



## Flow for Coach with compatible products offers a truly unique integrated 24/7 solution.

- Students easily download data to Polar Flow web service which provides a great teacher/student user experience
- Easily connect with your students & provide instant feedback on their progress
- Add personalized training programs which seamlessly syncs to the students' wrist-worn Polar device for training guidance\*
- Motivate and keep students accountable for their workout with detailed information on their heart rate and/or activity data
- Track & analyze your students progress with detailed reports

## Learn more:

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