

POLAR®

POLAR M600



USER MANUAL

CONTENTS

Contents	2
Getting Started	9
Introduction to the Polar M600	9
Charging the M600	9
Battery Operating Time	11
Low Battery Notification	11
Turning the M600 on and off	11
To turn the M600 on	11
To turn the M600 off	11
Setting up your Polar M600	11
To get ready for setup	11
To pair your smartphone with Polar M600	12
To activate the Polar app on the M600	13
To connect the M600 to a Wi-Fi network	13
To update the software	13
Connecting the M600 to Wi-Fi	14
To turn Wear OS by Google cloud sync on	14
To connect the M600 to a Wi-Fi network	14
To turn Wi-Fi on and off	15
Using the M600	16
Menu structure	16
Home screen	16
Quick Settings menu	16
Apps menu	17
To open the apps menu	17
To open and use apps	17
Notifications	17
To view notifications	18
To take action on the notification	18
To dismiss a notification	18
Status icons	18
Apps menu	19
To get more apps	19
Agenda	20
To see your schedule	20
Alarm	20
To set an alarm	20
To turn off an alarm when it goes off	21
To snooze an alarm	21
Contacts	21
Find my phone	21
To make your phone ring	22
Fit	22
To see your day's activity progress	22
Fit Workout	22
To start a workout session	22
Play Store	22
To turn Play Store Auto update mode on and off	23
Polar app	23

Training with the Polar app on your M600	23
Sport profiles	23
Polar features	23
Reminders	24
To sign in to the Calendar app	24
To set a reminder	24
To mark a reminder as done using the app	24
Stopwatch	24
To start the stopwatch	25
To pause the stopwatch	25
To restart the stopwatch	25
To reset the stopwatch	25
Timer	25
To set a timer	25
To pause the timer	26
To restart the timer	26
To reset the timer	26
To dismiss the timer	26
Translate	26
Navigating the M600	26
Button functions on the M600	28
Front button	28
Side power button	28
Using the touchscreen	29
Wrist gestures	29
To turn wrist gestures on	29
Dimming and waking up the screen	29
To dim the screen	29
To wake up the screen	30
M600 features available for Android and iOS	30
Communication	32
Text messages	32
Reading text messages on your M600	32
To read a text message	32
Replying to text messages from your M600	32
To reply to a text message	32
Sending text messages from your M600	32
To send a text message	33
Phone calls	33
Handling incoming calls on your M600	33
To reject an incoming call	33
Initiating phone calls from your M600	33
To make a phone call	33
Emails	34
Reading emails on your M600	34
To read emails	34
Replying to emails from your M600	34
To reply to emails	34

Sending emails from your M600	34
Emails on M600 paired with an iPhone	34
To turn on Rich Gmail cards	35
Music on the M600	35
Control music playing on your phone	35
Music controls on your smartwatch	35
Google Assistant	35
To turn the "Ok Google" voice recognition on	35
To open Google Assistant	35
What can you ask from the Google Assistant	36
Standalone usage of the M600	36
Training with Polar	37
Polar app and Polar Flow	37
Polar app	37
Getting the app	37
Polar Flow app	37
Training data	37
Activity data	37
Changing settings and planning your training	37
Polar Flow web service	38
Feed, Explore and Diary	38
Progress	38
Community	38
Programs	38
Planning your training	39
Create a training plan with the Season Planner	39
Create a training target in the Polar Flow app and web service	39
Duration target	40
Distance target	40
Calorie target	40
Interval target	40
Phased target	40
Favorites	41
Sync the targets to your watch	41
Polar app menu	41
Training	41
My day	42
My Heart rate	42
Sync	42
Navigating the Polar app	43
To open the Polar app	43
Using the touchscreen and wrist gestures to navigate the Polar app	43
To browse menus, lists and summaries	43
To choose items	43
To go back one step	43
To exit the Polar app	43
Using the front button to navigate the Polar app	44
Using your voice to navigate the Polar app	44
To turn the "Ok Google" voice recognition on	44
To start a training session	44
To pause a training session	44
Training with Polar app	44

Wearing your M600	45
Starting a training session	45
To start a training session	45
To enable/disable permissions	46
Starting a training session with a target	46
To start a training session with a target scheduled for today	47
To start a training session with a target scheduled for another day	47
To start a training session with a favorite target	47
During training	47
Training views	47
To browse through the training views	47
Automatic lap view	48
To see the Automatic lap view	48
To see the previous laps	48
Functions during training	48
To mark a lap	48
To keep the display on	49
To lock the touchscreen	49
To unlock the touchscreen	49
To control music	50
To skip phases	50
To exit the Polar app without stopping your training session	50
To return to your training session	50
Training summary during training	50
To see the training summary view	50
Pausing/Stopping a training session	51
To pause a training session	51
To continue a paused training session	51
To stop a training session	52
After training	52
Training summary on your M600	52
To view your training summary later	54
Training data in Polar Flow app	54
Training data in Polar Flow web service	54
GPS features	54
Syncing	55
Automatic syncing of training data	55
Syncing changed settings	55
To sync activity data and changed settings manually (iPhone users)	55
Training targets	56
Favorites	56
Add a Training Target to Favorites:	56
Edit a Favorite	56
Remove a favorite	56
Pairing the Polar app with a heart rate sensor	56
To pair a Polar Bluetooth® heart rate sensor with the Polar app on your M600	57
To unpair a Polar Bluetooth® heart rate sensor from the Polar app	57
Polar Features	59
Sport profiles	59
Polar Sport profiles in Flow Web Service	59
To add a Sport profile	59
To edit a Sport Profile	60

Basics	60
Heart Rate	60
Speed/Pace settings	60
Training views	60
Gestures and Feedback	61
GPS and altitude	61
Polar Smart Coaching features	62
24/7 Activity Tracking	62
Activity Goal	62
Activity data	62
Inactivity alert	64
Sleep information in the Flow web service and Flow app	64
Activity data in the Polar Flow app and web service	65
Activity Benefit	65
Smart Calories	66
Polar Sleep Plus™	66
Sleep data on the Polar app	66
To manually stop sleep tracking	66
Sleep data card and sleep summary	67
Sleep data in Polar Flow app and web service	67
Training load	68
Training Benefit	68
Running program	70
Running Index	70
Short-term analysis	70
Men	70
Women	71
Long-term analysis	71
Heart Rate Zones	72
Cadence from the wrist	72
Swimming	73
Swimming metrics (pool swimming)	73
Swimming Styles	73
Pace and Distance	73
Strokes	74
Swolf	74
Setting pool length	74
To change the pool length	74
To start a swimming session	74
Settings	75
Accessing settings	75
To open Settings	75
Screen settings	75
To adjust the brightness level of the screen	75
Turning the Always-on screen on/off	75
To change the setting from the M600	75
To change the setting from your phone	75
Turning the screen lock on/off	76
To turn the screen lock on	76
To turn the screen lock off	76
Turning the touch screen off/on	76
To adjust the font size	76

To zoom in and out on the screen of your M600	77
Battery-saver	77
To turn the battery saver on/off	77
Watch face settings	77
To change the watch face from the M600	77
To change the watch face from your phone	78
To get more watch faces on your M600	78
Watch face complications	78
To add watch face complications	78
Notification settings on the M600	78
To change the notification preview settings	78
To turn on the Do not disturb mode on your M600	79
To edit the Do not disturb mode	79
Notifications from the paired phone	79
To block apps	79
To unblock an app	79
To adjust the notification vibration strength	79
To mute connected phone	80
Date and time settings	80
To change the date and time settings	80
Airplane mode	80
To turn the airplane mode on/off	80
Theater mode	81
To turn the theater mode on	81
To turn the theater mode off	81
Permissions	81
To edit the permission settings	81
Language settings	81
To change the language on your M600	82
Restarting and resetting	83
To restart the M600	83
To unpair the M600 and your phone and to reset your M600	83
To pair the M600 and your phone again	83
To unpair the M600 and your phone	84
To reset the M600 to factory settings	84
To pair the M600 and your phone again	84
Updating system software	84
To manually check for an update	84
To install the software update	84
Updating the Polar app	85
To manually update the Polar app	85
Important Info	86
Taking care of your M600	86
Storing	86
Service	86
Removing the wristband	86
To remove the wristband	87
To attach the wristband	87
Disposal information	87
Precautions	87
Interference	87
Minimizing Risks When Training	88

Distraction 88

Technical Specification 89

 Polar M600 89

 Polar Flow mobile application compatibility 90

 Water resistance of Polar products 90

Limited International Polar Guarantee 91

Compliance Statement 91

Disclaimer 93

GETTING STARTED

INTRODUCTION TO THE POLAR M600

Congratulations on your new Polar M600, now with Wear OS by Google™!

With Polar M600, you can enjoy the practicality of Wear OS by Google and the power of Polar's sport features. It's perfect for tracking your training and 24/7 activity with the Polar app.

The Polar M600 sports watch works with smartphones running Android™ 4.4+ or iOS® 10.0+. iPhone users need to have at least model 5 or later. You can visit g.co/WearCheck on your phone to see if it's compatible with Wear OS by Google. Pair your new Polar M600 with your smartphone and enjoy the Wear OS by Google smartwatch features. You can, for example:

- Get [notifications](#) from your phone to your watch
- Reply to [emails](#)
- Control [music](#) playing on your phone

You can also connect the smartwatch to a Wi-Fi network and download apps, games and watch faces from the Play Store app.

The M600 also has a wrist-based heart rate monitor and integrated [GPS](#). And when you train with the [Polar app](#), you'll get the unique Polar smart coaching features to your smartwatch. Let your new sport-optimized smartwatch encourage you towards a more active and healthier lifestyle.

[Polar Flow](#) is the online window to your training, activity and sleep. Together with the Polar Flow web service and the Polar Flow app on your smartphone, your M600 helps you train effectively and understand how your choices and habits affect your well-being.

This user manual helps you get started with your new Polar M600 sports watch. To see M600 video tutorials and FAQs, go to support.polar.com/en/M600. For more information on Wear OS by Google, visit the [Wear OS by Google Help Center](#).

CHARGING THE M600

The M600 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.

You can charge your M600 via a computer's USB port with the charging cable provided to you in the sales package.

You can 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", "UL listed" or "CE").



Do not charge Polar products with a 9 volt charger. Using a 9 volt charger can damage your Polar product.

The magnetic end of the cable snaps into place to the M600's charging port when it's properly connected to your smart watch. The M600 also vibrates briefly when the charging begins. If the smartwatch is turned on when you plug it into charge, you'll see a small lightning bolt icon on the home screen of your M600. You can see the battery charging level of your watch by swiping down from the top of the home screen. If the smartwatch is turned off when you plug it into charge, a battery icon animation begins to fill up on the display. When the battery icon is full, the M600 is fully charged. It may take up to two hours to fully charge an empty M600 battery.

1. Wrist-based heart rate monitor sensors
2. Charging port



⚠ When you've finished charging the battery of your M600, remove the charging cable from the USB port of your computer or from the wall adapter. If the charging cable is left connected to a power source, the magnetic end of the cable attracts iron-containing objects and can short-circuit, possibly causing circuit damage, overheating, fire or explosion.

i 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. Also, do not charge the battery in temperatures under 0°C or over +40°C or when the charging port is wet or sweaty. If the charging port of your M600 has gotten wet, let it dry before plugging in the charging cable.

BATTERY OPERATING TIME

The battery operating time is

- 2 days / 8 hours of training on M600 paired with an Android phone.
- 1,5 days / 8 hours of training on M600 paired with an iPhone.

The operating time depends on many factors, such as the temperature of the environment in which you use your M600, the features you use, if the screen is in the Always-on mode, and battery aging. The operating time is significantly reduced in temperatures well below freezing. Wearing the M600 under your overcoat helps to keep it warmer and to increase the operating time.

LOW BATTERY NOTIFICATION

When the charge in your M600's battery drops down to 15% or less, you'll see a notification stating the charge level and the status of battery saver mode. You can tap the notification to **Turn on/off battery saver**. The battery saver mode will automatically turn on when the battery charge level hits 5%.

Since the GPS recording is NOT on in the battery saver mode, you'll get a notification if the battery saver mode is on when you're about to start training with the Polar app or if the battery falls below 5% while you're training.

When the display doesn't wake up from a wrist gesture or a press of the side power button, the battery is empty and M600 has gone to sleep mode. In that case, you need to charge your M600. If the battery is totally drained, it may take a while for the charging animation to appear on the display.

 *You can quickly see how much battery your M600 has left by swiping down from the top of the home screen.*

TURNING THE M600 ON AND OFF

TO TURN THE M600 ON

- Press and hold the side power button until you see the Polar logo appear on the screen.

TO TURN THE M600 OFF

1. [Navigate to the Settings app](#), and scroll the menu to find and tap **System**.
2. Tap **Power off**.
3. Confirm turning the power off by tapping the check mark icon.

SETTING UP YOUR POLAR M600

The Polar M600 sports watch is compatible with smartphones running Android 4.4+ or iOS 10.0+. iPhone users need to have at least model 5 or later. You can visit [g.co/WearCheck](https://polar.g.co/WearCheck) on your phone to see if it's compatible with Wear OS by Google.

TO GET READY FOR SETUP

1. To make sure there's enough charge in your M600 during setup, plug the M600 into charge using either a powered USB port on your computer or a USB power adapter and a wall outlet. Make sure that the

- adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA.
2. Turn on your M600 by pressing and holding the side power button until you see the Polar logo. After that, the initial powering up of the operating system will take a few minutes.
 3. Tap the touchscreen of your M600 to begin the setup. Then swipe up or down to find the [language](#) of your choice, and tap to choose it. If you choose a wrong language, you can return to the list of languages by swiping from left to right on the touchscreen.
 4. Make sure your phone is connected to the Internet and has Bluetooth turned on.
 5. Make sure the Google™ Search and the Google Play™ services apps are up to date on your Android phone. Or if you use iPhone, make sure your phone has the latest version of the iOS operating system.
 6. Keep your M600 and the phone close to each other during the setup.

TO PAIR YOUR SMARTPHONE WITH POLAR M600

You need to install the Wear OS by Google by Google app on your phone to connect your smartwatch and your phone.

1. Install the Wear OS by Google app on your smartphone from Google Play or the App Store. Or, if you already have the Wear OS by Google app on your phone, make sure it's the latest version.

 *If you already have the Wear OS by Google app installed on your smartphone and another device connected to it, open the mobile app and (on an Android phone) choose **Add a new watch** from the drop-down menu next to your device name at the top of the screen, or (on an iPhone) tap the three dots at the top right corner of the screen, and choose **Pair with a new wearable**. Then continue to follow the instructions below from step number 3.*

2. When you open the Wear OS by Google app on your phone, it automatically prompts you to start setting up your watch.
3. Swipe up on your M600 to see its watch code, and tap the same code on your phone.

4.  Android phone users: You'll get a Bluetooth pairing request on your phone. Make sure the pairing code on your M600 matches with the pairing code shown on your phone. Tap **Pair** or **OK**.

iPhone users: Accept the Bluetooth pairing request on your phone by tapping **Pair** or **OK**. You'll have to confirm connecting your devices: Make sure the code on your M600 matches with the code shown on your phone, and tap **CONFIRM**.

5. You'll see a quick confirmation message on both the M600 and your phone when the pairing is completed. After that, it takes a while for the M600 to finish syncing with your phone.
6. To finish pairing your phone and the M600, you need to copy your Google Account from your phone to your M600. You'll need a Google account on your Polar M600 to be able to use the apps on the smartwatch. You'll also need to enable some settings, such as allow Wear OS by Google to display notifications sent to your phone, so that you can get the most out of your Polar M600 Wear OS by Google smartwatch. Follow the onscreen instructions on your phone to do these.

 *iPhone users: If you don't already have a Google account, you can create one during this stage of the setup. Tap **CONTINUE** when you're asked to **Sign in to your Google account**, then tap **Create account**.*

7. Once the pairing stage of the setup is done, the M600 will open to the time view, and you'll see **Polar M600 Connected** in the upper left corner of the Wear OS by Google app on your phone.

After the initial sync, your new smartwatch launches a tutorial on how to get started with the watch. You can swipe through the tutorial and continue the setup after that. Or you can skip the tutorial for the time being by swiping the tutorial card down, and you can later get back to the tutorial by swiping the tutorial card up again from the bottom of the home screen.

