



POLAR M430



M430 USER MANUAL

CONTENTS

Contents	2
Polar M430 User Manual	11
Introduction	11
Take full advantage of your M430	11
Get started	12
Setting up your M430	12
Choose one option for setup	12
Option A: Set up with a mobile device and Polar Flow app	12
Option B: Set up with your computer	13
Option C: Set Up from the Device	14
Button Functions	14
Time View and Menu	15
Pre-Training Mode	15
During training	15
Menu structure	16
My day	16
Diary	17
Settings	17
Fitness Test	17
Timers	17

Favorites	17
My heart rate	18
Wearing your M430	18
When measuring heart rate from your wrist	18
When not measuring heart rate from your wrist	18
Pairing	18
Pair a Mobile Device with your M430	18
Pair a Heart Rate Sensor with your M430	19
Pair a Stride Sensor with your M430	20
Pair Polar Balance Scale with your M430	20
Delete a Pairing	21
Settings	22
Sport profile settings	22
Settings	23
Physical settings	24
Weight	24
Height	24
Date of Birth	24
Sex	24
Training background	24
Maximum Heart Rate	25
General settings	25

Pair and Sync	25
Flight mode	26
Button Lock	26
Smart notifications	26
Inactivity Alert	26
Units	26
Language	27
Training View Color	27
About Your Product	27
Watch settings	27
Alarm	27
Time	28
Date	28
Week's Starting Day	28
Watch Face	28
Quick Menu	30
Quick Menu in Pre-training mode	30
Quick Menu in Training view	30
Quick Menu in pause mode	31
Updating the firmware	32
With mobile device or tablet	32
With computer	32

Training	33
Training with wrist based heart rate	33
Heart rate training	33
Measuring heart rate with your M430	33
Start a training session	34
Start a planned training session	36
Start a session with Interval Timer	36
Start a session with Finish Time Estimator	37
During training	37
Browse the training views	37
Mark a lap	37
Lock a Heart Rate or Speed Zone	37
Change phase during a phased session	38
Change Settings in Quick Menu	38
Notifications	38
Pausing/Stopping a training session	38
Training summary	38
After training	38
Training history in M430	41
Training data in Polar Flow App	41
Training data in Polar Flow Web Service	42
Features	43

Assisted GPS (A-GPS)	43
A-GPS Expiry Date	44
GPS Features	44
Back to start	44
24/7 Activity Tracking	45
Activity Goal	45
Activity data on your M430	45
Inactivity alert	47
Activity data in Flow App and Flow web service	47
Smart Coaching	47
Activity Guide	48
Activity Benefit	48
Fitness Test with wrist based heart rate	49
Before the test	49
Performing the Test	49
Test Results	50
Fitness Level Classes	50
Men	50
Women	51
Vo2max	51
Heart Rate Zones	52
Polar Running Program	54

Create a Polar Running Program	54
Start a running target	55
Follow your progress	55
Running Index	55
Short-term analysis	56
Men	56
Women	56
Long-term analysis	57
Smart Calories	58
Training Benefit	58
Training Load and Recovery	59
Smart Notifications (iOS)	60
Settings	60
M430	60
Phone	61
Use	61
Smart Notifications (Android)	62
Settings	62
Use	64
Speed Zones	65
Speed Zones Settings	65
Training Target with Speed Zones	65

During Training	65
After Training	66
Sport Profiles	66
Cadence from the Wrist	66
Polar Flow	67
Polar Flow App	67
Training data	67
Activity data	67
Sport profiles	68
Image sharing	68
Start using the Flow app	68
Polar Flow Web Service	68
Feed	69
Explore	69
Diary	69
Progress	69
Community	69
Programs	70
Favorites	70
Add a Training Target to Favorites:	70
Edit a Favorite	70
Remove a favorite	71

Planning your training	71
Create a Training Target in the Polar Flow web service	71
Quick target	71
Phased target	71
Favorites	72
Sync the Targets to your M430	72
Sport profiles in Polar Flow	72
Add a Sport profile	73
Edit a Sport Profile	73
Syncing	75
Sync with Flow mobile App	76
Sync With Flow Web Service Via FlowSync	76
Important information	78
Battery	78
Charging M430 battery	78
Battery Operating Time	79
Low Battery Notifications	79
Caring for your M430	80
Keep your M430 clean	80
Keep the M430's USB port and charging cable clean to ensure smooth charging and syncing	80
Take good care of the optical heart rate sensor	80
Storing	80

Service	81
Precautions	81
Interference During Training	81
Minimizing Risks When Training	82
Technical specification	83
M430	83
Polar FlowSync Software	84
Polar Flow Mobile Application Compatibility	85
Water resistance of Polar products	85
Limited international Polar guarantee	86
Disclaimer	87

POLAR M430 USER MANUAL

This user manual helps you get started with your new M430. To see M430 video tutorials and FAQs, go to support.polar.com/en/M430.

INTRODUCTION

Congratulations on your new Polar M430!

The Polar M430 is a GPS running watch with wrist-based heart rate, Polar's advanced training features and 24/7 activity tracking. The M430 gives you personalized guidance and feedback for training and daily activity to help you reach your goals. You will be able to track your running pace, distance, altitude and route with the compactly packed integrated GPS. When GPS is not available, your M430 tracks speed and distance from your wrist movements.

You don't need to wear a separate heart rate sensor; just enjoy running with the wrist-based heart rate measurement that's always ready when you are.

With the 24/7 Activity tracking you can track the activities of your everyday life. See how they benefit your health, and get tips on how to reach your daily activity goal. And stay connected with smart notifications; get alerts to your M430 for incoming calls, messages and app activity on your phone.

TAKE FULL ADVANTAGE OF YOUR M430

Get connected to the Polar ecosystem and get the most out of your M430.

Get the [Polar Flow app](#) from the App Store® or Google Play™. Sync your M430 with the Flow app after training, and get an instant overview and feedback of your training result and performance. In the Flow app you can also check how you've slept and how active you've been during the day.

Sync your training data to the [Polar Flow web service](#) with the FlowSync software on your computer or via Flow app. In the web service you can plan your training, track your achievements, get guidance and see detailed analysis of your training results, activity and sleep. Let all your friends know about your achievements, find fellow exercisers and get motivation from your social training communities. Find all this at flow.polar.com.

GET STARTED

To make sure you get to enjoy your M430 at its best, please go to flow.polar.com/start where simple instructions will guide you through setting up your M430, downloading the latest firmware and taking the Flow web service into use.

If you're in a hurry for your first run with M430, you can do a quick set up by entering the basic settings on the device, as instructed in Basic Settings.

SETTING UP YOUR M430

Your new M430 is in storage mode, and it wakes up when you plug it into a USB charger for charging or a computer for setup. We recommend that you charge the battery before you start using your M430. If the battery is completely empty, it takes a couple of minutes for the charging to start.

See [Batteries](#) for detailed information on charging the battery, battery operating times and low battery notifications.

CHOOSE ONE OPTION FOR SETUP

You can choose how to set up your M430. There you can fill in all the physical details required for accurate training data at once. You can also select language and get the latest firmware for your M430.

- A. Mobile setup is convenient if you don't have access to a computer with a USB port, but it might take longer. This method requires an Internet connection.
- B. Wired computer setup is quicker and you can charge your M430 at the same time, but you need a computer available. This method requires an Internet connection.
- C. If you don't have a compatible mobile device and can't get to computer with an Internet connection right away, you can start from the device. **Please note that the device contains only part of the settings.** To make sure you get to enjoy your M430 at its best, it's important that you do the setup in the Polar Flow web service later.

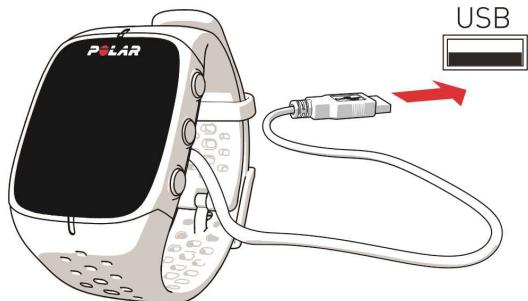
OPTION A: SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP

Polar M430 connects to the Polar Flow mobile app wirelessly via Bluetooth® Smart, so remember to have Bluetooth turned on in your mobile device.

Check the Polar Flow app compatible devices at support.polar.com.

1. To make sure there's enough charge on your M430 during the mobile setup, plug your M430 in a powered USB port or a USB power adapter. Make sure that the adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA. It may take a few minutes for your M430 to wake up before the charging animation starts.

i *Before charging, please make sure there's no moisture, hair, dust or dirt on the M430's USB connector. Gently wipe off any dirt or moisture.*



2. Go to the App Store or Google Play on your mobile device and search and download the Polar Flow app.
3. Open the Flow app on your mobile device. It recognizes your new M430 nearby and prompts you to start pairing it. Accept the pairing request, and **enter the Bluetooth pairing code shown on the M430 display to the Flow app.**

i *To be able to connect your M430 and the Flow app, make sure your M430 is powered up.*

4. Then create a Polar account, or sign in if you already have one. The app will walk you through the sign-up and setup. Tap **Save and sync** when you've defined all the settings. Your personalized settings will now be synced to your M430.

i *To get the most accurate and personal activity and training data, it's important that you're precise with the settings. If there is a firmware update available for your M430, we recommend that you install it during the setup. It may take up to 20 minutes to complete.*

5. The M430 display will open to the time view once the synchronization is done.

After the setup is done, you're ready to go. Have fun!

OPTION B: SET UP WITH YOUR COMPUTER

1. Go to flow.polar.com/start and install the FlowSync software to set up your M430.
2. Plug your M430 in to your computer using the provided USB cable to charge it during the setup. It may take a few minutes for your M430 to wake up. Let your computer install any suggested USB drivers.

i *Before charging, please make sure there's no moisture, hair, dust or dirt on the M430's USB connector. Gently wipe off any dirt or moisture.*

3. Sign in with your Polar account, or create a new one. The web service will walk you through the sign-up and setup.

 *To get the most accurate and personalized activity and training data, it's important that you're precise with the physical settings when signing up for the web service. When signing up, you can choose which language you want to use on your M430. If there is a [firmware update](#) available for your M430, we recommend that you install it during the setup. It may take up to 10 minutes to complete.*

After the setup is done, you're ready to go. Have fun!

OPTION C: SET UP FROM THE DEVICE

Plug M430 into your computer's USB port or a USB charger with the cable that came in the box. **Choose language** is displayed. Press START to choose **English**. Your M430 is delivered with English only, but you can add other languages when doing the setup in the Polar Flow web service later.

Set the following data, and confirm each selection with the START button. If you want to return and change a setting at any point, press Back until you reach the setting you want to change.

1. **Time format** : Choose **12 h** or **24 h**. With **12 h**, select **AM** or **PM**. Then set the local time.
2. **Date** : Enter the current date.
3. **Units** : Choose metric (**kg, cm**) or imperial (**lb, ft**) units.
4. **Weight** : Enter your weight.
5. **Height** : Enter your height.
6. **Date of birth** : Enter your date of birth.
7. **Sex** : Choose **Male** or **Female**.
8. **Training background** : Occasional (0-1 h/week), Regular (1-3 h/week), Frequent (3-5 h/week), Heavy (5-8 h/week), Semi-Pro (8-12 h/week), Pro (12+ h/week). For more information on training background, see [Physical Settings](#).
9. **Ready to go!** is displayed when you're done with the settings, and M430 goes to time view.

BUTTON FUNCTIONS

M430 has five buttons that have different functionalities depending on the situation of use. See the tables below to find out what functionalities the buttons have in different modes.



TIME VIEW AND MENU

LIGHT	BACK	START	UP/DOWN
Illuminate the display	Exit the menu	Confirm selections	Move through selection lists
Press and hold to lock buttons	Return to the previous level	Enter pre-training mode	Adjust a selected value
	Leave settings unchanged	Confirm the selection shown on the display	Press and hold UP to change the watch face
	Cancel selections		
	Press and hold to return to time view from menu		
	Press and hold to start pairing and syncing		

PRE-TRAINING MODE

LIGHT	BACK	START	UP/DOWN
Illuminate the display	Return to time view	Start a training session	Move through sports list
Press and hold to enter sport profile settings			

DURING TRAINING

LIGHT	BACK	START	UP/DOWN
Illuminate the display	Pause training by pressing once	Press and hold to set zone lock on/off	Change training view
Press and hold to enter			

LIGHT	BACK	START	UP/DOWN
Quick Menu	Press and hold for 3 seconds to stop training recording	Continue training recording when paused	

MENU STRUCTURE

Enter and browse through the menu by pressing UP or DOWN. Confirm selections with the START button, and return with the BACK button.



MY DAY

Your daily activity goal is visualized with a circle that fills up as you are active. In the **My day** menu you can find:

- Your sleep time and actual sleep. The M430 tracks your sleep if you wear it at night. It detects when you fall asleep and when you wake up and collects data for deeper analysis in the Polar Flow web service. For more information, see [Sleep Tracking \(in process\)](#).
- Your day's accumulated activity in more detail and guidance on how to reach your daily activity goal. For more information, see [24/7 Activity Tracking](#).
- The training sessions you've done during the day. You can open the session summary by pressing START.
- Any [planned training sessions](#) you've created for the day in the Polar Flow web service or in the Polar Flow app. You can start a planned training session and open the past sessions to view them in more detail by pressing START.
- If you perform a [Fitness test](#) during the day, your result will be shown in **My Day**.
- Any events of the day. You can create and join events in Polar Flow Community at flow.polar.com.

DIARY

In **Diary** you'll see the current week, past four weeks and next four weeks. Select a day to see your activity and training sessions of that day, the training summary of each session and the tests you have done. You can also see your planned training sessions.

SETTINGS

In **Settings** you can edit:

- Sport profiles
- Physical settings
- General settings
- Watch settings

For more information , see [Settings](#).

FITNESS TEST

Measure your fitness level while you lie down and relax.

For more information, see [Fitness Test with wrist based heart rate](#).

TIMERS

In **Timers** you'll find:

- Stopwatch
- **Interval timer:** Set time and/or distance based interval timers to precisely time work and recovery phases in your interval training sessions.
- **Finish time estimator:** Achieve your target time for a set distance. Set the distance for your session and M430 will estimate the finish time of the session according to your speed.

For more information, see [Start a Training Session](#).

FAVORITES

In **Favorites** you'll find training targets that you have saved as favorites in the Flow web service.

For more information, see [Favorites](#).

MY HEART RATE

In **My heart rate** you can quickly check your current heart rate without starting a training session. Just tighten your wristband, press START and you'll see your current heart rate in a moment. Press the BACK button to exit.

WEARING YOUR M430

WHEN MEASURING HEART RATE FROM YOUR WRIST

To measure wrist-based heart rate accurately, you need to wear the M430 snugly on top of your wrist, just behind the wrist bone. The sensor must be in firm skin contact, but not too tight to prevent blood flow. For more information see [Training with wrist-based heart rate](#).

 After a sweaty training session, we recommend that you wash the M430 under running water with a mild soap and water solution. Then wipe them dry with a soft towel.

