

Polar FT series heart rate monitors - COMPARISON TABLE

Basic features	FT40	FT60	FT80	FA20
Time of day	•	•	•	•
Backlight	•	•	•	•
StopWatch	•	•	•	•
Water resistant	30m	30m	50m	30m
Alarm, date and weekly indicator	•	•	•	•
Display texts in ENG, GER, FRA, SPA, ITA	•			•
Display texts in ENG, GER, FRA, SPA, ITA, PRT, FIN		•	•	
Training features				
Polar STAR Training Programme		•	•	
Polar Fitness Test™	•	•	•	
EnergyPointer	•			
OwnZone®: Personal heart rate zone		•	•	
OwnCal®: Calorie expenditure	•	•	•	
OwnCode®: Coded transmission	•	•	•	
WearLink®+ transmitter	•	•	•	
Strength Training Guidance			•	
OwnRelax®			•	
Files in memory	50	100	100	
Weekly training summary	16	16	16	
Total training summary	•	•	•	
Speed and distance		option	option	
Polar S1 foot pod™		option	option	
Polar G1 GPS sensor		option	option	
Effect of training: health or fitness				•
Training target: calories or distance				•
Duration of training session				•
Distance				•
Calories				•
Active steps				•
Files in memory 100				•
Heart rate features				
ECG accurate heart rate (%/bpm)	%/bpm	%/bpm	%/bpm	
Manual target zone (%/bpm)	upper limit	%/bpm	%/bpm	
Automatic age-based target zone (%/bpm)	upper limit	%/bpm	%/bpm	
Graphical target zone indicator	•	•	•	
Visual and audible alarm in target zones	•	•	•	
HeartTouch™: button-free operation of wrist unit	•	•	•	
Heart rate curve in polarpersonaltrainer.com			•	
Daily activity features				
24/7 activity measurement				•
Calories of active time				•
Active time				•
Activity trend (shows 9 weeks of daily files)				•
Data communication tools				
Compatible with polarpersonaltrainer.com	•	•	•	•
Polar FlowLink™	option	option	•	option