



# POLAR H10 N



**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 electrical 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](https://support.polar.com).



## Heart rate sensor parts

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



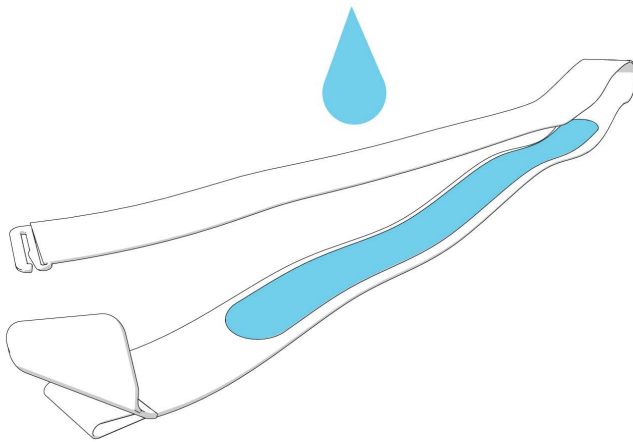
2. The **connector** sends the heart rate signal to the receiving device.



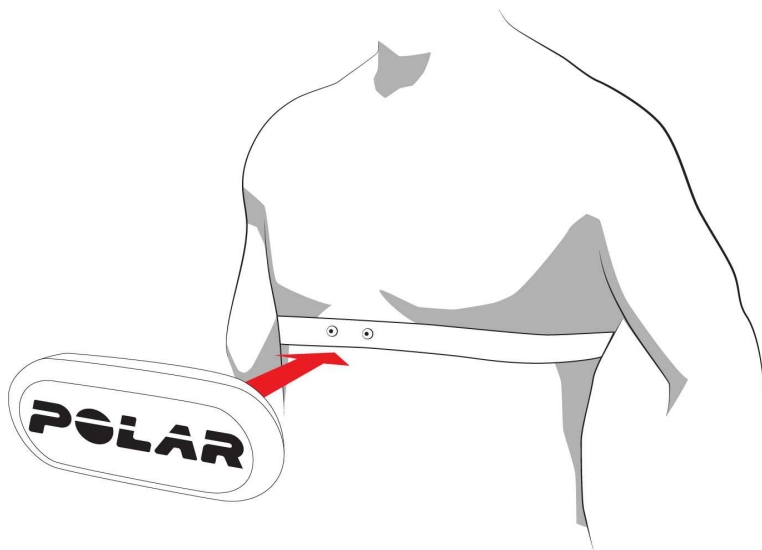
Polar H10 heart rate sensor enables training in a group without interference from other heart rate sensors.

## 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.

For more information, see [Caring for your heart rate sensor](#).

# 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](http://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](http://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 transfer.

## 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 electrically measured 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 with a Polar or third-party device or app is required after a reset, update, or battery replacement if you are using a firmware version earlier than 3.3.1 for H10. [See instructions.](#)

## Caring for your heart rate sensor

Follow the care instructions to ensure reliable heart rate measurements and prolong the lifespan of the textile strap, which wears out over time like any other piece of clothing. Maintaining the cleanliness of both the sensor and the strap keeps the device in optimal operational condition and comfortable to wear. Also, remember to store the heart rate sensor properly. The following instructions will help you fulfill guarantee obligations.

## Connector



### After every use

To prevent snap oxidation and battery drain:

- **detach the connector from both strap snaps**
- rinse the connector under running water and dry with a soft towel.

### When needed

- Clean the connector with a mild soap and water solution. Never use alcohol, disinfectant or any abrasive material (steel, wool or cleaning chemicals).
- Never put the connector in a washing machine or dryer.

## Strap



### After every use

- **Rinse the strap under running water.**
- Hang to dry, but avoid direct sunlight.

### After every five workouts or at least once a week

- **Wash the strap in a washing machine in 40°C / 104 °F.** Lower temperatures do not remove impurities from the electrode material, and higher temperature can damage the strap. Do not use bleach or fabric softener.
- Do not soak, iron, dry clean or bleach the strap. Check the label on your strap for detailed washing instructions.
- Using a washing bag is recommended.
- Do not put the strap in a dryer or use drying program of a washing machine.