TO ACTIVATE THE POLAR APP ON THE M600

To get the most out of your new Polar M600, and to be able to use Polar's activity tracking and training features, you need to activate the Polar app on the smartwatch. To do this, first you need to install the Polar Flow app on your smartphone. If you already have the Polar Flow mobile app installed on your smartphone, make sure it's the latest version, then continue the setup from step number 2 below.

1. Go to Google Play or the App Store on your phone, and search and download the Polar Flow app.
2. Open the Polar Flow app on your phone.

iPhone users: To proceed you need to open the Polar app on your M600 by pressing the front button. Then tap **Start** on your phone.

3. Choose whether you'll wear the M600 on your left or right wrist, then tap **Continue**. iPhone users: tap **Save and sync**.
4. Sign in with your Polar account or create a new one.
5. You'll see "Setup completed" when you've successfully activated the Polar app on your M600.

 **iPhone users note!** You need to manually connect the M600 to a Wi-Fi network. Wi-Fi connection allows you to use to use the Google Play app on your M600, to keep the Polar app updated, and to download more apps to your Wear OS by Google smartwatch.

 **Android phone users:** If you connected your M600 to Wi-Fi using Wear OS by Google cloud when prompted during the setup, your M600 can automatically connect to Wi-Fi networks saved on your phone. For more information, see [Connecting to Wi-Fi](#).

TO CONNECT THE M600 TO A WI-FI NETWORK

1. Make sure the display of your M600 is active and you're on the home screen.
2. Swipe down from the top of the screen to access the Quick settings menu.
3. Tap the settings icon.
4. Scroll the **Settings** menu to find and tap **Connectivity**.
5. Tap **Wi-Fi**.
6. Tap **+Add network**.
7. Wait for the smartwatch to find available Wi-Fi networks, and tap the one you want to connect to.
8. If the network you chose requires a password, tap **Enter on phone**. On your phone, enter the password for the Wi-Fi network and tap **Connect**.

TO UPDATE THE SOFTWARE

After you've setup your M600, you'll need to update the system software on your smartwatch to get the latest updates and to keep the smartwatch running smoothly. You'll also need to make sure you have the latest version of the Polar app on your M600.

- See [this support document](#) to find out what the latest versions of all the four software related to your M600 are.
- [This support document](#) helps you update all the four software related to your M600 when it's running the Wear OS by Google system software.

You're ready to go, have fun!

 Please note that you can pair your M600 with only one Android phone, iPhone or tablet at a time. You can pair your M600 with a new tablet or phone after you first reset your smartwatch to factory settings.

CONNECTING THE M600 TO WI-FI

When you connect the M600 to a Wi-Fi network, you'll be able to use the Google Play Store app on your M600 to keep the Polar app updated and to download more apps to your Wear OS by Google smartwatch.



Applicable only to Polar M600 paired with an Android phone

Your M600 can automatically connect to saved Wi-Fi networks if it loses the Bluetooth connection with your phone. When your Android phone is connected to either a Wi-Fi or mobile network and your M600 is connected to a Wi-Fi network, your smartwatch can stay synced with your phone, and you can get notifications to your M600 even if you leave your phone to another room.

Your phone and M600 share data through the Wear OS by Google cloud sync. So, you must turn cloud sync on in the Wear OS by Google app on your phone.

TO TURN WEAR OS BY GOOGLE CLOUD SYNC ON

1. In the Wear OS by Google app on your phone, tap the Settings icon.
2. Tap **Privacy & personal data**.
3. Then tap **Cloud sync**.
4. Move the switch to **On** position.

Applicable to Polar M600 paired with both Android phones and iPhones

TO CONNECT THE M600 TO A WI-FI NETWORK

1. Make sure the display of your M600 is active and you're on the home screen.
2. Swipe down from the top of the screen to access the Quick settings menu.
3. Tap the settings icon.
4. Scroll the **Settings** menu to find and tap **Connectivity**.
5. Tap **Wi-Fi**.
6. Tap **+Add network**.
7. Wait for the smartwatch to find available Wi-Fi networks, and find and tap the one you want to connect to.
8. If the network you chose requires a password, you'll need to enter the password on your phone. Tap **Enter on phone**, then on your phone, enter the password for the Wi-Fi network and tap **Connect**.

TO TURN WI-FI ON AND OFF

1. [Navigate to the Settings app](#), and find and tap **Connectivity**.
2. Tap **Wi-Fi**.
3. Tap **Wi-Fi** to toggle between **Wi-Fi Automatic** and **Wi-Fi Off**.

 *You can save the M600 battery life by not allowing your smartwatch to use Wi-Fi.*

Scroll down the Wi-Fi menu to find and tap **About Wi-Fi** for more information on Wi-Fi on your wearable, or visit the [Wear OS by Google Help](#) site.

USING THE M600

MENU STRUCTURE

HOME SCREEN

The starting point to getting around your smartwatch is the home screen. On the home screen, you can view the current time. Depending on the watch face, you can also see other information. Find out more from [Watch face settings](#).

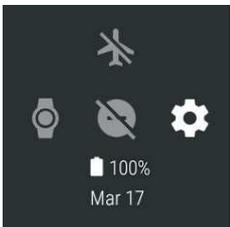


On the home screen, you can view [notifications](#) that tell you different kind of important information, and you can also view the status of your M600. To find out more about the different statuses, see [Status icons](#).

You can quickly get to the home screen from anywhere in your M600 by pressing the side power button or by shaking your wrist. To learn more about how to get around in your smartwatch see [Navigating the M600](#).

QUICK SETTINGS MENU

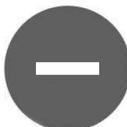
From the top of the home screen, you can pull down the Quick Settings menu where you'll find the following settings:



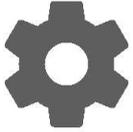
[Airplane mode](#): tap to turn airplane mode on and off.



[Theater mode](#): tap to turn display completely off.



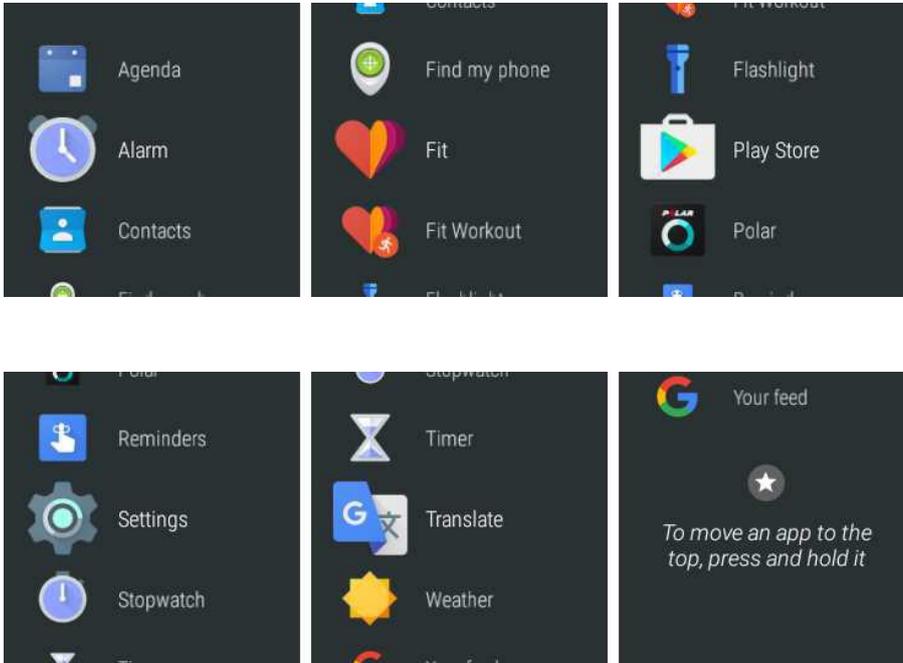
[Do not disturb mode](#): tap to silence notifications on your M600.



[Settings](#): tap to open the Settings app.

APPS MENU

The apps menu displays icons for all the apps in use on your M600.



TO OPEN THE APPS MENU

- Press the side power button.

TO OPEN AND USE APPS

- You can start using an app by tapping its icon in the apps menu.

OR

- You can also open an app when the home screen is active by saying "Ok Google, open (the app's name)".

See the [Apps menu](#) for more information about the default apps on your M600.

NOTIFICATIONS

You can get notifications to your M600 from the apps on the smartwatch and on your phone. If you've allowed notifications to show on your M600, you'll see them appear on the home screen. See [Notification settings](#) for more info.

You can see this status icon on the home screen of your M600 if you have unread notifications on your smartwatch:

3

The number on the icon indicates the amount of new notifications.

TO VIEW NOTIFICATIONS

1. Swipe up from the bottom of the screen or turn your wrist away from you.
2. Tap a notification to see all of the information on it.
3. To see more notifications (if available), keep swiping up from the bottom of the screen or keep turning your wrist away from you.

TO TAKE ACTION ON THE NOTIFICATION

Some notifications have available actions related to the info on them.

1. Tap the notification to see all of the information on it.
2. Swipe up from the bottom of the screen to see the available actions.
3. Tap on your chosen action (if applicable). For example, you can archive received emails from your M600.

TO DISMISS A NOTIFICATION

Once you've got all the info you need from a notification:

1. Swipe from left to right to close the details of the notification.
2. Swipe the notification either to the left or right to dismiss it.

If you dismiss a notification on your M600, the related notification will be dismissed on your phone as well.

STATUS ICONS

The M600 displays the current status of the smartwatch with small indicator icons.

The following status icons may appear on the home screen of your M600:



Your M600 is disconnected from your phone



The battery is charging



Airplane mode is on



GPS monitoring for your locations is on



Do not disturb mode is on



You have a new notification

APPS MENU

The M600 includes the following default apps:

- [Agenda](#)
- [Alarm](#)
- [Contacts](#)
- [Find my phone*](#)
- [Fit](#)
- [Fit Workout](#)
- Flashlight
- [Polar](#)
- [Play Store](#)
- [Reminders](#)
- [Settings](#)
- [Stopwatch](#)
- [Timer](#)
- [Translate](#)
- Weather

**Only on Polar M600 paired with an Android phone*

You can download more smartwatch apps from the Google Play Store app on your Polar M600. To be able to use the Play Store app on your M600, you need to [connect the smartwatch to a Wi-Fi network](#).

To get more apps

1. Press the side power button on the active home screen to open the apps menu.
2. Find and tap **Play Store**.
3. Scroll the list of suggested apps, or tap the magnifying glass icon at the top of the list to open search.

4. Tap an app you want to install.
5. Tap **Install** to start downloading the app to your M600.

See the Wear OS by Google Help page about [Google apps that work with Wear OS by Google](#).



Applicable only to Polar M600 paired with an Android phone

To see a list of recommended watch apps, open the Wear OS by Google app on your phone and scroll down to "**Essential watch apps**". You can tap **MORE** to go to Google Play Store and open a bigger selection of suggested apps that support Wear OS by Google.



*Some of the apps you use on your paired Android phone might have an Wear OS by Google smartwatch version available: Open the **Play Store** app on your M600 and scroll to the bottom of the Home menu to find **Apps on your phone** > tap the app you'd like to use on your smartwatch > tap **Install**. After the installation, you can find the smartwatch version of the app from the apps menu on your M600. For any questions concerning these apps, please turn to the app developer.*

AGENDA

Events saved in the calendar application on your phone appear as notifications on your M600. You can also pull up your schedule.

To see your schedule

- Press the side power button to open the apps menu, and find and tap **Agenda**.

Your schedule for the day opens.

ALARM

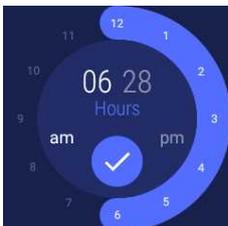
You can set an alarm to go off on your M600. When the alarm goes off, your M600 vibrates and displays a card.



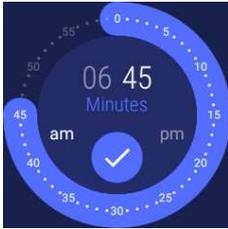
Note that when you set an alarm on your M600, it won't go off on your phone.

To set an alarm

1. Press the side power button to open the apps menu, and find and tap **Alarm**.
2. Set the wanted hour on the hour circle. You can see the set hour also in the center of the circle. If you use the 12-hour format, tap to choose **am** or **pm**.



3. Move to set the wanted minutes by tapping the minutes in the center of the circle.
4. Set the wanted minutes on the minutes circle. You can see the set minutes also in the center of the circle.



5. Tap the check mark icon.
6. Tap the text under the set time to find the options to set the alarm for **One time** or repeatedly to a wanted weekday. Swipe right to return to the previous view.
7. Tap the watch icon to toggle between turning vibrate on (the watch icon is not crossed out) and off (the watch icon is crossed out).
8. Tap the check mark icon to set the alarm.

To turn off an alarm when it goes off

- Tap the alarm clock icon, or swipe right.

To snooze an alarm

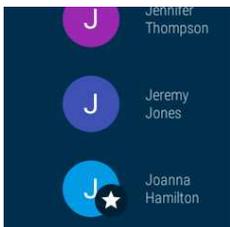
If you want to snooze an alarm when it goes off:

- Tap the Zs.

The snooze time is 10 minutes.

CONTACTS

The M600 shows contacts saved in your Google Contacts. You can [call](#), [message](#) or [email](#) your contacts.*



**Note that there are some restrictions on the availability of the communication features depending on the operating system on your phone.*

FIND MY PHONE



Applicable only to Polar M600 paired with an Android phone

If you can't find your phone, you can use your M600 to make the phone ring even if the phone is set to mute or vibrate only.



Note that the M600 must be connected to your phone using Bluetooth in order for this function to work.

To make your phone ring

1. Press the side power button to open the apps menu, and find and tap **Find my phone**.
2. If your phone is within range for the Bluetooth connection to work, your phone will start to ring. If not, try to move to get within a range of 10 meters or 33 feet from your phone with no solid objects in between.
3. You can stop the phone from ringing by tapping the X on the M600's screen or by opening your phone.

FIT

With the Google Fit™ app, you can set daily fitness goals and see how close you are to achieving them. Fit tracks steps, time, distance, and calories.

To see your day's activity progress

1. Press the side power button to open the apps menu, and find and tap **Fit**.
2. Swipe up to see details of your activity **Today**: You can tap the different details to see more information.

 *You can also use the app to see your current heart rate: Swipe up to find and tap the heart icon.*

You can add new fitness goals by tapping **Add goal**.

For more detailed information on using the Google Fit app, see the [Wear OS by Google Help](#) site.

FIT WORKOUT

With the Google Fit Workout™ app, you can track a training session or start a strength training challenge.

To start a workout session

1. Press the side power button to open the apps menu, and find and tap **Fit Workout**.
2. Tap the workout you want to perform.
3. Tap **START**.

For more detailed information on using the Google Fit Workout app, see the [Wear OS by Google Help](#) site.

PLAY STORE

When your M600 is [connected to a Wi-Fi network](#), you can use the Play Store app on your smartwatch to download new apps, games and watch faces to your Wear OS by Google smartwatch. Whenever there are new Polar features available for the [Polar app](#) on your M600, you can download the [updates](#) via the Play Store app.

 *You'll need a Google account on your Polar M600 to be able to use the Play Store app. If you didn't copy your Google account to your Polar M600 during the set up, open the Play Store app and tap **Add from phone**. Follow the onscreen instructions on your phone to copy your account to your smartwatch.*

You can set the Play Store app to update your smartwatch apps automatically, so you won't miss any updates to your apps. If you have the Auto-update apps setting turned on in the Play Store app on your smartwatch, the apps on your smartwatch will update to the latest releases automatically **when your M600 is connected to a charger and has an Internet connection**.

To turn Play Store Auto update mode on and off

1. Press the side power button to open the apps menu, and find and tap **Play Store**.
2. Swipe down from the top of the screen.
3. Tap the settings icon.
4. Tap **Auto update apps** to toggle between turning the Auto update mode on (the switch is blue) and off (the switch is gray).

POLAR APP

Training with the Polar app on your M600

Use the Polar app on your M600 to take full advantage of your sport-optimized smartwatch.