WHEN NOT MEASURING HEART RATE FROM YOUR WRIST

Loosen the wristband a bit for a more comfortable fit and to let your skin breathe. Wear the M430 just as you would wear a normal watch.

 Every once in a while it's a good idea to let your wrist have a breather, especially if you have sensitive skin. Take off your M430 and recharge it. This way both your skin and your device can have a rest, and be ready for your next training event.

PAIRING

Before taking a new mobile device (smartphone, tablet), heart rate sensor, running sensor or Polar Balance scale into use, it has to be paired with your M430. Pairing only takes a few seconds, and ensures that your M430 receives signals from your sensors and devices only, and allows disturbance-free training in a group. Before entering an event or race, make sure that you do the pairing at home to prevent interference due to data transmission.

PAIR A MOBILE DEVICE WITH YOUR M430

If you've done the setup for your M430 with a mobile device, your M430 has already been paired. If you did the setup with a computer and would like to use your M430 with Polar Flow app, please pair your M430 and mobile as follows:

Before pairing a mobile device

- do the setup at flow.polar.com/start as described in chapter [Set up your M430](#)
- download Flow app from the App Store
- make sure your mobile device has Bluetooth turned on, and airplane mode/flight mode is not turned on.

To pair a mobile device:

1. On your mobile device, open Flow app and sign in with your Polar account, which you have created when setting up your M430.
2. Wait for the **Connect product** view to appear on your mobile device (**Waiting for M430** is displayed).
3. In M430 time mode, press and hold BACK.
4. **Connecting to device** is displayed, followed by **Connecting to app**.
5. Accept the Bluetooth pairing request on your mobile device and type in the pin code shown on your M430.
6. **Pairing completed** is displayed when you are done.

or

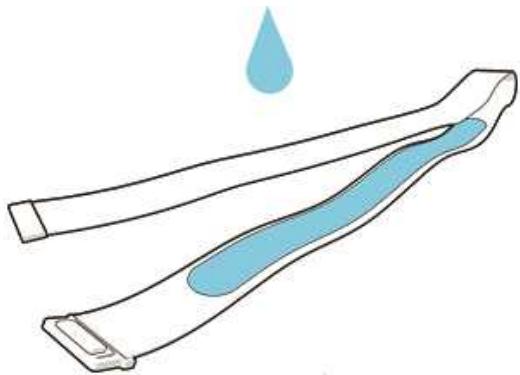
1. On your mobile device, open Flow app and sign in with your Polar account.
2. Wait for the **Connect product** view to appear on your mobile device (**Waiting for M430** is displayed).
3. On M430, go to **Settings > General settings > Pair and sync > Pair and sync mobile device** and press **START**.
4. **Confirm from other device pin xxxxx** is displayed on your M430. Enter the pin code from the M430 on the mobile device. The pairing starts.
5. **Pairing completed** is displayed when you are done.

PAIR A HEART RATE SENSOR WITH YOUR M430

 When you're wearing a Polar Bluetooth Smart heart rate sensor that's paired with your M430, the M430 does not measure heart rate from the wrist.

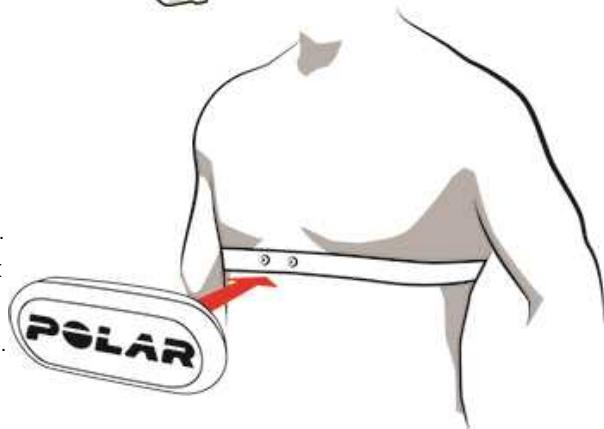
There are two ways to pair a heart rate sensor with your M430:

1. Wear the moistened heart rate sensor.
2. On M430, go to **General Settings > Pair and sync > Pair other device** and press START.
3. M430 starts searching for your heart rate sensor.
4. Once the heart rate sensor is found, the device ID **Polar H7 xxxxxxxx** is displayed.
5. Press START, **Pairing** is displayed.
6. **Pairing completed** is displayed when you are done.



OR

1. Wear the moistened heart rate sensor.
2. On M430, press START in time view to enter pre-training mode.
3. **To pair, touch your device with M430** is displayed. Touch your heart rate sensor with M430, and wait for it to be found.
4. The device ID **Pair Polar H7 xxxxxxxx** is displayed. Choose **Yes**.
5. **Pairing completed** is shown when you are done.



PAIR A STRIDE SENSOR WITH YOUR M430

See [Polar Stride sensor Bluetooth® Smart](#) for pairing and calibration instructions. LINKKI SUPPORTIIN

PAIR POLAR BALANCE SCALE WITH YOUR M430

There are two ways to pair a Polar Balance scale with your M430:

1. Step on the scale. The display shows your weight.
2. After a beep sound, the Bluetooth icon on the scale display starts flashing, which means that the connection is now on. The scale is ready to be paired with your M430.
3. Press and hold the BACK button for 2 seconds on your M430 and wait until the display indicates the pairing is complete.

or

1. Go to **General Settings > Pair and sync > Pair other device** and press START.
2. M430 starts searching for your scale.
3. Step on the scale. The display shows your weight.
4. Once the scale is found, the device ID **Polar scale xxxxxxxx** is displayed on your M430.
5. Press START, **Pairing** is displayed.
6. **Pairing completed** is shown when you are done.

 The scale can be paired with 7 different Polar devices. When the number of paired devices exceeds 7, the first pairing will be removed and replaced.

DELETE A PAIRING

To delete a pairing with a sensor or mobile device:

1. Go to **Settings > General settings > Pair and sync > Paired devices** and press START.
2. Choose the device you want to remove from the list and press START.
3. **Delete pairing?** is displayed, choose **Yes** and press START.
4. **Pairing deleted** is displayed when you are done.

SETTINGS

Sport profile settings	22
Settings	23
Physical settings	24
Weight	24
Height	24
Date of Birth	24
Sex	24
Training background	24
Maximum Heart Rate	25
General settings	25
Pair and Sync	25
Flight mode	26
Button Lock	26
Smart notifications	26
Inactivity Alert	26
Units	26
Language	27
Training View Color	27
About Your Product	27
Watch settings	27
Alarm	27
Time	28
Date	28
Week's Starting Day	28
Watch Face	28
Quick Menu	30
Quick Menu in Pre-training mode	30
Quick Menu in Training view	30
Quick Menu in pause mode	31
Updating the firmware	32
With mobile device or tablet	32
With computer	32

SPORT PROFILE SETTINGS

You can edit certain sport profiles settings on your M430. You can, for example, set the GPS on or off in different sports. A wider range of customization options is available in the Polar Flow app and web service. For more information, see [Sport Profiles in Flow](#).

There are four default sport profiles on your M430: **Running**, **Cycling**, **Other outdoor** and **Other indoor**. You can add new sport profiles to your sports list and edit their settings in the Polar Flow app or web service. Your M430 can contain a maximum of 20 sport profiles. If you have over 20 sport profiles in the Polar Flow app and web service, the first 20 in the list are transferred to your M430 when syncing.

 *If you have edited your sport profiles in the Flow web service before your first training session, and synced them to your M430, the sport profile list will contain the edited sport profiles.*

SETTINGS

To view or modify sport profile settings, go to **Settings > Sport profiles** and choose the profile you want to edit. You can also access the settings of the currently selected profile from pre-training mode by pressing and holding **LIGHT**.

- **Heart rate settings:** **Heart rate view:** Choose **Beats per minute (bpm)** or **% of maximum**. **Check HR zone limits:** Check the limits for each heart rate zone. **HR visible to other device:** Choose **On** or **Off**. If you choose **On**, other compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can also use your M430 during Polar Club classes to broadcast your heart rate to the Polar Club system.
- **GPS recording:** Choose **High accuracy**, **Medium accuracy**, **Power save**, **long session** or **Off**.
- **Stride sensor:** This setting is shown only if you have paired a Polar Stride sensor Bluetooth® Smart with your M430. Choose **Calibration** or **Choose sensor for speed**. In **Calibration**, choose **Automatic** or **Manual**. In **Choose sensor for speed**, set the source for speed data: **Stride sensor** or **GPS**. For more information on Stride sensor calibration, See [Polar Stride Sensor Bluetooth® Smart](#).
- **Speed settings:** **Speed View:** Choose **km/h** (kilometers per hour) or **min/km** (minutes per kilometer). If you have chosen imperial units, choose **mph** (miles per hour) or **min/mi** (minutes per mile). **Check speed zone limits:** Here you can check the speed/pace zone limits.
- **Automatic pause sett.:** **Automatic pause:** Choose **On** or **Off**. If you set the **Automatic pause** **On**, your session is automatically paused when you stop moving. **Activation speed:** Set the speed at which recording is paused.

 *GPS recording must be turned on to use automatic pause.*

- **Automatic lap:** Choose **Off**, **Lap distance** or **Lap duration**. If you choose **Lap distance**, set the distance after which each lap is taken. If you choose **Lap duration**, set the duration after which each lap is taken.

 *GPS recording must be turned on to use distance-based automatic lap.*

PHYSICAL SETTINGS

To view and edit your physical settings, go to **Settings > Physical settings**. It is important that you are precise with the physical settings, especially when setting your weight, height, date of birth and sex, as they have an impact on the accuracy of the measuring values, such as the heart rate zone limits and calorie expenditure.

In **Physical settings** you'll find:

- Weight
- Height
- Date of birth
- Sex
- Training background
- Maximum heart rate

WEIGHT

Set your weight in kilograms (kg) or pounds (lbs).

HEIGHT

Set your height in centimeters (metric) or in feet and inches (imperial).

DATE OF BIRTH

Set your birthday. The order in which the date settings are depends on which time and date format you have chosen (24h: day - month - year / 12h: month - day - year).

SEX

Select **Male** or **Female**.

TRAINING BACKGROUND

Training background is an assessment of your long-term physical activity level. Select the alternative that best describes the overall amount and intensity of your physical activity during the past three months.

- **Occasional (0-1h/week):** You do not participate regularly in programmed recreational sport or heavy physical activity, e.g. you walk only for pleasure or exercise hard enough to cause heavy breathing or perspiration only occasionally.

- **Regular (1-3h/week):** You participate regularly in recreational sports, e.g. you run 5-10 km or 3-6 miles per week or spend 1-3 hours per week in comparable physical activity, or your work requires modest physical activity.
- **Frequent (3-5h/week):** You participate at least 3 times a week in heavy physical exercise, e.g. you run 20-50 km/12-31 miles per week or spend 3-5 hours per week in comparable physical activity.
- **Heavy (5-8h/week):** You participate in heavy physical exercise at least 5 times a week, and you may sometimes take part in mass sports events.
- **Semi-pro (8-12h/week):** You participate in heavy physical exercise almost daily, and you exercise to improve performance for competitive purposes.
- **Pro (>12h/week):** You are an endurance athlete. You participate in heavy physical exercise to improve your performance for competitive purposes.

MAXIMUM HEART RATE

Set your maximum heart rate, if you know your current maximum heart rate value. Your age-predicted maximum heart rate value (220-age) is displayed as a default setting when you set this value for the first time.

HR_{max} is used to estimate energy expenditure. HR_{max} is the highest number of heartbeats per minute during maximum physical exertion. The most accurate method for determining your individual HR_{max} is to perform a maximal exercise stress test in a laboratory. HR_{max} is also crucial when determining training intensity. It is individual and depends on age and hereditary factors.

GENERAL SETTINGS

To view and edit your general settings, go to **Settings > General settings**

In **General settings** you'll find:

- Pair and sync
- Flight mode
- Button lock
- Inactivity alert
- Units
- Language
- Training view color
- About your product

PAIR AND SYNC

- **Pair and sync mobile device / Pair other device:** Pair sensors or mobile devices with your M430. Sync data with Flow app.

- **Paired devices:** View all the devices you have paired with your M430. These can include heart rate sensors, running sensors and mobile devices.

FLIGHT MODE

Choose **On** or **Off**.

Flight mode cuts off all wireless communication from your M430. You can still use it, but you can't sync your data with the Polar Flow mobile app or use it with any wireless accessories.

BUTTON LOCK

Choose **Manual lock** or **Automatic lock**. In **Manual lock** you can lock the buttons by manually from the **Quick menu**. In **Automatic Lock** the button lock automatically goes on after 60 seconds.

SMART NOTIFICATIONS

To be able to receive notifications and alerts from your phone to your M430 you need to set smart notifications on in **Menu > Settings > General settings > Smart notifications**.

In **Smart notifications** settings, you'll find:

- **Notifications:** Set the notifications **On**, **On (no preview)** or **Off**.

On: the contents of the notification is shown on the M430 display. **On (no preview):** the contents of the notification is not shown on the M430 display. **Off** (default): you will not get any notifications on your M430.

- **Vibration feedback:** Set the vibration feedback **On** or **Off**.
- **Notif. do not disturb:** If you want to disable notifications and call alerts for a certain period of time, choose **Do not disturb** on. Then set the time period when **Do not disturb** is on. When **Do not disturb** is on, you will not receive any notifications or call alerts during the time period you have set.



*By default, **Do not disturb** is on between 10 pm - 7 am.*

INACTIVITY ALERT

Set the inactivity alert **On** or **Off**.

UNITS

Choose metric (**kg, cm**) or imperial (**lb, ft**). Set the units used to measure weight, height, distance and speed.

LANGUAGE

Choose: *Bahasa Indonesia, Čeština, Dansk, Deutsch, English, Español, Français, Italiano, 日本語, Nederlands, Norsk, Polski, Português, 简体中文, Русский, Suomi, Svenska* or *Türkçe*. Set the language of your M430.

TRAINING VIEW COLOR

Choose **Dark** or **Light**. Change the display color of your training view. When **Light** is chosen, the training view has a light background with dark numbers and letters. When **Dark** is chosen, the training view has a dark background with light numbers and letters.

ABOUT YOUR PRODUCT

Check the device ID of your M430, as well as the firmware version, HW model, A-GPS expiry date and the M430-specific regulatory labels.

Restart device: If you experience problems with your M430, you can try restarting it. Restarting the M430 will not delete any of the settings or your personal data from the M430. Press the START button and then choose **Yes** to confirm the restart.

WATCH SETTINGS

To view and edit your watch settings, go to **Settings > Watch settings**

In **Watch settings** you'll find:

- Alarm
- Time
- Date
- Week's starting day
- Watch face

ALARM

Set alarm repetition: **Off, Once, Monday to Friday** or **Every day**. If you choose **Once, Monday to Friday** or **Every day**, also set the time for the alarm.

 When the alarm is set on, a clock icon is displayed in the time view.

TIME

Set the time format: **24 h** or **12 h**. Then set the time of day.

(i) When syncing with the Flow app and web service, the time of day is automatically updated from the service.

DATE

Set the date. Also set the **Date format**, you can choose **mm/dd/yyyy**, **dd/mm/yyyy**, **yyyy/mm/dd**, **dd-mm-yyyy**, **yyyy-mm-dd**, **dd.mm.yyyy** or **yyyy.mm.dd**.

