

FACT SHEET

Polar M450

Personal bike computer with integrated GPS and barometer

Announcement date: June 4, 2015

Available: At major retailers and online globally from Q3/2015

Price: €159.90 or €199.90 with Polar H7 Bluetooth® Smart heart rate sensor. Accessory back covers €14.90.

Product overview

The new Polar M450 is for everyone passionate about cycling, customizable to fit their individual needs regardless of goals and condition. Polar M450 provides personalized training guidance and an array of unique Smart Coaching features including Training Benefit, Orthostatic and Fitness Tests, and Training Load and Recovery Time. The back cover of the M450 can be easily removed and changed into another color, to match the user's bike and other gear. Polar Flow web service and app complete the cycling experience, and additional Polar Bluetooth® Smart cycling sensors add value to training. Integration with Strava via Polar Flow coming in the end of October 2015.

Petite and lightweight cycling computer

- High quality design in solid white with changeable accessory back covers available in stylish black, yellow and red (exclusively in the official Polar webstore)
- Front LED light to improve cycling safety
- User-customizable training views
- FSTN positive transfective display, size 34.65mm x 34.65mm
- Splash proof (IPX7)
- Memory recording time 35 hours of training
- Battery life up to 12 hours of training
- Easy charging with USB cable
- Future-proof with firmware and software updates



Accurate tracking of your rides

- Highly reliable measurement of speed, distance, location and altitude thanks to integrated GPS and barometer
- Back to Start feature shows you the way back home
- Orthostatic Test and Fitness Test map out your condition and enable tailored feedback and guidance
- Training Load and Recovery Time shown in Polar Flow web service

Compatible products

- Polar H7 Bluetooth® Smart heart rate sensor for live, accurate heart rate
- Polar Bluetooth® Smart cycling sensors: Speed, Cadence and Kéo Power
- Polar Adjustable Bike Mount and Polar Twist Lock Bike Mount
- Seamless connectivity between your smartphone and M450 thanks to Bluetooth® Smart
- Instant data sync and analysis via Polar Flow app
- Easy analysis of your achievements with visual graphs in Polar Flow web service
- Integration with Strava via Polar Flow available end of October 2015
- Connect with your cycling coach via Polar Flow for Coach online training tool

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