Find out what's in the Polar app and how to get around in it:

- [Polar app menu structure](#)
- [Navigating the Polar app](#)

Track your training sessions, and see, for example, your heart rate, speed, and distance during training:

- [Starting a training session](#)
- [During training](#)
- [Pausing/stopping a training session](#)
- [After training](#)

See also our instructions on how to wear your M600 in order to get accurate heart rate measurements, and find out in what kind of sports we recommend wearing a Polar heart rate sensor with a chest strap to ensure reliable heart rate measurement:

- [Wearing your M600](#)
- [Pairing the M600 with a heart rate sensor](#)

Sport profiles

Separate profiles for all the sports you want to do with specific settings for each one of them. Adjust the sport profile settings to best suit your training needs:

- [Sport profiles](#)

Polar features

Polar's unique Smart Coaching features offer the best possible guidance on how to develop your training as well as helpful feedback on your progress. The Polar app on your M600 includes the following Polar **Smart Coaching features**:

- [24/7 Activity tracking](#)
- [Smart calories](#)
- [Training Benefit](#)
- [Training Load](#)
- [Running Program](#)
- [Running Index](#)

Together with the Polar Flow mobile app and the Polar Flow web service, you can plan your training and achieve your training targets, analyze and learn about your performance, follow your progress, and share your sessions with others. See [Polar app and Polar Flow](#) for more information.

See [Updating the Polar app](#) to find out how to keep the Polar features on your smartwatch up to date.

REMINDERS

Reminders are saved to the Google Calendar app.

 *iPhone users: You can install the Google Calendar app from the App Store. You need to sign in to the Calendar app with the same Google account you use in the Wear OS by Google app.*

To sign in to the Calendar app

1. Install the Google Calendar app on your iPhone from the App Store.
2. Open the app, and choose to sign in with the same Google account you use in the Wear OS by Google app.
3. Tap **GET STARTED**.

You can set your M600 to remind you to do something at a specific time or location. Reminders appear as notifications on the M600.

To set a reminder

1. Press the side power button to open the apps menu, and find and tap **Reminders**.
2. Tap the plus icon.
3. Speak your task with a time or location. For example, you can say "Watch the new TV show at seven."

To mark a reminder as done using the app

1. Press the side power button to open the apps menu, and find and tap **Reminders**.
2. Swipe the reminder you want to archive to either side.

STOPWATCH

You can use your M600 as a stopwatch.

To start the stopwatch

1. Press the side power button to open the apps menu, and find and tap **Stopwatch**.
2. Start the stopwatch by tapping the play icon.

The stopwatch opens on the screen.

To pause the stopwatch

- Tap the pause icon.

To restart the stopwatch

- Tap the play icon.

To reset the stopwatch

If you want to zero the stopwatch:

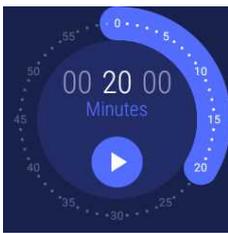
- Tap the reset icon in pause mode.

TIMER

You can use your M600 as a countdown timer.

To set a timer

1. Press the side power button to open the apps menu, and find and tap **Timer**.
2. Set the wanted minutes on the minutes circle. You can see the set minutes also in the center of the circle. Move to set the hour and the seconds by tapping the hours and seconds in the center of the circle.



3. Tap the play icon to start the timer.

The timer opens on the screen.

To pause the timer

- Tap the pause icon.

To restart the timer

- Tap the play icon.

To reset the timer

If you want to begin the timer again:

- Tap the restart icon in the pause mode.

To dismiss the timer

When the timer goes off, your M600 vibrates. To dismiss the timer when it vibrates:

- Tap the stop icon, or swipe right.

TRANSLATE

You can use the Google Translate™ app to translate phrases:

1. Press the side power button to open the apps menu, and find and tap **Translate**.
2. You'll see two languages you can translate between. You can tap a language's name to change it.
3. Tap the microphone icon and say the phrase you want to translate.

The translation appears on the screen.

NAVIGATING THE M600

You can navigate your smartwatch in many ways. Find out more detailed information on the different styles of getting around in the M600 from the links below:

- [Button functions](#)
- [Touchscreen](#)
- [Wrist gestures](#)

See also how to use your voice to ask [Google Assistant](#) to perform simple tasks for you.

- **Swipe down** on the home screen: Quick settings menu for enabling different modes (Airplane, Battery saver, Theater, Do Not Disturb), Music controls and shortcut to Settings menu
- **Swipe up**: Condensed notification feed, tap notification to expand them
- **Swipe left**: Google Fit app

- **Swipe right:** Google Assistant
- **Change watch face from the M600:** To swap or customize the watch face, long-press the watch face

BUTTON FUNCTIONS ON THE M600

The Polar M600 has two buttons: the front button and the side power button.



1. Front button
2. Side power button
3. Touchscreen

FRONT BUTTON

The front button is a handy way to use the [Polar app](#) throughout your training session. You can use the front button to:

- Quickly open the Polar app from the home screen.
- Open **Training** in the Polar app menu.
- Choose the sport you want to do and start the training session in the list of sport profiles.
- Mark a manual lap during training.
- Pause the training session.
- Stop the training session.
- Exit the Polar app after training.

For more information, see [Navigating the Polar app](#).

 *The front button is preset to navigate the Polar app on your M600. If you want, you can change the app you'd like the front button to launch. On your M600 go to Settings > **Personalization** > **Customize hardware button** > **Front button** > find and tap your preferred app.*

SIDE POWER BUTTON

The side power button has several functionalities:

- Press the button once to wake up the screen of your M600.
- Press the button once on the active home screen to open the apps menu.
- Press the button once to get to the home screen from anywhere in the smartwatch.
- Press the button once when the watch is in theater mode to turn the screen back on again.
- Press and hold the button until the watch vibrates to open Google Assistant.
- Press and hold the button until the screen turns off to power down your smartwatch.
- When the M600 is turned off, press and hold the button to turn the M600 on.
- Press and hold the button until you see the Polar logo to restart the smartwatch.

USING THE TOUCHSCREEN

You can navigate the M600 using the touchscreen. You can use the touchscreen by swiping, tapping, tapping and holding, or drawing.

- You can swipe up and down to scroll menus, and swipe right and left, for example, to navigate in the Polar app.
- You can tap the touchscreen to wake up the screen, to open apps and notifications, and to select items.
- You can tap and hold the home screen to change the watch face. In the Polar app, you can stop recording a training session by tapping and holding the stop icon. For more information on using the Polar app, see [Polar app](#).
- You can also draw on the touchscreen with your finger. For example, you can draw emojis to messages, or you can set up a pattern to unlock the locked screen of your M600.

WRIST GESTURES

You can use wrist gestures to navigate your M600. You can flick your wrist in and out to scroll notifications and menus up and down. You can also shake your wrist to exit to the watch face.

Before you can use the wrist gestures, you have to turn them on.

TO TURN WRIST GESTURES ON

1. [Navigate to the Settings app](#), and find and tap **Gestures**.
2. Tap **Wrist gestures** to toggle between turning the wrist gestures on (the switch is blue) and off (the switch is gray).

 You can watch a tutorial on how to use the wrist gestures, and at the same time practice using them. You can find the tutorial in the same Gestures menu where you turned on the wrist gestures. Scroll the Gestures menu to find and tap **Launch tutorial**. For more detailed info on what you can do with wrist gestures, see [Wear OS by Google Help](#).

DIMMING AND WAKING UP THE SCREEN

The screen of your M600 will automatically dim when the smartwatch is left unused for a short while. You can also dim the screen manually.

TO DIM THE SCREEN

- Place your palm onto the screen until the watch vibrates.

TO WAKE UP THE SCREEN

- Tap the screen.

OR

- Quickly raise the M600 in front of you.

OR

- Briefly press either of the buttons.

 Note that dimming the screen is applicable when the Always-on screen is turned on. If the Always-on screen is off, the screen of your M600 will turn off when the smartwatch is left unused for a period of time. Also, placing your palm onto the screen will then turn the screen off.

M600 FEATURES AVAILABLE FOR ANDROID AND IOS

The user experience of Polar M600 is a bit different depending on whether you've paired it with a smartphone running an Android operating system or iOS. Below, you can see examples of the available features for each operating system.

	M600 paired with an Android phone	M600 paired with an iPhone
Operating system compatibility	Android 6.0 or later	iOS 10.0 or later
Operating time	2 days / 8 hours of training	1,5 days / 8 hours of training
<u>Wi-Fi support</u>	●	●
Default <u>apps</u>	●	●
Play Store app on smartwatch	●	●
Download more apps, games, watch faces	●	●
Use <u>wrist gestures</u>	●	●
Train with <u>Polar app</u>	●	●
Automatic syncing of training data to Polar Flow app on paired phone	●	●
Read <u>texts</u>	●	●
Reply to texts	●	

Send texts	●	
Reject incoming <u>phone call</u>	●	●
Initiate phone calls	●	
Read <u>emails</u>	●	● (Gmail™)
Reply emails	●	● (Gmail™)
Send emails	●	
Control <u>music</u> playing on your phone	●	●
Ask <u>Google Assistant</u> to help you**	●	●

*Only with Google Play Music app. Not available in China, Hong Kong or Taiwan.

**Only in select languages

COMMUNICATION

You can use your M600 to read, reply and send text messages and emails. With the M600, you can also handle phone calls from your wrist.

Find out more from the links below:

- [Text messages](#)
- [Phone calls](#)
- [Emails](#)



Note that there are some restrictions on the availability of the communication features depending on the operating system on your phone.

TEXT MESSAGES

READING TEXT MESSAGES ON YOUR M600

If you use notifications for text messages on your phone, you will see a [notification on your M600](#) when you get a new text.

To read a text message

- Tap the notification.

REPLYING TO TEXT MESSAGES FROM YOUR M600



Applicable only to Polar M600 paired with an Android phone.

You can reply to text messages from your wrist.

To reply to a text message

1. Tap the notification to see all of the message.
2. Swipe up from the bottom of the screen to see the actions you can take.
3. Tap **Reply**.
4. Choose whether you want to speak or type your message or draw an emoji. Or choose one of the predefined answers you'll find by swiping up from the bottom of the screen.

If you speak your message or use emojis, send your message by tapping the check mark icon. If you use the keyboard to type your answer, tap the arrow icon to send your message. Tap a predefined message to send it.

See [Wear OS by Google Help](#) for instructions on how to reply a text with emoji.

SENDING TEXT MESSAGES FROM YOUR M600



Applicable only to Polar M600 paired with an Android phone.

You can also send text messages from the M600 to people on the contact list. The M600 shows contacts saved in your Google Contacts.

To send a text message

1. Press the side power button to open the apps menu, and find and tap **Contacts**.
2. Find and tap the name of your contact who you want to text.
3. Scroll the contact details to find different types of contact options, and tap the text message icon.
4. Speak the message you want to send.
5. Tap **Send**.

See Wear OS by Google Help for instructions on [asking Google Assistant to send a text](#) and [what other apps you can use to send messages](#).

PHONE CALLS

 *Note that your phone must be connected to your M600 using Bluetooth for you to be able to see the incoming calls on your smartwatch and for you to be able to initiate calls using the M600.*

HANDLING INCOMING CALLS ON YOUR M600

When you get a call on your phone, you can see who's calling on the screen of your M600. You can reject the call from your M600.



To reject an incoming call

- Tap the icon for declining the call on the screen of your M600.

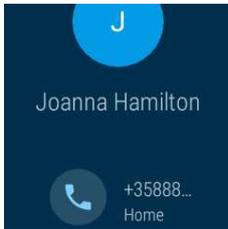
INITIATING PHONE CALLS FROM YOUR M600

 *Applicable only to Polar M600 paired with an Android phone*

You can initiate calls from the M600 to people on the contact list. The M600 shows contacts saved in your Google Contacts.

To make a phone call

1. Press the side power button to open the apps menu, and find and tap **Contacts**.
2. Find and tap the name of your contact who you want to call.
3. Scroll the contact details to find different types of contact options, and tap the phone icon.



4. The phone call will open on your phone. Use your phone to communicate with the person your are calling.

You can also ask Google Assistant to make a call to contacts saved in your Google Contacts. Find out more about using Google Assistant on Wear OS by Google from [Wear OS by Google help](#).

EMAILS

See below for more details on handling [emails on M600 paired with an iPhone](#).

READING EMAILS ON YOUR M600

If you use email notifications on your phone, you will see a notification on your M600 when you get new mail.

To read emails

- Tap the notification.

REPLYING TO EMAILS FROM YOUR M600

You can reply to emails from your wrist.

To reply to emails

1. Tap the notification to see all of the email.
2. Swipe up from the bottom of the message to see the actions you can take.
3. Tap **Reply**, and choose whether you want to speak or type your message or draw an emoji.

If you speak your message or use emojis, send your email by tapping the check mark icon. If you use the keyboard to type your answer, tap the arrow icon to send your email.

SENDING EMAILS FROM YOUR M600



Applicable only to Polar M600 paired with an Android phone

You can ask Google Assistant to send an email to contacts saved in your Google Contacts. Find out more about using Google Assistant on Wear OS by Google from [Wear OS by Google help](#).

EMAILS ON M600 PAIRED WITH AN IPHONE

If you use Gmail, you can turn on Rich Gmail cards, and then you'll be able [to read emails](#), [to reply to emails](#), and to delete or archive emails from your M600.

To turn on Rich Gmail cards

1. In the Wear OS by Google app on your iPhone, tap the **Settings** icon.
2. Tap **Email cards**.
3. Use the switch to enable **Rich Gmail cards**.
4. Return to the Settings menu and tap **DONE**.

MUSIC ON THE M600

CONTROL MUSIC PLAYING ON YOUR PHONE

You can control the music you're playing on your phone from the M600. When you start playing music on your phone, you'll see a music controls notification pop up on your M600 home screen. You can navigate and use the M600 as usual while the music is playing: Just press the side power button or swipe down the music controls to see your normal home screen. You can get back to the music controls notification by swiping up from the bottom of the home screen.

MUSIC CONTROLS ON YOUR SMARTWATCH

- You can skip songs and pause and restart the music.
- Tap the music controls notification and swipe up to be able to control the volume.
- Depending on the music app you're using, you might be able to swipe up to get more options, like browse music and play your playlists.

See also how you can control music without exiting the Polar app while you're training from chapter [During training](#).

GOOGLE ASSISTANT

 *For now, this feature is available in English, French, German, Japanese, Korean and Portuguese (Brazil) only.*

You can use your voice to ask Google Assistant to help you. But first you have to turn the "Ok Google" voice recognition on in your smartwatch.

TO TURN THE "OK GOOGLE" VOICE RECOGNITION ON

1. Make sure the display of your M600 is active and that you're on the home screen.
2. Swipe down from the top of the screen to access the Quick settings menu.
3. Tap the settings icon.
4. Find and tap **Personalization**.
5. Tap **"Ok Google" detection** to turn it on (the switch will turn blue).

TO OPEN GOOGLE ASSISTANT

1. Make sure the display of your M600 is active and that you're on the home screen.
2. Press and hold the side power button or say "Ok Google". You'll see the text **Hi, how can I help?**
3. Ask the Google Assistant's help. For example, you can ask "How do you say `hello` in Spanish?", or you can say "Start a run."

WHAT CAN YOU ASK FROM THE GOOGLE ASSISTANT

You can ask your M600 for answers to things you want to find out. For example, you can translate words, solve math problems, or look up random facts. The answer to your question appears on the screen of your M600. Depending on your question, your smartwatch may also suggest a link with relevant information that you can open on your phone.

You can also the Google Assistant to perform simple tasks, such as set a timer or send a text.

If you wait for a short while after you see "Hi, how can I help?" on the screen of your M600, you'll see a small upwards pointing arrow at the bottom of the screen. Then you can swipe up to see examples of things you can ask from your Google Assistant.

See the [Wear OS by Google Help site](#) for more information on Google Assistant.

STANDALONE USAGE OF THE M600

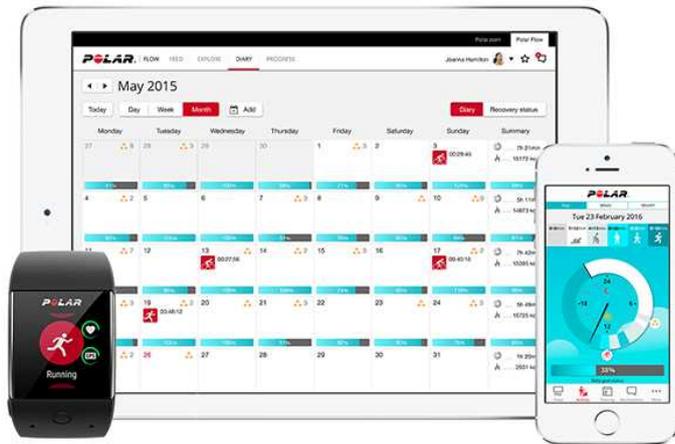
Even if your M600 is disconnected from your phone, some of the M600's basic features will continue to work.