(i) When syncing with the Flow app and web service, the date is automatically updated from the service.

WEEK'S STARTING DAY

Choose the starting day of each week. Choose **Monday**, **Saturday** or **Sunday**.

(i) When syncing with the Flow app and web service, the week's starting day is automatically updated from the service.

WATCH FACE

Choose the watch face:

- Jumbo



- Activity



- Oversized



- Analog



- Big digits



By choosing the "Jumbo" (the default watch face) or the "Activity" as your watch face, you'll be able to see the progress of your daily activity in the time view.

QUICK MENU

QUICK MENU IN PRE-TRAINING MODE

In pre-training mode, press and hold LIGHT to access the settings of the currently chosen sport profile:

- **Heart rate settings:** **Heart rate view:** Choose **Beats per minute (bpm)** or **% of maximum**. **Check HR zone limits:** Check the limits for each heart rate zone. **HR visible to other device:** Choose **On** or **Off**. If you choose **On**, other compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can also use your M430 during Polar Club classes to broadcast your heart rate to the Polar Club system.
- **GPS recording:** Choose **High accuracy**, **Medium accuracy**, **Power save**, **long session** or **Off**.
- **Stride sensor:** This setting is shown only if you have paired a Polar Stride sensor Bluetooth® Smart with your M430. Choose **Calibration** or **Choose sensor for speed**. In **Calibration**, choose **Automatic** or **Manual**. In **Choose sensor for speed**, set the source for speed data: **Stride sensor** or **GPS**. For more information on Stride sensor calibration, See [Polar Stride Sensor Bluetooth® Smart](#).
- **Speed settings:** **Speed View:** Choose **km/h** (kilometers per hour) or **min/km** (minutes per kilometer). If you have chosen imperial units, choose **mph** (miles per hour) or **min/mi** (minutes per mile). **Check speed zone limits:** Here you can check the speed/pace zone limits.
- **Automatic pause sett.:** **Automatic pause:** Choose **On** or **Off**. If you set the **Automatic pause On**, your session is automatically paused when you stop moving. **Activation speed:** Set the speed at which recording is paused.



GPS recording must be turned on to use automatic pause.

- **Automatic lap:** Choose **Off**, **Lap distance** or **Lap duration**. If you choose **Lap distance**, set the distance after which each lap is taken. If you choose **Lap duration**, set the duration after which each lap is taken.



GPS recording must be turned on to use distance-based automatic lap.

QUICK MENU IN TRAINING VIEW

In training view, press and hold LIGHT to enter **Quick menu**. In the training view **Quick menu**, you'll find:

- **Lock buttons:** Press START to lock buttons. To unlock, press and hold LIGHT.
- **Set backlight:** Set constant backlight **On** or **Off**. When enabled, the backlight stays on continuously. You can turn the constant backlight off and on again by pressing LIGHT. Please note that using this function shortens battery life.
- **Search Sensor:** This setting is shown only if you have paired a heart rate sensor or stride sensor with your M430.

- **Stride sensor:** This setting is shown only if you have paired a Polar Stride sensor Bluetooth® Smart with your M430. Choose **Calibration** or **Choose sensor for speed**. In **Calibration**, choose **Automatic** or **Manual**. In **Choose sensor for speed**, set the source for speed data: **Stride sensor** or **GPS**. For more information on Stride sensor calibration, See [Polar Stride Sensor Bluetooth® Smart](#).
- **Interval timer:** Create time and/or distance based interval timers to precisely time work and recovery phases in your interval training sessions. Choose **Start X.XX km / XX:XX** to use a previously set timer or create a new timer in **Set Timer**.
- **Finish time estimator** : Set the distance for your session and M430 will estimate the finish time of the session according to your speed. Choose **Start XX.XX km / X.XX mi** to use a previously set target distance or set new target in **Set distance**.
- **Current location info:** This selection is only available if GPS is set on for the sport profile.
- **Set Location Guide On:** The back to start feature guides you back to the starting point of your session. Choose **Set location guide on**, and press **START**. **Location guide arrow view set on** is displayed, and M430 goes to **Back to Start** view. For more information, see [Back to start](#).

QUICK MENU IN PAUSE MODE

In pause mode, press and hold **LIGHT** to enter **Quick menu**. In the pause mode **Quick menu**, you'll find:

- **Lock buttons:** Press **START** to lock buttons. To unlock, press and hold **LIGHT**.
- **Heart rate settings:** **Heart rate view:** Choose **Beats per minute (bpm)** or **% of maximum**. **Check HR zone limits:** Check the limits for each heart rate zone. **HR visible to other device:** Choose **On** or **Off**. If you choose **On**, other compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can also use your M430 during Polar Club classes to broadcast your heart rate to the Polar Club system.
- **GPS recording:** Choose **High accuracy**, **Medium accuracy**, **Power save**, **long session** or **Off**.
- **Stride sensor:** This setting is shown only if you have paired a Polar Stride sensor Bluetooth® Smart with your M430. Choose **Calibration** or **Choose sensor for speed**. In **Calibration**, choose **Automatic** or **Manual**. In **Choose sensor for speed**, set the source for speed data: **Stride sensor** or **GPS**. For more information on Stride sensor calibration, See [Polar Stride Sensor Bluetooth® Smart](#).
- **Speed settings:** **Speed View:** Choose **km/h** (kilometers per hour) or **min/km** (minutes per kilometer). If you have chosen imperial units, choose **mph** (miles per hour) or **min/mi** (minutes per mile). **Check speed zone limits:** Here you can check the speed/pace zone limits.
- **Automatic pause sett.:** **Automatic pause:** Choose **On** or **Off**. If you set the **Automatic pause** **On**, your session is automatically paused when you stop moving. **Activation speed:** Set the speed at which recording is paused.

 *GPS recording must be turned on to use automatic pause.*

- **Automatic lap:** Choose **Off**, **Lap distance** or **Lap duration**. If you choose **Lap distance**, set the distance after which each lap is taken. If you choose **Lap duration**, set the duration after which each lap is taken.

 *GPS recording must be turned on to use distance-based automatic lap.*

UPDATING THE FIRMWARE

You can update the firmware of your M430 yourself to keep it up to date. Firmware updates are performed to improve the functionality of your M430. They can include improvements to existing features, completely new features or bug fixes. We recommend that you update the firmware of your M430 every time a new version is available.

WITH MOBILE DEVICE OR TABLET

You can update the firmware with your mobile device if you're using Polar Flow mobile app to sync your training and activity data. The app will let you know if there's an update available and will guide you through it. We recommend that you plug in the M430 to a power source before starting the update to ensure flawless update operation.

 *The wireless firmware update may take up to 20 minutes, depending on your connection.*

WITH COMPUTER

Whenever a new firmware version is available, FlowSync will notify you when you connect the M430 to your computer. The firmware updates are downloaded via FlowSync.

To update the firmware:

1. Plug your M430 to your computer.
2. FlowSync starts syncing your data.
3. After syncing, you are asked to update the firmware.
4. Choose **Yes**. New firmware is installed (this may take some time), and M430 restarts. Please wait until the firmware update has been finalized before you detach the M430 from your computer.

 *You won't lose any data due to the firmware update. Before the update begins, the data from your M430 is synced to the Flow web service.*

TRAINING

Training with wrist based heart rate	33
Heart rate training	33
Measuring heart rate with your M430	33
Start a training session	34
Start a planned training session	36
Start a session with Interval Timer	36
Start a session with Finish Time Estimator	37
During training	37
Browse the training views	37
Mark a lap	37
Lock a Heart Rate or Speed Zone	37
Change phase during a phased session	38
Change Settings in Quick Menu	38
Notifications	38
Pausing/Stopping a training session	38
Training summary	38
After training	38
Training history in M430	41
Training data in Polar Flow App	41
Training data in Polar Flow Web Service	42

TRAINING WITH WRIST BASED HEART RATE

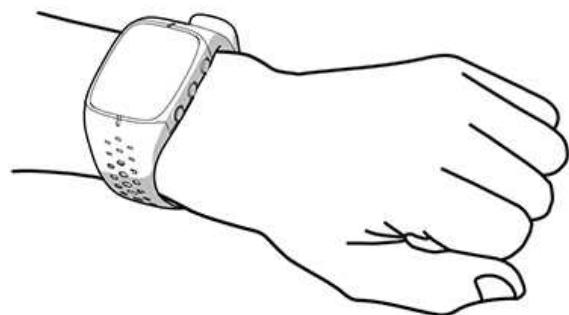
HEART RATE TRAINING

Although there are many subjective clues as to how your body is doing during exercise (perceived exertion, breathing rate, physical sensations), none of them are as reliable as measuring heart rate. It is objective and affected by both internal and external factors—meaning that you will have a dependable measure of your physical state.

MEASURING HEART RATE WITH YOUR M430

Your Polar M430 has a built-in heart rate sensor that measures heart rate from the wrist. Follow your heart rate zones directly from your device, and get guidance for the training sessions you've planned in the Flow app or web service.

To measure wrist-based heart rate accurately you need to wear your M430 snugly on top of your wrist, just behind the wrist bone (see the picture on the right). The sensor on the back must be in constant touch with your skin, but the wristband should not be too tight to prevent blood flow.



If you have tattoos on the skin of your wrist, avoid placing the sensor right on it as it may prevent accurate readings.

Also it's a good idea to warm up the skin if your hands and skin get cold easily. Get the blood going before starting your session!

In sports where it's more challenging to keep the sensor stationary on your wrist or where you have pressure or movement in muscles or tendons near the sensor, we recommend using a Polar *Bluetooth* Smart heart rate sensor with a chest strap to get a better measurement of your heart rate.

When you're recording a swimming session with your M430, water may prevent the wrist-based heart rate measurement from working optimally. But the M430 will still collect your activity data from your wrist movements when swimming. Note that you can't use a Polar heart rate sensor with a chest strap with the M430 when swimming because Bluetooth doesn't work in water.

START A TRAINING SESSION

1. [Wear your M430](#), and tighten the wristband.
2. In time view, press START to enter pre-training mode.



i To change the sport profile settings before starting your session (in pre-training mode), press and hold LIGHT to enter the **Quick Menu**. To return to the pre-training mode, press BACK.

3. Browse through the sport profiles with UP/DOWN. You can add more sport profiles to your M430 in the Polar Flow mobile app or in the Flow web service. You can also define specific settings for each sport profile, such as create tailored training views.
4. To make sure your training data is accurate, stay in the pre-training mode until M430 has found your heart rate and GPS satellite signals.



Heart rate: M430 has found your heart rate sensor signal, when your heart rate is shown.

i When you're wearing a Polar Bluetooth Smart heart rate sensor that's paired with your M430, the M430 automatically uses the connected sensor to measure your heart rate during training sessions. The Bluetooth icon on top of the heart rate symbol indicates that your M430 uses the connected sensor to measure your heart rate.

GPS: The percentage value shown next to the GPS icon indicates when the GPS is ready. When it reaches 100 %, OK is displayed, and you are ready to go.

To catch the GPS satellite signals, go outdoors and away from tall buildings and trees. For best GPS performance, wear M430 on your wrist with the display facing up. Keep it in a horizontal position in front of you and away from your chest. Keep your arm stationary and raised above the level of your chest during the search. Stand still and hold the position until M430 has found the satellite signals.

GPS acquisition is fast with the help of assisted GPS (A-GPS). The A-GPS data file is automatically updated to your M430 when you sync your M430 with the Flow web service via FlowSync software. If the A-GPS data file has expired or you haven't synced your M430 yet, more time may be required for acquiring the current position. For more information, see [Assisted GPS \(A-GPS\)](#).



Due to the location of the GPS antenna on the M430, it is not recommended to wear it with the display on the underside of your wrist. When wearing it on the handlebars of a bike, make sure the display is facing up.

5. When M430 has found all the signals, press START. **Recording started** is displayed and you can start training.

See [During Training](#) for more information on what you can do with your M430 during training.

START A PLANNED TRAINING SESSION

You can plan your training and [create detailed training targets](#) in the Polar Flow app or the Polar Flow web service and sync them to your M430.

To start a planned training session:

1. Begin by going to **Diary** or **Favorites**.
2. In **Diary**, choose the day the target is scheduled and press START, and then choose the target from the list and press START. Any notes you have added to the target are displayed.
3. When M430 has found all the signals, press START. **Recording started** is displayed and you can start training.

or

1. In **Favorites**, choose the target from the list and press START. Any notes you have added to the target are displayed.
2. Press START to enter the pre-training mode, and choose the sport profile you want to use.
3. When M430 has found all the signals, press START. **Recording started** is displayed and you can start training.

Your M430 will guide you towards completing your target during training. See [During Training](#) for more information.

START A SESSION WITH INTERVAL TIMER

You can set one repeating or two alternating time and/or distance based timers for guiding your work and recovery phases in interval training.

1. Begin by going to **Timers > Interval timer**. Choose **Set timer(s)** to create new timers.
2. Choose **Time-based** or **Distance-based**. **Time-based**: Define minutes and seconds for the timer and press START. **Distance-based**: Set the distance for the timer and press START.
3. **Set another timer?** is shown. To set another timer, choose **Yes** and repeat step 2.
4. When completed, choose **Start X.XX km / XX:XX** and press START to enter the pre-training mode, and then choose the sport profile you want to use.

5. When M430 has found all the signals, press START. **Recording started** is displayed and you can start training.



*You can also start the **Interval timer** during the session, for example after warm-up. Press and hold **LIGHT** to enter **Quick menu**, and then choose **Interval timer**.*

START A SESSION WITH FINISH TIME ESTIMATOR

Set the distance for your session and M430 will estimate the finish time of the session according to your speed.

1. Begin by going to **Timers > Finish time estimator**.
2. To set a target distance, go to **Set distance** and choose **5.00 km**, **10.00 km**, **1/2 marathon**, **Marathon** or **Set other distance**. Press START. If you choose **Set other distance**, set the distance and press START. **Finish time will be estimated for XX.XX** is shown.
3. Choose **Start XX.XX km / X.XX mi** and press START to enter the pre-training mode, then choose the sport profile you want to use.
4. When M430 has found all the signals, press START. **Recording started** is displayed and you can start training.



*You can also start the **Finish time estimator** during the session, for example after warm-up. Press and hold **LIGHT** to enter **Quick menu**, and then choose **Finish time estimator**.*

DURING TRAINING

BROWSE THE TRAINING VIEWS

During training you can browse through the training views with UP/DOWN. Note that the available training views and data shown depend on the sport you've chosen. You can define specific settings for each sport profile in the Polar Flow web service, such as create tailored training views. For more information, see [Sport profiles in Flow](#).

MARK A LAP

Press START to mark a lap. Laps can also be taken automatically. In sport profile settings, set **Automatic lap** to **Lap distance** or **Lap duration**. If you choose **Lap distance**, set the distance after which each lap is taken. If you choose **Lap duration**, set the duration after each lap is taken.

LOCK A HEART RATE OR SPEED ZONE

Press and hold START to lock the heart rate or speed zone you are currently in. Select **HR zone** or **Speed zone**. To lock/unlock the zone, press and hold START. If your heart rate or speed goes outside the locked zone, you will be notified with audio feedback.

