

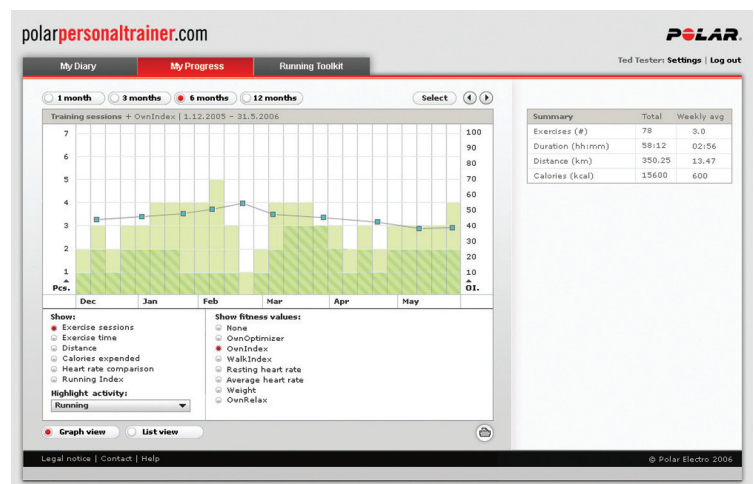
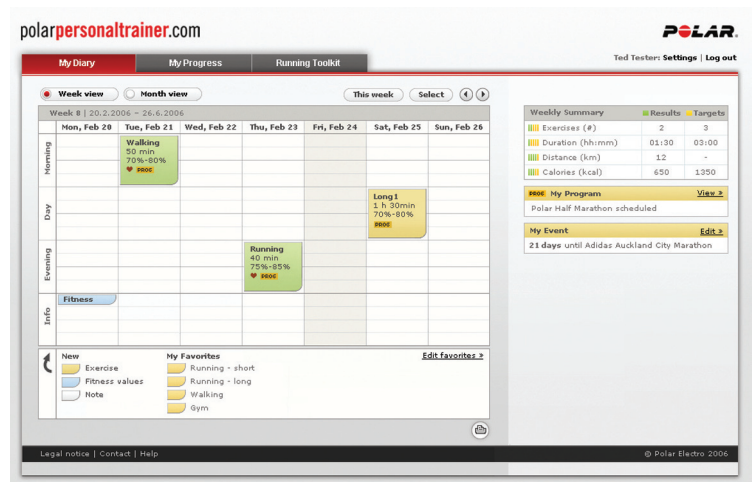
# ***Product Descriptions***

# polarpersonaltrainer.com

The polarpersonaltrainer.com web service helps expand the use of your Polar product, and provides a big picture of your training thanks to long-term follow-up functions.

For guidance on choosing a suitable exercise, polarpersonaltrainer.com offers you a wide selection of training programs, tailored to your fitness level and development goals. Moreover, the web service has a large article database with background information on different sports genres and on heart rate monitoring, as well as an extensive selection of tests and calculators.

Exercise and test data can be wirelessly transferred from many Polar products to polarpersonaltrainer.com, using the Polar WebLink™ software available for free download at [www.polar.fi](http://www.polar.fi).



# Polar ProTrainer 5

Polar ProTrainer 5 is a sophisticated software designed to provide you with deep understanding of your training. It ships exclusively with Polar's high-end Running, Cycling, and Outdoor Sport products, and functions as a stand-alone Windows software in a PC.

Use the software to plan your training sessions in advance, define your training zones for each training phase, and upload the settings to your Polar product. After your training, you can analyze the results closely with versatile graphs that you can customize according to your unique needs.

A customizable calendar provides a complete training log where each exercise file automatically creates a diary entry with all your training data. Use different reports for long-term development follow-up.

