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› [POLAR](#) /

› [Polar H10 Heart Rate Monitor Chest Strap User Manual](#)

POLAR H10

Polar H10 Heart Rate Monitor Chest Strap User Manual

Brand: POLAR | Model: H10

1. INTRODUCTION

The Polar H10 Heart Rate Monitor Chest Strap is a highly accurate and reliable heart rate sensor designed for athletes and fitness enthusiasts. It provides precise heart rate data to help you optimize your training, track your progress, and understand your body's responses during various physical activities. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your Polar H10.



Image: The Polar H10 Heart Rate Monitor, consisting of the sensor and the red chest strap.

2. KEY FEATURES

- **Supreme Accuracy:** Widely recognized for its top precision, the Polar H10 provides high-quality heart rate measurement.
- **Versatile Connectivity:** Supports Bluetooth, ANT+, and 5 kHz for a wide variety of connection options. You can use Bluetooth and ANT+ connections simultaneously, as well as two Bluetooth connections simultaneously.
- **Polar Pro Chest Strap:** Features improved electrodes, an easy-to-use buckle, and silicone dots for a comfortable and interference-free fit.
- **Waterproof:** Fully waterproof, making it suitable for swimming and other water-based activities.
- **Internal Memory:** Includes internal memory to store heart rate data for multiple hours of training.
- **Long Battery Life:** Offers approximately 400 hours of operation on a single battery.

Soft textile
washable **Polar Pro**
chest strap

Non-slip silicone dots



Firm secure buckle



Chest strap sizing

XS-S

58-71 cm

M-XXL

67-95 cm

Image: Visual representation of key features including real-time heart rate monitoring, internal memory, 400-hour battery life, and 30m water resistance.

3. SETUP

3.1 Unboxing and Components

Your Polar H10 package includes:

- Polar H10 heart rate sensor
- Polar Pro chest strap (M-XXL)
- Information note and quick guide

3.2 Wearing the Heart Rate Sensor

1. Moisten the electrode areas on the back of the strap with water. This ensures good contact with your skin and accurate heart rate detection.
2. Attach the connector to the strap.
3. Wrap the strap around your chest, just below your pectoral muscles.
4. Fasten the hook to the other end of the strap.
5. Adjust the strap length to fit snugly but comfortably. The sensor should be centered on your chest.



Image: A person demonstrating the correct placement of the Polar H10 chest strap around the chest.

3.3 Initial Pairing with a Device

To begin using your Polar H10, you will need to pair it with a compatible device (e.g., smartphone, fitness watch, gym equipment). Ensure Bluetooth is enabled on your device. Follow the pairing instructions specific to your receiving device or fitness app. The Polar H10 will appear as a discoverable device once it's worn and active.

4. OPERATING INSTRUCTIONS

4.1 Connectivity Options

The Polar H10 offers flexible connectivity:

- **Bluetooth Low Energy (BLE):** Connects to smartphones, Polar devices, and other Bluetooth-enabled fitness equipment. The H10 supports two simultaneous Bluetooth connections.
- **ANT+:** Allows connection to ANT+ compatible gym equipment and cycling computers.
- **5 kHz:** Provides analog transmission for compatibility with older gym equipment.

2 simultaneous
Bluetooth Connections



Connect to
multiple devices
at the same time



Fitness Equipment



Bike Computer



Smart Phone



GPS Smart Watches

Image: Icons illustrating the Polar H10's versatile connectivity with various devices and simultaneous Bluetooth connections.

