

Polar - Series S410

Watch & Time Keeping Functions

- All Polar S-series hrm's share the same time keeping functions

Heart Rate Monitoring Functions

- **ECG accurate** wireless heart rate
- **OwnCode** - coded transmission
- **OwnCal s** - calorie expenditure
- **OwnIndex s** and Polar Fitness Test
- 3 Hi/Low Target zones with visible audible out of zone alarm
- Heart rate or time based recovery function
- Predicted maximum heart rate
- Percentage of maximum heart rate
- Average heart rate display
- 30 Time or Heart rate based intervals
- 3 Timers
- Multiple configurable display with low battery indicator



S410

A Polar Heart Rate Monitor designed for runners who take their sport seriously.

The Polar S410 is packed full of the standard professional features as found in the S210 with the addition of training data transfer from the hrm to a PC via SonicLink.

Memory Data and Functions

- Total exercise time
- Time in target zone (in, below, above)
- Average and maximum heart rate of total training
- recovery heart rate/time after exercise
- Up to 99 split lap memory
- Lap number indicator
- Lap/intermediate times with heart rate
- Maximum and average heart rate of laps
- Number of intervals with average heart rate of intervals
- Maximum heart rate of interval conclusion
- Calorie & cumulative calorie consumption
- Exercise set (5 settings)
- Date and starting time of exercise session
- 1 complete file and 5 summary files

Additional S410 Features

- Uplink (from PC S/W to the receiver)
- Dynamic average HR sampling
- Automatically adjusts HR sampling rates
- Memory capacity 16 hours
- Soniclink data transfer with PPP 4.0 software

Coded heart rate transmission between the transmitter and receiver to avoid crosstalk between users.



A personal fitness test, performed at rest, that predicts your aerobic fitness level.



Measures energy expenditure levels enabling dietary intake levels to be planned around training.



Automatically tracks laps and intervals allowing you to concentrate on your training performance.



Uploads information and training settings from your computer to the receiver.



Transfers recorded training data from the receiver to the PC via sound.



