

Polar - Series S150



S150

Basic Functions

- Water resistant to 30 metres
- ECG accurate wireless heart rate
- Ergonomic, lightweight T31 non-coded transmitter
- 3 Hi/Low Target zones with visible audible out of zone alarm
- Time in target zone
- 60 Lap times with average heart rate
- Independent Countdown/CountUp timer
- Recovery function
- Average heart rate of each lap
- Display alternatives
- Button sound

Watch Functions

- Time of Day 12/24 hour with Alarm
- Date and weekday indicator
- Stopwatch
- Dual time zone

Special Functions

- Age based maximum heart rate
- 1 Exercise set
- Polar wired speed sensor with a Polar bike mount
- Speed/odometer/trip information

Recording Functions

- Exercise date
- Total exercise time
- Target zone limits
- Time in target zone
- Average and maximum heart rate of total training
- Cumulative exercise time
- Training file info page
- 1 complete file

Computer Functions

- Uplink (from PC S/W to the receiver)

Goal-orientated training consists of versatile but carefully planned exercises that lead the athlete to best results. The Polar S150 includes all sportswatch features like flexible timing in the form of Countdown and CountUp timers behind one button.

The new Polar S150 is a personalised and stylish training tool for those that value practicality and competence. The easy-to-use product gives the athlete all the necessary features in a competitive package. The S150 is a basic, easy-to-use package **designed for cyclists** including a interference-free speed and distance measurement.



Displays Heart Rate in BPM, % of HRmax or current average.



Programming of one workout with intervals, target zone & recovery.



Sports stopwatch with Count Up/Count Down timers.



Uplink enables the transfer of exercise sets and logos downloaded from www.polar.fi.



Cycling features - speed and distance (hardwired).