



POLAR®

Polar Team Pro
Leave **nothing** to chance



POLAR®

Just like you, we're **committed to be the best** at what we do

- Over 15 years of successful business with dedicated systems in the field of professional team sports
- Previous success stories include Polar Team app with H7 heart rate sensors, Polar Team² solution, and a wide selection of elite-level training computers for endurance sports
- Leading and most trusted heart rate data provider for high profile professional teams: 75% of teams in English Premier League and German Bundesliga rely on Polar. Our solution is also widely used in NBA, NFL and NHL.



We have **the perfect solution** for elite teams

- Tailored for the demanding needs of fitness, strength and conditioning coaches working in elite team sports.
- Invaluable data to assist in optimizing training and recovery as well as prevent injuries.



Now let's upgrade your game!

Polar Team Pro overview



Instant analysis of real-time data straight on your iPad for up to 60 players



In-depth analysis of data in web service and ability to create and share reports



Gain a thorough understanding of your players' physical readiness through integrated GPS, MEMS motion sensor and heart rate



Dock is all you need for charging and syncing – no external base station required

Link with players' personal Polar Flow account (optional)



Gain a thorough understanding of your players' overall condition

Benefits *1/3*

- **SMALL, LIGHT AND POWERFUL**
Extensive data measured by high-frequency processing sensor technology. Includes key performance indicators and analysis tools for speed, distance, accelerations and location.
- **ALL-IN-ONE INTEGRATED SENSOR**
No additional vests or belts needed to capture heart rate data.
- **VERY EASY TO USE**
Data is captured straight to your iPad for up to 60 players and everything charges in team dock. No base station required.

Benefits 2/3

- GREAT CONNECTIVITY ON THE FIELD
Range extends up to 200 meters and the sensor has extensive live data buffering to cover out-of-range gaps.
- NOT WHOLLY DEPENDENT ON GPS
Motion sensor algorithms track speed, distance and accelerations for running-based sports even indoors.
- COMPLETE SOLUTION
Link players' personal Polar Flow account* for insight on 24/7 activity or to follow off-season training. No other solution offers capability to monitor daily activity, recovery and sleep.

** Polar Flow compatible wearable tracker required.*

Benefits 3/3

- SINGLE ACCOUNT to manage multiple team rosters and data
- FUTURE-PROOF through software updates
- AROUND THE GLOBE via dedicated helpdesk and a two year warranty

System specifications



Sensor

- World's smallest all-in-one sensor (38g)
- Integrated GPS, motion sensor* with high-frequency processing and heart rate in beat-to-beat precision

**Embedded MEMS motion sensor with accelerometer, gyroscope and digital compass*

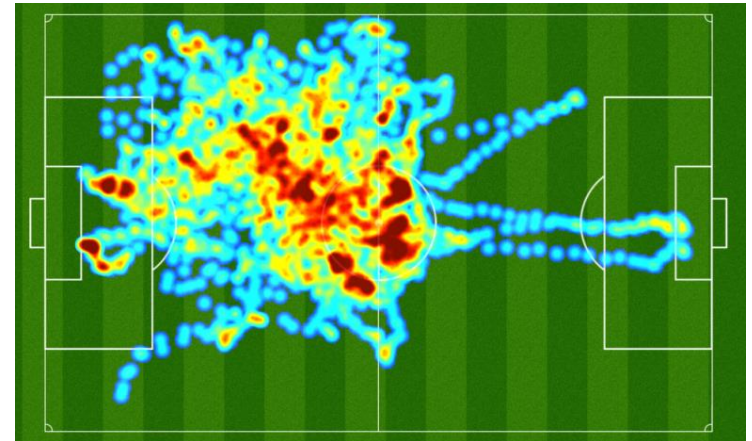
Measures

- Running speed, distance, accelerations and decelerations also indoors
- Distance in speed zones
- Sprints (number of maximal running accelerations)
- Running cadence
- Heart rate and R-R interval
- Heart rate zones
- Calories
- Location (GPS coordinates, outdoors)
- Training load and recovery time