CHANGE PHASE DURING A PHASED SESSION

If you chose manual phase change when you created the phased target:

1. Press and hold LIGHT.
2. **Quick menu** is displayed.
3. Choose **Start next phase** from the list, and press START to continue to the next phase.

If you chose automatic phase change, the phase will change automatically when you have finished a phase. M430 notifies you with a vibration.

CHANGE SETTINGS IN QUICK MENU

Press and hold LIGHT. **Quick menu** is displayed. You can change certain settings without pausing your training session. For detailed information, see [Quick Menu](#).

NOTIFICATIONS

If you are training outside the planned heart rate zones or speed/pace zones, your M430 notifies you with a vibration.

PAUSING/STOPPING A TRAINING SESSION

1. To pause a training session, press the BACK button. **Recording paused** is displayed and the M430 goes to pause mode. To continue your training session, press START.
2. To stop a training session, press and hold the BACK button for three seconds during training recording or in pause mode until **Recording ended** is displayed.

 *If you stop your session after pausing, the time elapsed after pausing is not included in the total training time.*

TRAINING SUMMARY

AFTER TRAINING

You'll get a summary of your training session on your M430 right after you've stopped training. Get a more detailed and illustrated analysis in the Polar Flow app or in the Polar Flow web service.

On your M430, you'll see the following data from your session:



M430 rewards you every time you reach your **Personal best** result in average speed/pace, distance or calories. The **Personal best** results are separate for each sport profile.



Time when you started the session, duration of the session and distance covered during the session.



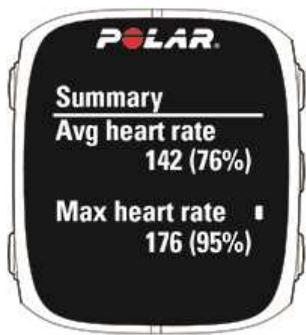
Textual feedback on your performance. The feedback is based on training time distribution on heart rate zones, calorie expenditure and duration of the session.

Press START for more details.

 *Training benefit* is shown if you used a heart rate sensor and trained for at least a total of 10 minutes in the heart rate zones.



Time you spent on each heart rate zone.



Your average and maximum heart rate are shown in beats per minute and percentage of maximum heart rate.



Calories burned during the session and fat burn % of calories



Average and maximum speed/pace of the session.



Your Running Index is calculated during every training session when heart rate and the GPS function is on / Stride Sensor Bluetooth® Smart is in use, and when the following requirements apply:

- Sport profile used is a running type sport (Running, Road Running, Trail running etc.)
- Pace should be 6 km/h / 3.7 mph or faster and duration 12 minutes minimum.

For further information, see [Running Index](#).



Maximum altitude, ascended meters/feet and descended meters/feet.



Visible if you trained outdoors and the GPS function was on.



The number of laps and the best and average duration of a lap.

Press START for more details.



The number of automatic laps and the best and average duration of an automatic lap.

Press START for more details.

TRAINING HISTORY IN M430

In **Diary** you can find the summaries of your training sessions for past four weeks. Go to **Diary**, and browse to the training session you want to view with UP/DOWN. Press START to view the data.

M430 can store up to 60 hours of training with GPS and heart rate. If your M430 is running out of memory to store your training history, it will tell you to sync your past training sessions to the Flow app or web service.

TRAINING DATA IN POLAR FLOW APP

Your M430 syncs with the Polar Flow app automatically after you finish a training session if your phone is within the Bluetooth range. You can also sync your training data manually from the M430 to the Flow app by pressing and holding the BACK button of your M430 when you're signed in to the Flow app and your phone is

within the Bluetooth range. In the app you can analyze your data at a glance after each session. The app allows you to see a quick overview of your training data.

For more information, see [Polar Flow App](#).

TRAINING DATA IN POLAR FLOW WEB SERVICE

Analyze every detail of your training and learn more about your performance. Follow your progress and also share your best sessions with others.

For more information, see [Polar Flow Web Service](#).

FEATURES

Assisted GPS (A-GPS)	43
GPS Features	44
Back to start	44
24/7 Activity Tracking	45
Smart Coaching	47
Activity Guide	48
Activity Benefit	48
Fitness Test with wrist based heart rate	49
Heart Rate Zones	52
Polar Running Program	54
Running Index	55
Smart Calories	58
Training Benefit	58
Training Load and Recovery	59
Smart Notifications (iOS)	60
Settings	60
Use	61
Smart Notifications (Android)	62
Settings	62
Use	64
Speed Zones	65
Speed Zones Settings	65
Training Target with Speed Zones	65
During Training	65
After Training	66
Sport Profiles	66
Cadence from the Wrist	66

ASSISTED GPS (A-GPS)

The M430 has built-in GPS that provides accurate speed and distance measurement for a range of outdoor sports, and allows you to see your route on map in the Flow app and web service after your session.

M430 uses AssistNow® Offline service to acquire a fast satellite fix. The AssistNow Offline service provides A-GPS data that tells your M430 the predicted positions of the GPS satellites. This way the M430 knows where to search for the satellites and thus is able to acquire signals from them within seconds, even under difficult signal conditions.

The A-GPS data updates once a day. The latest A-GPS data file is automatically updated to your M430 when you sync your M430 with the Flow web service via FlowSync software or with the Flow app.

A-GPS EXPIRY DATE

The A-GPS data file is valid for up to 14 days. Positioning accuracy is relatively high during the first three days, and progressively decreases during the 10th-14th days. Regular updates help to ensure a high level of positioning accuracy.

You can check the expiry date for the current A-GPS data file from your M430. In M430, go to **Settings > General settings > About your product > A-GPS exp. date**. If the data file has expired, sync your M430 with the Flow web service via FlowSync software or with the Flow app to update A-GPS data.

Once the A-GPS data file has expired, more time may be required for acquiring the current position.

GPS FEATURES

M430 includes the following GPS features:

- **Altitude, ascent and descent:** Real-time altitude measurement, as well as ascended and descended meters/feet.
- **Distance:** Accurate distance during and after your session.
- **Speed/Pace:** Accurate speed/pace information during and after your session.
- **Running index:** In M430, Running Index is based on heart rate and speed data measured during the run. It gives information about your performance level, both aerobic fitness and running economy.
- **Back to start:** Directs you to your starting point in the shortest distance possible, as well as shows the distance to your starting point. Now you can check out more adventurous routes and explore them safely, knowing that you're only a touch of a button away from seeing the direction to where you started.

 For best GPS performance, wear M430 on your wrist with the display facing up. Due to the location of the GPS antenna on the M430, it is not recommended to wear it with the display on the underside of your wrist. When wearing it on the handlebars of a bike, make sure the display is facing up.

BACK TO START

The back to start feature guides you back to the starting point of your session.

To use the back to start feature:

1. Press and hold LIGHT. Quick menu is displayed.
2. Choose **Set location guide on**, **Location guide arrow view set on** is displayed, and M430 goes to **Back to Start** view.

To return to your starting point:

- Keep M430 in a horizontal position in front of you.
- Keep moving in order for M430 to determine which direction you are going. An arrow will point in the direction of your starting point.
- To get back to the starting point, always turn in the direction of the arrow.
- The M430 also shows the bearing and the direct distance (beeline) between you and the starting point.



When in unfamiliar surroundings, always keep a map at hand in case the M430 loses the satellite signal or the battery runs out.

24/7 ACTIVITY TRACKING

M430 tracks your activity with an internal 3D accelerometer that records your wrist movements. It analyzes the frequency, intensity and regularity of your movements together with your physical information, allowing you to see how active you really are in your everyday life, on top of your regular training. You should wear your M430 on your non-dominant hand to ensure you get the most accurate activity tracking.

ACTIVITY GOAL

You'll get your personal activity goal when you set up your M430, and your M430 guides you in reaching the goal each day. You can view the level of your goal in the Polar Flow app or web service. The activity goal is based on your personal data and activity level setting, which you can find in the Polar Flow app or in the [Polar Flow web service](#).

If you want to change your goal, open your Flow app, tap your name/profile photo in the menu view, and swipe down to see **Activity goal**. Or go to [flow.polar.com](#) and sign in to your Polar account. Then click your name > **Settings > Activity goal**. Choose one of the three activity levels that best describes your typical day and activity. Below the selection area, you can see how active you need to be to reach your daily activity goal on the chosen level. For example, if you're an office worker and spend most of your day sitting, you would be expected to reach about four hours of low intensity activity during an ordinary day. For people who stand and walk a lot during their working hours, the expectations are higher.

The time you need to be active during the day to reach your activity goal depends on the level you have chosen and the intensity of your activities. Meet your goal faster with more intense activities or stay active at a slightly more moderate pace throughout the day. Age and gender also affect the intensity you need to reach your activity goal. The younger you are, the more intense your activity needs to be.

ACTIVITY DATA ON YOUR M430

You can check your activity progress from the **My day** view. Your daily activity goal is visualized with a circle that fills up as you are active.

To view your day's accumulated activity in more detail, open the **My day** menu by pressing START. Your M430 will

show you the following information:



- **Daily activity:** The percentage of your goal you have reached so far.
- **Calories:** Shows how many calories you've burned through training, activity and BMR (Basal metabolic rate: the minimum metabolic activity required to maintain life).
- **Steps:** Steps you've taken so far. The amount and type of body movements are registered and turned into an estimation of steps

Press START again to view more details and browse with UP/DOWN to get guidance on how to reach your daily activity goal:



- **Active time:** Active time tells you the cumulative time of body movements that benefit your health.
- **Calories:** Shows how many calories you've burned through training, activity and BMR (Basal metabolic rate: the minimum metabolic activity required to maintain life).
- **Steps:** Steps you've taken so far. The amount and type of body movements are registered and turned into an estimation of steps
- **To go:** Your M430 gives you options for reaching your daily activity goal. It tells you how much longer you need to be active if you choose low, medium or high intensity activities. You have one goal, but a number of ways to achieve it. The daily activity goal can be reached at low, medium or high intensities. In the M430, 'up' means low intensity, 'walking' means medium intensity, and 'jogging' means high intensity. You can find more examples for low, medium and high intensity activities at the Flow web service and mobile app and choose the best way of reaching your goal.



You'll be able to see the progress of your daily activity in the time view if you choose the "Jumbo" (the default watch face) or the "Activity" as your watch face. In the **Jumbo** watch face, the watch face fills up as you move towards reaching your daily activity goal. In the **Activity** watch face, the circle around the date and time and the percentage below show your progress towards your daily activity goal. The circle fills up as you are active. You can change the watch face by pressing and holding UP.

INACTIVITY ALERT

It's widely known that physical activity is a major factor in maintaining health. In addition to being physically active, it's important to avoid prolonged sitting. Sitting for long periods of time is bad for your health, even on those days when you train and gain enough daily activity. Your M430 spots if you're being inactive for too long during your day and this way helps you to break up your sitting to avoid the negative effects it has on your health.

If you've been still for 55 minutes, you'll get an inactivity alert: **It's time to move** is shown along with a small vibration. Stand up and find your own way to be active. Take a short walk, stretch, or do some other light activity. The message goes away when you start moving or press either of the buttons. If you don't get active in five minutes, you'll get an inactivity stamp, which you can see on the Flow app and Flow web service after syncing. The Flow app and Flow web service show you the whole history of how many inactivity stamps you have received. This way you can check back on your daily routine and make changes towards a more active life.

ACTIVITY DATA IN FLOW APP AND FLOW WEB SERVICE

With the Flow app you can follow and analyze your activity data on the go and have your data synced wirelessly from your M430 to the Flow web service. The Flow web service gives you the most detailed insight into your activity information. With the help of the activity reports (under the **PROGRESS** tab), you can follow the long-term trend of your daily activity. You can choose to view either daily, weekly or monthly reports.

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 features, personalized to your needs and designed for maximum enjoyment and motivation when training.

M430 includes the following Polar Smart Coaching features:

- [Activity Guide](#)
- [Activity Benefit](#)
- [Fitness Test](#)
- [Heart rate zones](#)
- [Running Program](#)
- [Running Index](#)
- [Smart calories](#)

- [Training Benefit](#)
- [Training Load](#)

ACTIVITY GUIDE

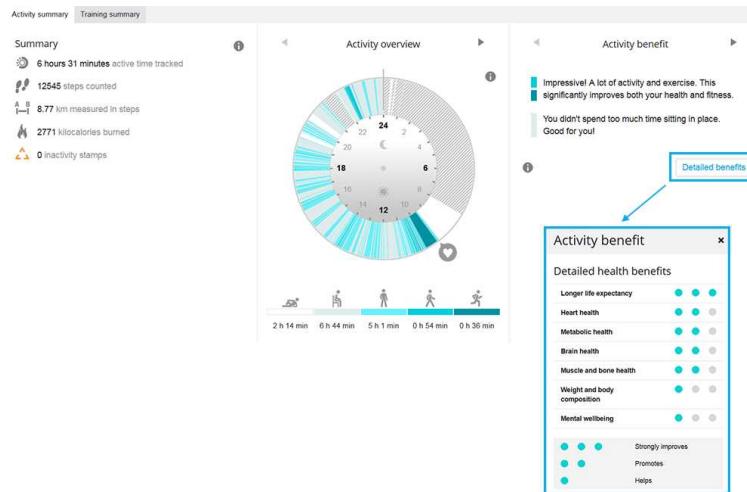
The Activity Guide feature shows how active you've been during the day, and tells you how much you need to still do to reach the recommendations for physical activity per day. You can check how you're doing in reaching your activity goal for the day either from your M430, from the Polar Flow mobile app or from the Polar Flow web service.

For more information, see [24/7 Activity Tracking](#).

ACTIVITY BENEFIT

Activity benefit gives you feedback on the health benefits that being active has given you, and also on what kind of unwanted effects sitting for too long has caused for your health. The feedback is based on international guidelines and research on the health effects of physical activity and sitting behavior. The core idea is: the more active you are, the more benefits you get!

Both Flow app and Flow web service show the activity benefit of your daily activity. You can view the activity benefit on daily, weekly and monthly basis. In the Flow web service, you can also view the detailed information on health benefits.



For more information, see [24/7 Activity Tracking](#).

FITNESS TEST WITH WRIST BASED HEART RATE

The Polar Fitness Test with wrist based heart rate is an easy, safe and quick way to estimate your aerobic (cardiovascular) fitness at rest. The result, Polar OwnIndex, is comparable to maximal oxygen uptake ($VO_{2\text{max}}$), which is commonly used to evaluate aerobic fitness. Your long-term training background, heart rate, heart rate variability at rest, gender, age, height, and body weight all influence OwnIndex. The Polar Fitness Test is developed for use by healthy adults.

Aerobic fitness relates to how well your cardiovascular system works to transport oxygen to your body. The better your aerobic fitness, the stronger and more efficient your heart is. Good aerobic fitness has many health benefits. For example, it helps in decreasing the risk of high blood pressure and your risk of cardiovascular diseases and stroke. If you want to improve your aerobic fitness it takes, on average, six weeks of regular training to see a noticeable change in your OwnIndex. Less fit individuals see progress even more rapidly. The better your aerobic fitness, the smaller the improvements in your OwnIndex.

