

Call FORM to order Today!

## FT60 - Training Computer

### Weekly Training Program

For committed exercisers – the STAR Training Program tells you how much and how intensively to train.

- Creates a training program based on your personal goals and sets new weekly training targets
- Gives feedback on the effect of your training
- The Polar Fitness test measures your aerobic fitness at rest and tells you your progress



Men's



Women's

### Body measurement features

- **Automatic age-based target zone – bpm / %.** To help you train safely and effectively, the training computer automatically determines your heart rate target zone limits according to your age-based maximum heart rate (220 minus age). The limits are determined either in beats per minute (bpm) or as a percentage (%) of your maximum heart rate. See also Manual target zone.
- **Average and maximum heart rate of training**
- **Heart rate – bpm / %.** Heart rate is the measurement of the work your heart does. Heart rate can be expressed as the number of beats per minute (bpm) or as a percentage (%) of your maximum heart rate.
- **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.
- **HRmax (user set)**
- **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) or as a percentage of your maximum heart rate.
- **Polar Fitness Test.** Polar Fitness Test measures your aerobic fitness at rest in just five minutes. The result, Polar OwnIndex, evaluates your maximal oxygen uptake (VO<sub>2</sub>max). With the Polar Fitness Test you can measure your aerobic fitness by yourself, automatically and without any exertion. All you need is your training computer. The Polar Fitness Test is as accurate in predicting the VO<sub>2</sub>max as any sub maximal fitness test. The test is based on heart rate and heart rate variability at rest and personal information.
- **Polar OwnCal® – calorie expenditure with fat percentage.** Polar OwnCal calculates the number of calories burned during training. This feature allows you to track the calories burned during one training session and cumulative calories burned during several training sessions. This feature also estimates the fat-burning percentage (fat% on display), that is, calories burned from fat during a workout which is expressed as a percentage of the total calories burned.



Call FORM to order Today!

## FT60 - Heart Rate Monitor continued

- **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.
- **Polar OwnZone® – personal heart rate zone.** Polar OwnZone® determines your personal heart rate limits for a training session. Depending on the day and time, your physical state may vary, for instance, if you are stressed or tired, or if you are not fully recovered from your latest training session, Polar can determine that information from your heart rate and guide you to your ideal training zone for that moment.
- **Polar STAR Training Program.** The adaptive and personalized Polar STAR Training Program helps you reach your training targets. The training program gives you weekly targets, including intensity and duration, for your training. The Polar STAR Training Program is based on your fitness level, activity level, training goal and personal information (weight, height, age and sex).
- **Training load – available via polarpersonaltrainer.com.** This feature is available in Polar software. When you transfer training results from your training computer to polarpersonaltrainer.com, you can follow your training load and recovery in the training diary. Continuous monitoring of training load and recovery will help you recognize personal limits, avoid over- or undertraining, and adjust training intensity and duration according to your daily and weekly targets

### Data transfer

- Compatible with Mac (Intel-based) via Polar FlowLink
- Compatible with PC via Polar FlowLink
- Compatible with polarpersonaltrainer.com via Polar FlowLink

### G1 GPS sensor features (optional)

- **Distance – training and total.** Distance (km, mi) can be set and measured in several ways. Training distance tells you the distance traveled during a training session. Total distance is the distance accumulated since the last reset.
- **Speed/Pace – current, average and maximum** Speed (km/h or mi/h) is measured with GPS, footpod, stride sensor or cycling speed sensor. Pace (expressed as min/km or min/mile) stands for the rate of speed. Pace is usually used in running. By setting a target pace, you can follow how fast you need to run in order to reach a certain distance in a predefined time.

### Polarpersonaltrainer.com features

- Training analyzing
- Training Diary
- Training Load
- Training programs

## FT60 - Heart Rate Monitor continued

### Recording features

- **Totals.** Totals includes your training data starting from the last reset enabling you to follow your long-term training.
- **Training files (with summaries)** – 100
- **Weekly history.** Weekly history gathers your weekly training data. By selecting a week, you can review your training data for the week.

### S1 footpod features (optional)

- **Distance** – training and total. Distance (km, mi) can be set and measured in several ways. Training distance tells you the distance traveled during a training session. Total distance is the distance accumulated since the last reset.
- **Speed/Pace** – current, average and maximum. Speed (km/h or mi/h) is measured with GPS, footpod, stride sensor or cycling speed sensor. Pace (expressed as min/km or min/mile) stands for the rate of speed. Pace is usually used in running. By setting a target pace, you can follow how fast you need to run in order to reach a certain distance in a predefined time.

### Training features

- **Graphical target zone indicator.** This feature points out graphically on the display the zone you are in during a training session helping you to stay on the desired intensity zone.
- **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.
- **ZoneLock.** ZoneLock feature helps you to accumulate certain intensity. You can either lock a zone before a training session or during it by pressing a button when you are on the desired zone.
- **ZonePointer.** ZonePointer is a visible and moving symbol on the training computer display indicating whether you are inside the pre-set target zone. This feature helps you to reach the desired intensity/pace/speed/cadence targets.

### Watch features

- Backlight
- Date and weekday indicator
- Display text in English, German, Finnish, French, Portuguese, Spanish, and Italian
- Dual time zone
- **KeyLock.** By activating KeyLock, training computer buttons are locked, and accidental presses do not cause problems, for instance, during training.
- Low battery indicator
- Time of day (12/24h) with alarm and snooze
- User replaceable battery
- Water resistant – 30m