4.2 Using with Polar Flow App

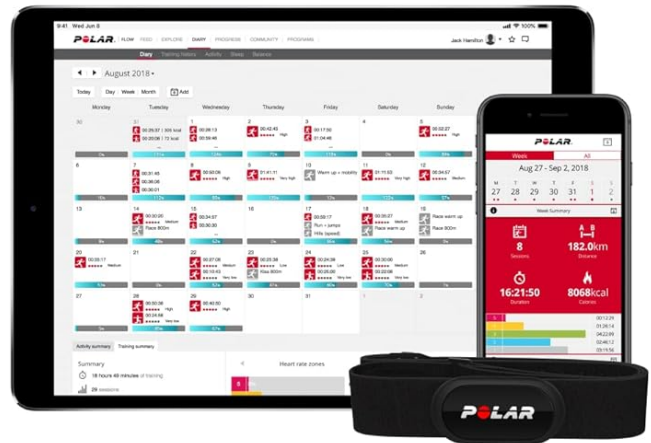
For comprehensive training analysis and data management, download the free Polar Flow app. The app allows you to:

- View real-time heart rate data.
- Record training sessions.
- Analyze training load and recovery.
- Plan future workouts.



Polar Flow

The free, online training platform



200+
Training Apps

Image: Screenshots of the Polar Flow app interface on a tablet and smartphone, highlighting its use as a training platform.

5. MAINTENANCE

5.1 Cleaning the Chest Strap

To ensure longevity and hygiene, clean the chest strap regularly:

1. Detach the connector from the strap after every use.
2. Rinse the strap under running water.
3. If necessary, gently wash the strap with a mild soap solution.
4. Hang the strap to dry. Do not machine wash or tumble dry.

**Real-time
heart rate monitoring**



Internal memory



400h battery life



30 m water-resistant

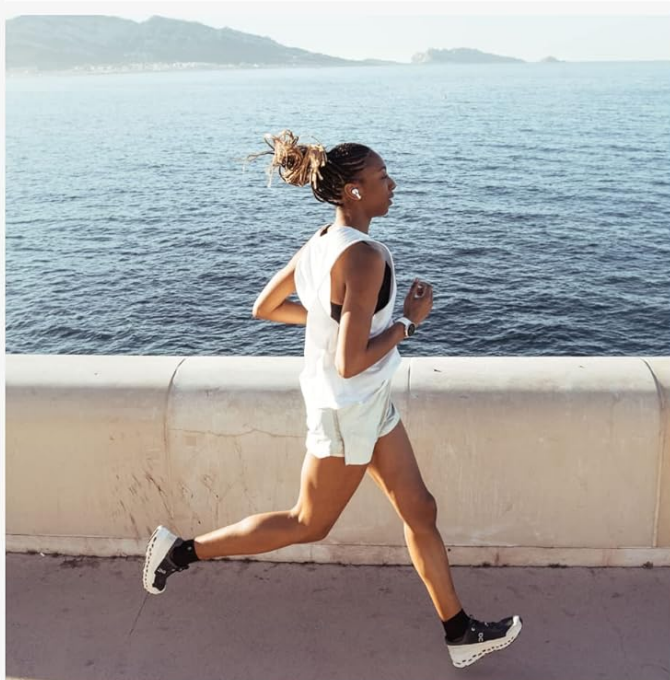


Image: Close-up of the Polar Pro chest strap, highlighting its soft textile, washable material, non-slip silicone dots, and secure buckle.

5.2 Battery Replacement

The Polar H10 uses a CR2025 coin cell battery. When the battery is low, your connected device or app may notify you. To replace the battery:

1. Open the battery cover by twisting it counter-clockwise with a coin.
2. Remove the old battery.
3. Insert a new CR2025 battery with the positive (+) side facing up.
4. Align the battery cover and twist it clockwise until it clicks into place, ensuring a tight seal.

5.3 Water Resistance

The Polar H10 is waterproof up to 30 meters. It is suitable for swimming and can be used in wet conditions. After swimming, rinse the strap and connector with fresh water to remove chlorine or salt residue.

6. TROUBLESHOOTING

6.1 No Heart Rate Reading

- Ensure the electrode areas on the strap are sufficiently moistened.
- Check that the sensor is correctly attached to the strap and positioned on your chest.
- Verify the battery is not depleted. Replace if necessary.
- Ensure there are no other strong electromagnetic fields nearby that could interfere with the signal.

