

# Polar H9 Polar H10

## Getting Started Guide



POLAR GymLink



Bluetooth

Model:  
H9: 1W  
H10: 1W



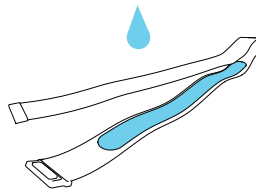
support.polar.com



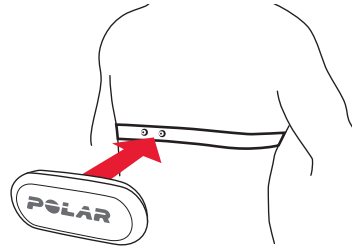
Manufactured by  
Polar Electro Oy

03/2024

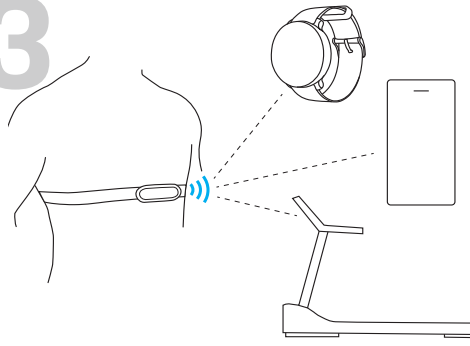
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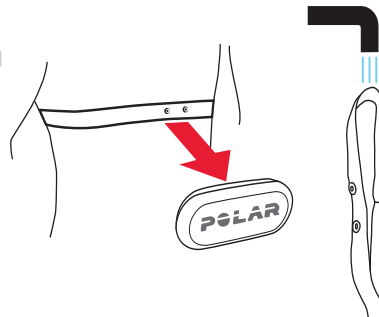
# 2



# 3



# 4



## ENGLISH

### Pair and Use

1. Moisten the electrode area of the strap.
2. Fasten the strap around your chest, adjust it to fit snugly and attach the connector.
3. Pair the sensor with the Polar Flow app:
  - » Download Polar Flow from App Store or Google Play.
  - » Sign into your Polar account or create a new one.
  - » Go to **Start** menu in the app. On the **Training** tab, tap the menu icon, find your sensor and tap **Pair**.You will get the latest firmware updates to your sensor via the Polar Flow app. If you use the sensor with a Polar watch or other device or application, do the pairing with them as well.
4. After training, detach the connector to save the battery lifetime, and rinse the strap under running water. Wash the strap often at 40°C / 104°F to keep it clean.

H10 can store heart rate data of one stand-alone training session. Start the session in the Polar Beat app. After training the app downloads the data from the sensor memory.

### Connectivity

By default, H10/H9 sends heart rate signal via Bluetooth, ANT+ and GymLink. To save the sensor battery lifetime, turn off the connections you don't need from the sensor settings in the Polar Flow or Beat app.

H10 can be used with two Bluetooth devices at the same time, for example, with a Polar watch and gym equipment. Turn **2 Bluetooth devices** setting on through the Polar Flow or Beat app.

### Care


**Strap:** Rinse under running water after every use. Wash often in a washing machine at 40°C / 104°F. Do not soak, tumble dry, iron, dry clean or bleach. Hang dry. Do not overstretch or bend the strap sharply. Remember, the strap wears out like any other garment you wear and wash regularly.

**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.

Keep the heart rate sensor in a cool and dry place. Do not expose it to direct sunlight for extended periods. Do not clean with alcohol or disinfectant.

### Need help?

Visit [support.polar.com/en](https://support.polar.com/en) to access more detailed user manuals, support videos and troubleshooting guidance. Contact us by chat or email.

 For safety reasons, please make sure you use the correct battery (CR2025). Keep new and used batteries away from children.

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

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