

Polar Comparison

M460 ▼

M450 ▼

V650 ▼



M460
£199.50



M450
£136.50



V650
£189.50

Smart Coaching Features

Fitness Test ⁱ	•	•	
Orthostatic Test ⁱ	•	•	
Recovery status ⁱ	•	•	•
Smart Calories ⁱ	•	•	•
Training Benefit ⁱ	•	•	•
Training load ⁱ	•	•	•

Full Features

- Training

Route import ⁱ			•
Heart rate	•	•	•
HRmax	•	•	•
Heart Rate zones	•	•	•
Speed/Pace zones	•	•	
Power zones	•	•	•
Advanced Power Metrics for TrainingPeaks	•		
ZoneLock	•	•	•
ZonePointer	•	•	•
Strava Live Segments	•		
Orthostatic Test	•	•	
Polar Fitness Test	•	•	
Smart Calories ⁱ	•	•	•
Training Benefit	•	•	•
Training Load ⁱ		in Flow web service	in Flow web service

Recovery Status	in Flow web service	in Flow web service	in Flow web service
Back to Start	•	•	•
Distance	•	•	•
Altitude, ascent/descent	•	•	•
Sport profiles ⓘ	•	•	•
User-adjustable training displays	•	•	•
GPS	•	•	•
OpenStreetMap			•
Route guidance			•
Speed/Pace	•	•	•
Training history	•	•	•
Training diary	•	•	
Laps, manual	•	•	•
Laps, automatic	•	•	•
Personal Best	•	•	
Real-time VAM	•	•	•
Autostop/start	•	•	•
Barometer	•	•	•
– Cadence sensor Bluetooth® Smart features			
Cadence	•	•	•
– Speed sensor Bluetooth® Smart features			
Speed	•	•	•
Distance	•	•	•
Incline measurement	•	•	•
– Device			
Measurement			
Weight	50g	50g	122g
Display	•	•	•
Resolution	128X128	128X128	240X320
Water resistance	IPX7	IPX7	IPX7
Rechargeable battery	•	•	•
USB cable	micro USB	micro USB	micro USB
Display texts in languages	Danish Indonesian Simplified Chinese Czech Dutch English Turkish Swedish Spanish Russian Portuguese German French Finnish Italian Japanese Polish Norwegian		13
Bluetooth Smart	•	•	•

Smart Notifications	•		
Audio alerts	•	•	•
Button lock	•	•	•
Backlight	•	•	•
Front LED light	•	•	•
Date and weekday indicator	•	•	•
Time of day (12/24h)	•	•	•
Bike settings for three bicycles	•	•	•
Firmware update ⓘ	•	•	•

- Flow

Diary	•	•	•
Map view	•	•	•
Relive	•	•	•
Explore	•	•	•
Social feed	•	•	•
Instant activity and training analysis	•	•	•
Advanced activity and training analysis	•	•	•
Sport profile settings ⓘ	•	•	
Progress follow-up	•	•	•

- Data transfer

Compatibility			
Compatible with PC Windows XP, Windows 7, Windows 8, and later	•	•	•
Compatible with Mac OS X 10.6, OS X 10.7, OS X 10.8, and later	•	•	•
Compatible with Polar Flow web service via USB	•	•	•
Compatible with Polar Flow mobile app via Bluetooth Smart	•	•	
Data export	•	•	•
Training history export (from polarpersonaltrainer.com to Polar Flow)	•	•	•
3rd party compatibility ⓘ	•	•	•

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ABOUT POLAR +

GROUP SOLUTIONS +