How to get started

You can choose to set up your new Polar M430 either with (**A**) a mobile device or with (**B**) a computer, whichever is the most convenient for you. The M430 is in storage mode, and it wakes up in the setup. To get the most accurate and personal training and activity data, it's important that you're precise with the settings in the setup.

Plug your M430 into a powered USB port or a USB charger with the custom USB cable that came in the box. It may take a few minutes for your M430 to wake up. Let your M430 charge during the setup.

USB
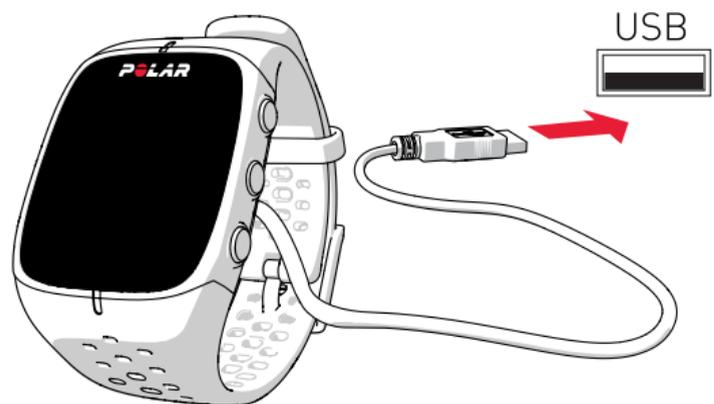
ⓘ If there is a firmware update available for your M430, we recommend you install it during the setup. It may take up to 10 minutes to complete.

A SET UP WITH A MOBILE DEVICE AND POLAR FLOW APP

Please note that you have to do the pairing in the Flow app and NOT in your mobile device's Bluetooth settings.

1. Make sure your **mobile device** is connected to the **Internet** and turn on **Bluetooth®**.
2. Download the **Polar Flow app** from the App Store or Google Play on your mobile device.
3. Open Flow app on your mobile device.
4. Flow app recognizes your M430 nearby and prompts you to start pairing it. Accept the pairing request and **enter the Bluetooth pairing code shown on the M430 display to Flow app**.
5. **Sign in** with your **Polar account** or create a new one. We'll walk you through the sign-up and setup within the app.
6. When you're done with the settings tap **Save and sync** and your settings are synced to your M430.

B SET UP WITH A COMPUTER

1. Go to **flow.polar.com/start** and install **Polar FlowSync** data transfer software to your computer.
2. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the web service.

Get to know your Polar M430

START

My day · Diary · Settings · Start Running · Fitness Test · Timers · My Heart rate · Favorites
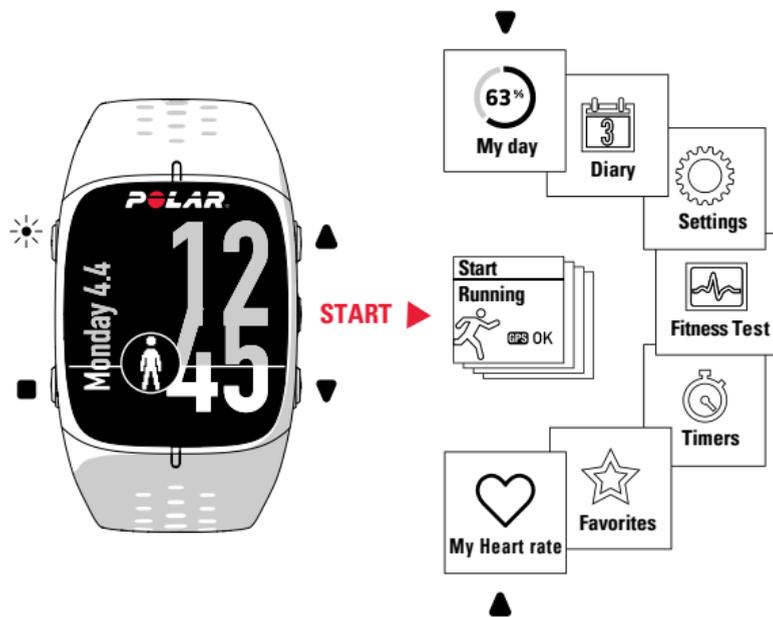
☀ LIGHT

Illuminate the display by pressing LIGHT.
Lock buttons in time view by pressing and holding LIGHT.
Enter Quick menu in training view by pressing and holding LIGHT.

■ BACK

Return, pause and stop with the BACK button.
In time view, start pairing and syncing your M430 with your mobile device by pressing and holding BACK.

▲ UP

Browse the menu, selections and training views by pressing UP.
Change the watch face by pressing and holding UP.

▼ DOWN

Browse the menu, selections and training views by pressing DOWN.

START

Enter the menu, confirm selections and start training by pressing START. During training, press START to mark a lap, press and hold to lock or unlock the heart rate zone you are currently in.

Key features

INTEGRATED GPS

Built-in GPS keeps track of your pace, distance and altitude during training. You can view your route on a map in the Polar Flow app or Flow web service after your session.

WRIST BASED HEART RATE TRAINING

Your M430 has a built-in heart rate sensor that measures your heart rate from the wrist. This makes heart-rate based training more convenient than ever.