Aerobic fitness is best improved by training types that use large muscle groups. Such activities include running, cycling, walking, rowing, swimming, skating, and cross-country skiing. To monitor your progress, start by measuring your OwnIndex a couple of times during the first two weeks in order to get a baseline value, and then repeat the test approximately once a month.

To make sure the test results are reliable, the following basic requirements apply:

- You can perform the test anywhere - at home, at the office, at a health club - provided the testing environment is peaceful. There should be no disturbing noises (e.g. television, radio, or telephone) and no other people talking to you.
- Always take the test in the same environment and at the same hour.
- Avoid eating a heavy meal or smoking 2-3 hours prior to testing.
- Avoid heavy physical exertion, alcohol, and pharmaceutical stimulants on the test day and the previous day.
- You should be relaxed and calm. Lie down and relax for 1-3 minutes before starting the test.

BEFORE THE TEST

Before starting the test, make sure your physical settings including training background are accurate in **Settings > Physical settings**.

Wear your M430 snugly on top of your wrist, just behind the wrist bone. The heart rate sensor on the back of the M430 must be in constant touch with your skin, but the wristband should not be too tight to prevent blood flow.

PERFORMING THE TEST

To perform the fitness test, go to **Tests > Fitness Test > Relax and start the test**.

- **Searching for heart rate** is displayed. When heart rate is found, a heart rate graph, your current heart rate and **Lie down & relax** is shown on the display. Stay relaxed and limit body movements and communication with other people.
- You can interrupt the test in any phase by pressing BACK. **Test canceled** is shown.

If M430 cannot receive your heart rate signal, the message **Test failed** is shown. In which case, you should check that the heart rate sensor on the back of the M430 is in constant touch with your skin. See [Training with wrist based heart rate](#) for detailed instructions on wearing your M430 when measuring heart rate from your wrist.

TEST RESULTS

When the test is over, you hear two beeps along with a description of your fitness test result and your estimated VO_{2max} is displayed.

Update to VO_{2max} to physical settings? is shown.

- Select **Yes** to save the value to your **Physical settings**.
- Select **No** only if you know your recently measured VO_{2max} value, and if it differs more than one fitness level class from the result.

Your latest test result is shown in **Tests > Fitness test > Latest result**. Only your most recently performed test result is shown.

For a visual analysis of your Fitness test results, go to the Flow web service and select the test from your Diary to view details from it.

 Your M430 syncs with the Flow app automatically after the test if your phone is within the Bluetooth range.

Fitness Level Classes

Men

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
20-24	< 32	32-37	38-43	44-50	51-56	57-62	> 62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	> 59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	> 56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	> 54

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
40-44	< 26	26-31	32-35	36-41	42-46	47-51	> 51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	> 48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	> 46
55-59	< 22	22-26	27-30	31-34	35-39	40-43	> 43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	> 40

Women

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
20-24	< 27	27-31	32-36	37-41	42-46	47-51	> 51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	> 49
30-34	< 25	25-29	30-33	34-37	38-42	43-46	> 46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	> 44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	> 41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	> 38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	> 36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	> 33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	> 30

The classification is based on a literature review of 62 studies where $\text{VO}_{2\text{max}}$ was measured directly in healthy adult subjects in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC. Aerobic fitness norms for males and females aged 6 to 75 years: a review. Aviat Space Environ Med; 61:3-11, 1990.

VO₂MAX

A clear link exists between maximal oxygen consumption ($\text{VO}_{2\text{max}}$) of the body and cardiorespiratory fitness because oxygen delivery to tissues is dependent on lung and heart function. $\text{VO}_{2\text{max}}$ (maximal oxygen uptake, maximal aerobic power) is the maximal rate at which oxygen can be used by the body during maximal exercise; it is related directly to the maximal capacity of the heart to deliver blood to the muscles. $\text{VO}_{2\text{max}}$ can be measured or predicted by fitness tests (e.g. maximal exercise tests, submaximal exercise tests, Polar Fitness Test). $\text{VO}_{2\text{max}}$ is a good index of cardiorespiratory fitness and a good predictor of performance capability in endurance events such as distance running, cycling, cross-country skiing, and swimming.

VO_2max can be expressed either as milliliters per minute ($\text{ml}/\text{min} = \text{ml} \blacksquare \text{min}^{-1}$) or this value can be divided by the person's body weight in kilograms ($\text{ml}/\text{kg}/\text{min} = \text{ml} \blacksquare \text{kg}^{-1} \blacksquare \text{min}^{-1}$).

HEART RATE ZONES

Polar heart rate zones introduce a new level of effectiveness in heart rate-based training. Training is divided into five heart rate zones based on percentages of maximum heart rate. With heart rate zones, you can easily select and monitor training intensities.

Target zone	Intensity % of HR_{max}^*	Example: Heart rate zones**	Example duration	Training effect
MAXIMUM	90–100%	171–190 bpm	less than 5 minutes	<p>Benefits: Maximal or near maximal effort for breathing and muscles.</p> <p>Feels like: Very exhausting for breathing and muscles.</p> <p>Recommended for: Very experienced and fit athletes. Short intervals only, usually in final preparation for short events.</p>
HARD	80–90%	152–172 bpm	2–10 minutes	<p>Benefits: Increased ability to sustain high speed endurance.</p> <p>Feels like: Causes muscular fatigue and heavy breathing.</p> <p>Recommended for: Experienced athletes for year-round training, and for various durations. Becomes more important during pre competition season.</p>
MODERATE	70–80%	133–152 bpm	10–40 minutes	<p>Benefits: Enhances general training pace, makes moderate intensity efforts easier and improves efficiency.</p> <p>Feels like: Steady, controlled, fast breathing.</p> <p>Recommended for: Athletes training for events, or looking for performance gains.</p>
LIGHT	60–70%	114–133 bpm	40–80 minutes	Benefits: Improves general base fitness, improves recovery and boosts metabolism.

Target zone	Intensity % of HR _{max} *	Example: Heart rate zones**	Example durations	Training effect
				<p>Feels like: Comfortable and easy, low muscle and cardiovascular load.</p> <p>Recommended for: Everybody for long training sessions during base training periods and for recovery exercises during competition season.</p>
VERY LIGHT 	50–60%	104–114 bpm	20–40 minutes	<p>Benefits: Helps to warm up and cool down and assists recovery.</p> <p>Feels like: Very easy, little strain.</p> <p>Recommended for: For recovery and cool-down, throughout training season.</p>

* HR_{max} = Maximum heart rate (220-age).

** Heart rate zones (in beats per minute) for a 30-years-old person, whose maximum heart rate is 190 bpm (220–30).

Training in heart rate zone 1 is done at a very low intensity. The main training principle is that performance improves when recovering after, and not only during training. Accelerate the recovery process with very light intensity training.

Training in heart rate zone 2 is for endurance training, an essential part of any training program. Training sessions in this zone are easy and aerobic. Long-duration training in this light zone results in effective energy expenditure. Progress will require persistence.

Aerobic power is enhanced in heart rate zone 3. The training intensity is higher than in sport zones 1 and 2, but still mainly aerobic. Training in sport zone 3 may, for example, consist of intervals followed by recovery. Training in this zone is especially effective for improving the efficiency of blood circulation in the heart and skeletal muscles.

If your goal is to compete at top potential, you will have to train in heart rate zones 4 and 5. In these zones, you exercise anaerobically in intervals of up to 10 minutes. The shorter the interval, the higher the intensity. Sufficient recovery between intervals is very important. The training pattern in zones 4 and 5 is designed to produce peak performance.

The Polar target heart rate zones can be personalized by using a laboratory measured HRmax value, or by taking a field test to measure the value yourself. You can edit the heart rate zone limits separately on each sport profile you have on your Polar account in the Polar Flow web service.

When training in a target heart rate zone, try to make use of the entire zone. The mid-zone is a good target, but keeping your heart rate at that exact level all the time is not necessary. Heart rate gradually adjusts to training intensity. For instance, when crossing from heart rate target zone 1 to 3, the circulatory system and heart rate will adjust in 3-5 minutes.

Heart rate responds to training intensity depending on factors such as fitness and recovery levels, as well as environmental factors. It is important to look out for subjective feelings of fatigue, and to adjust your training program accordingly.

POLAR RUNNING PROGRAM

Polar Running program is a personalized program based on your fitness level, designed to make sure that you train right and avoid overreaching. It's intelligent, and adapts based on your development, and lets you know when it might be a good idea to cut back a little and when to step it up a notch. Each program is tailored for your event, taking your personal attributes, training background and preparation time into account. The program is free, and available in the Polar Flow web service at www.polar.com/flow.

Programs are available for 5k, 10k, half marathon and marathon events. Each program has three phases: Base building, Build-up and Tapering. These phases are designed to gradually develop your performance, and make sure you're ready on race day. Running training sessions are divided into five types: easy jog, medium run, long run, tempo run and interval. All sessions include warm-up, work, and cool-down phases for optimal results. In addition, you can choose to do strength, core, and mobility exercises to support your development. Each training week consists of two to five running sessions, and the total running training session duration per week varies from one to seven hours depending on your fitness level. The minimum duration for a program is 9 weeks, and the maximum is 20 months.

Learn more about the Polar Running Program in this [in-depth guide](#). Or read more about how to [get started with the Running Program](#).

CREATE A POLAR RUNNING PROGRAM

1. Log into the Flow web service at www.polar.com/flow.
2. Choose **Programs** from the Tab.
3. Choose your event, name it, set the event date, and when you wish to start the program.
4. Fill in the physical activity level questions.*
5. Choose if you want to include supporting exercises in the program.
6. Read and fill in the physical activity readiness questionnaire.
7. Review your program, and adjust any settings if necessary.
8. When you're done, choose **Start program**.

*If four weeks of training history is available, these will be pre-filled.

START A RUNNING TARGET

Before starting a session, make sure you've synced your training session target to your device. The sessions are synced to your device as training targets, and you start them from your **Diary**. Follow guidance on your device throughout your session.

1. On your device, go to **Diary**.
2. Choose a day to view the scheduled target.
3. Choose the target, and then choose the sport profile.
4. Press START, and follow the guidance.

If you want to do a target scheduled for another day, you can – just choose a day from your **Diary**, and start the session scheduled for that day.

FOLLOW YOUR PROGRESS

Sync your training results from your device to the Flow web service via the USB cable or Flow app. Follow your progress from the **Programs** tab. You'll see an overview of your current program, and how you've progressed.

RUNNING INDEX

Running Index offers an easy way to monitor running performance changes. A running index value is an estimate of maximal aerobic running performance, which is influenced by aerobic fitness and running economy. By recording your Running Index over time, you can monitor progress. Improvement means that running at a given pace requires less of an effort, or that your pace is faster at a given level of exertion.

To receive the most accurate information on your performance, make sure you have set your HR_{max} value.

Running Index is calculated during every training session when heart rate is measured and the GPS function is on / Stride Sensor Bluetooth® Smart is in use, and when the following requirements apply:

- Sport profile used is a running type sport (Running, Road Running, Trail running etc.)
- Speed should be 6 km/h / 3,75 mi/h or faster and duration 12 minutes minimum

Calculation begins when you start recording the session. During a session, you may stop twice, for example, at traffic lights without interrupting the calculation.



You can view the running index value in the Flow app and web service after syncing.

Compare your result to the table below.

SHORT-TERM ANALYSIS

Men

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
20-24	< 32	32-37	38-43	44-50	51-56	57-62	> 62
25-29	< 31	31-35	36-42	43-48	49-53	54-59	> 59
30-34	< 29	29-34	35-40	41-45	46-51	52-56	> 56
35-39	< 28	28-32	33-38	39-43	44-48	49-54	> 54
40-44	< 26	26-31	32-35	36-41	42-46	47-51	> 51
45-49	< 25	25-29	30-34	35-39	40-43	44-48	> 48
50-54	< 24	24-27	28-32	33-36	37-41	42-46	> 46
55-59	< 22	22-26	27-30	31-34	35-39	40-43	> 43
60-65	< 21	21-24	25-28	29-32	33-36	37-40	> 40

Women

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
20-24	< 27	27-31	32-36	37-41	42-46	47-51	> 51
25-29	< 26	26-30	31-35	36-40	41-44	45-49	> 49
30-34	< 25	25-29	30-33	34-37	38-42	43-46	> 46
35-39	< 24	24-27	28-31	32-35	36-40	41-44	> 44
40-44	< 22	22-25	26-29	30-33	34-37	38-41	> 41
45-49	< 21	21-23	24-27	28-31	32-35	36-38	> 38
50-54	< 19	19-22	23-25	26-29	30-32	33-36	> 36
55-59	< 18	18-20	21-23	24-27	28-30	31-33	> 33
60-65	< 16	16-18	19-21	22-24	25-27	28-30	> 30

The classification is based on a literature review of 62 studies where $\text{VO}_{2\text{max}}$ was measured directly in healthy adult subjects in the USA, Canada and 7 European countries. Reference: Shvartz E, Reibold RC. Aerobic fitness norms for males and females aged 6 to 75 years: a review. Aviat Space Environ Med; 61:3-11, 1990.

There may be some daily variation in the Running Indexes. Many factors influence Running Index. The value you receive on a given day is affected by changes in running circumstances, for example different surface, wind or temperature, in addition to other factors.

LONG-TERM ANALYSIS

The single Running Index values form a trend that predicts your success in running certain distances. You can find your Running Index report in the Polar Flow web service under the **PROGRESS** tab. The report shows you how your running performance has improved over a longer time period. If you're using the [Polar Running program](#) to train for a running event, you can follow your Running Index progress to see how your running is improving towards the goal.

The following chart estimates the duration that a runner can achieve in certain distances when performing maximally. Use your long-term Running Index average in the interpretation of the chart. The prediction is best for those Running Index values that have been received at speed and running circumstances similar to the target performance.

Running Index	Cooper test (m)	5 km (h:m-m:ss)	10 km (h:m-m:ss)	21.098 km (h:m-m:ss)	42.195 km (h:m-m:ss)
36	1800	0:36:20	1:15:10	2:48:00	5:43:00
38	1900	0:34:20	1:10:50	2:38:00	5:24:00
40	2000	0:32:20	1:07:00	2:29:30	5:06:00
42	2100	0:30:40	1:03:30	2:21:30	4:51:00
44	2200	0:29:10	1:00:20	2:14:30	4:37:00
46	2300	0:27:50	0:57:30	2:08:00	4:24:00
48	2400	0:26:30	0:55:00	2:02:00	4:12:00
50	2500	0:25:20	0:52:40	1:57:00	4:02:00
52	2600	0:24:20	0:50:30	1:52:00	3:52:00
54	2700	0:23:20	0:48:30	1:47:30	3:43:00
56	2800	0:22:30	0:46:40	1:43:30	3:35:00
58	2900	0:21:40	0:45:00	1:39:30	3:27:00
60	3000	0:20:50	0:43:20	1:36:00	3:20:00
62	3100	0:20:10	0:41:50	1:32:30	3:13:00
64	3200	0:19:30	0:40:30	1:29:30	3:07:00
66	3300	0:18:50	0:39:10	1:26:30	3:01:00

Running Index	Cooper test (m)	5 km (h:m-m:ss)	10 km (h:m-m:ss)	21.098 km (h:m-m:ss)	42.195 km (h:m-m:ss)
68	3350	0:18:20	0:38:00	1:24:00	2:55:00
70	3450	0:17:50	0:36:50	1:21:30	2:50:00
72	3550	0:17:10	0:35:50	1:19:00	2:45:00
74	3650	0:16:40	0:34:50	1:17:00	2:40:00
76	3750	0:16:20	0:33:50	1:14:30	2:36:00
78	3850	0:15:50	0:33:00	1:12:30	2:32:00

SMART CALORIES

The most accurate calorie counter on the market calculates the number of calories burned. The energy expenditure calculation is based on:

- Body weight, height, age, gender
- Individual maximum heart rate (HR_{max})
- Heart rate during training
- Individual maximal oxygen uptake (VO_{2max})

TRAINING BENEFIT

Training Benefit gives you textual feedback on your performance for each training session helping you to better understand the effectiveness of your training. **You can see the feedback in Flow app and Flow web service.** To get the feedback, you need to have trained at least a total of 10 minutes in the [heart rate zones](#).

