



Devices to Help Shape Your PE Program

WRIST-BASED HEART RATE

SENSORS



A370



M200



OH1



H10

Worn On	Wrist	Wrist
Device Display	Color Touch Screen	Analog Screen - 2 buttons
Training Display	Time of day, Training time, Heart rate bpm, heart rate zone, calories burned	Training time, heart bpm average heart rate, max heart rate Customizable
Battery Type	Rechargeable (micro USB)	Rechargeable (USB)
Battery Life	All day recording	All day recording
Ipad Range	80 yards	80 yards
GPS (watch only, not integrated w/ Polar GoFit)		✓
Waterproof	✓	✓
Set up prior to use	Register with flow.polar.com	Register with flow.polar.com
Cleaning Method	Wipe wrist strap with cleanser	Wipe wrist strap with cleanser

Bicep or Forearm	Chest
Light (blinks green w/ connected)	
Rechargeable (USB)	User Replaceable Battery (CR2025)
12 hours	400 hours
100 yards	100 yards
✓	✓
Ready to use with Polar GoFit	Ready to use with Polar GoFit
Machine washable (additional straps available for purchase)	Machine washable (additional straps available for purchase)