In the standalone mode, you can:

- Tell time and view the date.
- Train using the [Polar app](#).
- Use the Play Store app if your smartwatch is [connected to a Wi-Fi](#).
- Use the [stopwatch](#).
- Use the [timer](#).
- View your [schedule](#) for the day.
- Set an [alarm](#).
- View your [step count](#).
- View your [heart rate](#).
- [Change the watch face](#).
- Use the [airplane mode](#).

TRAINING WITH POLAR

POLAR APP AND POLAR FLOW



POLAR APP

The Polar app on your M600 turns your Wear OS by Google smartwatch into a Polar sport and activity tracker.

The app monitors your training data, such as heart rate, speed, distance and route. It also measures your activity around the clock: you can see how many steps you've taken, how much distance you've covered and how much calories you've burned. If you wear the M600 to bed, you'll also get an analysis of your sleep time and quality.

GETTING THE APP

In order to get Polar's activity tracking and training features to work on your M600, you need to install the Polar Flow app from Google Play or App Store on your phone and activate the Polar app on your smartwatch. See [here](#) for more information on how to activate the Polar app on your M600.

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 change some settings and plan your training in the app.

TRAINING DATA

With the Polar Flow app, you can get an instant overview of your training straight after your session on your phone. You can see weekly summaries of your training in the training diary, and share your best achievements with your friends in the Flow Feed.

ACTIVITY DATA

In the mobile app, you can see your daily activity in detail. See how much time you've spent on each activity intensity level, and find out how much you're missing from your daily goal and how to reach it. You can also see detailed information on your sleeping data.

CHANGING SETTINGS AND PLANNING YOUR TRAINING

You can change your Polar account settings and some basic device settings in the Polar Flow app. In addition, you can add and remove [sport profiles](#), and you can plan your training by creating quick or phased training

targets.

For support and more information about using Polar Flow app, go to support.polar.com/en/support/Flow_app.

For information on how to sync your training and activity data and the changed settings between the Polar app and the Polar Flow mobile app, see [Syncing](#).

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.

In the web service, you can also customize the Polar app on your M600 to perfectly fit your training needs by adding new sport profiles and [editing their settings](#). For example, you can define specific **training view settings** for each sport and choose what data you want to see while you're training.

You can also follow and visually analyze your progress, join a network of fellow exercisers, and you can get a personalized training program for a running event. To start using the Polar Flow web service, go to flow.polar.com, and sign in with the Polar account you created when you set up your M600.

FEED, EXPLORE AND DIARY

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

PROGRESS

In **Progress** you can follow your development with reports. Reports are a handy way to follow your training progress 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 the sport for the report from the drop-down lists, and press the wheel icon to choose what data you want to view in the report graph.

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.

PROGRAMS

In **Programs** you can create a Running Program that will help you train for a 5K, 10K, half marathon or marathon run. Polar Running Program is tailored for your event, taking your personal attributes, training background and preparation time into account.

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

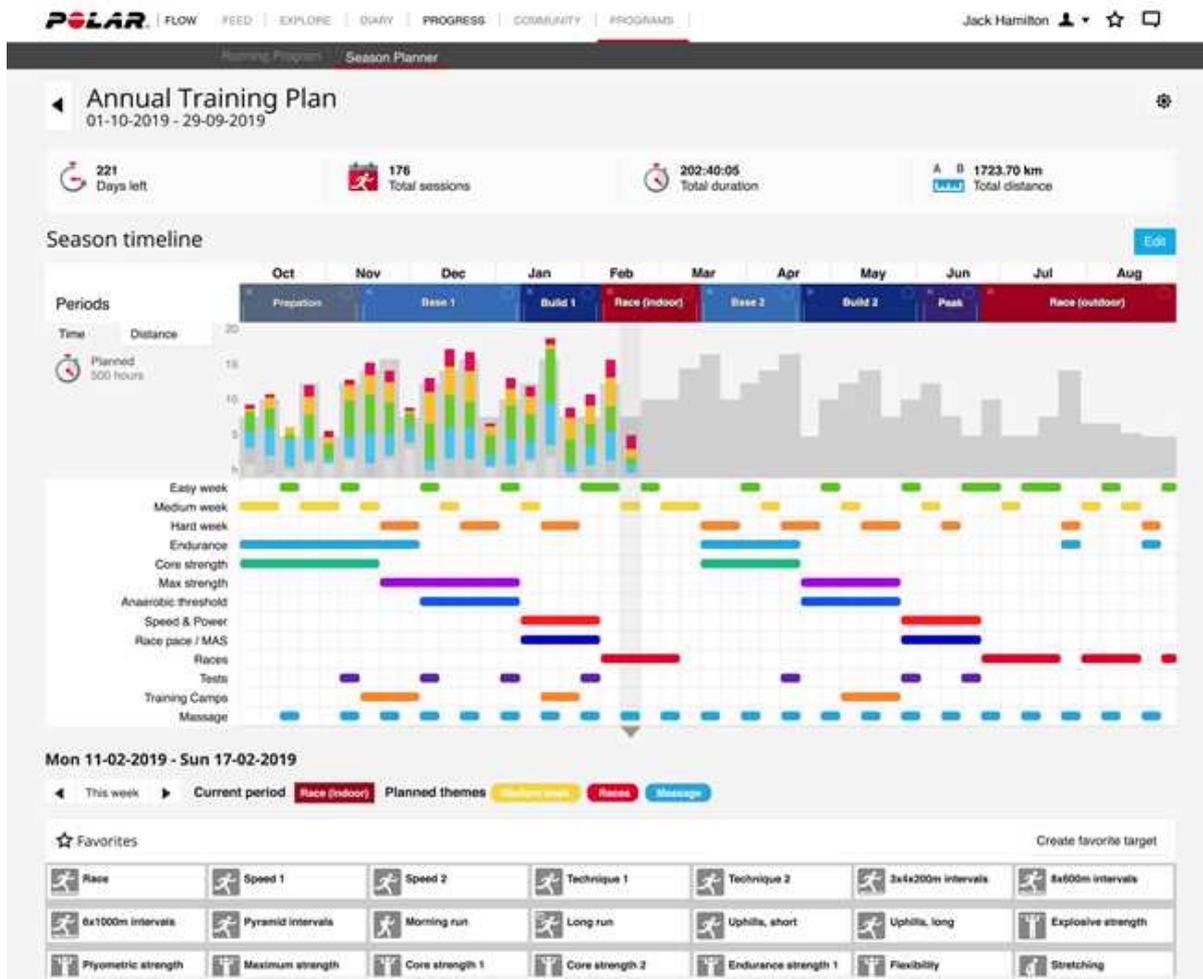
For detailed information on how to edit the sport profiles see [Polar Sport profiles in Flow Web Service](#).

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.

CREATE A TRAINING PLAN WITH THE SEASON PLANNER

The [Season Planner](#) in the Flow web service is a great tool for creating a tailored annual training plan. No matter what your training goal is, Polar Flow helps you create a comprehensive plan to reach it. You can find the Season Planner tool from the **Programs** tab in the Polar Flow web service.



[Polar Flow for Coach](#) is a free remote coaching platform that allows your coach plan every detail of your training from full season plans to individual workouts.

CREATE A TRAINING TARGET IN THE POLAR FLOW APP AND WEB SERVICE

Note that the training targets need to be synced to your watch with FlowSync or via Flow app before you can use them. Your watch will guide you towards completing your target during training.

To 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**, choose **Sport**, enter **Target name** (maximum 45 digits), **Date** and **Time** and any **Notes** (optional) you want to add.

Then choose the type of your training target from the following:

DURATION TARGET

Choose a duration for your target in hours and minutes.

1. Choose **Duration**.
2. Enter the duration.
3. Click the **Add to favorites**  to add the target to your list of favorites, if you want.
4. Click **Save** to add the target to your **Diary**.

DISTANCE TARGET

Choose a distance for your target in kilometers or miles.

1. Choose **Distance**.
2. Enter the distance.
3. Click the **Add to favorites**  to add the target to your list of favorites, if you want.
4. Click **Save** to add the target to your **Diary**.

CALORIE TARGET

Choose a target based on how many calories you want to burn during your training session.

1. Choose **Calorie**.
2. Enter the amount of calories.
3. Click the **Add to favorites**  to add the target to your list of favorites, if you want.
4. Click **Save** to add the target to your **Diary**.

INTERVAL TARGET

Choose a target based on intervals. Work some high intensity work phases and low intensity recovery periods into your training session to boost your routine.

1. Choose **Interval**.
2. Click **Repeat phases** to unlock the default interval target if, you want.
You can edit each phase by clicking the pen icon on the right: 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.
3. Click the **Add to favorites**  to add the target to your list of favorites, if you want.
4. Click **Save** to add the target to your **Diary**.

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.

1. Choose **Phased**.
2. 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.

3. Click the **Add to favorites** ☆ to add the target to your list of favorites.
4. 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 the Favorite as a template for your target.
4. Choose **Sport**, enter **Target name** (maximum 45 digits), **Date** and **Time** and any **Notes** (optional) you want to add.
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**.

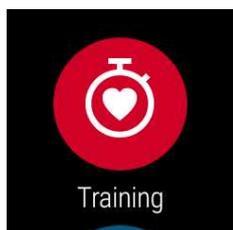
SYNC THE TARGETS TO YOUR WATCH

Remember to sync the training targets to your watch 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](#).

POLAR APP MENU

TRAINING

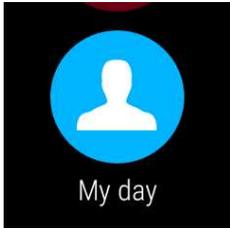


This is where you start your training sessions. Open **Training** to see a list of the [sport profiles](#) that you have in the Polar app. This is where you can choose the sport you want to do.

You can edit the selection of sport profiles you see in the Polar app on your M600 either in the Polar Flow app or in the Polar Flow web service. In the mobile app menu, tap **Sport profiles**. Or go to flow.polar.com, click your name in the upper right corner, and choose **Sport profiles**. In both the mobile app and the web service, you can add and remove sports and reorganize the list to keep your favorite sports easily accessible on your M600.

To start training, wait for your heart rate to appear next to the sport icon. If your chosen sport profile supports GPS-tracking, the GPS icon is also displayed. The green circle around the GPS will stop rotating when the GPS signal is found. Press the front button or tap the icon to choose the sport and the training session begins.

MY DAY



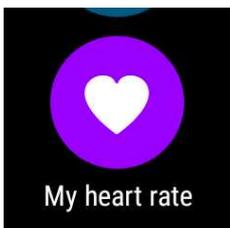
You can see the progress of your daily activity on the home screen of your M600 when you use Polar's own watch faces, like the "Polar Jumbo". In **My day** you can see your daily activity in more detail and your training sessions for the day.

Open **My day** to see your activity status **NOW**. Here you'll see the percentage of how much you've achieved of your daily activity goal so far. Your progress is also visualized in the gradually filling activity bar. You'll also see the amount of steps you've taken, the distance you've covered so far and the calories you've burned.

Scroll the **My day** menu to see the training sessions you've done during the day and any planned training sessions you've created for the day in the Polar Flow web service or in the Polar Flow app. You can open the past sessions to view them in more detail.

If you wear your smartwatch at night, you can find also your sleep information from the previous night under **My day**. Tap the sleep card to see a more detailed sleep summary. Under the sleep card, you can rate your sleep. Tap the card with emoticons to open sleep rating options.

MY HEART RATE



Here you can quickly check your current heart rate without starting a training session. Just tighten the wristband, tap the icon and you'll see your current heart rate in a moment.

Swipe right to exit to the Polar app menu, or press the side power button to exit to the home screen.

SYNC

Applicable only to Polar M600 paired with an iPhone

The Polar app in your M600 syncs your training and activity data with the Polar Flow app automatically after you've completed a training session. But if you don't train using the Polar app and want to see your activity data in the mobile app, you need to use the manual sync. You can do this by tapping the **Sync** icon. Your M600 displays **Syncing** during and **Completed** after a successful sync.

When the Polar app on your M600 syncs with the mobile app, your activity and training data are also synced automatically via an internet connection to the web service.

NAVIGATING THE POLAR APP

TO OPEN THE POLAR APP

- Press the front button of your M600 (note that you must exit any other apps first).

OR

- Press the side power button to open the apps menu, and find and tap **Polar**.

OR

- Use your voice:

1. Make sure the display of your M600 is active and you're on the home screen.
2. Say "Ok Google".
3. Say either "Open Polar" or "Start a workout."

 See below for instruction on turning the "Ok Google" voice recognition on to be able to use your voice to navigate the Polar app.

USING THE TOUCHSCREEN AND WRIST GESTURES TO NAVIGATE THE POLAR APP

TO BROWSE MENUS, LISTS AND SUMMARIES

- Swipe the screen up or down.

OR

- Flick your wrist in and out.

TO CHOOSE ITEMS

- Tap the icons.

TO GO BACK ONE STEP

- Swipe the screen from left to right.

TO EXIT THE POLAR APP

- Shake your wrist.

USING THE FRONT BUTTON TO NAVIGATE THE POLAR APP

- In the Polar app menu, press the front button to open **Training**.
- In the list of sport profiles, press the front button to choose the sport profile icon shown on the screen.
- During training, press the front button to mark a manual lap.
- During training, press and hold the front button to pause the exercise.
- In pause mode, press and hold the front button to stop the training session.
- In summary view after training, press the front button to open the Polar app menu.

USING YOUR VOICE TO NAVIGATE THE POLAR APP

You can use also your voice to navigate the Polar app. But first you have to turn the "Ok Google" voice recognition on in your smartwatch.

TO TURN THE "OK GOOGLE" VOICE RECOGNITION ON

1. Make sure the display of your M600 is active and that you're on the home screen.
2. Swipe down from the top of the screen to access the Quick settings menu.
3. Tap the settings icon.
4. Find and tap **Personalization**.
5. Tap **"Ok Google" detection** to turn it on (the switch will turn blue).

TO START A TRAINING SESSION

1. Make sure the display of your M600 is active and you're on the home screen.
2. Say "Ok Google".
3. Say either "Start a run" or "Start a bike ride" to start your training session,

OR

say "Start a workout" to open the list of sport profiles, and find and tap the sport you want to do to start the session.

TO PAUSE A TRAINING SESSION

1. Make sure the display of your M600 is active and you're on the home screen.
2. Say "Stop a run" or "Stop a bike ride."

TRAINING WITH POLAR APP

Use the Polar app on your M600 to take full advantage of your sport-optimized smartwatch.

See detailed information on how to train with the Polar app on your M600 from the links below:

- [Wearing your M600](#)
- [Starting a training session](#)
- [During training](#)
- [Pausing/Stopping a training session](#)
- [After training](#)

WEARING YOUR M600

Your sport-optimized smartwatch has a built-in heart rate sensor that measures your heart rate from the wrist. To measure wrist-based heart rate accurately, you need to secure the wristband firmly around your wrist, just behind the wrist bone, with the display facing up. The sensor must be touching your skin, but the wristband should not be too tight to prevent blood flow.



When you're not working out, you should wear the wristband a little looser, just as you would wear a normal watch. But you should tighten it up for your training sessions to make sure you get accurate heart rate readings from the wrist. If you have tattoos on the skin of your wrist, avoid placing the sensor right on it as it may prevent accurate readings.

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

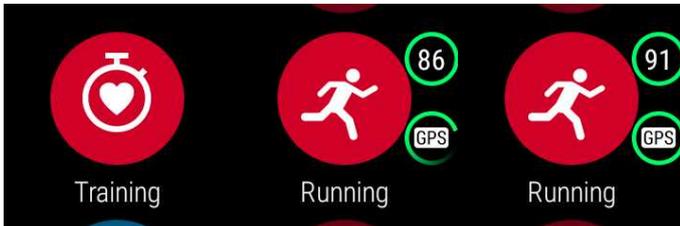
In sports where it's more challenging to keep the sensor stationary on your wrist or where you have pressure or movement in muscles or tendons near the sensor, we recommend using a Polar heart rate sensor with a chest strap to get better measurement of your heart rate. See [Pairing the Polar app with a heart rate sensor](#) for more information.

