

POLAR VANTAGE M2

MULTISPORT WATCH

For that athlete attitude

Polar Vantage M2 is your all-in-one companion on your way towards new PR's. It gives you the guidance and data to help you get stronger and essential smartwatch features to keep you connected.



KEY BENEFITS

Designed for Function

Let your athlete attitude show wherever life takes you.

Athlete's Essentials – with Pro-Level Accuracy

Advanced wrist-based heart rate & GPS, GLONASS, Galileo and QZSS.

Long Battery Life & Power Save Options

Power through even your longest sessions with up to 100 hours of continuous training time.

Nightly Recharge™ Recovery Measurement

Rest smart, play hard – learn how well your body recovers during the night.

Training Load Pro™

Keep your load in control and find the balance.

Fitspark™ Daily Training Guide

Work out without burnout with ready-made workouts that match your recovery and readiness.

Fuelwise™ Smart Fueling Assistant

Fuel up wisely during that extra long training session.

Running Program

Crush your running goals with a personalized and adaptive training plan.

Music Controls

Easily navigate around your playlist and adjust volume straight on your watch.

Phone Notifications

Stay connected with push notifications from your phone.

Weather

Prepare for the elements with weather info & forecasts.

Weekly Summary

Easy access to your weekly training stats, history and plans, straight on your watch.

Energy Sources

See how your body uses different energy sources during a training session.

POLAR FLOW

Witness your data come alive

Discover Polar Flow, the ultimate training platform that breathes life into all your data. With extensive training analysis tools, an automatic training diary, progress reports and much more, Polar Flow will help you achieve your training goals.



POLAR VANTAGE M2 VS. POLAR VANTAGE M

WHAT'S NEW



Power save options
Up to 100 hours of continuous training time



FuelWise
Smart fueling assistant



Music controls



Weather



Weekly Summary



Energy Sources

IN THE BOX

Polar Vantage M2 multisport watch
Wristbands (both size options included)
Charging cable
Polar Vantage M2 user manual
Information note



TECH SPECS

Measurements

46 x 46 x 12.5 mm

Weight

45 g with wristband, 28 g without wristband

Materials

Glass fiber reinforced polymer case. STAINLESS STEEL bezel, buttons and buckle.

Display

Always on color display. Hard-coated PMMA laminated lens. Size 1.2", resolution 240 x 240.

Battery

230 mAh Li-pol battery. Battery life up to 30 h in training mode (GPS and wrist-based heart rate) or up to 5 days in watch mode with continuous heart rate tracking. Multiple power save options available.

GPS

Integrated GPS & GLONASS. Assisted GPS for fast fix times.

Connectivity

Bluetooth Low Energy. Custom USB cable for charging and data synchronization.

Watch

Time & date. Alarm with snooze.

UI languages

English, German, French, Italian, Dutch, Norwegian, Spanish, Portuguese, Swedish, Finnish, Danish, Polish, Russian, Turkish, Indonesian, Czech, Japanese, Chinese (simplified)

Sensors

Compatible with all standard BLE heart rate sensors and running cadence and power sensors as well as cycling speed, cadence and power sensors.

Water resistance

Waterproof (WR30)

Wristbands

Sizing: Wrist circumference 130-210 mm
Two wristband size options included in the package.
Material: Silicone, stainless steel buckle