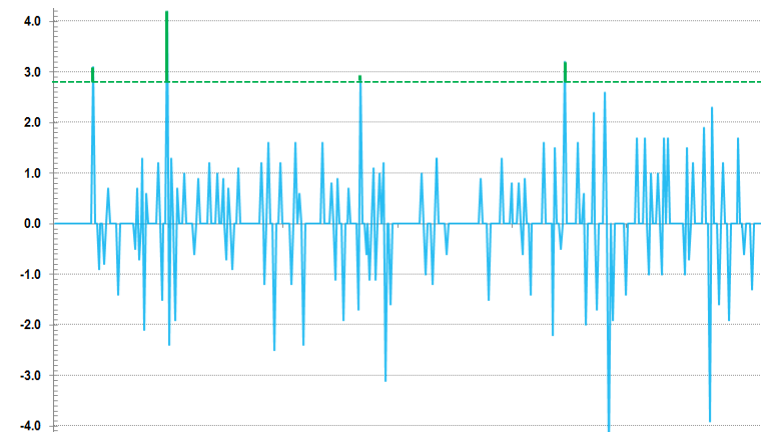


Sensor technology

- High frequency processing to track every move
 - GPS, 10 Hz
 - Motion sensor, 200 Hz
 - Data presented with 1 sec recording rate
- Powered by advanced Polar sensor fusion technology
 - Motion sensor captures instant changes in speed and acceleration
 - GPS works together with motion sensor to calibrate data output for greater accuracy.
 - Tracks speed, distance and accelerations for running based sports also indoors.
- Great connectivity on the field with Bluetooth Smart
 - Instant connection
 - Range extends up to 200 meters
 - Live data buffering to cover out-of-range gaps
 - Fast satellite fix with Assisted GPS



Heatmap visualization of player location on the field



Example of running acceleration data and detection of maximal sprints (m/s²)



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Polar Team Pro Shirt



HEART RATE MEASUREMENT

Seamlessly integrated sensors to monitor heart rate.



INTEGRATED SENSOR POCKET

Located on the upper back for optimal GPS reception.



SECOND SKIN FIT

Athletically designed wearability.



ULTIMATE WEARABILITY

Body moisture system to keep players cool in all weather conditions.



UPF 50+ SUN-BLOCK

To block the damaging effects of ultraviolet rays.



Polar Team Pro Shirt technology

Sleeveless men's base layer shirt

- Embedded Polar proprietary HR technology
- Compatible with Polar Team Pro sensor
- Machine wash in 40 C (114 F), no dryer
- Sizes: S, M, L, XL, 2XL, 3XL
- Color: Light grey

Measures*

- Heart rate, heart rate zones and heart rate variability
- Speed, distance, sprints, accelerations, decelerations and running cadence both outdoors and indoors
- Distance in speed zones
- Calories
- Player location on field (outdoors)
- Training load and recovery time

**When connected with Polar Team Pro Sensor.*



Dock

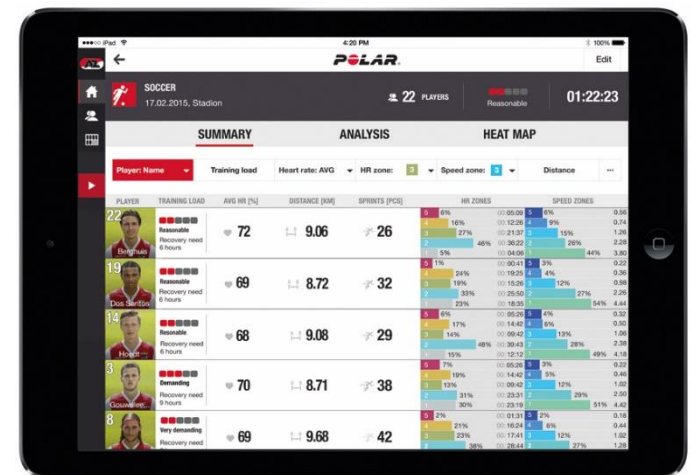
- Easy setup, the dock and sensors are all you need
- Data sync on the go and convenient recharging for iPad* and sensors
- Real-time data to support decision making and guidance during training



