

Call FORM to order Today!



FT1 - Heart Rate Monitor

Makes Exercise Motivating & Fun
For the first step into heart rate-based training.

- Shows heart rate on large and easy-to-read display
- Helps improve your fitness with manual heart rate target zone
- Displays a summary of your latest workout
- Simple one-button start and coded heart rate transmission to avoid cross-talk
- Safely exercise within your target zone
- Records average and maximum heart rate

Body measurement features

- Average and maximum heart rate of training
- Heart rate – bpm. Heart rate is the measurement of the work your heart does. Heart rate is expressed as the number of beats per minute (bpm).
- HR-based target zones with visual and audible alarm. You can define your target zones for a training session based on heart rate to help define the right intensity. When you are out of the preset zones, the training computer will give a visual and audible alarm.
- Manual target zone – bpm. This feature enables you to manually enter the target zone that is suitable for your training. You can set the target zone for your training as beats per minute (bpm).
- Polar OwnCode® (5kHz) – coded transmission. Coded heart rate transmission automatically locks in a code to transmit your heart rate to the training computer. The training computer picks up your heart rate from your transmitter only. Coding prevents interference from other training computers.

Recording features

- Training files (with summaries) – 1

Training features

- HeartTouch – button-free operation of wrist unit. When HeartTouch is on, different training information during training can be accessed without pressing buttons, for instance, when gloves make pressing buttons difficult, by bringing your training computer close to your transmitter.



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FT1 - Heart Rate Monitor continued

Watch features

- Backlight
- Date and weekday indicator
- Display text in English
- Time of day (12/24h)
- Water resistant – 30m