

1. Polar FS1 - Fitness Heart Rate Monitor

Entry level heart rate monitor that measures your heart rate ECG accurately and guides you to exercise in your target zone and achieve health benefits. With cool looks and a watch function, the FS1 is also convenient for everyday life. Key features: time of day, one button functionality for ease of use, wireless ECG accurate heart rate, target zones with visual and audible alarm, average heart rate of total exercise, exercise time (total), stop watch. **FH-20 £25.00**

2. Polar FS3 - Fitness Heart Rate Monitor

Entry level excellence that comes with a coded transmitter belt to prevent crosstalk with other heart rate monitors when exercising in a group. It includes all the necessities for safe and effective fitness and gives a brief exercise summary for a better follow-up of the workout sessions. Key features: easy to use product with one button functionality, coded transmitter, wireless ECG accurate heart rate, target zones with visual and audible alarm, average heart rate of total exercise.

- a) dark grey **FH-21a £35.00**
- a) red **FH-21b £35.00**

3. Polar F4 and F4 Female - Fitness Heart Rate Monitor

For effective calorie burning. Reach your goals by monitoring your calorie consumption and using other essential training information. Key features: Polar OwnCal® - counts and displays calorie expenditure, wireless ECG accurate heart rate, target zones with visual and audible alarm, average heart rate of total exercise

- a) black thunder **FH-22a £49.50**
- a) blue ice (female) **FH-22b £49.50**

4. Polar F6 and F6 Female - Fitness Heart Rate Monitor

Excellent exercise motivator to fulfil your needs in a versatile fitness training. With the F6 you will always find the optimal heart rate zone for your exercise session. The F6's dynamic design and attractive colours are also perfect for expressing your fitness lifestyle and personality. Key features: Polar OwnZone® - determines personal heart rate limits for an exercise session, Polar OwnCal® - counts and displays calorie expenditure, Polar OwnCode® - prevents crossover talk from other heart rate monitors, wireless ECG accurate heart rate, target zones with visual or audible alarm, average heart rate of total exercise.

- a) denim blue **FH-23a £55.95**
- a) pink **FH-23b £55.95**

5. Polar RS200 Running Computer™

A new running computer for goal-oriented runners. Including a variety of running-specific features together with all the essential heart rate functions eg. sport zones and ZoneLock. Key features: Sports zones - helps you to train at the right intensity, ZonePointer - makes it easy to stay in your target zone, ZoneLock - simply the easiest way to set a target zone, Event Countdown Timer - set your goal and stay motivated, Interval Trainer (HR, pace, distance) guided workouts - create your personal multizone workouts with heart rate / speed / distance and timing guidance. **FH-24 £68.75**

6. Polar RS400 Running Computer™

For an active endurance athlete. You want to improve your performance between training routines - by planning, monitoring and analysing your training. Do all this and much more with RS400, the complete system for runners. RS400 has one of the largest displays in the industry and a fully user-configurable exercise view with countless combinations. The impressive design and comfortable wrist top mounting make it a pleasure to wear also in everyday life. Key features: Sports zones - helps you to train at the right intensity, Event Countdown Timer - set your goal and stay motivated, Interval Trainer (HR, pace, distance) guided workouts - create your personal multizone workouts with heart rate / speed / distance and timing guidance, Polar ProTrainer 5™ included. **FH-25 £126.95**

POLAR
LISTEN TO YOUR BODY



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