* **Compatible devices:** iPad Air, iPad Air 2, iPad mini, iPad mini 2, iPad mini 3, iPad with Retina display, iPad (4th generation)

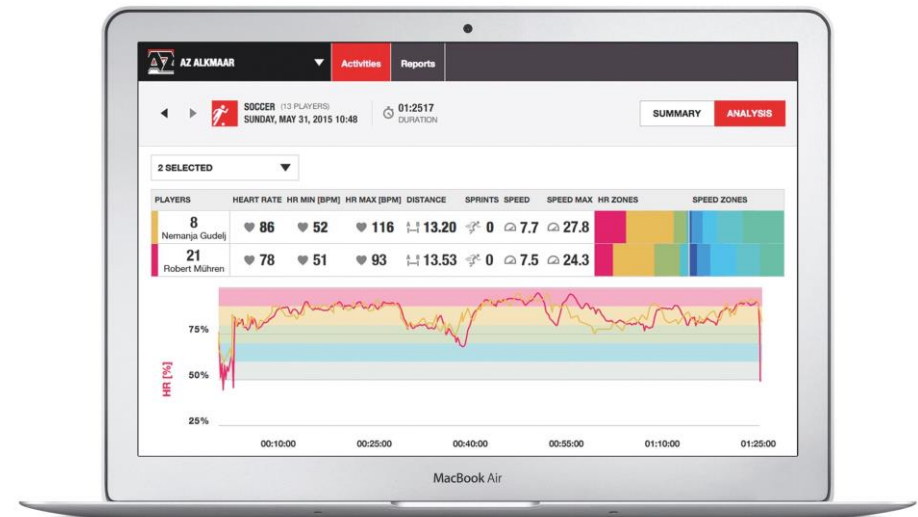
Team Pro app

- Live views with extensive data for up to 60 players
- Possibility to add notes during training
- Instant session summaries after training
- Advanced analysis view for in-depth sample data comparison
- Heat map view for location analysis
- Weekly training overviews and training history



Team Pro web service

- Easy access and sharing for multiple teams and coaches
- Customizable team and player settings through team sport profiles
- Training summaries and overview for the entire team or a selected player
- Powerful session analysis and comparison:
 - List view for more convenient filtering and searching
 - In-depth sample data in a curve view
 - Player location on a heat map or a line graph
 - Breakdown graphs of HR and speed zones
 - Number of sprints over a session
 - Edit session and phases
 - Create and save long-term reports
 - Export data conveniently to Excel



Individual training*

- 24/7 ACTIVITY TRACKING enables individual player coaching outside of team sessions.
- TRAINING LOAD AND RECOVERY gives a true picture of individual player readiness year around.
- SLEEP TRACKING shows insights on individual quality of rest.

** Polar Flow compatible wearable tracker required.*



Upgrade **your game** today



POLAR®



+



Get started with Team Pro system

- 10x sensors and soft straps
- 1x Team dock
- 1x Shoulder bag, sensor folder and washing pouch
- One-year license* of Polar Team Pro web service and app

* License includes organization account for up to 10 teams and 200 players. Subscription is renewed automatically after one year.
iPad is not included in the set. Price excludes VAT.

Add more players



Polar Pro sensor

One sensor with a soft strap.



Polar Pro team dock



Team Pro set

Hardware for organizations already owning software license.

10 sensors and straps, team dock, shoulder bag, sensor folder and washing pouch.

