR

Battery type	CR2025
Battery sealing ring	O-ring 20.0 x 0.90 Material Silicone
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Water resistance	30 m
Connector	Acrylonitrile butadiene styrene
Strap	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

### To change the heart rate sensor battery:

- Using a coin, open the battery cover by turning it counterclockwise to OPEN.
- Insert the battery (CR 2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
- Press the cover back into the connector.
- Use the coin to turn the cover clockwise to CLOSE.



For more detailed instructions, see the full user manual at [polar.com/support](http://polar.com/support).

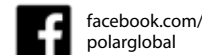
For safety reasons, please ensure you use the correct battery.

## FIND PRODUCT SUPPORT



[polar.com/support/M400](http://polar.com/support/M400)

### STAY TUNED WITH POLAR



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Compatible with



# POLAR®



## Polar M400 GETTING STARTED GUIDE

Setup at [flow.polar.com/start](http://flow.polar.com/start)

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