- Remember to detach the connector from the strap before washing.
- We highly recommend machine washing. However, you can also hand wash the strap using lukewarm water (40°C / 104°F) with a mild dish soap. Rinse the strap thoroughly after washing and hang it to dry, but avoid direct sunlight. Do not use moisturizing soaps or any soaps that include skin softeners, because they can leave residue on the strap. Never use alcohol, disinfectant or any abrasive material (steel, wool or cleaning chemicals).

### Other things to take into account

- Do not stretch the strap or bend the electrode areas sharply, as it could damage the strap.
- Wash the strap and the sensor after every use in sea water or in a pool with high chlorine content.

Dirt impairs the elasticity and functioning of the strap. Wash the strap often to maintain its functionality and maximize its lifespan. If desired, the strap can be washed daily.



Remember, the strap doesn't last forever; it wears out like any other garment you regularly wear and wash. Even when the strap appears to be in good condition, the electrodes inside of it could be worn out, causing unreliable readings. Replacement straps are available as accessories when yours become worn out.

### Storing

- **Dry and store the heart rate sensor strap and the connector separately** to maximize the heart rate sensor battery life.
- Wash the strap and the connector before long-term storage.
- Keep the heart rate sensor in a cool and dry place.
- Do not store the heart rate sensor while it's 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.

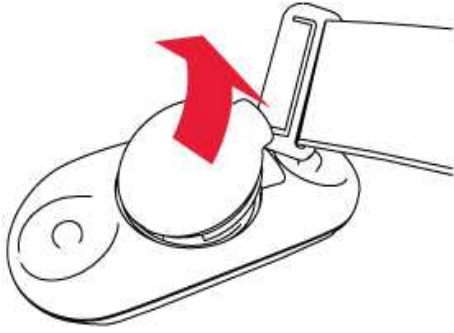
## Batteries

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 the clip on the strap.



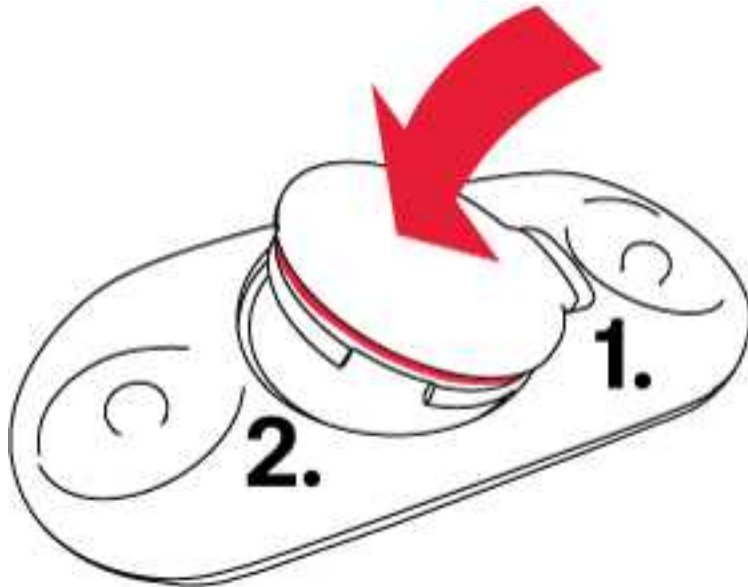


2. Remove the old battery from the battery cover.
3. Insert the new battery **CR2025** inside the cover **with the positive (+) side downwards**.



4. Make sure the red sealing ring is in place, clean and intact. If the sealing ring is damaged, replace it with a new one\*.
5. Put the battery cover back in place. First align the ledge on the battery cover with the slot on the connector, hold the ledge in place with your finger and then press the other side of the battery cover back into place. You should hear a snap. Ensure that the battery cover is properly closed to keep the sealing ring in place and to maintain the

sensor's waterproofness.



Sensor pairing with a Polar or third-party device or app is required after a battery replacement if you are using a firmware version earlier than 3.3.1 for H10. [See instructions.](#)

\* Replacement sealing rings can be purchased at Polar Service Centers.



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.