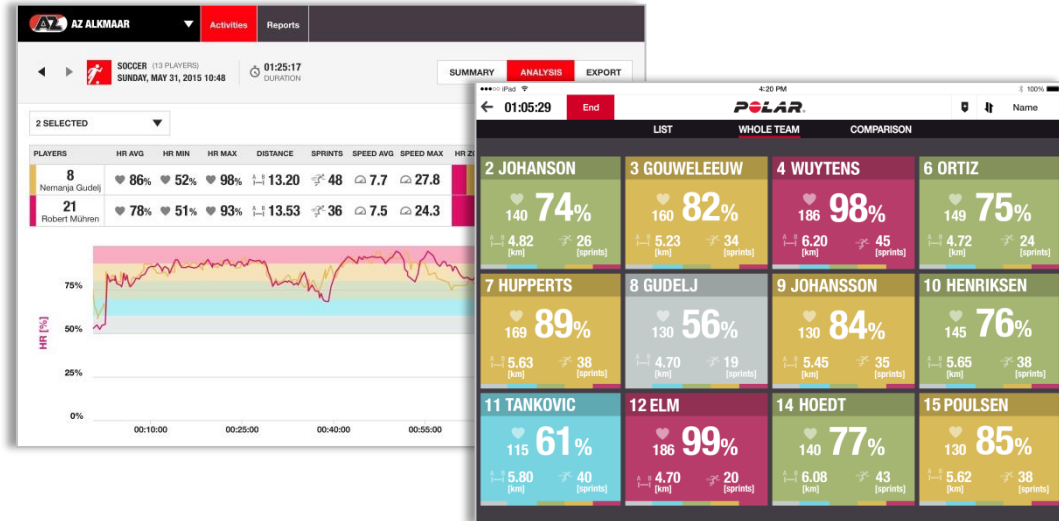


Polar Pro soft strap 10-kit

Ten soft straps and a washing pouch.



All prices excluding VAT.



Team Pro software license

- One-year license of Polar Team Pro web service and app
- One license for entire organization
- Access for up to 10 teams and 200 players*
- Renewed automatically after subscription ends

* For larger organizations and more users, please contact Polar for pricing
iPad is not included in the license. Price excludes VAT.

Appendix



Technical and data	Team Pro	Team ²	Team app
Compatible sensors	Polar Pro	Polar Team ²	Polar H7
Sensor connectivity	Bluetooth Smart	Bluetooth classic, 5 kHz	Bluetooth Smart, 5 kHz
Real-time data	iPad	PC, via base station	iPad
Range	Up to 200 meters	Up to 100 meters	Up to 80 meters
Heart rate	x	x	x
Heart rate variability	x	x	-
GPS	x	-	-
MEMS motion sensor (Accelerometer, gyroscope, digital compass)	x	-	-
Running speed, distance, sprints, accelerations and running cadence both outdoors and indoors	x	-	-
Player location	x	-	-
Training load and recovery	x	x	-
Sensor memory	Up to 72 hours	Up to 48 hours	-
Recharging (from empty to full)	3 hours	24 hours	-

Software and ecosystem	Team Pro	Team ²	Team app
Software and database solution	Cloud based	Local PC	Local iPad app
Multiple teams supported	x	x	-
Multiple coaches access supported	x	-	-
Secured individual login	x	-	-
Customizable heart rate zones	x	x	-
Customizable speed zones	x	-	-
Heart rate graph in training results	x	x	x
Heart rate analysis selection and zooming functions	x	x	-
Speed, distance and sprints analysis functions	x	-	-
Location analysis with heat map	x	-	-
Phases	x	x	-
Markers	x	x	-
Export training session data to Excel	x	x	-
Long term reports (week, month, season)	x	x	-
24/7 activity recovery follow-up (requires personal Polar device i.e. V800, M400)	x	-	-
Languages	EN, DE, FR, NL, ES, IT, PT, ZH, CS, FI, JP, NO, SV, DA, RU, PL	EN, DE, FR, NL, ES, IT, PT, ZH, CS	EN, DE, FR, NL, ES, IT