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 you will have a dependable measure of your physical state.

STARTING A TRAINING SESSION

 See [Navigating the Polar app](#) to find out the alternative ways to get around in the app.

TO START A TRAINING SESSION



1. Open the Polar app by pressing the front button of your M600. Note that you must exit any other apps first.
2. Press the front button to open **Training** and to see your list of sport profiles.
3. Flick your wrist in or out to scroll the list of sport profiles and to find the one you want to use. Stay in this pre-training mode until the M600 has found your heart rate and the GPS satellite signals (if applicable to your sport) to make sure your training data is accurate.

The heart icon begins to display your heart rate when it's detected.

If a sport profile supports GPS-tracking, the GPS icon is displayed. To catch the GPS satellite signals, go outdoors and away from tall buildings and trees. For best GPS performance, wear the M600 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 the M600 has found the satellite signals.

Due to the location of the GPS antenna on the M600, it is not recommended to wear it with the display on the underside of your wrist. If you wear it on the handlebars of a bike, make sure the display is facing up. For more information on the GPS, see [GPS](#).

The green circle around the GPS will stop rotating when the GPS signal is found.

4. To begin a training session, press the front button on your chosen sport profile.

 *Note that you need to give the Polar app on your M600 permission to track your location and to measure your heart rate if you want to view information based on these measurements in your training data.*

To enable/disable permissions

1. [Navigate to the settings menu](#), and find and tap **Apps**.
2. Tap **System Apps**.
3. Scroll the list to find and tap **Polar**.
4. Tap **Permissions**.
5. Tap **Location** or **Sensors** to toggle between enabling (the switch is blue) and disabling (the switch is gray) the app to track this information.

See [During Training](#) for more information on what kind of information the Polar app can show you while you're training.

STARTING A TRAINING SESSION WITH A TARGET

You can plan your training and create personal training targets for yourself in the Polar Flow app or web service. Note that you have to sync the training targets to the Polar app before you can use them. See [syncing](#) for more information. The Polar app will guide you towards completing your target during training.

To start a training session with a target scheduled for today

1. Press the front button of your M600 to open the Polar app.
2. Tap **Training**. You'll be prompted to start a training target you've scheduled for the day.
3. Tap the check mark icon.
4. Find and tap the sport profile you want to use for the training session.

OR

1. Press the front button of your M600 to open the Polar app.
2. Go to **My day**.
3. Find and tap your training target.
4. Find and tap your preferred sport for the training session.

To start a training session with a target scheduled for another day

1. Press the front button of your M600 to open the Polar app.
2. Tap **Training** or press the front button to open the list of sport profiles.
3. Swipe once from right to left to open the list of training targets scheduled for the past seven days, for today and for the next seven days to come.
4. Find and tap the training target you want to perform.
5. Then find and tap your preferred sport to start recording your training session.

To start a training session with a favorite target

1. Press the front button of your M600 to open the Polar app.
2. Tap **Training** or press the front button to open the list of sport profiles.
3. Swipe twice from right to left to open the list of training targets you've added to your favorites.
4. Find and tap the favorite training target you want to perform.
5. Find and tap your preferred sport to start recording your training session.

DURING TRAINING

TRAINING VIEWS

To browse through the training views

- Swipe the screen up or down.

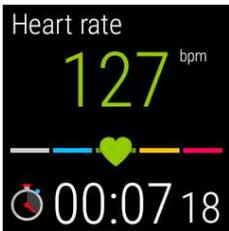
OR

- Flick your wrist in and out.

See the [video tutorial on how to navigate the Polar app during training](#).

The information you see on the training views depends on your edit of the chosen sport profile. You can define the settings for each sport profile in the [Polar Flow app](#) or in the [Polar Flow web service](#).

For example, your training views can have the following information:



Your current heart rate
The heart rate ZonePointer
Duration of training session



Distance covered during the session so far
Your current pace
Time of day
Calories burned so far during training

AUTOMATIC LAP VIEW

Applicable if you have the Automatic lap setting turned on in the chosen sport profile. For more information on how to change sport profile settings, see [Sport profiles in Polar Flow web service](#) or [Sport profiles in Polar Flow app](#) on the Polar support pages.

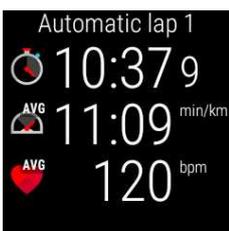
To see the Automatic lap view

- Swipe left on the training view.

To see the previous laps

- Swipe the lap view up.

Depending on your Automatic lap settings, your lap view will display:



Lap duration or lap distance
Average speed or pace
Average heart rate

FUNCTIONS DURING TRAINING

You can mark a lap manually during exercise.

To mark a lap

- Press the front button.

Marking the first manual lap will create a manual lap view to your Polar app for that training session.

You can also use the automatic lap setting. In the Polar Flow web service, edit the sport profile settings under **Basics**, and set the **Automatic lap** either to **Lap distance** or **Lap duration**. If you choose Lap distance, set the distance after which each lap is marked. If you choose Lap duration, set the duration after which each lap is marked.

You can stop the display from turning off during training.

To keep the display on

1. Swipe down from the top of the screen.

If you're listening to music from the phone you've paired with your M600 or from the Google Play Music app on your M600 while you're training, the music controls view will be the first view you'll see. Then you'll have to swipe left to find the **Backlight** view.

2. Tap the crossed out light bulb icon to turn the **Backlight ON** for the current training session.

You have to turn the Backlight on separately for each training session.

 *Keeping the display on during training considerably reduces the battery operating time of your M600: with automatic screen brightness, the operating time is on average reduced to 5 hours of training time, and in bright conditions when the screen contrast level is highest, the operating time may be reduced to 3 hours of training time.*

You can turn off the touchscreen in the Polar app while you're training.

To lock the touchscreen

1. Swipe down from the top of the screen.
2. Swipe left to find the **Screen lock** view.
3. Tap the open lock icon to turn the **Screen lock ON** for the current training session.

You have to turn the screen lock on separately for each training session.

The **Screen lock ON** only turns the touchscreen off in the Polar app. You can still flick your wrist in and out to scroll the training views or the automatic or manual lap views, depending on which view you had open when you locked the touchscreen.

You can still use the touchscreen to navigate the smartwatch, just exit the Polar app first by pressing the side power button. You can return to the locked Polar app view by tapping the **Recording on** card on the home screen of the M600 or by pressing the front button of your M600.

To unlock the touchscreen

1. Touch anywhere on the locked screen. You'll see a lock icon and the text **Swipe down** peeking from the top of the screen.
2. Swipe down from the top of the screen.
3. Tap the lock icon to turn the **Screen lock OFF**.

If you're listening to music from the phone you've paired with your M600, you can control the music without exiting the Polar app during training.

To control music

- Swipe down from the top of the screen to find the music controls.

You can skip phases while training using a phased training target.

To skip phases

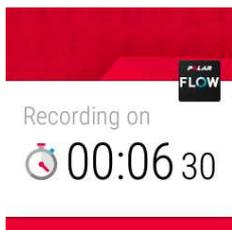
1. Swipe up from the bottom of the screen in the training target view to see a list of the different phases in the training target.
2. Skip the current phase by tapping the next icon on the left.

To exit the Polar app without stopping your training session

- Press the side power button of your M600.

OR

- Shake your wrist.



When you exit the Polar app during training, you'll see a **Recording on** notification. You can hide the notification by swiping it down or by pressing the side power button. Now you can navigate and use the M600 as usual.

To return to your training session

- Swipe up from the bottom of the home screen to see the **Recording on** notification and tap it.

OR

- Press the front button of your M600.

TRAINING SUMMARY DURING TRAINING

To see the training summary view

- Swipe left. The training summary view is the farthest view to the right.

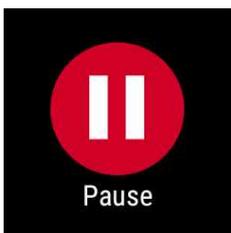


Depending on the sport profile you're using, the Summary view will display some or all of the following information

- Time of day
- Duration of training session
- Distance covered (If applicable to your sport)
- Average heart rate
- Maximum heart rate
- Average speed or pace (If applicable to your sport)
- Maximum speed or pace (If applicable to your sport)
- Average cadence
- Maximum cadence
- Maximum altitude
- Ascended meters/feet
- Descended meters/feet
- Burned calories
- Percentage of burned calories that's been expended from fat
- Time spent in different heart rate zones

PAUSING/STOPPING A TRAINING SESSION

TO PAUSE A TRAINING SESSION



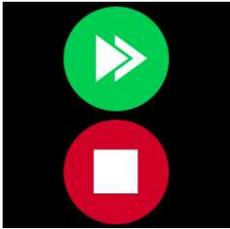
- Press and hold the front button.

OR

- Swipe right on the training view to find and tap the pause icon.

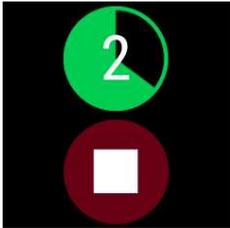
 You can see the training summary in the pause mode by swiping left.

TO CONTINUE A PAUSED TRAINING SESSION



- Tap the green arrows icon.

TO STOP A TRAINING SESSION



- During training or in the pause mode, press and hold the front button until the green counter counts all the way down.

OR

- In the pause mode, tap and hold the red stop icon to end the recording.

AFTER TRAINING

Get instant analysis and in-depth insights into your training with the Polar app, the Polar Flow app and the Polar Flow web service.

TRAINING SUMMARY ON YOUR M600

After each training session, you'll get an instant training summary of your session on your wearable.



The information shown in your summary depends on the sport profile. The available details include:

Duration: The duration of the session.

Distance (If applicable to your sport): Distance covered in the session.

Average heart rate: Your average heart rate during the session.

Maximum heart rate: Your maximum heart rate during the session.

Average pace/speed (If applicable to your sport): Average pace/speed of the session.

Maximum pace/speed (If applicable to your sport): Maximum pace/speed of the session.

Average cadence: Your average cadence for the session.

Maximum cadence: Your maximum cadence during the session.

Maximum altitude: Your maximum altitude above sea level during the session.

Ascended meters/feet: Ascended meters/feet during the session.

Descended meters/feet: Descended meters/feet during the session.

Calories: Calories burned during the session.

Fat burn % of calories: Calories expended from fat during a workout expressed as a percentage of the total calories burned during the session.

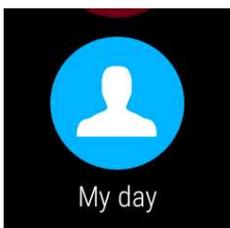
Heart rate zones: Training time spent in different heart rate zones.

Running index: Your running performance class and numerical value. Find out more from chapter [Running Index](#).

Training load: The calculated exertion of your training session.

Training Benefit: Feedback on the effectiveness of your training session.

You can view your training summary later in **My day**.





To view your training summary later

1. Press the front button to open Polar app.
2. Swipe up to find and tap **My day**.
3. Swipe down to view today's training sessions.
4. Tap the session you want to see in the summary view.

You can only view the training summaries of the current day in the Polar app. You can see your full training history with more detailed analysis in the Polar Flow app or the web service.

TRAINING DATA IN POLAR FLOW APP

Analyze your data at a glance after each session on your phone. The Polar app on your M600 syncs your training data with the Polar Flow app automatically after you've completed a training session.

For more information, see [Polar apps and services](#) and [Syncing](#).

TRAINING DATA IN POLAR FLOW WEB SERVICE

You can analyze every detail of your training and learn more about your performance in the Polar Flow web service. Follow your progress and also share your best sessions with others.

For more information, see [Polar apps and services](#) and [Syncing](#).

GPS FEATURES

The M600 has built-in GPS that provides accurate speed and distance measurement for a range of outdoor sports. When you train using the Polar app, you can see your route on a map in the Polar Flow app and web service after your session.

The M600 includes the following GPS features:

- Altitude: Real-time altitude measurement.
- Distance: Accurate distance during and after your session.
- Speed/Pace: Accurate speed/pace information during and after your session.

Note that the GPS stops recording when the battery saver mode is on in your M600. The battery saver mode turns on automatically when the battery's charge drops to 5%.

 Even if you aren't measuring your heart rate from your wrist, for best GPS performance, wear the M600 on your wrist with the display facing up. Due to the location of the GPS antenna on the M600, it is not recommended to wear it with the display on the underside of your wrist. If you wear it on the handlebars of a bike, make sure the display is facing up.

SYNCING

To be able to sync data between the Polar app on your M600, the Polar Flow mobile app and the Polar Flow web service, you need to have a Polar account. You already created an account if you finished [setting up your M600](#).

AUTOMATIC SYNCING OF TRAINING DATA

The Polar app on your M600 syncs your training and activity data with the Polar Flow app automatically after you've completed a training session. For the automatic sync to work, you need to be signed in to the mobile app with your Polar account, and your phone and M600 need to be connected.

Android phone users: Your phone and M600 can be connected either via Bluetooth or Wi-Fi.

iPhone users: Your phone and M600 need to be connected via Bluetooth.

The Polar app also syncs your activity data with the mobile app if you get an inactivity alert or reach your daily activity goal.

When your activity and training data are updated to the mobile app, the data is automatically also synced with the Polar Flow web service via an internet connection.

 **iPhone users note!** If you don't train using the Polar app and want to see your activity data in the mobile app, you need to use the manual sync.

SYNCING CHANGED SETTINGS

You can change your Polar account settings, add or remove sport profiles, create training targets and edit the sport profile settings in both the Polar Flow web service and the Polar Flow mobile app.

Any changes you make in the mobile app, with your phone connected to the Internet, will sync between the mobile app and the web service automatically. If you make the changes in the Polar Flow web service, they will be synced to your mobile app next time you open the app on your phone.



Applicable to Polar M600 paired with an Android phone

If your M600 is paired with an Android phone, the changed settings will sync from the mobile app to the Polar app on your M600 automatically via Bluetooth or Wi-Fi connection.

Applicable to Polar M600 paired with an iPhone

If your M600 is paired with an iPhone, you need to manually sync the changed settings between the mobile app and the Polar app on your M600.

TO SYNC ACTIVITY DATA AND CHANGED SETTINGS MANUALLY (IPHONE USERS)

1. Press the front button of your M600 to open the **Polar** app.
2. Swipe down the menu to find and tap **Sync**.
3. The watch displays **Syncing** during and **Completed** after a successful sync.

See the Polar support pages for more information about [using the Polar Flow app](#).

See the Polar support pages for more information about [using the Polar Flow web service](#).

TRAINING TARGETS

FAVORITES

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

You can see the maximum number of your watch. 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 watch 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.

PAIRING THE POLAR APP WITH A HEART RATE SENSOR

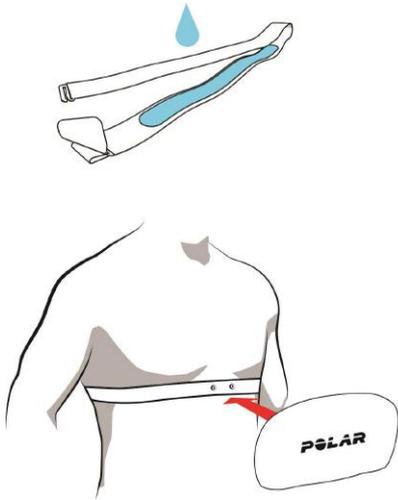
In sports where it's more challenging to keep the sensor stationary on your wrist or where you have pressure or movement in muscles or tendons near the sensor, we recommend using a Polar heart rate sensor with a chest strap to get better measurements of your heart rate.

The Polar training app on your M600 is compatible with *Bluetooth*® heart rate sensors, like Polar H6 and H7.

The *Bluetooth*® heart rate sensor must be paired with the Polar app for them to function together. The pairing takes only a few seconds and ensures that the Polar app receives signals from only your sensors and devices 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 from other devices.

