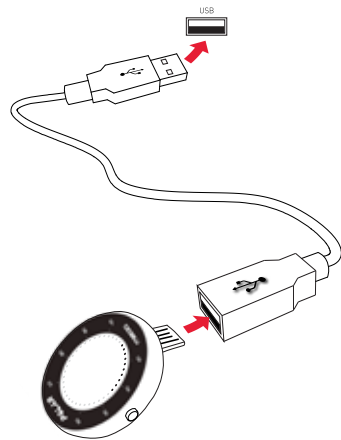## Set up your Polar M200

Your new Polar M200 is in storage mode, and it wakes up in the setup. First **detach the wristband** as described in chapter Wristband. Next, plug your M200 into a USB power source to **charge** it during the setup. It may take a few minutes for your M200 to wake up.



(i) You can also insert the USB connector of the M200 directly to a USB power source. Just make sure the four pins on the USB connector face the four pins in the USB port or power adapter.

### SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP

(i) Please note that you have to do the pairing in the Flow app and NOT in your mobile device's Bluetooth settings.

1. Make sure your **mobile device** is connected to the **Internet** and turn on **Bluetooth®**.
2. Download the **Polar Flow app** from the App Store or Google Play on your mobile device.
3. Open Flow app on your mobile device.
4. Flow app recognizes your M200 nearby and prompts you to start pairing it. Accept the pairing request and **enter the Bluetooth pairing code shown on the M200 display to Flow app**.
5. **Sign in** with your **Polar account** or create a new one. We'll walk you through the sign-up and setup within the app.

   (i) To get the most accurate and personal training and activity data, it's important that you're precise with the settings.

6. When you're done with the settings tap **Save and sync** and your settings are synced to your M200.

(i) Alternatively, you can do the setup with a computer: Go to **flow.polar.com/start** and install **FlowSync** software to your computer. We'll walk you through the setup within the web service.

## Wristband

Match your style with easy-to-change wristbands. You can buy additional wristbands separately at **shoppolar.com**.

To detach the wristband

1. Bend the wristband from the buckle side to detach it from the device.
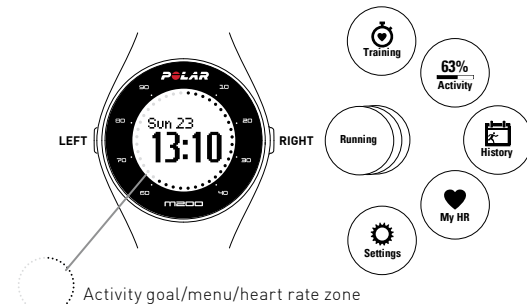2. Pull the device from the wristband.
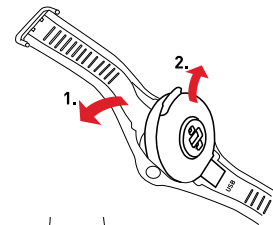


To attach the wristband

1. Put the USB connector into place from the bottom side of the wristband.
2. Stretch the wristband slightly from the buckle side to snap the other end of the wristband in place.
3. Make sure the band fits flush with the device on both sides.
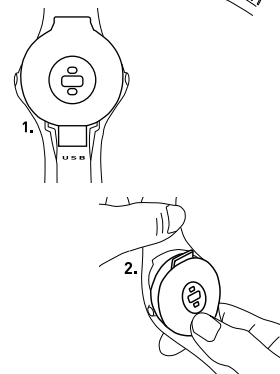
## Get to know your Polar M200



Activity goal/menu/heart rate zone

**Press LEFT to:** return to the previous level on the menu, pause training.

**Press and hold LEFT to:** return to time view, stop training, in time view start pairing and syncing.

**Press RIGHT to:** browse the menu, selections and training views.

**Press and hold RIGHT to:** enter the menu, confirm selections, start training, mark a lap during training.

(i) During training the display lights up when you turn your wrist to view the display.

## Key features

### INTEGRATED GPS
Built-in GPS keeps track of your pace, distance and altitude during training. You can view your route on a map in the Polar Flow app or Flow web service after your session.

### WRIST BASED HEART RATE TRAINING
Your M200 has a built-in heart rate sensor that measures your heart rate from the wrist. This makes heart-rate based training more convenient than ever.

### 24/7 ACTIVITY TRACKING
Your M200 tracks your steps, activity, sleep and calories 24/7 and supports you in achieving your individual daily activity goal. The dots around the display in watch mode indicate your progress towards your daily goal.