Product Specification – Team Pro Sensor

Sensor technology

- ✓ Bluetooth Smart connectivity with live data broadcast directly to Polar Team Pro iPad app. No base station required.
- ✓ Range up to 200 meters (open environment, line of sight)
- ✓ Encrypted live data. Can be accessed only with team credentials.
- ✓ Live data buffering to cover out-of range gaps (see data table for buffered cumulative training data)
- ✓ GPS, 10 Hz processing
- ✓ Assisted GPS (A-GPS) for fast, within seconds, position fix at start.
- ✓ MEMS motion sensor (3-axis accelerometer, 3-axis gyroscope, magnetometer), 200 Hz processing
- ✓ GPS and motion sensor calculate combined movement based data - speed, distance, sprints, accelerations and running cadence both outdoors and indoors

Data and sampling rates

Sensor raw data	Unit	Samples per second
Heart rate	Bpm	1
Heart rate variability	Ms	Every R-R interval
Speed	km/h, mph	10
Distance	km, m or mi, yds	10
Acceleration / deceleration	m/s ²	10
GPS coordinates lat / lon	decimal degrees	1
Steps/min running cadence	steps / min	1

Live data	Unit	Refresh rate (sec)	Live buffer
Heart rate	bpm, % of max	2	
Heart rate average	bpm, % of max	2	
Heart rate max	bpm, % of max	2	x
Time in heart rate zones	5 zones, hh:mm:ss	2	x
Total distance *	km or mi	2	x
Distance in speed zones *	5 zones, km or mi	2	x
Number of sprints *		2	x
Training load		2	x
Calories	Kcal	2	x

* Sensor tracks all live buffered movement data with full 10 Hz rate. Accurate total value is sent to iPad every 2 seconds.

Sensor usage

- ✓ Automatic transmission and recording start
- ✓ Sensor memory up to 65 hours of training data
- ✓ Download 1 hour of training data from 20 sensors in 9 minutes on average.
- ✓ Up to 10 hours of operating time with GPS
- ✓ Up to 30 hours of operating time GPS off (indoor sport profile)
- ✓ Recharging in 3 hours (from empty to full)
- ✓ LED display showing player number, information on data sync and battery
- ✓ Updatable firmware
- ✓ Bluetooth Smart heart rate compatible
(Can be paired as heart rate sensor with all compatible Polar watches)

Technical specification

- ✓ Battery type: 390 mAh Li-poly rechargeable battery
- ✓ Operating temperature: -10 °C to +45 °C (14 °F to 113 °F)
- ✓ Water resistant 30 m
- ✓ Sensor dimensions: 36 mm (1.42 in) x 68 mm (2.68 in) x 13 mm (0.51 in)
- ✓ Sensor weight: 39 grams (1.38 oz)
- ✓ Heart rate strap weight: 30 grams (1.06 oz)
- ✓ Sensor materials: ABS, ABS + 30% GF, PC, stainless steel
- ✓ Strap materials: 38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester



Product Specification – Team Pro Dock

POLAR PRO TEAM DOCK

- ✓ 20 sensor slots
- ✓ Certified Apple iPad accessory
- ✓ Standalone operating time with internal battery 1 week
(Estimated with average power consumption when synchronizing 7 training sessions per week)
- ✓ Battery type: 2800 mAh Li-poly rechargeable battery
- ✓ Dock Materials: ABS + PC, PC, brass (gold plated), steel, stainless steel, aluminium, LDPE/TPR
- ✓ Operating temperature: 0 °C to +35 °C (32 °F to 95 °F)
- ✓ Not water resistant. Do not use in rain or wet conditions.
- ✓ Weight: 1870 grams (4.1 lb)
- ✓ Dock dimensions: 356 mm (14.0 in) x 241 mm (9.5 in) x 49 mm (1.9 in)