TO PAIR A POLAR *BLUETOOTH*® HEART RATE SENSOR WITH THE POLAR APP ON YOUR M600

1. Wear the heart rate sensor.



- Moisten the electrode areas of the strap.
 - Attach the connector to the strap.
 - Adjust the strap length to fit tightly but comfortably. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap.
 - Check that the moist electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position.
1. Open the Polar app on the M600 by pressing the front button. (You need to exit any other apps first.)
 2. Tap **Training** or press the front button to open the list of sport profiles on your M600.
 3. You'll be prompted to pair your M600 with your heart rate sensor. You'll see your heart rate sensor's device ID, for example, **Pair Polar H7 XXXXXXXX**.
 4. Accept the pairing request by tapping the check mark icon.
 5. You'll see **H7 connected** when your heart rate sensor is paired with your smartwatch. Also the heart icon turns to display your heart rate and the circle around the heart rate turns from green to blue.

 *When you use a Polar Bluetooth® heart rate sensor, the Polar app does not measure heart rate from your wrist.*

TO UNPAIR A POLAR *BLUETOOTH*® HEART RATE SENSOR FROM THE POLAR APP

1. Go to flow.polar.com.
2. Click your name in the upper right corner, and choose **Products**.
3. You'll see a list of your **Registered products**. Click **Remove** next to your heart rate sensor to unpair it from any of the devices.

 *Detach the connector from the chest strap, and rinse the strap under running water after every training session. Sweat and moisture may keep the heart rate sensor activated, so also remember to wipe it dry.*

POLAR FEATURES

SPORT PROFILES

Sport profiles are the sport choices you have in the Polar app on your M600.

There are seven default sport profiles in the Polar app on your M600:

- Group exercise
- Running
- Strength training
- Cycling
- Swimming
- Other indoor
- Other outdoor

You can add and remove sport profiles in the Polar Flow mobile app or in the Polar Flow web service. You can also define specific settings for each profile service. 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 in the Polar app on your M600 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 Polar Flow Web Service](#) or [Sport Profiles in Polar Flow app on the Polar support pages](#).



Please note that in a number of indoor sports, group sports and team sports profiles the **HR visible to other devices** setting is enabled by default. This means that compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can check which sport profiles have Bluetooth broadcasting enabled by default from the [Polar Sport profiles list](#). You can enable or disable Bluetooth broadcasting from [sport profile settings](#).

POLAR SPORT PROFILES IN FLOW WEB SERVICE

There are seven default sport profiles in the Polar app on your M600. You can add and remove sports from the list in the Polar Flow web service. You can also define specific settings for each sport profile.

The Polar app on your M600 can contain a maximum of 20 sport profiles. If you have over 20 sport profiles in the web service, the first 20 in the list will sync to the Polar app. You can change the order of the sport profiles by dragging and dropping them in the Polar Flow web service.

TO ADD A SPORT PROFILE

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 a sport from the list.

The sport is added to your sport list.

See more information on how to add and remove sport profiles in the Polar Flow app from [Polar support pages](#).

TO EDIT A SPORT PROFILE

In the Polar 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 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 (km/h or min/km)

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 add a new view. You can choose one to four items per view from six categories:

Time	Environment	Body measurement	Distance	Speed	Cadence
Time of day	Altitude	Heart rate	Distance	Speed/pace	Running/cycling cadence
Duration	Total ascent	Average heart rate	Lap distance	Average speed/pace	Average running/cycling cadence
Lap time	Total descent	Maximum heart rate	Last lap distance	Maximum speed/pace	
Last lap time	Lap ascent				

Last automatic lap time	Lap descent	Lap HR avg	Automatic lap distance	Average lap speed/pace	Lap running/cycling cadence
Automatic lap time	Automatic lap ascent	Lap HR max	Last automatic lap distance	Lap speed/pace max	Lap running/cycling cadence max
	Automatic lap descent	Last lap HR avg		Last lap speed/pace max	Lap running/cycling cadence avg
		Calories		Automatic lap speed/pace avg	Automatic lap running/cycling cadence avg
		Last lap HR max		Automatic lap speed/pace max	Running/cycling cadence max
		HR ZonePointer		Last automatic lap speed or pace	
		Time in HR zone		Last automatic lap speed max	
		Automatic lap HR avg		Last lap speed/pace avg	
		Automatic lap HR max			
		Last automatic lap HR avg			
		Last automatic lap HR max			

Gestures and Feedback

- Vibration feedback (on/off)

GPS and altitude

- GPS recording rate (high accuracy/off)

When you're done editing the sport profile settings, click **Save**. Note that the changed settings have to be synced to the Polar app before you can use them. For more information, see [Syncing](#).



Please note that in a number of indoor sports, group sports and team sports profiles the **HR visible to other devices** setting is enabled by default. This means that compatible devices using Bluetooth Smart wireless technology, e.g. gym equipment, can detect your heart rate. You can check which

sport profiles have Bluetooth broadcasting enabled by default from the [Polar Sport profiles list](#). You can enable or disable Bluetooth broadcasting from sport profile settings.



POLAR SMART COACHING FEATURES

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.

The Polar app on your M600 includes the following Polar Smart Coaching features:

- [24/7 Activity tracking](#)
- [Smart Calories](#)
- [Training Benefit](#)
- [Training Load](#)
- [Running Program](#)
- [Running Index](#)

You can see the details of [Activity Benefit](#) in the Polar Flow app or web service.

24/7 ACTIVITY TRACKING

The Polar app on your M600 tracks your activity with a 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. We recommend that you wear your M600 on your non-dominant hand for more accurate activity tracking.

The activity tracking feature is always on. If you use a Polar watch face on your M600, you'll see your activity progress on the home screen.

ACTIVITY GOAL

The Polar app guides you in reaching your personal activity goal each day. The activity goal is based on your personal data and activity level setting, which you can find in the Daily Activity Goal settings in the [Polar Flow web service](#). Sign in to the web service, click your name/profile photo in the upper right corner and go to the Daily Activity goal tab in Settings.

The Daily Activity goal setting lets you choose the one that best describes your typical day and activity from three activity levels. 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.

ACTIVITY DATA

The Polar app records your progress towards your daily goal. You can check your activity progress from the activity bar in **My day** or from the Polar watch faces.



In the **Polar 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 with light blue color as you are active.



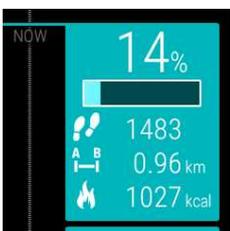
In the **Polar Jumbo** watch face, the watch face fills up with light blue color as you move towards reaching your daily activity goal.



In the **Polar Combo** watch face, if you have **Polar > Activity** chosen on the left [complication](#) location, you can see the accumulation of your activity as the rim of the watch face fills with color. You can set the color to your liking by tapping and holding the watch face and choosing **Styles**. You can see the percentage of how much you've achieved of your activity goal so far also in the bottom left corner of the watch face.

i Note if you've chosen **General > Watch battery** on the left complication location, the colored rim of the Polar Combo watch face will indicate battery level and not the accumulation of your activity.

Under **My day**, you can view your day's accumulated activity in more detail and get guidance on how to reach your daily activity goal.



- **Steps:** Steps you've taken so far. The amount and type of body movements are registered and turned into an estimation of steps.
- **Distance:** Distance you've covered so far. The distance calculation is based on your height and the steps you've taken.

- **Calories:** Shows how many calories you've burned through training, activity and BMR (Basal metabolic rate: the minimum metabolic activity required to maintain life).

 You can quickly open the activity display from the home screen if you have Polar Jumbo as your watch face. Just tap the light blue activity icon.

To see what you should still do to reach your activity goal for the day, tap the activity data view when the activity data view is open on the screen.

You'll get options for how long you need to be active if you choose low, medium or high intensity activities. In the suggestions, 'up' means low intensity, 'walking' means medium intensity, and 'jogging' means high intensity. With practical guidance like '50 minutes walking' or '20 minutes jogging', you can choose how to reach your goal today.

You'll find more examples for low, medium and high intensity activities from the Polar Flow app and the Polar Flow web service.

If you're using a Polar watch face, when you reach your daily activity goal, you'll get a vibrating alert.

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. The Polar app spots if you're being inactive for too long during your day and helps you to break up your sitting to avoid the negative effects it has on your health.

Whichever activity level you've set for your daily activity goal, if you've been still for 55 minutes, you'll get an inactivity alert notification: **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 any button.

If you don't get active in five minutes, you'll get an inactivity stamp. You can see the inactivity stamp in **My day** in the Polar app below your daily activity data. You can also see how many inactivity stamps you've received each day in the Polar Flow app and web service. This way you can check back on your daily routine and make changes towards a more active life.

The inactivity alerts or stamps won't affect your progress towards reaching your daily activity goal.

SLEEP INFORMATION IN THE FLOW WEB SERVICE AND FLOW APP

 To learn more about sleep data on the Polar app on your M600 see chapter [Polar Sleep Plus](#).

Polar devices with 24/7 activity measurement automatically detect when you fall asleep, when you're sleeping and when you wake up from your wrist movements. They observe your movements during the night tracking all interruptions during your sleep span, and tell you how much time you actually spent asleep. The sleep detection is based on recording the movements of your non-dominant hand with a digital 3D acceleration sensor.

Tracking your sleep gives you an insight into your sleep patterns, allowing you to see where to make improvements or changes. Comparing your night to night averages and assessing your patterns can help you spot what you're doing during the day that can affect your sleep. Weekly summaries in your Polar Flow account help you evaluate how regular your sleep-wake pattern is.

What Polar Sleep Plus™ Measures – Key Components of Sleep Tracking

- **Sleep time:** Sleep time tells you the total duration between when you fell asleep and when you woke up. Your Polar device observes your body movements and can detect when you fall asleep and wake up. It also detects interruptions to your sleep during the entire Sleep time.
- **Actual sleep:** Actual sleep tells the time spent asleep between the time you fell asleep and when you woke up. More specifically, it is your sleep time minus the interruptions. Only the time you actually spend asleep is included in actual sleep. Actual sleep can be presented as both percentage [%] and duration [h:min].
- **Interruptions:** During a normal night's sleep there are numerous short and long interruptions when you actually awaken from your sleep. Whether you remember these interruptions or not depends on their duration. The shorter ones we don't usually remember. The longer ones, for instance when one might get up for a sip of water, we can remember.
- **Sleep continuity:** Sleep continuity describes how continuous your sleep was. The continuity of your sleep is assessed on a scale of 1-5, where 5 reflects very continuous sleep. The lower the value the more fragmented your sleep was. A good night's sleep consists of long uninterrupted sleep segments and does not contain interruptions at frequent intervals.
- **Self-evaluation:** In addition to showing objective sleep metrics the Flow service encourages you to self-evaluate your sleep daily. You can rate how well you've slept last night with a five-step scale: very poorly - poorly - okay - well - very well. By answering this question, you get a longer version of textual feedback about your sleep duration and quality.

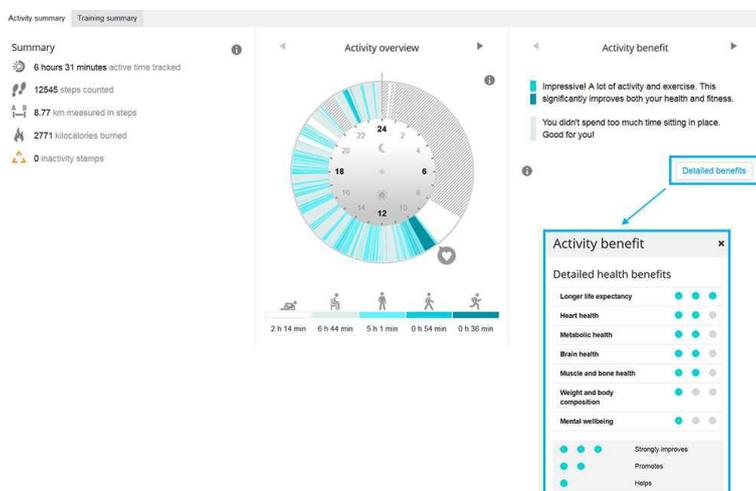
ACTIVITY DATA IN THE POLAR FLOW APP AND WEB SERVICE

With the Polar Flow mobile app, you can follow and analyze your activity data on the go and have your data synced from the Polar app to the Polar Flow web service. The web service gives you the most detailed insight into your activity information.

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 to 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 the 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](#).

SMART CALORIES

The most accurate calorie counter on the market calculates the number of calories burned based on your individual data:

- Body weight, height, age, gender
- Individual maximum heart rate (HR_{max})
- The intensity of your training or activity
- Individual maximal oxygen uptake ($VO2_{max}$)

The calorie calculation is based on an intelligent combination of acceleration and heart rate data. The calorie calculation measures your training calories accurately.

You can see your cumulative energy expenditure (in kilocalories, kcal) during training sessions, and your total kilocalories of the session afterwards. You can also follow your total daily calories.

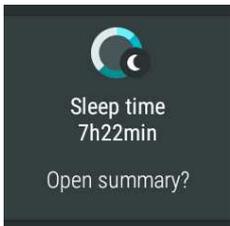
POLAR SLEEP PLUS™

The Polar app on your M600 tracks your sleep if you wear the device at night. It detects when you fall asleep and when you wake up, and it collects your sleep data for deeper analysis in the Polar Flow app and web service. The smartwatch observes your hand movement during the night to track all interruptions over your entire sleep span and tells you how much time you actually spent asleep.

To get started you need to set your preferred sleep time in the Polar Flow settings. Then simply start wearing your M600 at night. You can read more detailed information on the Sleep Plus feature from [this support document].

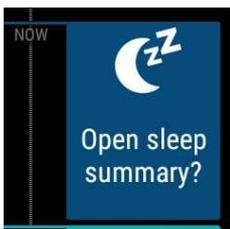
SLEEP DATA ON THE POLAR APP

When your M600 detects that you've woken up, you'll receive a notification on your smartwatch that your sleep analysis is ready. Tap the notification to open your sleep summary.



You can also stop the sleep tracking manually.

To manually stop sleep tracking



1. Press the front button of your M600 to open the Polar app.
2. Swipe up to find and tap **My day**.

3. Tap the "Open sleep summary?" card.
4. Tap the check mark icon to stop sleep tracking.

Sleep data card and sleep summary

You can find your sleep data card under **My day**. Tap the card to see a more detailed sleep summary.

Sleep time

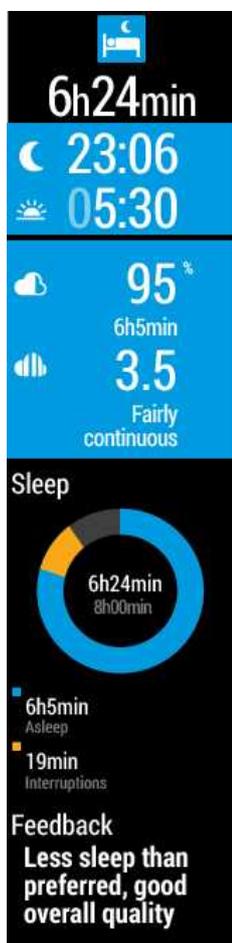
Actual sleep percentage

Sleep continuity

Under the sleep card, you can rate your sleep. Tap the card with emoticons to open sleep rating options, and tap the emoticon you feel best suits your feeling of how you slept last night.

The sleep summary view displays the following information:

The sleep summary view displays the following information:



Sleep time: The total duration between when you fell asleep and when you woke up.

The time when you fell asleep.

The time when you woke up.

Actual sleep: The percentage and duration of your sleep time that you actually spent asleep. More specifically, it is your sleep time minus the interruptions.

Sleep continuity: A rating of how continuous your sleep time was (on a scale of 1 to 5).

Breakdown of sleep: Illustration of your actual sleep time and sleep interruptions in proportion to your preferred sleep time.

Sleep feedback: The feedback you get is based on your sleep data, preferred sleep time and how you rated your sleep.

SLEEP DATA IN POLAR FLOW APP AND WEB SERVICE

Your sleep data is shown in the Polar Flow app and web service after the Polar app on your M600 is synced. The Flow app and web service show your sleep data in one night and week views. In the Flow web service, you can view your sleep under the **Sleep** tab in your **Diary**. You can also include your sleep data to **Activity reports** under the **Progress** tab.

In the Polar Flow app and web service, you can set **Your preferred sleep time** to define how long you aim to sleep every night. You can also rate your sleep. Also, if the times shown for when you fell asleep and woke up are not correct, you can edit them in the app and in the web service. You will receive feedback on how you slept based on your sleep data, your preferred sleep time and your sleep rating.

By following your sleep patterns you can see if they're affected by any changes in your daily life and find the right balance between rest, daily activity and training.