### QUICK TRAINING TARGETS FROM FLOW APP
Create a training target, for example, an interval target, in Flow app and sync it to your M200. Start the training session and your M200 will guide you through the session.

### SMART NOTIFICATIONS
Get notifications from your phone on the screen of you Polar M200. Pair your M200 with Flow app. Set on the smart notifications on your M200 or in the Flow app.

## Heart rate training with Polar M200

By measuring your heart rate when training you make sure you train at the right intensity level for your goal. And you get just the benefits you want to achieve.

Wrist-based heart rate measurement is convenient and easy. Tighten the wrist band for training, start a training session on your M200, and you're ready to go.

To get accurate heart rate readings during training, secure the wrist band firmly on top of your wrist, just behind the wrist bone. Do NOT place the running watch on top of the wrist bone. The sensor on the back must be touching your skin, but the wrist band should not be too tight.
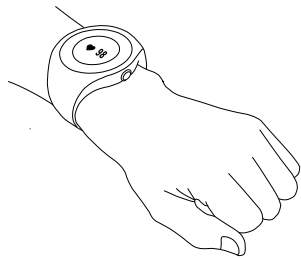


Your M200 is also compatible with Polar Bluetooth® Smart heart rate sensor with chest strap. You can buy a heart rate sensor as an accessory.

## Start training

1. Wear your M200 and tighten the wrist band.
2. In the time view, press and hold the RIGHT button on your M200.
3. Browse to a sport with the RIGHT button
4. Go outdoors and away from tall buildings and trees. Keep your M200 still with the display upwards to catch GPS satellite signals. Your M200 vibrates and the GPS icon stops blinking when the signal is found. M200 has found your heart rate when your heart rate is shown.
5. Press and hold the RIGHT button to start training recording.

## During training

You can browse through training views with the RIGHT button. Choose the information you want to see during your sessions in sport profiles in the Polar Flow web service.

Mark a lap by pressing and holding the RIGHT button.

## Pause and stop training

To pause a session, press the LEFT button. **Recording paused** is shown. To continue, press the RIGHT button.

To stop a session, press and hold the LEFT button in pause mode. **Recording ended** is shown.

## After training

You'll get a summary of your training session on your M200 right after you've stopped training. Get a more detailed analysis in the Flow app or in the Flow web service.

### VIEW YOUR TRAINING DATA AT A GLANCE ON THE MOBILE APP

Polar M200 running watch is compatible with smartphones running Android 4.3+ or iOS 8.0+. Get the Polar Flow app on the App Store or Google Play. Sync your M200 with Flow app after training and get an instant overview and feedback on your training result and performance. In Flow app you can also check how you've slept and how active you've been during the day.

### POLAR FLOW WEB SERVICE FOR MORE DETAILED ANALYSIS

Sync your training data to the Flow web service with your computer or via Flow app. In the web service you can track your achievements, get guidance and see a detailed analysis of your training results, activity and sleep.

### TAKE CARE OF YOUR M200

Keep your M200 clean by separating the device from the wristband and rinsing them under running water after each training session.

Before charging, please make sure there's no moisture, hair, dust or dirt on the M200's USB connector. Gently wipe off any dirt or moisture.

## Technical specification

| | |
|---|---|
| BATTERY TYPE | 180 MAH LI-POL BATTERY |
| HEART RATE SENSOR | INTERNAL OPTICAL |
| OPERATING TIME | UP TO 6 DAYS WITH 24/7 ACTIVITY TRACKING AND 1H/DAY TRAINING WITH GPS AND OPTICAL HEART RATE MEASUREMENT, WITHOUT SMART NOTIFICATIONS ON |
| WATER RESISTANCE | SUITABLE FOR SWIMMING |
| MATERIALS | THERMOPLASTIC POLYURETHANE, STAINLESS STEEL, ACRYLONITRILE BUTADIENE STYRENE, GLASS FIBER, POLYCARBONATE, POLYMETHYL METHACRYLATE, EPOXY GLUE |

## Learn more about your Polar M200

Learn more about your M200 from the full-length user manual, FAQs and video tutorials at **support.polar.com/en/M200**.

## Stay tuned with Polar

 **/polarglobal**

COMPATIBLE WITH

 **Bluetooth®** SMART

# POLAR M200

**GPS RUNNING WATCH WITH WRIST-BASED HEART RATE**

**Getting Started Guide**

English