

Feature List: Fitness/ Cross-Training

Feature list

FITNESS & CROSS-TRAINING



FS2C



FS3C



FT4



FT7



FT40



FT60



FT80

	FS2c	FS3c	FT4	FT7	FT40	FT60	FT80
Basic features							
Time of day	•	•	•	•	•	•	•
Dual time zone			•	•	•	•	•
Stopwatch	•	•	•	•	•	•	•
Water resistant	50m	50m	50m	50m	30m	30m	50m
Low battery indicator			•	•			
Display texts in ENG	•	•					
Display texts in ENG, GER, FRA, SPA, ITA					•		
Display texts in ENG, GER, FRA, SPA, ITA, PRT, FIN, SWE			•	•		•	•
Training features							
Polar STAR Training Program						•	•
Polar Fitness Test					•	•	•
EnergyPointer				•	•		
OwnZone®: Personal heart rate zone						•	•
OwnCal®: Calorie expenditure			•	•	•	•	•
OwnCode®: Coded transmission	•	•	•	•	•	•	•
WearLink® + transmitter			•	•	•	•	•
Strength Training Guidance							•
OwnRelax®							•
Files in memory	1	1	10	99	50	100	100
Weekly training summary				16	16	16	16
Total training summary			•	•	•	•	•
Speed and distance						option	option
Polar S1 foot pod						option	option
Polar G1 GPS sensor						option	option
Heart rate features							
Continuous accurate heart rate (%/bpm)	bpm	bpm	%bpm	%bpm	%bpm	%bpm	%bpm
Manual target zone (%/bpm)	bpm	bpm	%bpm	upper limit	upper limit	%bpm	%bpm
Automatic age-based target zone (%/bpm)		bpm	%bpm	%bpm	%bpm	%bpm	%bpm
HeartTouch: button-free operation of wrist unit	•	•	•	•	•	•	•
Heart rate curve in polarpersonaltrainer.com							•
Data communication tools							
Compatible with polarpersonaltrainer.com				•	•	•	•
Polar FlowLink				option	option	option	•