POLAR H9
POLAR H10

Getting Started Guide

Find product support
http://support.polar.com/en/H9
http://support.polar.com/en/H10

Compatible with

Bluetooth®

ANT+

GymLink

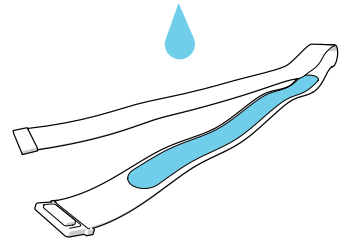
MANUFACTURED BY

POLAR ELECTRO OY
PROFESSORINTIE 5
90440 KEMPELE
FINLAND
CUSTOMERCARE@POLAR.COM

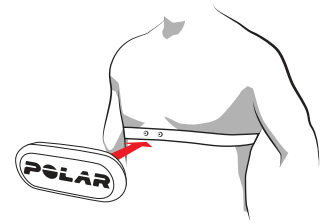
WWW.POLAR.COM

01/2020

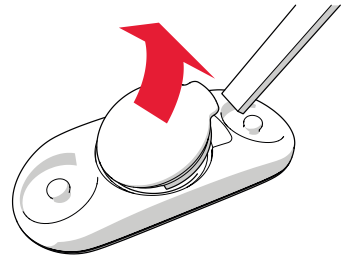
1.



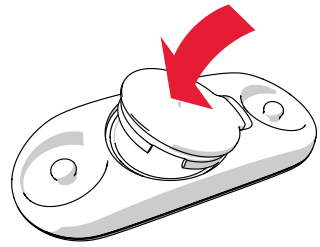
2.



3.



4.



Thanks for choosing Polar! In this guide we'll walk you through the basics of using H9/H10 heart rate sensor.

You can download the full-length user manual and the latest version of this guide at **support.polar.com**. For more help, there are some great video tutorials you may want to check out.

Wearing the heart rate sensor

1. Moisten the electrode area of the strap (picture 1).
2. Fasten the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector (picture 2).

ⓘ After training, detach the connector and rinse the strap under running water to keep it clean.

Getting started

You can use your Polar H9/H10 with dozens of leading fitness apps including Polar Beat, as well as with many Polar products and ANT+ devices. Check all the compatible products and devices at **support.polar.com**.

To get started with your H9/H10, please pair it with the app or the Polar product first. For more detailed instructions, see the the app manufacturer's manual or the user guide of your Polar product.

With H10 you can record a training session also with the sensor alone. The recording can be started from the Polar Beat app.

Please note that the heart rate signal your H9/H10 sends doesn't pass through the human body. Therefore you shouldn't keep the receiving device in a backpack, for example, but somewhere in front of you.

ⓘ By default, H9/H10 sends your HR signal also via ANT+. You can turn it off from the Polar Beat settings, if you want.

Caring for your heart rate sensor

Connector: To preserve battery life and prevent snap oxidation, detach the connector from the strap after every use and wipe it dry with a soft towel.

Strap: Rinse under running water after every use. Wash regularly. Check the label on your strap for detailed washing instructions.
Remember, the strap doesn't last forever; it wears out like any other garment you wear and wash regularly.

Changing the battery is easy

1. Lever the battery cover open by using a small flat-headed tool. (picture 3).
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 (picture 4). You should hear a snap.

⚠ For safety reasons, please make sure you use the correct battery (CR2025).

Information about materials is available in the user manuals at **support.polar.com/en/H9** and **support.polar.com/en/H10**.

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 6.9 mW maximum power.