

# HEADER SPORTCHEK/ATMOSPHERE SPACE FOR LOGOS AND TITLES

## M400

Polar M400 is a waterproof GPS running watch and daily fitness tracker. It can help you plan optimal training, break your records, and even find your way back from a run.

### Key Features

- Integrated GPS
- 24/7 activity tracker
- Smart notifications
- Great battery life (up to 30 days as a watch, 8hrs of training)

### Benefits

For the runner:

- Running functions like the Running Index, Interval Timer, and wrist-based cadence
- Running programs: personal, guides your training, and adapts to your progress
- Smart coaching features: don't train harder, train smarter with the best guidance
- Running Index: Track your progress, whether you're doing a 5k run or a marathon



INTEGRATED  
GPS



HEART RATE



DAILY  
ACTIVITY  
GOAL



WATERPROOF



RUNNING INDEX



POLAR FLOW APP  
& WEBSERVICE

# POLAR®

PIONEER OF WEARABLE SPORTS TECHNOLOGY