Learn more about the Polar Sleep Plus in this [in-depth guide](#).

TRAINING LOAD

Training load is textual feedback on the strenuousness of a single training session. The training load calculation is based on the consumption of critical energy sources (carbohydrates and proteins) during exercise.

The Training Load feature makes the loads of different types of training sessions comparable with each other. For example, you can compare the load of a long low intensity cycling session to that of a short high intensity running session. To enable a more accurate comparison between sessions, we have converted your training load into approximate recovery need estimation.

You'll see a description of your Training Load after each session in the training summary in the Polar app. You can see the estimated recovery need for the different levels of Training load here:

- **Mild** 0-6 hours
- **Reasonable** 7-12 hours
- **Demanding** 13-24 hours
- **Very demanding** 25-48 hours
- **Extreme** Over 48 hours

Go to the Polar Flow web service to see a detailed training analysis including a more precise numeric load value for each session.

Read more info from the [M600 support pages](#).

TRAINING BENEFIT

Training Benefit gives you textual feedback on the effect of 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 train-	What a session! You improved your speed and efficiency. This session also sig-

Feedback	Benefit
ing	nificantly 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 efficiency.
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.

RUNNING PROGRAM

The Polar Running program is a ready-made and personalized running plan to help you train for a running event. Whether you're training for a 5K or a marathon, the Running program tells you how, how much and how often use should be training.

The Polar Running program is based on your fitness level and designed to make sure that you train right and avoid overtraining. The program is tailored to your event, taking your personal attributes, training background and preparation time into account. Programs are available for 5K, 10K, half marathon and marathon events. You can read more about the Running program [here](#).

The Polar Running program is free. Just log in to the Polar Flow web service at flow.polar.com, tap PROGRAMS at the top of the page, and get a running start to your training.

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} and HR_{rest} values.

Running Index is calculated during every training session when heart rate sensor is in use and the GPS function is on, 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 at traffic lights, for example, without interrupting the calculation. After your session, M600 displays a Running Index value and stores the result in the training summary.

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

Age / Years	Very low	Low	Fair	Moderate	Good	Very good	Elite
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 VO_{2max} 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.

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:mm:ss)	10 km (h:mm:ss)	Half marathon	Marathon
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

Running Index	Cooper test (m)	5 km (h:mm:ss)	10 km (h:mm:ss)	Half marathon	Marathon
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
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

HEART RATE ZONES

The range between 50% and 100% of your maximum heart rate is divided into five heart rate zones. By keeping your heart rate within a certain heart rate zone you can easily control the intensity level of your workout. Each heart rate zone carries its own main benefits, and understanding these benefits will help you achieve the effect you want from your workout.

Learn more about the Heart Rate Zones: [What are Heart Rate Zones?](#).

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.

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

To see your cadence during a training session, go to Polar Flow app > **Sport profiles** > tap the sport profile you want to edit > **Change settings / Edit** > and add **Running cadence** to the **Training views** of the sport profile you use when you run. You can also change the sport profile settings in the Polar Flow web service > **Sport Profiles** > **Edit**. You'll see your average and maximum cadence after the training session in the training summary in the Polar app on your M600 and in the Polar Flow app and Polar Flow web service.

 To get this feature you need to have at least Polar app version 1.4 on your M600 paired with Android phone or at least Polar app version 2.0 on your M600 paired with iPhone.

See more information about utilizing running cadence in your training from the [Polar support pages](#).

SWIMMING

Polar M600 is [water resistant to 10 meters](#), and can be worn during swimming.

When you're recording a swimming session with the Polar app, water may prevent the wrist-based heart rate measurement from working optimally. But the Polar app will still collect your activity data from your wrist movements when swimming, and you can also get [swimming metrics](#) from your swimming sessions.

 Note that you can't use a Polar heart rate sensor with a chest strap with the M600 when swimming because Bluetooth doesn't work in water.

SWIMMING METRICS (POOL SWIMMING)

Swimming metrics help you analyze each swimming session, and follow your performance and progress in the long run. The metrics record your swim distance, time and pace, stroke rate, and also identify your swimming style. In addition, with the help of the SWOLF score you can improve your swimming technique.

To get the most accurate information, make sure you have set which hand you wear the M600 on. This can be set in the Polar Flow app under **Devices > Polar M600**, or in the Polar Flow web service from **Your name/profile picture > Products > Polar M600 > Settings**.

 Swimming metrics are available in the Swimming and Pool swimming sport profiles. To get the swimming metrics, you must have at least Polar app version 2.0 on your M600.

SWIMMING STYLES

The M600 recognizes your swimming style, and calculates style specific metrics as well as totals for your whole session.

Swimming styles the M600 recognizes:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly

PACE AND DISTANCE

The pace and distance measurements are based on pool length. Therefore, to get accurate data always make sure you have set the correct pool length. The M600 recognizes when you turn, and uses this information to give you accurate pace and distance.

STROKES

The M600 tells you how many strokes you take in a minute or per pool length. This information can be used to find out more about your swimming technique, rhythm and timing.

SWOLF

SWOLF (short for swimming and golf) is an indirect measure of efficiency. SWOLF is calculated by adding together your time and the amount of strokes it takes you to swim a pool length. For instance, 30 seconds and 10 strokes to swim the length of a pool will equal a SWOLF score of 40. Generally, the lower your SWOLF is for a certain distance and style, the more efficient you are.

SWOLF is highly individual, and thus should not be compared to SWOLF scores other people have swam. It's rather a personal tool that can help you improve and fine-tune your technique, and find an optimal efficiency for different styles.

SETTING POOL LENGTH

It's important that you set the correct pool length, as it affects pace, distance and stroke rate calculation, as well as your SWOLF score. The default lengths are 25 meters, 50 meters and 25 yards, but you can also set it manually to a custom length. The minimum length that can be set is 20 meters/yards.

You can see the pool length in the pre-training mode, that is, when you've scrolled the list of sport profiles on your M600 to show the Swimming or the Pool swimming profile. To change it from there, follow the instructions below.

TO CHANGE THE POOL LENGTH

1. Scroll the list of sport profiles on your M600 to find the Swimming or the Pool swimming sport profile.
2. Tap the pool icon next to the sport icon.
3. Tap one of the preset pool lengths. Or tap **Customize** if you want to use a custom pool length. You can set a custom pool length between 50 and 250 meters/yards. Tap to choose the length you want to use. You can also change the pool length unit by tapping the **Pool length (m/yd)** at the top of the list, and then tapping the unit you want to use.



Find out how to add new sport profiles to your M600 on your mobile from the [Polar support pages](#).

TO START A SWIMMING SESSION

1. Press the front button of your M600 to open the Polar app.
2. Tap Training or press the front button to open the list of sport profiles.
3. Scroll the list of sport profiles to find **Swimming** or **Pool swimming**.
4. Check that the pool length is correct (shown on the display).
5. Press the front button to start recording your training session.

You can customize what is shown in the training views on your M600 in the Polar Flow mobile app or web service.

After your session you can view a detailed breakdown of your swim in the Polar Flow app and Polar Flow web service.

SETTINGS

ACCESSING SETTINGS

You can view and edit the settings of your M600 on the smartwatch in the Settings app.

TO OPEN SETTINGS

1. Press the side power button to open the apps menu.
2. Find and tap **Settings**.

OR

1. Make sure the display of your M600 is active and that you're on the home screen.
2. Swipe down from the top of the screen to access the Quick settings menu.
3. Tap the settings icon.

SCREEN SETTINGS

TO ADJUST THE BRIGHTNESS LEVEL OF THE SCREEN

1. [Navigate to the Settings app](#), and find and tap **Display**.
2. Tap **Adjust brightness**.
3. Choose and tap the brightness level of your choice.

 *You can save battery life by turning down the brightness of your watch screen.*

TURNING THE ALWAYS-ON SCREEN ON/OFF

You can choose whether you want the screen to dimly show the time or to turn completely off when you're not using the watch.

TO CHANGE THE SETTING FROM THE M600

1. [Navigate to the Settings app](#), and find and tap **Display**.
2. Tap **Always-on screen** to toggle between turning the Always-on screen setting on (the switch is blue) and off (the switch is gray).

TO CHANGE THE SETTING FROM YOUR PHONE

1. Open the Wear OS by Google app.
2. Tap the settings icon.



Android phone users: Find and tap the **M600** under the **Device settings**.

3. Use the switch to turn the **Always-on screen** on or off.

If the **Always-on screen** is turned off and the screen of your M600 is black, you can **turn the screen back on** by tapping the screen, quickly raising the smartwatch in front of you, or by pressing the side power button.



If you let the screen of your M600 turn off when you're not using the smartwatch, it will help improve battery life.

TURNING THE SCREEN LOCK ON/OFF

You can set the screen lock to automatically turn on when you're not wearing your M600. You can set to open the locked screen by drawing your screen lock pattern, by entering your PIN code or by entering a password.

TO TURN THE SCREEN LOCK ON

1. [Navigate to the Settings app](#), and find and tap **Personalization**.
2. Tap **Screen lock**.
3. You can choose **Pattern**, **PIN**, **Password** or **None(off)**.
4. Follow the instructions on the screen to create your screen lock pattern, PIN or Password.

When the screen lock is set to automatically turn on, you can also **lock the screen manually**:

1. [Navigate to the Settings app](#), and find and tap **Personalization**.
2. Tap **Lock screen now**.
3. Confirm by tapping the check mark icon.

TO TURN THE SCREEN LOCK OFF

1. [Navigate to the Settings app](#), and find and tap **Personalization**.
2. Tap **Screen lock Automatic**.
3. Draw your screen lock pattern, or enter your PIN or password.
4. Find and tap **None**.
5. Confirm turning the automatic screen lock off by tapping the check mark icon.

TURNING THE TOUCH SCREEN OFF/ON

You can enable the touch lock to turn the touch screen of your smartwatch off in situations where you don't want the display to respond to touches, such as in water.

To turn the touch lock on

1. Swipe down from the top of the home screen
2. Tap the settings icon.
3. Tap **Display**.
4. Tap **Touch lock**.
5. Confirm enabling the touch lock by tapping the check mark icon.

To turn the touch lock off

- Press the side power button.

TO ADJUST THE FONT SIZE

If you want, you can change the size of the text on the screen of your M600

1. [Navigate to the Settings app](#), and find and tap **Display**.
2. Tap **Font size**.
3. You can choose between **Small** and **Normal**. Tap your preferred font size to turn it on.

TO ZOOM IN AND OUT ON THE SCREEN OF YOUR M600

If you have trouble seeing what's on the screen of your M600, you can turn on the magnification feature

1. [Navigate to the Settings app](#), and find and tap **Accessibility**.
2. Tap **Magnification gestures**.
3. Confirm by tapping the check mark icon.

When you've enabled magnification, you can **zoom** in and out on the screen of your M600 **by triple tapping the screen**.

BATTERY-SAVER

In the battery saver mode some of the M600 activities are reduced to extend your smartwatch's battery life. Battery saver limits the following:

- Vibration
- Location services
- Wi-Fi & mobile usage
- Data & app updates
- Always-on display

TO TURN THE BATTERY SAVER ON/OFF

1. Swipe down from the top of the home screen
2. Tap the settings icon.
3. Tap **System**.
4. Tap **Battery saver** to toggle between turning the battery saver mode on (the switch is blue) and off (the switch is gray).
5. Confirm turning the battery saver mode on by tapping the check mark icon.

WATCH FACE SETTINGS

You can change the watch face to suit your style.

By choosing the "Polar Combo" (the default watch face), the "Polar Activity" or the "Polar Jumbo" as your watch face, you'll be able to see the progress of your [daily activity](#) on the home screen.



TO CHANGE THE WATCH FACE FROM THE M600

1. Tap and hold the watch face.
2. Swipe left or right to find your preferred watch face.
3. Tap **+See more watch faces** to open the list of watch faces available on your M600.
4. Tap to choose the watch face you want to use.

TO CHANGE THE WATCH FACE FROM YOUR PHONE

1. Open the Wear OS by Google app.
2. Choose one from under **Watch faces** or tap **More** to see more options.
3. Tap the one you want to use.

 *Android phone users: you can get more watch face options using third-party apps. In the Wear OS by Google app on your phone, tap **MORE** next to the **Watch faces**, then tap **Get more watch faces** from the bottom of the menu.*

You can also download new watch faces to your M600 from the Google Play Store app on the smartwatch.

TO GET MORE WATCH FACES ON YOUR M600

1. Tap and hold the watch face.
2. Tap **+See more watch faces** to open the list of default watch faces on your M600.
3. From the bottom of the list, tap **Get more watch faces** to open the Google Play Store.
4. Scroll the list of available watch faces.
5. Tap a watch face to see more information about it.
6. Tap **Install** to download the new watch face to your M600.

WATCH FACE COMPLICATIONS

On some watch faces, you'll be able to see different actionable information from the apps on your M600. If a watch face supports these third-party complications, you can change the information you see on the watch face.

TO ADD WATCH FACE COMPLICATIONS

1. Open the complication settings of a watch face by tapping and holding the home screen.
2. Tap **Data**.
3. Tap a complication location.
4. Scroll the list of available complication apps, and tap to choose the one you want to use. Some of the apps will have more items to choose from: scroll the list of available items, and tap to choose the one you want to use.
5. Repeat the two steps above for each complication location.
6. Press the side power button to exit customization mode.

NOTIFICATION SETTINGS ON THE M600

You can change the setting for how long you want the notification previews to show on the screen of your M600.

TO CHANGE THE NOTIFICATION PREVIEW SETTINGS

1. [Navigate to the Settings app](#), and find and tap **Notifications**.
2. Tap **Notification previews**.
3. Tap to choose the setting you want to use. You can choose between **High** (Always show), **Normal** (show for 5 sec) and **Off** (Never show).

You can turn off all notifications by turning on the Do not disturb mode.

TO TURN ON THE DO NOT DISTURB MODE ON YOUR M600

1. Make sure the display of your M600 is active and that you're on the home screen.
2. Swipe down from the top of the screen to access the Quick settings menu.
3. Tap the Do not disturb icon.

 See how you can turn off all notifications and the display as well, for example for the night, by activating the [*theater mode*](#).

You can change the setting for what type of notifications you want to come through even if you have the Do not disturb mode on.

TO EDIT THE DO NOT DISTURB MODE

1. [Navigate to the Settings app](#), and find and tap **Notifications**.
2. Tap **Do not disturb unless...**
3. Tap to choose the setting you want to use. You can choose to be interrupted when **Calls from favorites** come in, when you get **Reminders**, when you have **Events** on your agenda, or when you've set **Alarms** to go off.

NOTIFICATIONS FROM THE PAIRED PHONE

Many of the notifications you see on your paired phone also appear on the M600. Your M600 uses the notification settings you've set for the apps on your phone. If you've allowed an app to show notifications on your phone, you can also get a notification to your smartwatch. Your watch will only vibrate for notifications, it will not make a sound. When you dismiss a notification on your smartwatch, it's also dismissed on your phone, and the other way around.

You can control which apps on your phone are allowed to send notifications to your M600.

TO BLOCK APPS

1. Open the Wear OS by Google app on your phone, and tap the Settings icon.
2. Tap **Block(ed) app notifications**
3. **On Android phones:** Tap the plus icon, and choose any app from the list to add it to the blocked list.
On iPhones: Tap **+ Add apps to block list**, and choose any app from the list to add it to the blocked list.
And to save the changes, tap **DONE**.

TO UNBLOCK AN APP

1. Open the Wear OS by Google app on your phone, and tap the Settings icon.
2. Tap **Block(ed) app notifications**.
3. **On Android phones:** Tap the X next to the app you want to unblock.
On iPhones: Tap **EDIT** and **UNBLOCK** next to the app you want to remove from the blocked apps list.
Finally, tap **DONE**.

TO ADJUST THE NOTIFICATION VIBRATION STRENGTH

1. [Navigate to the Settings app](#).
2. Tap **Apps & notifications**.

3. Tap **Vibration pattern**.
4. Select vibration strength: **Normal**, **Long** or **Double**.

See the user manual of your phone for further information on notifications settings.

When your Android phone is connected to your M600, you can silence your phone so the alerts and calls won't vibrate on both devices. You'll still see the notifications on your phone as well.

TO MUTE CONNECTED PHONE

1. Open the Wear OS by Google app on your phone, and tap the Settings icon.
2. Under **General** settings, use the switch to turn on **Silence phone while wearing watch**.

