



POLAR VANTAGE  
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# FULL FEATURES

## - ACTIVITY

Continuous heart rate	•	•	•
24/7 Activity Tracking	•	•	•
Sleep Plus	•	•	•
Activity Goal	•	•	•
Active Time	•	•	•
Steps and Distance	•	•	•
Activity Summary	•	•	•
Activity Benefit	•	•	•
Inactivity Alert	Available at a later date via firmware update	•	Available at a later date via firmware update
Sleep Duration and Quality	•	•	•

## - TRAINING

Recovery Pro			•
H10 heart rate sensor required			•
Running power from wrist via 3rd party sensor	•		•



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Running Program	•	•	•
Training Load Pro (cardio load, muscle load, perceived load)	•		•
Speed and distance from the wrist	•	•	•
Running cadence from the wrist	•	•	•
Route import			Available at a later date via firmware update
GLONASS	•		•
Wrist-based heart rate measurement	•	•	•
Heart rate	•	•	•
HRmax	•	•	•
Heart Rate zones	•	•	•
Speed/Pace zones	•	•	•
Power zones	•		•
ZoneLock		•	
ZonePointer	•	•	•
Strava Live Segments			Available at a later date via firmware update
Orthostatic Test			•
H10 heart rate sensor required			•
Polar Fitness Test	Available at a later date via firmware update	•	Available at a later date via firmware update



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Running Index	•	•	•
Smart Calories	•	•	•
Training Benefit	•	•	•
Training Load		in Flow web service	
Recovery Status	•	in Flow web service	•
Back to Start	Available at a later date via firmware update	•	Available at a later date via firmware update
Distance	•	•	•
Altitude, ascent/descent	•	•	•
Sport profiles	•	•	•
User-adjustable training displays	•	•	•
Multisport training	•		•
GPS	•	•	•
A-GPS	•	•	•
GPS Power save mode		•	
End Time Estimator		•	
Route guidance			Available at a later date via firmware update
Speed/Pace	•	•	•
Training targets	•	•	•
R-R Recording test			Available at a later date via firmware update
Training history	•	•	•
Training diary	•	•	•



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Interval Timers

Available at a later date via  
firmware update



Available at a later date via  
firmware update

Laps, manual



Laps, automatic



Swimming Metrics



Tap gestures



Personal Best



Autostop/start



Stopwatch

Available at a later date via  
firmware update



Available at a later date via  
firmware update

Countdown Timer

Available at a later date via  
firmware update

Available at a later date via  
firmware update

Barometer



– CADENCE SENSOR BLUETOOTH® SMART FEATURES

Cadence



– SPEED SENSOR BLUETOOTH® SMART FEATURES

Speed



Distance



– STRIDE SENSOR BLUETOOTH® SMART FEATURES

Cadence



Distance



Average stride length



Speed/Pace





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– DEVICE

Setup via mobile	•	•	•
Battery life			
Training time	30h	8h	40h
Measurement			
Weight	45g	51g	66g
Display	•	•	•
Color	•		•
Color touch display			•
Resolution	240X240	128X128	240X240
Water resistance	WR30	WR30	WR30
Rechargeable battery	•	•	•
USB cable	Custom	Custom	Custom
Display texts in languages	Danish Czech Dutch English Turkish Swedish Spanish Russian Portuguese Indonesian German French Finnish Italian Polish Norwegian	Simplified Chinese Danish Czech Dutch English Turkish Swedish Spanish Russian Portuguese Indonesian German French Finnish Italian Japanese Polish Norwegian	Danish Czech Dutch English Turkish Swedish Spanish Russian Portuguese Indonesian German French Finnish Italian Polish Norwegian
Bluetooth Smart	•	•	•
Smart Notifications	Available at a later date via firmware update	•	Available at a later date via firmware update
Audio alerts			•
Vibration alerts	•	•	•



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Alarm	•	•	•
Button lock	•	•	•
Backlight	•	•	•
Date and weekday indicator	•	•	•
Time of day (12/24h)	•	•	•
Bike settings for three bicycles	•		•
Firmware update	•	•	•
<b>- FLOW</b>			
Diary	•	•	•
Running Index analysis	•	•	•
Season Planning	•	•	•
Map view	•	•	•
Relive	•	•	•
Explore	•	•	•
Social feed	•	•	•
Instant activity and training analysis	•	•	•
Advanced activity and training analysis	•	•	•
Training planning	•	•	•
Sport profile settings	•	•	•
Progress follow-up	•	•	•



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**- DATA TRANSFER**

**Compatibility**

Compatible with PC Windows XP, Windows 7,	•	•	•
Compatible with Mac OS X 10.6, OS X 10.7, OS X 10.8, and later	•	•	•
Compatible with Polar Flow web service	•	•	•
Compatible with Polar Flow mobile app via Bluetooth Smart	•	•	•
Data export	•	•	•
Training history export (from polarpersonaltrainer.com to Polar Flow)	•	•	•
3rd party compatibility	•	•	•