Training Benefit feedback is based on heart rate zones. It reads into how much time you spend and how many calories you burn in each zone.

The descriptions of different training benefit options are listed in the table below

Feedback	Benefit
Maximum training+	What a session! You improved your sprint speed and the nervous system of your muscles, which make you more efficient. This session also increased your resistance to fatigue.
Maximum training	What a session! You improved your sprint speed and the nervous system of your muscles, which make you more efficient.
Maximum & Tempo training	What a session! You improved your speed and efficiency. This session also significantly developed your aerobic fitness and your ability to sustain high intensity effort for longer.
Tempo & Maximum training	What a session! You significantly improved your aerobic fitness and your ability to sustain high intensity effort for longer. This session also developed your speed and effi-

Feedback	Benefit
	ciency.
Tempo training+	Great pace in a long session! You improved your aerobic fitness, speed, and ability to sustain high intensity effort for longer. This session also increased your resistance to fatigue.
Tempo training	Great pace! You improved your aerobic fitness, speed, and ability to sustain high intensity effort for longer.
Tempo & Steady state training	Good pace! You improved your ability to sustain high intensity effort for longer. This session also developed your aerobic fitness and the endurance of your muscles.
Steady state & Tempo training	Good pace! You improved your aerobic fitness and the endurance of your muscles. This session also developed your ability to sustain high intensity effort for longer.
Steady state training +	Excellent! This long session improved the endurance of your muscles and your aerobic fitness. It also increased your resistance to fatigue.
Steady state training	Excellent! You improved the endurance of your muscles and your aerobic fitness.
Steady state & Basic training, long	Excellent! This long session improved the endurance of your muscles and your aerobic fitness. It also developed your basic endurance and your body's ability to burn fat during exercise.
Steady state & Basic training	Excellent! You improved the endurance of your muscles and your aerobic fitness. This session also developed your basic endurance and your body's ability to burn fat during exercise.
Basic & Steady state training, long	Great! This long session improved your basic endurance and your body's ability to burn fat during exercise. It also developed the endurance of your muscles and your aerobic fitness.
Basic & Steady state training	Great! You improved your basic endurance and your body's ability to burn fat during exercise. This session also developed the endurance of your muscles and your aerobic fitness.
Basic training, long	Great! This long, low intensity session improved your basic endurance and your body's ability to burn fat during exercise.
Basic training	Well done! This low intensity session improved your basic endurance and your body's ability to burn fat during exercise.
Recovery training	Very nice session for your recovery. Light exercise like this allows your body to adapt to your training.

TRAINING LOAD AND RECOVERY

The training load feature in the Diary in Polar Flow web service will conveniently tell you how hard your training session was, and how much time is needed for complete recovery. This feature tells you if you have recovered enough for your next session, helping you find the balance between rest and training. In Polar Flow

web service you can control your total workload, optimize your training, and monitor your performance development.

Training load takes into consideration different factors which affect your training load and recovery time, such as heart rate during training, duration of training, and your individual factors, e.g. sex, age, height, and weight. Continuous monitoring of training load and recovery will help you recognize personal limits, avoid over or under training, and adjust training intensity and duration according to your daily and weekly targets.

Training Load feature helps you to control total workload, optimize your training, and monitor your performance development. The feature makes different kinds of training sessions comparable with each other, and helps you to find the perfect balance between rest and training.

SMART NOTIFICATIONS (IOS)

The smart notifications feature allows you to get alerts about incoming calls, messages and notifications from apps onto your Polar device. You'll get the same notifications on your Polar device that you get on your phone screen. The smart notifications feature is available for both iOS and Android.

SETTINGS

Your Polar device needs to be paired with Flow app to receive alerts and notifications, and you also need to have the correct settings on your Polar device and phone. For more information on pairing M430 with a phone, see [Pairing](#).

M430

To be able to receive notifications and alerts from your phone to your M430 you need to set smart notifications on in **Menu > Settings > General settings > Smart notifications**.

In **Smart notifications** settings, you'll find:

- **Notifications:** Set the notifications **On**, **On (no preview)** or **Off**.

On: the contents of the notification is shown on the M430 display. **On (no preview):** the contents of the notification is not shown on the M430 display. **Off** (default): you will not get any notifications on your M430.
- **Vibration feedback:** Set the vibration feedback **On** or **Off**.
- **Notif. do not disturb:** If you want to disable notifications and call alerts for a certain period of time, choose **Do not disturb** on. Then set the time period when **Do not disturb** is on. When **Do not disturb** is on, you will not receive any notifications or call alerts during the time period you have set.



*By default, **Do not disturb** is on between 10 pm - 7 am.*

PHONE

The notification settings on your phone determine what notifications you receive on your Polar device. To edit the notification settings on your iOS phone:

1. Go to **Settings > Notification Center**.
2. Make sure the apps that you would like to receive notifications are listed under **Include** and have their notification style set to **Banner** or **Alerts**.

You will not receive notifications from apps listed under **Do Not Include**.

USE

When getting an alert, your Polar device will notify you with a sound. When receiving a call, you can choose to answer, silence or decline it (only with iOS 8). Silencing just silences your Polar device, it won't silence your phone. If a notification arrives during a call alert, it will not be shown.

During a training session you can receive calls, and get navigation directions (only with Google maps) if you have Flow app running on your phone. You will not receive any notifications (email, calendar, apps etc.) during training sessions.

Dismiss notifications

Notifications can be dismissed manually or by timeout. Manually dismissing the notification also dismisses it from your phone screen, but timeout just removes it from your Polar device, and it will still be visible on your phone.

To dismiss notifications from the display:

- Manually: press the BACK button
- Timeout: the notification will disappear after 30 seconds if you do not dismiss it manually



Do Not Disturb

If you want to disable notifications and call alerts for a certain period of time, set do not disturb on. When it is on, you will not receive any notifications or call alerts during the time period you have set.

Do not disturb is set on by default, and the time period is 10 pm – 7 am. You can change the time period from the General Settings on your Polar device. When do not disturb is on, you'll see an icon (a crescent moon) in the upper left corner of the display to indicate that you cannot receive notifications.



Connection lost

This icon in the upper left corner of the display indicates that your Polar device has lost the connection to your phone and cannot receive notifications. Check that your phone is within the range of 10 m/33 ft from your Polar device and has Bluetooth turned on.

SMART NOTIFICATIONS (ANDROID)

The smart notifications feature allows you to get alerts about incoming calls, messages and notifications from apps onto your Polar device. You'll get the same notifications on your Polar device that you get on your phone screen. Please note that you can't receive any notifications during training sessions.

- Make sure you have Android version 5.0 or newer on your phone.
- Make sure you have the latest firmware on your M430.
- To use the Smart Notifications feature you need to have the Polar Flow mobile app for Android, and your Polar M430 needs to be paired with the app. For the Smart Notifications feature to work, Polar Flow app must be running on your phone.
- Please note that when the Smart Notifications feature is on, the battery of your Polar device and phone will run out faster because Bluetooth is continuously on.



We have verified the functionality with some of the most common phone models, like Samsung Galaxy S5, Samsung Galaxy S6, Nexus 5, LG G4, Sony Xperia Z3. There might be differences in the functionality with other phone models which support Android 5.0.

SETTINGS

Your Polar device needs to be paired with Flow app to receive alerts and notifications, and you also need to have the correct settings on your Polar device and phone. For more information on pairing M430 with a phone, see [Pairing](#).

Notifications are off by default. They can be set on/off on your M430 or the Polar Flow app. When making changes to the settings, we recommend you always make them on your M430.

M430

To be able to receive notifications and alerts from your phone to your M430 you need to set smart notifications on in **Menu > Settings > General settings > Smart notifications**.

In **Smart notifications** settings, you'll find:

- **Notifications:** Set the notifications **On**, **On (no preview)** or **Off**.

On: the contents of the notification is shown on the M430 display. **On (no preview):** the contents of the notification is not shown on the M430 display. **Off** (default): you will not get any notifications on your M430.

- **Vibration feedback:** Set the vibration feedback **On** or **Off**.
- **Notif. do not disturb:** If you want to disable notifications and call alerts for a certain period of time, choose **Do not disturb** on. Then set the time period when **Do not disturb** is on. When **Do not disturb** is on, you will not receive any notifications or call alerts during the time period you have set.



*By default, **Do not disturb** is on between 10 pm - 7 am.*

Flow App

Set the Smart Notifications feature on/off in the Polar Flow mobile app as follows.

1. Open the Polar Flow mobile app.
2. Sync your Polar device with the mobile app by pressing and holding the BACK button of your Polar device.
3. Go to **Settings > Notifications**.
4. Under Smart notifications choose **On**, **On (no preview)** or **Off**.

When you turn Smart notifications on, you will be guided to enable the notifications on your phone (i.e. give Polar Flow app an access to your phone notifications), if you haven't enabled them. **Enable notifications?** is shown. Tap **Enable**. Then choose **Polar Flow** and tap **OK**.

5. **Sync your Polar device with the mobile app** by pressing and holding the BACK button of your Polar device.



Whenever you change the notification settings on the Polar Flow mobile app, remember to sync your M430 with the mobile app.

Phone

To be able to receive notifications from your phone on your Polar device, you first need to enable notifications on the mobile applications from which you want to receive them. You can do this either via the mobile application's settings or via your Android phone's App notifications settings. See the user manual of your phone for further information on App notifications settings.

Then Polar Flow app has to have permission to read the notifications from your phone. You have to give Polar Flow app access to your phone notifications (i.e. enable notifications in the Polar Flow app). Polar Flow app guides you to give access when needed.

USE

When getting an alert, your Polar device will notify you with a sound. A calendar event or message alert once, while incoming calls alert until you press the BACK button on your Polar device, answer the phone, or after alerting for 30 seconds.

The caller's name is shown on the display if you have the caller on your mobile phonebook and the name only includes basic Latin characters and special characters of the following languages: French, Finnish, Swedish, German, Norwegian or Spanish.

Dismiss Notifications

Notifications can be dismissed manually or by timeout. Manually dismissing the notification also dismisses it from your phone screen, but timeout just removes it from your Polar device, and it will still be visible on your phone.

To dismiss notifications from the display:

- Manually: Press the BACK button
- Timeout: The notification will disappear after 30 seconds if you do not dismiss it manually



Do Not Disturb

If you want to disable notifications and call alerts for a certain period of time, set do not disturb on. When it is on, you will not receive any notifications or call alerts during the time period you have set.

Do not disturb is set on by default, and the time period is 10 pm – 7 am. You can change the time period from the General Settings on your Polar device. When do not disturb is on, you'll see an icon (a crescent moon) in the upper left corner of the Polar device display to indicate that you cannot receive notifications.

Block apps

In Polar Flow app you can block notifications from certain apps. As soon as you've received the first notification from an app to your Polar device, the app will be listed in **Settings > Notifications > Block apps** and you can block it if you wish.



Connection lost

This icon in the upper left corner of the display indicates that your Polar device has lost the connection to your phone and cannot receive notifications. Check that your phone is within the range of 10 m/33 ft from your Polar device and has Bluetooth turned on.

SPEED ZONES

With the speed/pace zones you can easily monitor speed or pace during your session, and adjust your speed/pace to achieve the targeted training effect. The zones can be used to guide the efficiency of your training during sessions, and help you mix up your training with different training intensities for optimal effects.

SPEED ZONES SETTINGS

The speed zone settings can be adjusted in the Flow web service. They can be turned on or off in the sport profiles they are available in. There are five different zones, and zone limits can be manually adjusted or you can use the default ones. They are sport specific, allowing you to adjust the zones to best suit each sport. The zones are available in running sports (including team sports that involve running), cycling sports as well as rowing and canoeing.

Default

If you choose **Default**, you cannot change the limits. The default zones are an example of speed/pace zones for a person with a relatively high fitness level.

Free

If you choose **Free**, all limits can be changed. For example, if you have tested your actual thresholds, such as anaerobic and aerobic thresholds, or upper and lower lactate thresholds, you can train with zones based on your individual threshold speed or pace. We recommend that you set your anaerobic threshold speed and pace as the minimum for zone 5. If you also use aerobic threshold, set that as the minimum of zone 3.

TRAINING TARGET WITH SPEED ZONES

You can create training targets based on speed/pace zones. After synchronizing the targets via FlowSync, you'll receive guidance from your training device during training.

DURING TRAINING

During your training you can view which zone you are currently training in and the time spent in each zone.

AFTER TRAINING

In the training summary on M430, you'll see an overview of the time spent in each speed zone. After syncing, detailed visual speed zone information can be viewed in the Flow web service.

SPORT PROFILES

Sport profiles are the sport choices you have on your M430. We have created four default sport profiles to your M430, but you can add new sport profiles to your use in the Polar Flow app or web service and sync them to your M430, and this way create a list of all your favorite sports.

You can also define specific settings for each sport profile. For example, you can create tailored **training views** for each sport you do and choose what data you want to see when you train: just your heart rate or just speed and distance—whatever suits you and your training needs and requirements best.

You can have a maximum of 20 sport profiles on your M430 at a time. The number of sport profiles in Polar Flow mobile app and Polar Flow web service is not limited.

For more information, see [Sport Profiles in Flow](#).

Using the sport profiles makes it possible for you to keep up with what you've done and to see the progress you've made in different sports. See your training history and follow your progress in the [Flow web service](#).

CADENCE FROM THE WRIST

Cadence from the wrist gives you the option to get your running cadence without a separate stride sensor. Your cadence is measured with a built-in accelerometer from your wrist movements. Please note that when using a stride sensor cadence will always be measured with it.

Cadence from the wrist is available in the following running type sports: Walking, Running, Jogging, Road running, Trail running, Treadmill running, Track and field running and Ultra running

To see your cadence during a training session, add cadence to the training view of the sport profile you use when running. This can be done in **Sport Profiles** in the Polar Flow mobile app or in the Flow web service.

Read more about [monitoring running cadence](#) and [how to utilize running cadence in your training](#).

