



POLAR VANTAGE V      POLAR VANTAGE M

V800

# 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	•	•	•
Running Program	•	•	•
Training Load Pro (cardio load, muscle load, perceived load)	•	•	



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V800

V

M

Speed and distance from the wrist

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Running cadence from the wrist

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Route import

Available at a later date via firmware update

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GLONASS

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Wrist-based heart rate measurement

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Heart rate

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HRmax

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Heart Rate zones

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Speed/Pace zones

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Power zones

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ZoneLock

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ZonePointer

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Strava Live Segments

Available at a later date via firmware update

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Orthostatic Test

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H10 heart rate sensor required

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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

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Jump Test

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Smart Calories

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V M

V800

Training Benefit	•	•	•
Training Load			•
Recovery Status	•	•	•
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			•
Race pace			•
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	•	•	•
Interval Timers	Available at a later date via firmware update	Available at a later date via firmware update	•



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V800

V

M

HeartTouch			•
Laps, manual	•	•	•
Laps, automatic	•	•	•
Swimming Metrics	•	•	•
Tap gestures	•		•
Training reminder			•
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	•	•	•
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– SPEED SENSOR BLUETOOTH® SMART FEATURES

Speed	•	•	•
Distance	•	•	•
Incline measurement			•

– STRIDE SENSOR BLUETOOTH® SMART FEATURES

Cadence	•	•	•
Distance	•	•	•
Average stride length	•	•	•
Speed/Pace	•	•	•
Jump Test			•



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V M

V800

– DEVICE

Setup via mobile	•	•	
Battery life			
Training time	40h	30h	13h
Measurement			
Weight	66g	45g	79g
Display	•	•	•
Color	•	•	
Color touch display	•		
Resolution	240X240	240X240	128X128
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	Danish Czech Dutch English Turkish Swedish Spanish Russian Portuguese Indonesian German French Finnish Italian Polish Norwegian	18
Bluetooth Smart + GymLink (5kHz)			•
Bluetooth Smart	•	•	
Smart Notifications	Available at a later date via firmware update	Available at a later date via firmware update	•



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V800

V

M

Audio alerts	•		•
Vibration alerts	•	•	•
Alarm	•	•	•
Button lock	•	•	•
Temperature			•
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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V M

V800

**- DATA TRANSFER**

Compatibility

Compatible with PC

Windows XP, Windows 7,  
Windows 8, and later

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Compatible with Mac OS X  
10.6, OS X 10.7, OS X 10.8,  
and later

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Compatible with Polar  
Flow web service

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Compatible with Polar  
Flow mobile app via  
Bluetooth Smart

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Data export

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Training history export (from  
polarpersonaltrainer.com to  
Polar Flow)

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3rd party compatibility

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