6.2 Connectivity Issues

- Make sure Bluetooth (or ANT+) is enabled on your receiving device.
- Try unpairing and re-pairing the H10 with your device.
- Restart your receiving device.
- Ensure the H10 is not connected to the maximum number of devices simultaneously (two Bluetooth connections).

6.3 Inaccurate Readings

- Ensure the strap is snug but not too tight, and the sensor is centered on your chest.
- Clean the electrodes and the strap thoroughly after each use to prevent residue buildup.
- Avoid wearing the sensor over clothing, as this can interfere with signal transmission.

7. SPECIFICATIONS

Attribute	Value
Brand	POLAR
Model Name	H10
Material	Connector: ABS, ABS + GF, PC, Stainless steel. Strap: 38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester, Silicone prints
Color	Beat Red
Compatible Devices	Desktops, Laptops, Smartphones, Tablets
Item Weight	60 Grams
Sensor Type	Wearable
Battery Description	Lithium-Ion (CR2025)
UPC	725882062549
Manufacturer	POLAR ELECTRO
Water Resistance	30 meters

8. WARRANTY AND SUPPORT

8.1 Manufacturer's Warranty

The Polar H10 Heart Rate Monitor Chest Strap comes with a **2-year manufacturer's warranty**. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the official Polar website or the documentation included with your product.

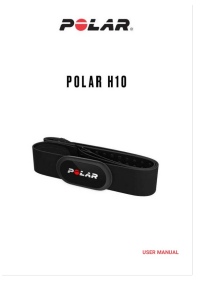
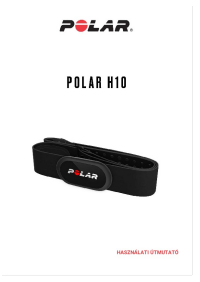
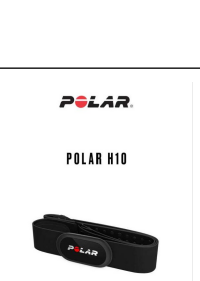
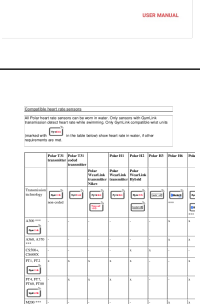
8.2 Additional Support



For further assistance, frequently asked questions, or to download the full user manual in PDF format, please visit the official Polar support website or refer to the provided document:

Download User Manual
(PDF)



Related Documents - H10

	<p>Polar H10 Heart Rate Sensor User Manual: Features, Setup, and Care</p> <p>Comprehensive user manual for the Polar H10 heart rate sensor. Learn about setup, pairing with Polar Beat and wrist units, sensor memory, water usage, firmware updates, maintenance, and technical specifications.</p>
	<p>Polar H10 Heart Rate Sensor User Manual</p> <p>Comprehensive user manual for the Polar H10 heart rate sensor, covering its features, setup, usage, pairing with devices, internal memory, water resistance, firmware updates, care instructions, battery replacement, and technical specifications.</p>
	<p>Polar H10 Heart Rate Sensor User Manual</p> <p>Comprehensive user manual for the Polar H10 heart rate sensor, detailing its features, setup, usage in water, firmware updates, care instructions, battery replacement, and technical specifications. Learn how to pair the sensor with devices and apps for accurate heart rate monitoring.</p>
	<p>Polar Heart Rate Sensor Compatibility and Pairing Guide</p> <p>A comprehensive guide to Polar heart rate sensor compatibility with various devices and applications, including detailed pairing instructions for iOS and Android.</p>

 <p>POLAR POLAR OH1</p> <p>USER MANUAL</p>	<p>Polar OH1 User Manual: Setup, Features, and Training Guide</p> <p>Get the most out of your Polar OH1 heart rate sensor with this comprehensive user manual. Learn about setup, pairing, heart rate training, Polar Flow app integration, battery care, and technical specifications.</p>
	<p>Polar Verity Sense Optical Heart Rate Sensor: Getting Started Guide</p> <p>Learn how to set up, wear, and start training with your Polar Verity Sense optical heart rate sensor. Includes charging, pairing, and care instructions.</p>