POLAR H10



USER MANUAL

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POLAR H10 HEART RATE SENSOR

POLAR H10 HEART RATE SENSOR

This user manual contains instructions to Polar H10 heart rate sensor.

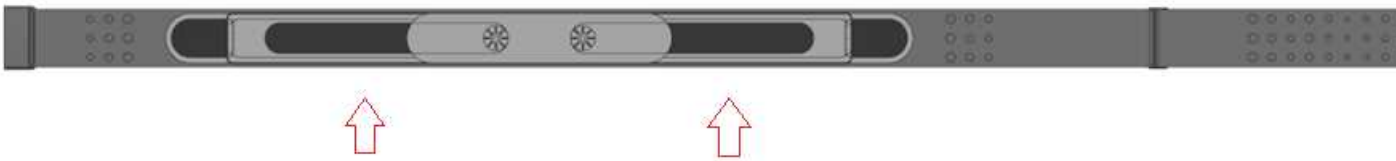
Polar H10 is a supremely precise heart rate sensor that comes with the Polar Pro chest strap. Providing top-quality and interference-free ECG measurement, Polar H10 is considered the most accurate heart rate sensor by many sources. Polar H10 connects and transfers data via Bluetooth® and ANT+™ and so brings an excellent variety of connection options with compatible sports watches, smart watches and training apps. You can also have two simultaneous Bluetooth connections. Polar H10 has internal memory for one training session and you can sync your session to Polar Beat afterwards. The Polar Pro chest strap is machine-washable.

The latest version of this user manual and video tutorials can be found at support.polar.com/en/H10_heart_rate_sensor.



HEART RATE SENSOR PARTS

1. The plastic **electrode areas** on the reverse side of the strap detect heart rate



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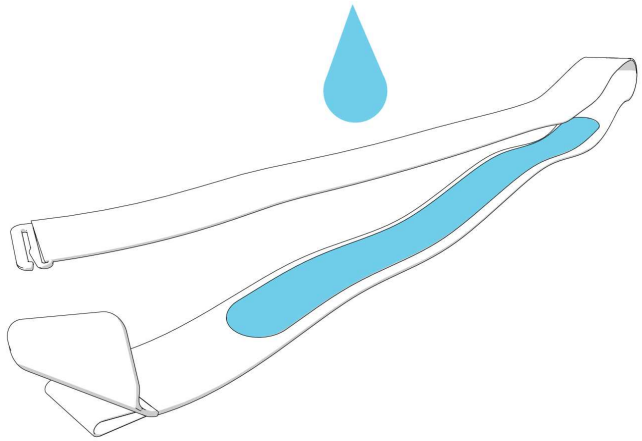
2. The **connector** sends the heart rate signal to the receiving device.



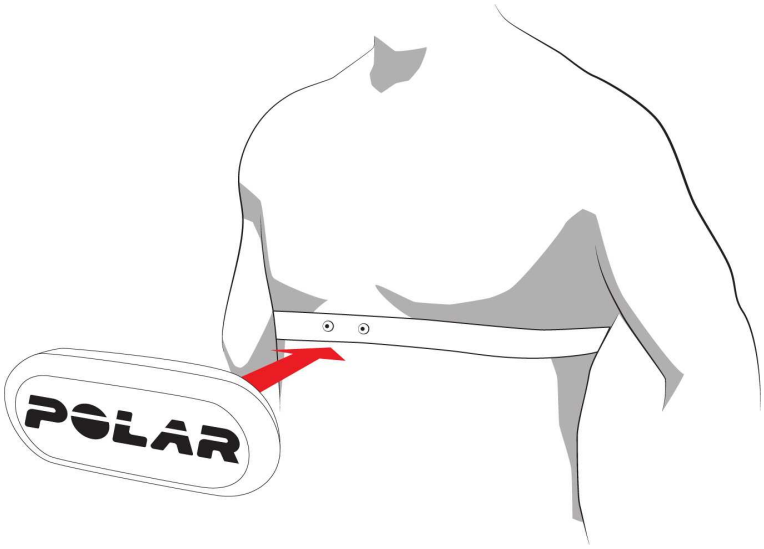
Polar H10 heart rate sensor enables training in a group without interference from other heart rate sensors.

WEARING THE HEART RATE SENSOR

1. Moisten the electrode area of the strap.



2. Fasten the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector.



Detach the connector from the strap and rinse the strap under running water after every use. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will reduce the transmitter battery life.

See detailed washing instructions in the Caring for Your Heart Rate Sensor section or at support.polar.com.

GETTING STARTED

Polar H10 heart rate sensor is compatible with Bluetooth® and ANT+™ devices that support heart rate service. A separate application is required to view heart rate data on the receiving device (for example, a smartphone). It is recommended to use the Polar Beat application but it is also possible to use other applications.

Note that the H10 transmits your heart rate signal simultaneously via Bluetooth and ANT+. You can turn off the ANT+ transmission from the Beat settings under HR sensor.

If you have a Polar Flow account Polar Beat automatically synchronizes your training files to it. Please note that you must sign in to your Polar Flow account when starting Polar Beat for the synchronization to work.

When using the Polar H10 for the first time, you need to pair the heart rate sensor with your receiving device. For more information on pairing, see the mobile application manufacturer's instructions.

Polar H10 heart rate sensor is also compatible with Polar training computers using GymLink technology. For more information, go to support.polar.com.

To ensure sufficient transmission range from your Polar H10 heart rate sensor to the receiving device, keep the device in front of you. A good place is in a front pocket or fixed on a belt. Do not wear the receiving device on your back (for example, in a back pocket or backpack).