POLAR FLOW

Polar Flow App67
Training data67
Activity data67
Sport profiles68
Image sharing68
Start using the Flow app68
Polar Flow Web Service68
Feed69
Explore69
Diary69
Progress69
Community69
Programs70
Favorites70
Planning your training71
Create a Training Target in the Polar Flow web service71
Sync the Targets to your M43072
Sport profiles in Polar Flow72
Add a Sport profile73
Edit a Sport Profile73
Syncing75
Sync with Flow mobile App76
Sync With Flow Web Service Via FlowSync76

POLAR FLOW APP

In the Polar Flow mobile app, you can see an instant visual interpretation of your training and activity data. You can also plan your training in the app.

TRAINING DATA

With the Polar Flow app, you can easily access the information of your past and planned training sessions and create new training targets. You can choose to create a quick target or a phased target.

Get a quick overview of your training, and analyze every detail of your performance right away. See weekly summaries of your training in the training diary. You can also share the highlights of your training with your friends with the "Image sharing" on the next page function.

ACTIVITY DATA

Get details of your 24/7 activity. Find out what you're missing from your daily goal and how to reach it. See steps, covered distance based on steps, burned calories and sleep time and quality.

SPORT PROFILES

You can add, edit, remove and reorganize sport profiles easily in the Flow app. You can have up to 20 sport profiles active in Flow app and in your M430.

IMAGE SHARING

With the Flow app's image sharing function, you can share images with your training data on them. You can either share an existing photo or take a new one and customize it with your training data. If you had GPS recording on during your training session, you can also share a snapshot of your training route.

Watch this short video to see how to use the feature:

START USING THE FLOW APP

You can [set up your M430](#) using a mobile device and Flow app.

To start using the Flow app, download it from the App Store or Google Play onto your mobile device. Flow App for iOS is compatible with iPhone 4S (or later) and needs Apple's iOS 7.0 (or later). Polar Flow mobile app for Android is compatible with devices running Android 4.3 or later. For support and more information about using Polar Flow app, go to [support.polar.com/en/support/Flow_app](#).

Before taking a new mobile device (smartphone, tablet) into use, it has to be paired with your M430. See [Pairing](#) for more details.

Your M430 syncs your training data to the Flow app automatically after your session. If your phone has an internet connection, your activity and training data are also synced automatically to the Flow web service. Flow app is the easiest way to sync your training data from your M430 with the web service. For information on syncing, see [Syncing](#).

For more information and instructions on Flow app features, visit [Polar Flow app product support page](#).

POLAR FLOW WEB SERVICE

In the Polar Flow web service, you can plan and analyze your training in detail and learn more about your performance. Set up and customize your M430 to perfectly fit your training needs by adding sport profiles and editing their settings. You can also share the highlights of your training with your friends in the Flow community, sign up for your club's classes and get a personalized training program for a running event.

The Polar Flow web service also shows your daily activity goal completion percentage and the details of your activity, and helps you understand how your daily habits and choices affect your well-being.

You can [set up your M430](#) with your computer at flow.polar.com/start. There you are guided to download and install the FlowSync software for syncing data between your M430 and the web service, and to create a user account for the web service. If you did the setup using a mobile device and Flow app, you can log into the Flow web service with the credentials you created in the setup.

FEED

In **Feed** you can see what you and your friends have been up to lately. Check out the latest training sessions and activity summaries, share your best achievements, comment and like your friends' activities.

EXPLORE

In **Explore** you can browse the map and see other users' shared training sessions with route information. You can also relive other people's routes and see where the highlights happened.

DIARY

In **Diary** you can see your daily activity, sleep, planned training sessions (training targets), as well as review past training results.

PROGRESS

In **Progress** you can follow your development with reports.

Training reports are a handy way to follow your progress in training over longer periods. In week, month and year reports you can choose the sport for the report. In custom period, you can choose both the period and the sport. Choose the time period and sport for report from the drop-down lists, and press the wheel icon to choose what data you want to view in the report graph.

With the help of the activity reports, you can follow the long-term trend of your daily activity. You can choose to view either daily, weekly or monthly reports. In the activity report you can also see your best days regarding daily activity, steps, calories and sleep from your chosen time period.

COMMUNITY

In the **Flow Groups, Clubs** and **Events** you can find fellow exercisers who train for the same event or in the same health club as you do. Or you can create your own group for the people you want to train with. You can share your exercises and training tips, comment other members' training results and be part of the Polar Community. In Flow Clubs you can view class schedules and sign up for classes. Join in and get motivation from your social training communities!

PROGRAMS

The Polar Running Program is tailored for your goal, based on Polar heart rate zones, taking your personal attributes and training background into account. The program is intelligent, it adapts along the way based on your development. The Polar Running Programs are available for 5 k, 10 k, half marathon and marathon events, and consist of two to five running exercises per week depending on the program. It's super simple!

For support and more information about using the Flow web service, go to, support.polar.com/en/support/flow.

FAVORITES

In **Favorites**, you can store and manage your favorite training targets in the Flow web service. You can use your favorites as scheduled targets on your M430. For more information, see [Plan your training in the Flow web service](#).

Your M430 can have a maximum of 20 favorites at a time. The number of favorites in the Flow web service is not limited. If you have over 20 favorites in the Flow web service, the first 20 in the list are transferred to your M430 when syncing. You can change the order of your favorites by dragging and dropping them. Choose the favorite you want to move and drag it into the place you want to put it in the list.

ADD A TRAINING TARGET TO FAVORITES:

1. [Create a training target](#).
2. Click the favorites icon  on the lower right corner of the page.
3. The target is added to your favorites

or

1. Open an existing target you've created from your **Diary**.
2. Click the favorites icon  on the lower right corner of the page.
3. The target is added to your favorites.

EDIT A FAVORITE

1. Click the favorites icon  on the upper right corner next to your name. All your favorite training targets are shown.
2. Click the favorite you want to edit, then click **Edit**.
3. You can change the sport, the target name, and you can add notes. You can alter the training details of the target under **Quick** or **Phased**. (For more information , see the chapter on [planning your training](#).) After you've done all the needed changes, click **Update changes**.

REMOVE A FAVORITE

1. Click the favorites icon  on the upper right corner next to your name. All your favorite training targets are shown.
2. Click the delete icon in upper right corner of the training target to remove it from the favorites list.

PLANNING YOUR TRAINING

You can plan your training and create personal training targets for yourself in the Polar Flow web service or in the Polar Flow app. Note that the training targets need to be synced to your M430 with Flowsync or via Flow app before you can use them, and your M430 shows only your planned training sessions for the current day. Your M430 will guide you towards completing your target during training.

- **Quick Target:** Choose a duration or calorie target for the training. You can, for example, choose to burn 500 kcal, run 10 km or swim for 30 minutes.
- **Phased Target:** You can split your training session into phases and set a different duration and intensity for each of them. This one is for e.g. creating an interval training session, and adding proper warm-up and cool-down phases to it.
- **Favorites:** You can use your [Favorites](#) as scheduled targets on your M430 or as templates for training targets.

CREATE A TRAINING TARGET IN THE POLAR FLOW WEB SERVICE

1. Go to **Diary**, and click **Add > Training target**.
2. In the **Add training target** view, choose **Quick** or **Phased**.

QUICK TARGET

1. Choose **Quick**.
2. Choose **Sport**, enter **Target name** (maximum 45 digits), **Date** and **Time** and any **Notes** (optional) you want to add.
3. Fill in either **Duration**, **Distance** or **Calories**. You can only fill in one of the values.
4. Click the favorite icon  if you want to add the target to your **Favorites**.
5. Click **Save** to add the target to your **Diary**.

PHASED TARGET

1. Choose **Phased**.
2. Choose **Sport**, enter **Target name** (maximum 45 digits), **Date** and **Time** and any **Notes** (optional) you want to add.
3. Choose whether you want to **Create new** or **Use template**.
 - **Creating new:** Add phases to your target. Click **Duration** to add a phase based on duration or click **Distance** to add a phase based on distance. Choose **Name** and **Duration/Distance** for each phase, **Manual** or **Automatic** next phase start, and **Select intensity**. Then click **Done**. You can go back to edit the phases you've added by clicking the pen icon.

- Using the template: You can edit the template phases by clicking the pen icon on the right. You can add more phases to the template as instructed above for creating a new phased target.

4. Click the favorite icon  if you want to add the target to your **Favorites**.
5. Click **Save** to add the target to your **Diary**.

FAVORITES

If you have created a target and added it to your favorites, you can use it as a scheduled target.

1. In your **Diary**, Click **+Add** on the day when you want to use a favorite as a scheduled target.
2. Click **Favorite target** to open a list of your favorites.
3. Click the Favorite you want to use.
4. The Favorite is added to your diary as a scheduled target for the day. The default scheduled time for the training target is at 18.00/6pm. If you want to change the details of the training target, click the target in your **Diary**, and modify it to your liking. Then click **Save** to update the changes.

If you want to use an existing Favorite as a template for a training target, do the following:

1. Go to **Diary**, and click **Add > Training target**.
2. In the **Add training target** view, click **Favorite targets**. Your training target favorites are shown.
3. Click **Use** to select a favorite as a template for your target.
4. Enter **Date** and **Time**.
5. Modify the Favorite according to your liking. Editing the target in this view won't change the original Favorite target.
6. Click **Add to Diary** to add the target to your **Diary**.

SYNC THE TARGETS TO YOUR M430

Remember to sync the training targets to your M430 from the Flow web service via FlowSync or Flow App. If you don't sync them, they are only visible in your Flow web service Diary or Favorites list.

For information on starting a training target session, see [Start a training session](#).

SPORT PROFILES IN POLAR FLOW

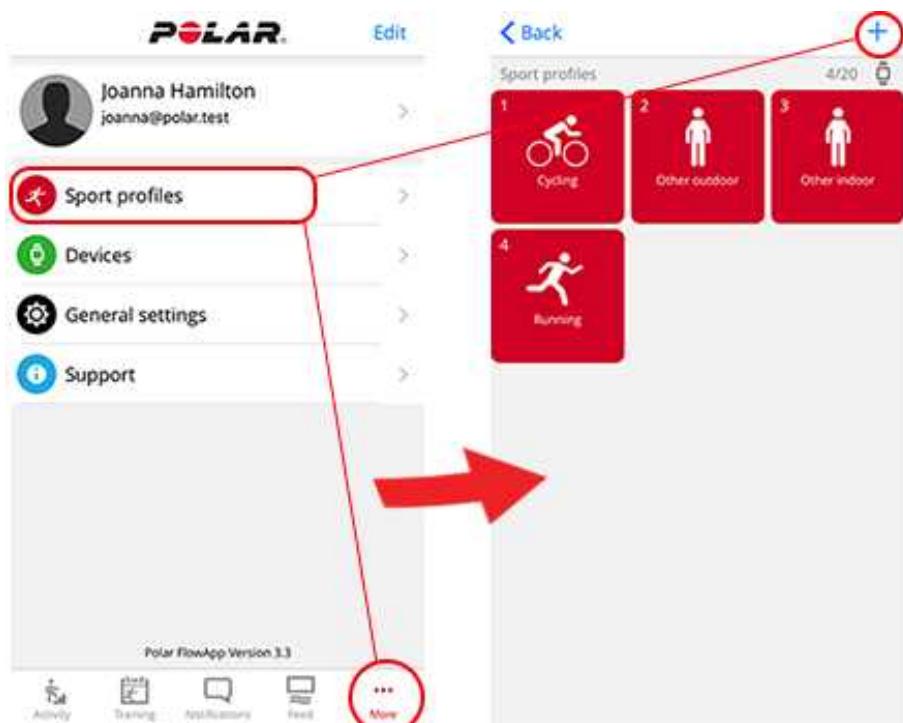
There are four default sport profiles on your M430. In the Polar Flow app or web service, you can add new sport profiles to your sports list and edit their settings. Your M430 can contain a maximum of 20 sport profiles. If you have over 20 sport profiles in the Polar Flow app and web service, the first 20 in the list are transferred to your M430 when syncing.

You can change the order of your sport profiles by dragging and dropping them. Choose the sport you want to move and drag it into the place you want to put it in the list.

ADD A SPORT PROFILE

In the Polar Flow mobile app:

1. Go to **Sport profiles**.
2. Tap the plus sign on the upper right corner.
3. Choose a sport from the list. Tap Done on Android app. The sport is added to your sport profiles list.



In the Polar Flow web service:

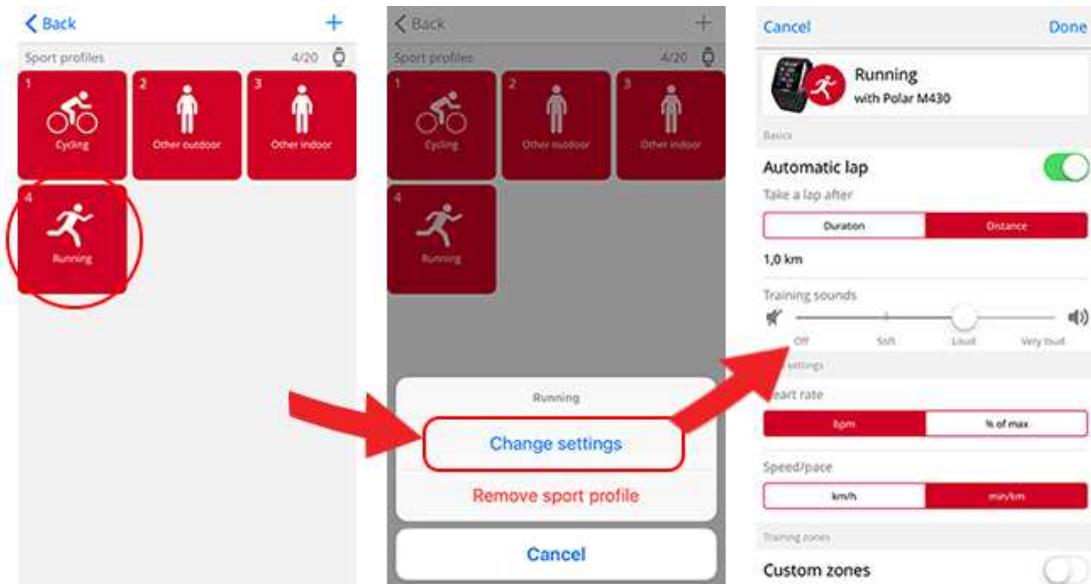
1. Click your name/profile photo in the upper right corner.
2. Choose **Sport Profiles**.
3. Click **Add sport profile**, and choose the sport from the list.
4. The sport is added to your sport list.

(i) You can't create new sports yourself. The sports list is controlled by Polar, because each sport has certain default settings and values, which affect, for example, the calorie calculation and the training load and recovery feature.

EDIT A SPORT PROFILE

In the Polar Flow mobile app:

1. Go to Sport profiles.
2. Choose a sport and tap Change settings.
3. When you're ready, tap Done. Remember to sync the settings to your M430.



In the Flow web service:

1. Click your name/profile photo in the upper right corner.
2. Choose **Sport Profiles**.
3. Click **Edit** under the sport you want to edit.