24/7 ACTIVITY TRACKING

Your M430 tracks your steps, activity, sleep and calories 24/7 and supports you in achieving your individual daily activity goal.

RUNNING PROGRAM

Train for a running event with a personal and adaptive training plan in Polar Flow. Choose from four different targets: 5K, 10K, half marathon or marathon, and get a training plan that fits you and your goals.

SMART NOTIFICATIONS

Get notifications from your phone on the screen of your Polar M430. Pair your M430 with Flow app. Set the smart notifications on in Flow app (**Devices** > **Smart notifications**) and sync your M430 with the mobile app by pressing and holding the BACK button of your M430.

Heart rate training with Polar M430

By measuring your heart rate when training you make sure you train at the right intensity level for your goal. And you get just the benefits you want to achieve.

Wrist-based heart rate measurement is convenient and easy. Tighten the wrist band for training, start a training session on your M430, and you're ready to go.

To get accurate heart rate readings during training, secure the wrist band firmly on top of your wrist, just behind the wrist bone. Do NOT place the running watch on top of the wrist bone. The sensor on the back must be touching your skin, but the wrist band should not be too tight.
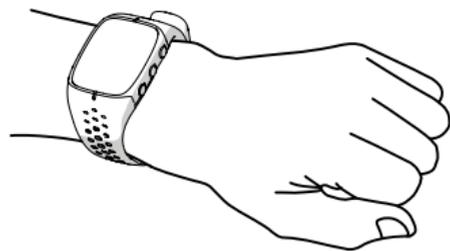
(i) When not measuring heart rate, loosen the wristband a bit for a more comfortable fit and to let your skin breathe.

Your M430 is also compatible with Polar Bluetooth® Smart heart rate sensor with chest strap. You can buy a heart rate sensor as an accessory.

Start training

1. Wear your M430 and tighten the wrist band.
2. In time view, press START to enter the list of sport profiles.
3. Browse to a sport profile by pressing UP or DOWN.
4. Go outdoors and away from tall buildings and trees. Keep your M430 still with the display upwards to catch GPS satellite signals. When the signal is found, M430 vibrates and OK is displayed.
5. M430 has found your heart rate when your heart rate is shown.
6. Press START to start training recording.

(i) Choose your favorite sports and the information you want to follow during your sessions in the Polar Flow app or web service.

PAUSE AND STOP TRAINING

Press BACK to pause your training session. To continue training, press START. To stop the session, press and hold BACK when paused until **Recording ended** is displayed.

You'll get a summary of your training session on your M430 right after you've stopped training. Get a more detailed analysis in the Flow app or in the Flow web service.

After training

VIEW YOUR TRAINING DATA AT A GLANCE ON THE MOBILE APP

Get the Polar Flow app on the App Store or Google Play. Sync your M430 with Flow app after training and get an instant overview and feedback on your training result and performance. In Flow app you can also check how you've slept and how active you've been during the day.

POLAR FLOW WEB SERVICE FOR MORE DETAILED ANALYSIS

Sync your training data to the Flow web service with your computer or via Flow app. In the web service you can track your achievements, get guidance and see a detailed analysis of your training results, activity and sleep.

TAKE CARE OF YOUR M430

Keep your M430 clean by rinsing it under running water after each training session. Before charging, please make sure there's no moisture, hair, dust or dirt on the M430's USB connector. Gently wipe off any dirt or moisture. **Do not charge the M430 when its USB connector is wet.**

POLAR

Running
Monday, Feb 13, 2017, 12:04

Notes ▶

0:53:10
Duration

8.79km
Distance

142bpm
HR avg

416kcal
Calories

162bpm
HR max

25%
Fat burn % of cals
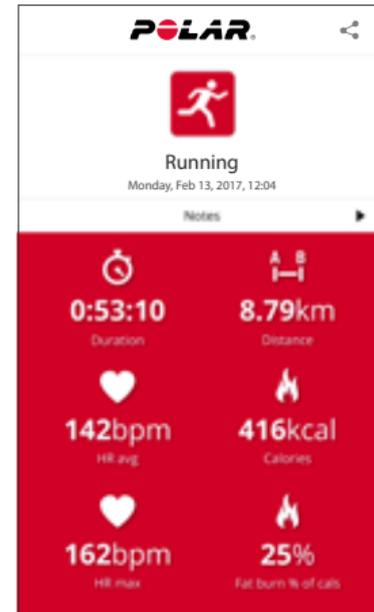
Technical specification

BATTERY TYPE	240 MAH LI-POL BATTERY
HEART RATE SENSOR	INTERNAL OPTICAL
OPERATING TIME	UP TO 8 HOURS TRAINING WITH GPS AND OPTICAL HEART RATE MEASUREMENT
WATER RESISTANCE	SUITABLE FOR SWIMMING
MATERIALS	SILICON, THERMOPLASTIC POLYURETHANE, STAINLESS STEEL, ACRYLONITRILE BUTADIENE STYRENE, GLASS FIBER, POLYCARBONATE, POLYMETHYL METHACRYLATE, LIQUID CRYSTAL POLYMER

POLAR®

POLAR M430
GPS RUNNING WATCH WITH WRIST-BASED HEART RATE

Getting Started Guide

Learn more at support.polar.com/en/M430

English