DATE AND TIME SETTINGS

You can set date and time manually on your M600, or you can sync them automatically from you phone or network*.

TO CHANGE THE DATE AND TIME SETTINGS

1. [Navigate to the Settings app](#), and find and tap **System**.
2. Tap **Date & time**.
3. Tap **Automatic date & time**.
4. Choose and tap the one you want to use:

- **Sync from phone**
- **Sync from network:** If you choose this option, you'll also be able to choose if you want to use the 24-hour or the 12-hour time format.
- **OFF:** If you choose this option, tap **Set date** and **Set time** to set them manually. Here, you'll also be able to choose if you want to use the 24-hour or the 12-hour time format.

 *In the same date & time settings menu, you can also choose to sync the time zone from your phone or set it yourself.*

**Applicable only to Polar M600 paired with an Android phone*

AIRPLANE MODE

In the airplane mode, the Bluetooth and Wi-Fi connections are turned off on your M600. You can still use some of the basic features of the smartwatch, for example, you can train with the Polar app using the wrist-based heart rate monitoring. But you can't sync your data with the Polar Flow mobile app or use the M600 with any wireless accessories.

TO TURN THE AIRPLANE MODE ON/OFF

1. Make sure the display of your M600 is active and you're on the home screen.
2. Swipe down from the top of the screen to access the Quick settings menu.
3. Tap the airplane icon.

OR

1. [Navigate to the Settings app](#), and find and tap **Connectivity**.
2. Scroll the list to find **Airplane mode**.
3. Tap **Airplane mode** to toggle between turning the Airplane mode on (the switch is blue) and off (the switch is gray).

THEATER MODE

In the theater mode, the M600's screen and all notifications are temporarily turned off. Even if you turn your wrist or touch the screen, the screen won't light up.

TO TURN THE THEATER MODE ON

1. Make sure the display of your M600 is active and you're on the home screen.
2. Swipe down from the top of the screen to access the Quick settings menu.
3. Tap the **Theater mode** icon.

TO TURN THE THEATER MODE OFF

- Press the side power button.

PERMISSIONS

You can define what kind of information you allow the different apps on your M600 to use.

TO EDIT THE PERMISSION SETTINGS

1. [Navigate to the Settings app](#), and find and tap **Apps**.
2. Tap **System Apps**.
3. Scroll the list to find and tap the app or service whose permissions you want to edit.
4. Tap **Permissions**.
5. Tap the different permissions to toggle between turning it on (the switch is blue) and off (the switch is gray).

LANGUAGE SETTINGS

You can choose the language you want to use on your M600 during the setup. You can choose one from the following languages:

- Cantonese (Hong Kong)
- Danish
- Dutch
- English (US, UK)
- Finnish
- French (France, Canada)
- German
- Indonesian

- Italian
- Japanese
- Korean
- Mandarin (Taiwan)
- Norwegian (Bokmål)
- Polish
- Portuguese (Brazil)
- Russian
- Spanish (US, Spain, Latin America)
- Swedish
- Thai
- Turkish
- Vietnamese

Note that your smartwatch will eventually copy the language setting of your phone. In other words, if you choose a different language on your M600 from the one you have on your phone, your watch will switch to using your phone's language. Except, if your phone language is not supported on the M600. Then your watch will notify you that your language configuration is not supported. You'll still be able to use the different language on your smartwatch.

TO CHANGE THE LANGUAGE ON YOUR M600

- Change the language you use on your paired phone.

The Polar app on your M600 does not support some of the languages available for the Wear OS by Google operating system. As a result, if you choose to use your M600 in one of the unsupported languages, the language of the Polar app on your smartwatch will be English (US).

In addition to English (US), other supported languages in the Polar app are:

- Dutch
- Danish
- Finnish
- French (France)
- German
- Indonesian
- Italian
- Japanese
- Korean
- Norwegian (Bokmål)
- Polish
- Portuguese (Portugal)

- Russian
- Spanish (Spain)
- Swedish
- Turkish

RESTARTING AND RESETTING

Like with any electronic device, we recommend that you switch off the M600 every now and then.

If you experience problems with your M600, you can try restarting it. Restarting your smartwatch will not delete any of the settings or your personal data from the M600.

TO RESTART THE M600

1. [Navigate to the Settings app](#), and find and tap **System**.
2. Tap **Restart**.
3. Confirm restarting the watch by tapping the check mark icon.

OR

- Press and hold down the side power button until the Polar logo appears.

Sometimes restarting your electronic device doesn't do the trick. If you, for example, have trouble re-establishing a lost connection between your M600 and phone, and have first tried our other [troubleshooting tips](#), but still can't get them connected again, you can unpair the M600 from your phone and reset the M600 to factory settings.

 *Note, that resetting empties all personal data and settings from the M600, and you need to set it up again for your personal use!*

To factory reset your M600, you need to unpair the smartwatch from your phone and reset the M600 as instructed below.

Android phone users

TO UNPAIR THE M600 AND YOUR PHONE AND TO RESET YOUR M600

1. In the Wear OS by Google app on your phone, open **Settings**.
2. Under the **Device settings**, tap **Polar M600**.
3. Tap **UNPAIR WATCH**.
4. Confirm the unpairing by tapping **UNPAIR WATCH**. This will also reset your watch.

TO PAIR THE M600 AND YOUR PHONE AGAIN

1. Open the Wear OS by Google app on your phone.
2. To finish pairing the M600 and your phone again, follow the instructions on the screen or see the instructions from chapter [Setting up your M600](#). Remember to finish setting up your M600 again in the Polar Flow app!

iPhone users

TO UNPAIR THE M600 AND YOUR PHONE

1. In the Settings app on your phone, tap **Bluetooth**.
2. Find your Wear OS by Google device from the list and tap "i".
3. To unpair, tap **Forget This Device**.
4. Confirm the unpairing by tapping **Forget Device**.

TO RESET THE M600 TO FACTORY SETTINGS

1. [Navigate to the Settings app](#), and find and tap **System**.
2. Tap **Disconnect & reset**.
3. Confirm resetting the watch by tapping the check mark icon.

TO PAIR THE M600 AND YOUR PHONE AGAIN

1. In the Wear OS by Google app on your phone, tap the three dots at the top right corner.
2. Tap **Pair with new wearable**.
3. To finish pairing the M600 and your phone again, follow the instructions on the screen or see the instructions from chapter [Setting up your M600](#). Remember to finish setting up your M600 again in the Polar Flow app!

UPDATING SYSTEM SOFTWARE

Your Polar M600 is powered by Wear OS by Google. You'll get an automatic notification to your M600 if there's a new Wear OS by Google system update available. The update will download to your M600 when your smartwatch is plugged in to charge and connected to your phone via Bluetooth when your phone has an Internet connection.

You can also check for an available Wear OS by Google software update manually from you smartwatch.

TO MANUALLY CHECK FOR AN UPDATE

1. [Navigate to the Settings app](#), and find and tap **System**.
2. Tap **About**.
3. Scroll the list down to find and tap **System updates**.

The M600 will either tell you that "System is up to date" or "System update available". If there's a new update available, the download will start when your smartwatch is plugged in to charge and connected to your phone via Bluetooth when your phone has an Internet connection.

TO INSTALL THE SOFTWARE UPDATE

Once the system update has been downloaded to your M600, you'll receive a notification that the update is ready to be installed.

1. Tap the notification.
2. Tap the check mark to start the installation.

Your smartwatch will reboot and the Android system will be updated.

See also chapter [Updating the Polar app](#) in this user manual and the answer to the question [How can I check my M600 software versions](#) on the Polar support pages.

UPDATING THE POLAR APP

 *The following instructions also apply to updating the Polar Watch Faces app.*

The Polar app on your M600 updates through the Play Store app on your smartwatch.

Android phone users: *For you to be able to use the Play Store app on your smartwatch, your M600 needs to be connected to a Wi-Fi network, or your M600 needs to be connected to your phone via Bluetooth when your phone has an Internet connection.*

iPhone users: *Your M600 needs to be connected to Wi-Fi network for you to be able to use the Play Store app.*

By [allowing the Play Store app to update apps automatically](#), you'll ensure that also the Polar app on your M600 always has the latest improvements and fixes.

If the Auto update mode is off in the Play Store app on your M600, you'll receive a notification to your M600 when a new update is available for the Polar app. Notice that the Polar app will have the name **Polar Flow - Activity & Sports** in the Play Store! Follow the instructions below to manually update the app.

TO MANUALLY UPDATE THE POLAR APP

1. Tap the notification about the available update for **Polar Flow - Activity & Sports** to open the Play Store app.
2. Under **Updates**, tap **Polar Flow - Activity & Sports**.
3. Scroll up to find and tap **Update** to download the update to your smartwatch.

You'll receive a notification when the Polar Flow - Activity & Sports update has been successfully installed to your M600. You'll also get a notification stating that the Polar App has been updated.

See also chapter [Updating system software](#) in this user manual and the answer to the question [How can I check my M600 software versions](#) on the Polar support pages.

IMPORTANT INFO

TAKING CARE OF YOUR M600

Like any electronic device, the Polar M600 should be treated with care. The suggestions below will help you fulfill guarantee obligations and enjoy this product for many years to come.

Don't charge the device when the charging port is wet.

Keep your training device clean.

- We recommend that you wash the device and the silicone wristband after each training session under running water with a mild soap and water solution. Please remove the device from the wristband and wash them separately. Wipe them dry with a soft towel.

 *It is essential that you wash the device and the wristband if you wear them in a swimming pool where chlorine is used for keeping the pool clean.*

- If you don't wear the device 24/7, wipe off any moisture before storing it. Don't store in non-breathable material or in a damp environment, e.g. plastic bag or damp gym bag.
- Wipe it dry with a soft towel when needed. Use a damp paper towel to wipe dirt from the training device. To maintain the water resistance, do not wash the training device with a pressure washer. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.
- When you connect your M600 to a computer or a USB power adapter, check that there is no moisture, hair, dust or dirt on the M600's charger. Gently wipe off any dirt or moisture. Don't use any sharp tools for cleaning to avoid scratching.

Operating temperatures are -10 °C to +50 °C / +14 °F to +122 °F.

STORING

Keep your training device in a cool and dry place. Do not keep them 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.

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 support.polar.com and country-specific websites.

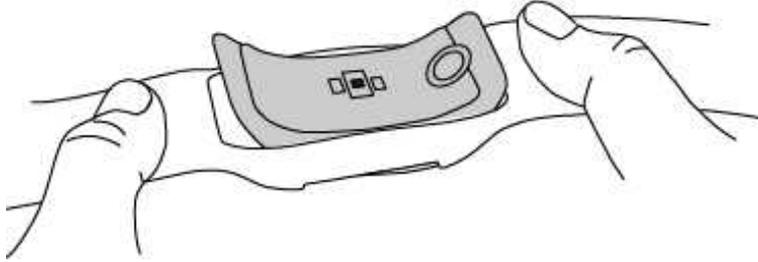
REMOVING THE WRISTBAND

Removing and replacing the wristband of your M600 is very simple. We recommend that you separate the wristband from the device after each training session and rinse them under running water in order to keep the

M600 clean.

TO REMOVE THE WRISTBAND

1. Bend the wristband from both sides, one side at a time, to detach it from the device. It's easiest to remove the side closest to the charging port first.



2. Pull the device from the wristband.

TO ATTACH THE WRISTBAND

1. Set one end of the device in its place.
2. Gently pull from the opposite side of the wristband to get it over the other end of the device.
3. Make sure the band fits flush with the device, both front and back.

DISPOSAL INFORMATION

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.

PRECAUTIONS

The Polar M600 is designed to measure heart rate and tell your activity. 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

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.

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, visit support.polar.com.

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., 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, defibrillator or other implanted electronic device, 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. However, we cannot issue an official guarantee on our products' suitability with all pacemakers or other implanted devices, such as defibrillators, 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 Specification](#). 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.

 *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.*

DISTRACTION

Operating a smartwatch while driving a car, riding a bike, or even running or walking may distract you from your surroundings and cause a dangerous situation. We recommend that you avoid operating the Polar M600 in circumstances where it may risk your safety. Observe also local laws and regulations prohibiting or restricting the use of electronic devices, for example, while driving.

TECHNICAL SPECIFICATION

POLAR M600

Operating system	Wear OS by Google
Processor	MediaTek MT2601, Dual-Core 1.2GHz processor based on ARM Cortex-A7
Battery type	500 mAh Li-pol rechargeable battery
Operating time (Android)	2 days / 8 hours of training
Operating time (iOS)	1,5 days / 8 hours of training
Operating temperature	-10 °C to +50 °C / 14 °F to 122 °F
Charging time	Up to two hours.
Charging temperature	0 °C to +40 °C / 32 °F to 104 °F
Materials	Device: Corning® Gorilla® 3 Glass Polycarbonate/acrylonitrile butadiene styrene/glass fiber Stainless steel Polymethyl methacrylate Polyamide Wristband: Silicone Polycarbonate Stainless steel
GPS accuracy	Distance ±2%, speed ±2 km/h
Sample rate	1 s
Heart rate sensor	Optical heart rate measurement with 6 LEDs
Sensors	Accelerometer, Ambient Light Sensor, Gyroscope, Vibration motor, Microphone
Water resistance	Suitable for swimming (IPX8 10m)
Memory capacity	4GB internal storage + 512MB RAM
Display	1,30", 240 x 240 pixels, 260ppi transmissive TFT display
Weight	63g
Dimensions	45x36x13mm

Polar M600 sports watch works with smartphones running Android 4.4+ or iOS 10.0+. Visit g.co/WearCheck on your phone to see if it's compatible with Wear OS by Google.

Uses Bluetooth® wireless technology.

Your M600 is compatible with the following Polar heart rate sensors: Polar H6, H7, H10 and OH1.

POLAR FLOW MOBILE APPLICATION COMPATIBILITY

Check the latest compatibility information from support.polar.com.

WATER RESISTANCE OF POLAR PRODUCTS

Most Polar products can be worn when swimming. They are not, however, diving instruments. To maintain water resistance, do not press the buttons of the device under water.

Polar devices with wrist-based heart rate measurement are suitable for swimming and bathing. They will collect your activity data from your wrist movements also when swimming. In our tests, however, we found that the wrist-based heart rate measurement doesn't work optimally in water, so we cannot recommend wrist-based heart rate measurement for swimming.

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

- Polar Electro Oy issues a limited international guarantee for Polar products. For products which have been sold in the USA or Canada, guarantee is issued by Polar Electro, Inc.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of the Polar product that the product will be free from defects in material or workmanship for two (2) years from the date of purchase, with the exception of wristbands made of silicone or plastic, which are subject to a guarantee period of one (1) year from the date of purchase.
- The guarantee does not cover normal wear and tear of the battery, or other 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, textile armband or textile or leather wristband, elastic strap (e.g. heart rate sensor chest strap) and Polar apparel.
- The guarantee does also not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Guarantee does not cover products which have been purchased second hand.
- During the guarantee period, the product will be either repaired or replaced at any authorized Polar Central Service regardless of the country of purchase.
- Guarantee issued by Polar Electro Oy/Inc. 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.
- You should keep the receipt as a proof of purchase!
- Guarantee with respect to any product will be limited to countries where the product has been initially marketed by Polar Electro Oy/Inc.

Manufactured by Polar Electro Oy, Professorintie 5, 90440 KEMPELE, Finland www.polar.com.

Polar Electro Oy is a ISO 9001:2015 certified company.

© 2020 Polar Electro Oy, 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.

COMPLIANCE STATEMENT

CANADA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approuvé aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

Innovation, Science and Economic Development Canada (ISED) regulatory information

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard (s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This device complies with the safety requirements for RF exposure in accordance with RSS-102 Issue 5 for portable use conditions.

Avis de conformité à la réglementation d'Innovation, Sciences et Développement économique Canada (ISDE)

Le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet appareil est conforme aux exigences de sécurité concernant l'exposition aux RF selon la norme RSS-102, 5ème édition, pour des conditions d'utilisation portable.

Class B digital device notice

This Class B digital apparatus complies with Canadian RSS-Gen and RSS-247.

Cet appareil numérique de la classe B est conforme à la norme CNR-Gen et CNR-247 du Canada.

CAN ICES-3(B)/NMB-3(B)

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/ TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits.

This equipment complies with FCC RF radiation exposure limits forth for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.

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.

5.0 EN 11/2020