

Polar Vantage M3

Smart Multi-Sport Watch



Slim. Compact.
Lightweight.

Design

Weight 53g

12mm

44mm

Materials

Scratch-resistant.
Waterproof.
Rustless.



So bright.
So personal.
So responsive.

AMOLED
Display

Runs up to
7 days
non-stop.

Battery

30 hours
Performance
Training Mode

70 hours
Eco Training
Mode

Recovery

Automatic
sleep tracking.

Vertical Speed & VAM

Advanced outdoor
training metrics.

Smart Coaching

Your personal
training and
recovery pro.

Get messages.
Get weather.
Get music.

Smart Features

Dual-Band GPS & Offline Maps

You vs.
The World.



Scientifically
validated & tested

Training



A healthier,
happier,
longer product
life-cycle.

Replaceable
Battery



Materials

Scratch-Resistant
Gorilla Glass 3



310mAh
Battery



Electrocardiogram
monitoring from
the wrist.

Biosensing



Over 150
sports at your
fingertips.

Sports Profiles

Design

22mm Silicone
Sport Bands.



275 MHz
CPU Speed