In each sport profile, you can edit the following information:

Basics

- Automatic lap (Can be set to duration or distance-based or turned off)

Heart Rate

- Heart rate view (Beats per minute or % of maximum)
- Heart rate visible to other devices (This means that compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can also use your M430 during Polar Club classes to broadcast your heart rate to the Polar Club system.)
- Zonelock

- Heart rate zone settings (With the heart rate zones you can easily select and monitor training intensities. If you choose Default, you cannot change heart rate limits. If you choose Free, all limits can be changed. Default heart rate zone limits are calculated from your maximum heart rate.)

Speed/Pace settings

- Speed/Pace view (Choose speed km/h / mph or pace min/km / min/mi)
- Zonelock available (Choose zone lock for speed/pace zone On or Off)
- Speed/pace zone settings (With the speed/pace zones you can easily select and monitor your speed or pace, depending on your selection. Default zones are an example of speed/pace zones for a person with a relatively high fitness level. If you choose Default, you can't change the limits. If you choose Free, all limits can be changed.)

Training views

Choose what information you see on your training views during your sessions. You can have a total of eight different training views for each sport profile. Each training view can have a maximum of four different data fields.

Click the pencil icon on an existing view to edit it, or click **Add new view**.

Gestures and feedback

- Vibration feedback (You can choose to have vibration on or off)

GPS and altitude

- Choose the GPS recording rate.

When you're done with the sport profile settings, click **Save**. Remember to sync the settings to your M430.

SYNCING

You can transfer data from your M430 to the Polar Flow app wirelessly via the Bluetooth Smart connection. Or, you can sync your M430 with the Polar Flow web service by using a USB port and the FlowSync software. To be able to sync data between your M430 and the Flow app you need to have a Polar account. If you want to sync data from your M430 directly to the web service, in addition to a Polar account, you need the FlowSync software. If you've set up your M430, you have created a Polar account. If you set up your M430 using a computer, you have the FlowSync software on your computer.

Remember to sync and keep your data up-to-date between your M430, the web service and the mobile app wherever you are.

SYNC WITH FLOW MOBILE APP

Before syncing make sure:

- You have a Polar account and Flow app.
- Your mobile device has Bluetooth turned on, and airplane mode/flight mode is not turned on.
- You have paired your M430 with your mobile. For more information, see [Pairing](#).

Sync your data:

1. Sign in to the Flow app, and press and hold the BACK button on your M430.
2. **Connecting to device** is displayed, followed by **Connecting to app**.
3. **Syncing completed** is displayed when you are done.

 *Your M430 syncs with the Flow app automatically after you finish a training session if your phone is within the Bluetooth range. When your M430 syncs with the Flow app, your activity and training data are also synced automatically via an internet connection to the Flow web service.*

For support and more information about using the Polar Flow app, go to [support.polar.com/en/support/Flow_app](#).

SYNC WITH FLOW WEB SERVICE VIA FLOWSYNC

To sync data with the Flow web service you need the FlowSync software. Go to [flow.polar.com](#), and download and install it before trying to sync.

1. Plug your M430 to your computer. Make sure FlowSync software is running.
2. The FlowSync window opens on your computer, and the syncing starts.
3. Completed is displayed when you are done.

Every time you plug in your M430 to your computer, the Polar FlowSync software will transfer your data to the Polar Flow web service and sync any settings you may have changed. If the syncing does not automatically start, start FlowSync from the desktop icon (Windows) or from the applications folder (Mac OS X). Every time a firmware update is available, FlowSync will notify you, and request you to install it.

 *If you change settings in the Flow web service while your M430 is plugged into your computer, press the synchronize button on FlowSync to transfer the settings to your M430.*

For support and more information about using the Flow web service, go to [support.polar.com/en/support/flow](#).

For support and more information about using FlowSync software, go to support.polar.com/en/support/FlowSync.

IMPORTANT INFORMATION

Battery	78
Charging M430 battery	78
Battery Operating Time	79
Low Battery Notifications	79
Caring for your M430	80
Keep your M430 clean	80
Storing	80
Service	81
Precautions	81
Interference During Training	81
Minimizing Risks When Training	82
Technical specification	83
M430	83
Polar FlowSync Software	84
Polar Flow Mobile Application Compatibility	85
Water resistance of Polar products	85
Limited international Polar guarantee	86
Disclaimer	87

BATTERY

At the end of the working life of the product Polar encourages you to minimize possible effects of waste on the environment and human health by following local waste disposal regulations and, where possible, utilizing separate collection of electronic devices. Do not dispose of this product as unsorted municipal waste.

CHARGING M430 BATTERY

The M430 has an internal, rechargeable battery. Rechargeable batteries have a limited number of charge cycles. You can charge and discharge the battery over 300 times before a notable decrease in its capacity. The number of charge cycles also varies according to use and operating conditions.



Do not charge the battery in temperatures under 0 °C/ +32 °F or over +40 °C/ +104 °F or when the USB port is wet.

Use the USB cable included in the product set to charge it via the USB port on your computer. You can also charge the battery via a wall outlet. When charging via a wall outlet, use a USB power adapter (not included in the product set). If you use a USB power adapter, make sure that the adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA. Only use an adequately safety approved USB power adapter (marked with "LPS", "Limited Power Supply" or "UL listed").

 *Before charging, make sure there's no moisture, hair, dust or dirt on the M430's USB port or charging cable. Gently wipe off any dirt and blow out the dust. You can use a toothpick if needed. Do not use any sharp tools for cleaning to avoid scratching.*

To charge with your computer, just plug your M430 to your computer, and at the same time, you can have it synced it with FlowSync.

1. Plug the USB connector into the USB port in the M430, and plug the other end of the cable into your PC.
2. **Charging** appears on the display.
3. When the battery icon is full, the M430 is fully charged.

 *Don't leave the battery fully discharged for a long period of time or keep it fully charged all the time, because it may affect the battery life time.*

BATTERY OPERATING TIME

The battery operating time is:

- up to 8 hours training with GPS and optical heart rate, or
- up to 30 hours training with GPS power save mode and optical heart rate, or
- up to 50 hours training with GPS and Bluetooth Smart heart rate sensor, or
- when used only in time mode with daily activity monitoring, the operating time is approximately XX days.

The operating time depends on many factors, such as the temperature of the environment in which you use your M430, the features and sensors you use, and battery aging. Frequent syncing with Flow app will also decrease the battery life. The operating time is significantly reduced in temperatures well below freezing. Wearing the M430 under your overcoat helps to keep it warmer and to increase the operating time.

LOW BATTERY NOTIFICATIONS

Battery low. Charge: The battery charge is low. It is recommended to charge M430.

Charge before training: The charge is too low for recording a training session. A new training session cannot be started before charging M430.

Low battery notifications during training:

- M430 notifies you when there is about one hour of battery life left in the training session.
- If **Battery low** is shown during training, the heart rate measurement and GPS are switched off.
- When the battery is critically low, **Recording ended** is shown. M430 stops the training recording and saves the training data.

When the display is blank, the battery is empty and M430 has gone to sleep mode. Charge your M430. If the battery is totally drained, it may take a while for the charging animation to appear on the display.

CARING FOR YOUR M430

Like any electronic device, the Polar M430 should be kept clean and treated with care. The instructions below will help you fulfill the guarantee obligations, keep the device in peak condition and avoid any issues in charging or syncing.

KEEP YOUR M430 CLEAN

Wash the M430 under running water with a mild soap and water solution after each training session. Wipe it dry with a soft towel.

KEEP THE M430'S USB PORT AND CHARGING CABLE CLEAN TO ENSURE SMOOTH CHARGING AND SYNCING

Before charging, make sure there's no moisture, hair, dust or dirt on the M430's USB port or charging cable. Gently wipe off any dirt and blow out the dust. You can use a toothpick if needed. Do not use any sharp tools for cleaning to avoid scratching.

Keep the USB port clean to effectively protect your M430 from oxidation and other possible damage caused by dirt and salt water (e.g. sweat or sea water). The best way to keep the USB port clean is to rinse it after each training session with lukewarm tap water. The USB port is water resistant and you can rinse it under running water without damaging the electronic components. **Do not charge the M430 when the USB port is wet or sweaty.**

TAKE GOOD CARE OF THE OPTICAL HEART RATE SENSOR

Keep the optical sensor area on the back cover scratch-free. Scratches and dirt will reduce the performance of the wrist-based heart rate measurement.

STORING

Keep your training device in a cool and dry place. Do not keep it in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose the training device to direct sunlight for extended periods, such as by leaving it in a car or mounted on the bike mount. It is recommended to store the training device partially or fully charged. The battery slowly loses its charge when it is stored. If you are going to store the training device for several months, it is recommended to recharge it after a few months. This will prolong the battery lifetime.

Do not leave the device in extreme cold (below $-10^{\circ}\text{C}/14^{\circ}\text{F}$) and heat (above $50^{\circ}\text{C}/120^{\circ}\text{F}$) or under direct sunlight.

SERVICE

During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For further information, see Limited International Polar Guarantee.

For contact information and all Polar Service Center addresses, visit www.polar.com/support and country-specific websites.

Register your Polar product at <http://register.polar.fi/> to ensure we can keep improving our products and services to better meet your needs.

The username for your Polar Account is always your email address. The same username and password are valid for Polar product registration, Polar Flow web service and app, Polar discussion forum and newsletter registration.

PRECAUTIONS

The Polar M430 is designed to tell your activity and measure heart rate, speed, distance and running cadence. No other use is intended or implied.

The training device should not be used for obtaining environmental measurements that require professional or industrial precision.

We recommend that once in a while you wash the device and the wrist strap to avoid any skin problems from a dirty bracelet.

INTERFERENCE DURING TRAINING

Electromagnetic Interference and Training Equipment

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with the training device. To avoid erratic reading or misbehavior, move away from possible sources of disturbance.

Training equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals. To solve these problems, try the following:

1. Remove the heart rate sensor strap from your chest and use the training equipment as you would normally.
2. Move the training device around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst directly in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.

3. Put the heart rate sensor strap back on your chest and keep the training device in this interference-free area as much as possible.

If the training device still does not work with the training equipment, it may be electrically too noisy for wireless heart rate measurement. For further information, www.polar.com/support.

MINIMIZING RISKS WHEN TRAINING

Training may include some risk. Before beginning a regular training program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to training intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during training. **If you feel unexpected pain or excessive fatigue when training, it is recommended that you stop the training or continue at a lighter intensity.**

Note! If you are using a pacemaker, you can use Polar products. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.

Your safety is important to us. The shape of the Polar stride sensor Bluetooth® Smart is designed to minimize the possibility of it getting caught in something. In any case, be careful when running with the stride sensor in brushwood, for example.

 *The combined impact of moisture and intense abrasion may cause color to come off the heart rate sensor's surface, possibly staining clothes. If you use perfume, suntan/sunscreen lotion or insect repellent on your skin, you must ensure that it does not come into contact with the training device or the heart rate sensor. Please avoid clothing with colors that might transfer onto the training device (especially training devices with light/bright colors) when worn together.*

TECHNICAL SPECIFICATION

M430

Battery type:	255 mAh Li-pol rechargeable battery
Operating time:	In continuous use: Up to 8 hours training with GPS and optical heart rate Up to 30 hours training with GPS power save mode and optical heart rate
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Training device materials:	Silicon, Thermoplastic polyurethane, Stainless steel, Acrylonitrile butadiene styrene, Glass fiber, Polycarbonate, Polymethyl methacrylate, Liquid crystal polymer
Watch accuracy:	Better than \pm 0.5 seconds / day at 25 °C / 77 °F temperature
GPS accuracy:	Distance \pm 2%, speed \pm 2 km/h
Altitude resolution:	1 m
Ascent/Descent resolution:	5 m
Maximum altitude:	9000 m / 29525 ft
Sample rate:	1 s in high accuracy GPS recording, 30 s in medium accuracy GPS recording, 60 s in GPS power save mode
Accuracy of heart rate monitor:	\pm 1% or 1 bpm, whichever larger. Definition applies to stable conditions.
Heart rate measuring range:	15-240 bpm

Current speed display range:	0-399 km/h 247.9 mph (0-36 km/h or 0-22.5 mph (when measuring speed with Polar stride sensor)
Water resistance:	30 m (suitable for bathing and swimming)
Memory capacity:	60 h training with GPS and heart rate depending on your language settings
Display resolution:	128 x 128

Uses Bluetooth® Smart wireless technology.

Your M430 is compatible with Polar *Bluetooth* Smart heart rate sensors, Polar stride sensor *Bluetooth* Smart, and Polar Balance Scale.

POLAR FLOWSYNC SOFTWARE

To use FlowSync software you need a computer with Microsoft Windows or Mac OS X operating system with an internet connection and a free USB port.

FlowSync is compatible with the following operating systems:

Computer operating system	32-bit	64-bit
Windows XP	X	
Windows 7	X	X
Windows 8	X	X
Windows 8.1	X	X
Windows 10	X	X
Mac OS X 10.6	X	X
Mac OS X 10.7		X
Mac OS X 10.8		X
Mac OS X 10.9		X
Mac OS X 10.10		X
Mac OS X 10.11		X
Mac OS X 10.12		X

POLAR FLOW MOBILE APPLICATION COMPATIBILITY

- iPhone 4S or later
- Android 4.3 or later, with Smart Notifications Android 5.0 or later

WATER RESISTANCE OF POLAR PRODUCTS

In the watch industry, water resistance is generally indicated as meters, which means the static water pressure of that depth. Polar uses this same indication system. Water resistance of Polar products is tested according to International Standard **ISO 22810** or **IEC60529**. Every Polar device that has water resistance indication is tested before the delivery to stand water pressure.

Polar products are divided into four different categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

When performing any underwater activity, the dynamic pressure generated by moving in water is greater than the static pressure. This means that moving the product under water subjects it to a greater pressure than if the product were stationary.

Marking on the back of the product	Wash splashes, sweat, rain-drops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant IPX7	OK	-	-	-	Do not wash with a pressure washer. Protected against splashes, raindrops etc. Reference standard: IEC60529.
Water resistant IPX8	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: IEC60529.
Water resistant Water resistant 20/30/50 meters Suitable for swimming	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: ISO22810.
Water resistant 100 meters	OK	OK	OK	-	For frequent use in water but not SCUBA diving. Reference standard: ISO22810.

LIMITED INTERNATIONAL POLAR GUARANTEE

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- The receipt of the original purchase is your proof of purchase!
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.



This product is compliant with Directives 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at www.polar.com/support

The relevant Declaration of Conformity is available at www.polar.com/en/regulatory_information.



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2012/19/EU of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive

2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices for products, and battery and accumulator collection for batteries and accumulators.

Manufactured by Polar Electro Oy, Professorintie 5, FI-90440 KEMPELE, Tel +358 8 5202 100, Fax +358 8 5202 300, www.polar.com.

Polar Electro Oy is a ISO 9001:2008 certified company.

© 2017 Polar Electro Oy, FI-90440 KEMPELE, Finland. All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy.

The names and logos in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy. Windows is a registered trademark of Microsoft Corporation and Mac OS is a registered trademark of Apple Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Polar Electro Oy is under license.

DISCLAIMER

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc./Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

1.0 EN 04/2017