PAIRING
PAIR WITH POLAR BEAT

The heart rate sensor needs to be paired directly in the Polar Beat app.

To pair a heart rate sensor with Polar Beat:

1. Wear the sensor.
2. Open Polar Beat app on your Android or iOS device.
3. Go to the settings section of the app and find HR sensor. When your sensor is found, tap PAIR.

Note that the H10 transmits your heart rate signal simultaneously via Bluetooth and ANT+. You can turn off the ANT+ transmission from the Beat settings under HR sensor.

PAIR WITH A POLAR WRIST UNIT

You need to wear the sensor when pairing it.

Check the user manual of your Polar wrist unit at support.polar.com for specific pairing instructions.

SENSOR MEMORY

H10 has an internal memory that can store heart rate data of one training session. You start the session in Polar Beat mobile app and it also transfers the data from the sensor after the training. It's especially handy in sports where you can't have your mobile or wrist unit with you.

To use it:

1. Wear your sensor.
2. Open Polar Beat app on mobile you have paired your sensor with.
3. Select your sport profile, tap three dots on the top right corner, **Save HR with sensor** and **Start**
4. After your training session, you can stop the recording either by tapping the stop button on display or removing the connector from its strap.

When you come back into the Bluetooth range of your mobile, Beat will automatically offer to download your finished training session from the sensor memory and sync your Flow diary. If you have removed the connector from the strap. attach the it back to its strap and wear the sensor around your chest to ensure successful connection to Beat and smooth data transter.

USING YOUR HEART RATE SENSOR IN WATER

Polar H10 heart rate sensor is water resistant. The GymLink technology can be used in water activities, but Bluetooth® wireless technology will not work in water. You can still record your heart rate from your swim and transfer the data afterwards to Polar Beat, the mobile app. Please notice that sea and pool water are very conductive, and electrodes may short-circuit, preventing ECG signals from being detected by the heart rate sensor.

When using a bathing suit, the best performance is achieved by wearing the heart rate sensor underneath it.

FIRMWARE UPDATE

With the Polar H10 heart rate sensor, we'll be able to bring updates to your sensor to improve it or even bring new functionalities to it. You'll be able to update the firmware via the Polar Beat or Polar Flow mobile app.

To receive the firmware updates, your H10 heart rate sensor needs to be paired with the Polar Beat or Polar Flow app, Android or iOS. The app will let you know if there's an update available and will guide you through it.

Sensor pairing is needed after update / battery replacement, if you use H10 with Polar A360, M400, A300, M450, V650, M200, M600 or 3rd party app / device. See instructions.

CARING FOR YOUR HEART RATE SENSOR

The heart rate sensor is a high-tech instrument that should be handled with care. Follow the caring instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor. The following instructions will help you fulfill guarantee obligations.

Connector: Detach the connector from the strap after every use and dry the connector with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material (e.g. steel wool or cleaning chemicals).

Strap: Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.

Dry and store the strap and the connector separately to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. Do not store the heart rate sensor wet in non-breathing material, such as a sports bag, to prevent snap oxidation. Do not expose the heart rate sensor to direct sunlight for extended periods.

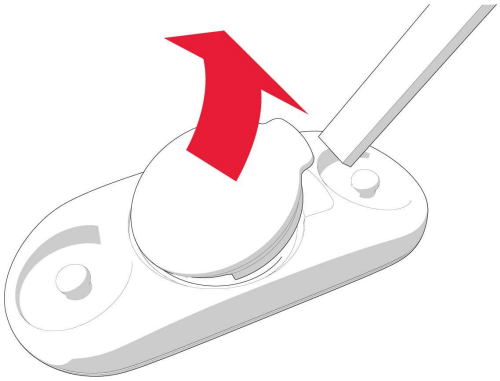
Check the label on your strap to see if it is machine washable. Never put the strap or the connector in a dryer!

BATTERIES

The battery level of your heart rate sensor is displayed on the receiving device.

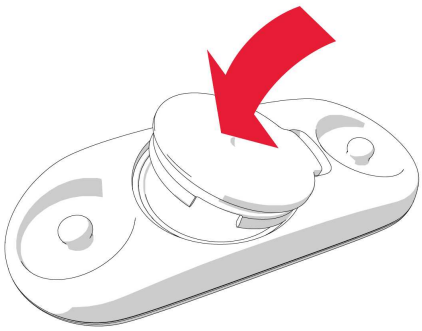
All connectors have user changeable batteries. To change the battery yourself, follow the instructions below.

1. Lever the battery cover open by using a small flat-headed tool.



2. Remove the old battery from the battery cover.
3. Insert the new battery (CR2025) inside the cover with the negative (-) side outwards.

4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place. You should hear a snap.



Sensor pairing is needed after update / battery replacement, if you use H10 with Polar A360, M400, A300, M450, V650, M200, M600 or 3rd party app / device. See instructions.

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one.

You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In the USA the sealing ring/battery kits are also available at www.shoppolar.com.

Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be disposed of in compliance with local regulations.

TECHNICAL SPECIFICATIONS

Battery type:	CR 2025
Battery sealing ring	O-ring 20.0 x 0.90 Material Silicone
Battery lifetime:	400 h
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
Connector material:	ABS, ABS + GF, PC, Stainless steel
Strap material:	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester, Silicone prints

The Polar H10 heart rate sensor applies the following patented technologies, among others:

- OwnCode® coded transmission

Uses wireless Bluetooth® and ANT+™ technology.