

## **Polar Soft Strap**

## **Polar H1/H2/H3 Heart Rate Sensor**

User Manual

Gebrauchsanleitung

Manuel d'Utilisation

Manuale d'uso

Gebruiksaanwijzing

Manual del Usuario

Manual do utilizador

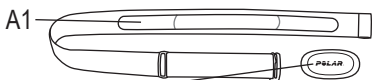
Brugervejledning

Käyttöohje

Brukerveiledning

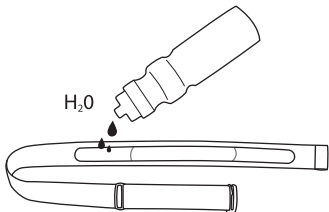
Bruksanvisning

スタート・ガイド

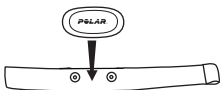


B1

H<sub>2</sub>O



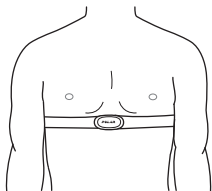
B2



B3



B4



This user manual contains instructions for Polar Soft strap, and Polar H1, H2 and H3 heart rate sensors. The model of your heart rate sensor is printed on the connector.

The latest version of this user manual can be downloaded at [www.polar.fi/support](http://www.polar.fi/support). For video tutorials, go to [www.polar.fi/support/video\\_tutorials](http://www.polar.fi/support/video_tutorials).

Please follow the pictures on the front and back covers.

## Heart Rate Sensor Parts

1. The plastic **electrode areas** on the reverse side of the strap detect heart rate. Picture A1.
2. The **connector** sends the heart rate signal to the training computer. Picture A2.

Polar heart rate sensors enable training in a group without interference from other heart rate sensors.

## Wear the Heart Rate Sensor

1. Moisten the electrode area of the strap. Picture B1.
2. Attach the connector to the strap. Picture B2.
3. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap. Picture B3.
4. Adjust the strap length to fit tightly but comfortably.
5. Check that the moist electrode areas are firmly against your skin and that the Polar logo of the connector is in a central and upright position. Picture B4.



*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 battery life.*

See detailed washing instructions in the Caring for Your Heart Rate Sensor section.

### **Using a New Heart Rate Sensor**

When you purchase a new Polar H2 or Polar H3 heart rate sensor, it has to be paired with the training computer in order to measure your heart rate. See your Polar training computer's user manual for instructions on how to take the heart rate sensor into use.

### **Using Your Heart Rate Sensor in Water**

Polar H1 and Polar H2 heart rate sensors can be used in water activities with training computers that use magnetic data transmission. Please notice that sea and pool water are very conductive, and electrodes may short-circuit, preventing ECG 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.



*Polar H3 heart rate sensor is water resistant but will not measure heart rate in water due to its 2.4 GHz (W.I.N.D.) transmission frequency.*

### **Caring for Your Heart Rate Sensor**

The heart rate sensor is a high-tech instrument that should be handled with care. Follow the caring instructions to ensure reliable measurement and to maximize the life span of the heart rate sensor. The following instructions will help you fulfill guarantee obligations.

**Connector:** Detach the connector from the strap after every use and dry the connector with a soft towel. Clean the connector with a mild soap and water solution when needed. Never use alcohol or any abrasive material (eg. steel wool or cleaning chemicals).

**Strap:** Rinse the strap under running water after every use and hang to dry. Clean the strap gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the strap. Do not soak, iron, dry clean or bleach the strap. Do not stretch the strap or bend the electrode areas sharply.

**Dry and store the strap and the connector separately, to maximize the heart rate sensor battery lifetime.** Keep the heart rate sensor in a cool and dry place. Do not store the heart rate sensor 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.



*Never put the strap or the connector in a washing machine or dryer!*

## **Service**

During the two-year guarantee/warranty period we recommend that you have service, other than battery replacement, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For contact information and all Polar Service Center addresses, visit [www.polar.fi/support](http://www.polar.fi/support) and country specific websites.

## Changing Battery

All connectors have user changeable batteries. To change the battery yourself, follow the instructions below, and see the markings on the connector and picture C on the front cover of this user manual.

1. Lever the battery cover open by using the bracket on the strap. Picture C1.
2. Remove the old battery from the battery cover with a suitable sized small rigid stick or bar, such as a toothpick. A non-metal tool is preferable. Be careful not to damage the battery cover. Picture C2.
3. Insert a new battery (CR 2025) inside the cover with the negative (-) side outwards. Picture C3.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into its place. You should hear a snap. Picture C4.

When changing the battery, make sure the sealing ring is not damaged, in which case you should replace it with a new one to ensure the water resistance of the connector.

You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers. In the USA the sealing ring/battery kits are also available at [www.shoppolar.com](http://www.shoppolar.com).



*Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be properly disposed of according to local regulations.*

## Precautions

For allergy information, see the listed materials in Technical Specifications. Avoid skin reactions by wearing the heart rate sensor over a shirt, moistened under the electrodes.



*The combined impact of moisture and intense abrasion may cause a black color to come off the heart rate sensor's surface, possibly staining light-colored clothes. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the heart rate sensor.*

## Technical Specifications

Battery type	CR 2025
Battery sealing ring	O-ring 20.0 x 0.90 Material Silicone
Polar H1 battery life	1500 h
Polar H2 battery life	800 h
Polar H3 battery life	1600 h
Operating temperature	14 °F to 122 °F / -10 °C to +50 °C
Connector material	ABS
Strap material	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

The Polar heart rate sensors apply the following patented technology, among others:

- OwnCode® coded transmission

## Limited International Polar Guarantee

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- **The receipt of the original purchase is your proof of purchase!**
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.



# CE 0537

This product is compliant with the Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at [www.polar.fi/support/](http://www.polar.fi/support/).

Regulatory information is available at [www.polar.fi/support](http://www.polar.fi/support).



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.



This marking shows that the product is protected against electric shocks.

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## **Disclaimer**

The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.

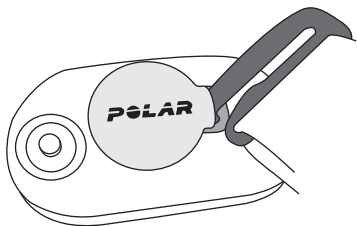
Polar Electro Inc. / Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.

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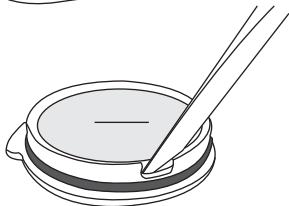
Polar H1, H2 and H3 heart rate sensors are covered by the following patent documents: FI23471, US D492999S, EU0046107-002, EU0046107-003. Polar H1 and H2 are also covered by the following patent documents: FI96380, EP0665947, US5611346, JP3568954, FI115084, EP1543769, US7418237. Other patents pending.

[www.polar.fi](http://www.polar.fi)

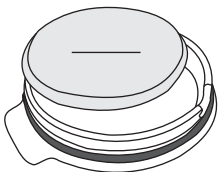
C1



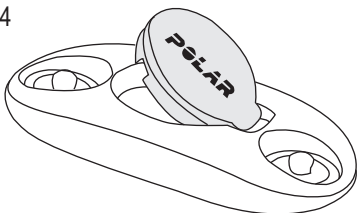
C2



C3



C4



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## English

This product is compliant with the Directive 1999/5/EC. The relevant Declaration of Conformity is available at [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Deutsch

Dieses Produkt ist konform mit der Richtlinie 1999/5/EC. Die zugehörige Konformitätserklärung ist erhältlich unter [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Français

Ce produit est conforme à la Directive 1999/5/EC. La Déclaration de Conformité correspondante est disponible sur le lien [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Ελληνικά

Το προϊόν αυτό είναι συμβατό με την Ευρωπαϊκή Οδηγία 1999/5/EC. Η σχετική Δήλωση συμμόρφωσης είναι διαθέσιμη στην ηλεκτρονική διεύθυνση [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Nederlands

Dit product voldoet aan de richtlijn 1999/5/EC. De desbetreffende overeenkomstigheidsverklaring is beschikbaar op [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Italiano

Questo prodotto è conforme alla Direttiva 1999/5/EC. La Dichiarazione di conformità rilevante è visionabile sul sito Web: [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Español

Este producto cumple con la Directiva 1999/5/EC. La Declaración de conformidad correspondiente está disponible en [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Português

Este produto está conforme à Directiva 1999/5/EC. A respectiva Declaração de Conformidade está disponível em [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Suomi

Tämä tuote on direktiivin 1999/5/EC mukainen. Asiaankuuluva Vaatimustenmukaisuusvakuutus löytyy osoitteesta [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Svenska

Denna produkt uppfyller kraven i EUdirektiv 1999/5/EC. Tillämplig försäkran om överensstämmelse finns tillgänglig på [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Dansk

Denne produkt er i overensstemmelse med direktiv 1999/5/EC. Den relevante Erklæring om overensstemmelse findes på adressen [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## Norsk

Denne produktet er i overensstemmelse med EU-direktiv 1999/5/EC. De relevante overensstemmelseserklæringene finnes på [www.support.polar.fi/declaration\\_of\\_conformity.html](http://www.support.polar.fi/declaration_of_conformity.html).

## CANADA

### Industry Canada (IC) regulatory information

This device complies with ICES-003 of Industry Canada rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

### Avis de conformité à la réglementation d'Industrie Canada

Cet appareil est conforme à la norme NMB-003 de l'Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes : (1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

## USA

### FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy

and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC and IC radio frequency exposure limits. This equipment complies with FCC and IC RF radiation exposure limits for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.

**Caution!** Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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