POLAR 92053175

Polar H7 Bluetooth Smart Heart Rate Sensor User Manual

Comprehensive guide for setup, operation, and maintenance of your Polar H7 Heart Rate Sensor.

Product Overview

The Polar H7 Bluetooth Smart Heart Rate Sensor is designed to provide accurate, real-time heart rate data to compatible mobile training applications and gym equipment. It utilizes Bluetooth Smart technology for efficient data transmission and includes a comfortable soft fabric chest strap for optimal fit during exercise.



Image: The Polar H7 sensor attached to its soft fabric chest strap.

Key features include ECG-accurate heart rate measurement, compatibility with a wide range of devices including iPhone 4S and later, iPad (3rd & 4th generation), iPad mini, iPod Nano (7th generation), and select Android 4.3+ devices. It also supports Gym Link for connection with Polar heart rate monitors and compatible gym equipment. The sensor features a user-replaceable battery for convenience.

What's Included

- Polar H7 Bluetooth Smart Heart Rate Sensor
- Soft Fabric Chest Strap (Medium/XX-Large)
- Replaceable Battery

Setup

Attaching the Sensor

Align the Polar H7 sensor module with the two snap fasteners on the soft fabric chest strap. Press firmly until you hear a click, ensuring both snaps are securely fastened.



Image: Detail of the sensor module and strap connection points.

Wearing the Heart Rate Sensor

Moisten the electrode areas on the back of the strap with water. This ensures good contact with your skin and accurate heart rate detection. Adjust the strap length to fit snugly but comfortably around your chest, just below your pectoral muscles. The sensor should be centered on your chest.



Image: Proper placement of the Polar H7 heart rate sensor on the chest.

Pairing with Your Device

The Polar H7 uses Bluetooth Smart technology. To pair, ensure Bluetooth is enabled on your smartphone or compatible device. Open your preferred training app (e.g., Polar Beat, Polar Flow, or other compatible fitness apps) and follow the app's instructions to connect to a new heart rate sensor. The sensor will typically appear as 'Polar H7' or similar in the device list.

Your browser does not support the video tag.

Video: An overview of the Polar H7 Bluetooth Heart Rate Sensor and its features.

Operating

Using with Polar Beat App

Once paired, the Polar H7 will transmit your heart rate data in real-time to the Polar Beat app. The app provides various metrics, including current heart rate, heart rate zones, and calorie burn. You can view detailed graphs and charts of your workout performance within the app.



Image: Individuals engaged in physical activity while wearing the Polar H7 sensor.

Using with Compatible Gym Equipment

The Polar H7 also features Gym Link, allowing it to connect with compatible gym equipment. Look for the Polar Gym Link logo on cardio machines to ensure compatibility. This enables the equipment to display your real-time heart rate directly from your H7 sensor.

Maintenance

Cleaning the Strap

After each use, detach the sensor module from the strap. Rinse the strap under running water and hang it to dry. Do not machine wash or tumble dry the strap. Clean the sensor module with a damp cloth if necessary.

Replacing the Battery

The Polar H7 uses a user-replaceable CR2025 battery. To replace, open the battery cover on the back of the sensor module using a small coin. Carefully remove the old battery, insert the new one with the positive (+) side facing up, and securely close the cover. For optimal battery life, always detach the transmitter from the chest strap after every use.

Troubleshooting

- **No Heart Rate Reading:** Ensure the electrode areas on the strap are thoroughly moistened. Check that the sensor module is securely snapped onto the strap. Verify the strap is worn correctly and snugly against your skin.
- **Connection Issues:** Make sure Bluetooth is active on your device. Close and reopen the training app. Try restarting your smartphone or device. Ensure no other Bluetooth devices are interfering with the connection.
- **Inaccurate Readings:** Re-moisten the electrodes. Ensure the strap is not too loose or too tight. Check for any physical obstructions between the sensor and your skin.
- **Battery Low:** If the sensor is not connecting or performing erratically, the battery may be low. Replace the CR2025 battery as per the instructions in the Maintenance section.

Specifications

Brand	POLAR
Model Name	FBA_92053175
Color	Black
Size	Medium/XX-Large
Item Weight	0.13 Kilograms
Item Dimensions (LxWxH)	0.79 x 0.39 x 1.18 inches
Connectivity	Bluetooth Smart, Gym Link
Battery Type	CR2025 (User Replaceable)

Warranty and Support

The Polar H7 Bluetooth Smart Heart Rate Sensor includes a limited two-year manufacturer's warranty. For detailed warranty information or technical support, please refer to the official Polar website or contact their customer service.

For a more detailed user guide, you can download the PDF version:User Manual (PDF)

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question