




















Compatible heart rate sensors

All Polar heart rate sensors can be worn in water. Only sensors with GymLink transmission detect heart rate while swimming. Only GymLink compatible wrist units



(marked with  in the table below) show heart rate in water, if other requirements are met.

	Polar T31 transmitter	Polar T31 coded transmitter		Polar H1	Polar H2	Polar H3	Polar H6	Polar
			Polar WearLink transmitter Nike+	Polar WearLink transmitter	Polar WearLink Hybrid			
Transmission technology	 non-coded		 		 		 ***	  ***
A300 *** 	-	-	-	-	-	-	X	X
A360, A370 ***	-	-	-	-	-	-	X	X
CS500+, CS600X	-	-	-	-	X	X	-	-
FT1, FT2 	Z	X	X	X	X	-	-	X
FT4, FT7, FT60, FT80 	-	X	X	X	X	-	-	X
M200 ***	-	-	-	-	-	-	X	X

M400 ***	-	-	-	-	-	-	X	X
M430 ***	-	-	-	-	-	-	X	X
M450 ***	-	-	-	-	-	-	X	X
M460 ***	-	-	-	-	-	-	X	X
(Polar app on the) M600	-	-	-	-	-	-	X	X
Polar Active **	-	-	-	-	-	-	-	-
Polar Loop***	-	-	-	-	-	-	X	X
Polar Loop 2 ***	-	-	-	-	-	-	X	X
Polar Loop Crystal***	-	-	-	-	-	-	X	X
Polar Move	-	X	X	X	X	-	-	X
RC3 GPS	-	-	-	-	X	X	-	-
RCX3	-	-	-	-	X	X	-	-
RCX5 	-	X	X	X	X	X	-	X
RS100 	Z	X	X	X	X	-	-	X
RS300X 	-	X	X	X	X	-	-	X
RS800CX	-	-	-	-	X	X	-	-
V800*** 	-	-	-	-	-	-	X	X
V650***	-	-	-	-	-	-	X	X
Vantage M							X	X
Vantage V							X	X

x Compatible

- Incompatible

z This training computer uses GymLink transmission. You can use a non-coded GymLink transmission with this training computer, too, but then Polar OwnCode® feature is not supported. If the training computer does not find the GymLink heart rate signal at the beginning of the exercise (in approx. 30 seconds), the non-coded GymLink heart rate signal is used instead.

** This activity computer is used for activity measurement. It does **not** support heart rate monitoring functionality.

*** The Bluetooth Smart transmission which H10, H7 and H6 heart rate sensors use, is compatible with Bluetooth Smart and Bluetooth Smart Ready devices and applications that fully supports standardized Bluetooth Smart heart rate functionality.

You can use a GymLink compatible Polar Bluetooth Smart sports watch (A300 or V800) together with a GymLink heart rate sensor to measure heart rate in water sports. If a GymLink heart rate sensor is used with other than the water sport profiles, the heart rate value is not shown in pre-training mode and it is shown in grey during training recording. If you are wearing H7 or H10 in water, the Bluetooth Smart signal is ignored by A300/V800.

Other compatible sensors and accessories

COMPATIBILITY OF POLAR H6 / H7 / H10 / OH1 HEART RATE SENSOR

What mobile devices can I use with Polar heart rate sensors Polar H6, Polar H7, Polar H10 and Polar OH1?

Polar devices work with most modern smartphones. Here are the minimum requirements:

- iOS mobile devices iPhone 5 and later
- Android mobile devices with Bluetooth 4.0 capability and Android 4.4 or later (check full phone specification from your phone manufacturer)

There is plenty of variation between how different Android devices handle the technologies used in our products and services, such as Bluetooth Low Energy (BLE) and different standards and protocols. Because of this, compatibility varies between phone manufacturers, and unfortunately Polar cannot guarantee that all features can be used with all devices.

Other than Polar Beat, the following applications seem to work together with H6 / H7 / H10:

- Endomondo
- Cardio Mapper
- Runtastic
- iSmooth Run

Check that your receiving device is compatible with the application.

Could the heart rate sensor battery be getting empty?

Have you tried if changing the battery helps. See instructions video for [H7](#) or [H6 OR H10](#).

- Battery lifetime of Polar H6 is about 300 hours.
- Battery lifetime of Polar H7 is about 200 hours.
- Battery lifetime of Polar H10 is about 400 hours.

Is the receiving device positioned correctly?

Keep the receiving device in front of you to ensure sufficient transmission range. A good place e.g. for a mobile phone is in a front pocket or handlebar.

2.4 GHz radio frequency signal, which Bluetooth Smart uses, does not pass through human body, e.g. your arm.

A sensor can be in three different modes with Polar Beat. Check that the sensor you wish to use is paired with Polar Beat.



- Not paired. To use the sensor, you need to pair it with Polar Beat.
- Not active. The sensor has been paired with Polar Beat, but it is not currently active.
- Paired. The sensor is paired with Polar Beat and is currently active.

HOW TO PAIR A HEART RATE SENSOR WITH POLAR BEAT APP IOS

Polar Beat is compatible with Polar Bluetooth heart rate sensors, H6, H7, H10 and OH1.

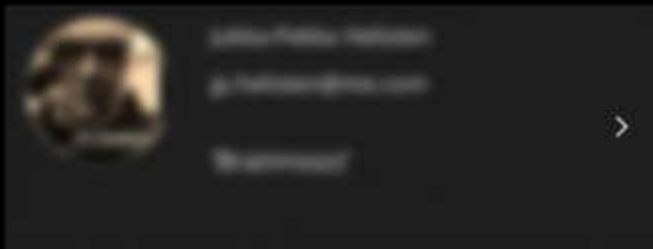
The heart rate sensor needs to be paired directly in the Polar Beat app.

If you have paired the heart rate sensor in the mobile device settings, Beat app is unable to use it. Please **REMOVE SENSOR PAIRING** from the settings and pair the sensor directly in the Beat app.

TO PAIR A HEART RATE SENSOR WITH POLAR BEAT IOS

1. Wear the sensor.
2. Open Polar Beat app on your mobile device.
3. Go to **Settings > General > HR sensor**. Pair the sensor

USER



A user profile card with a circular profile picture on the left and a list of text items on the right. A chevron icon is on the far right.

GENERAL

Metric Imperial

- HR sensor Not paired >
- Stride sensor Not paired >
- Voice guidance ON >

Connect

Apple Health

Share

Facebook

To share your training data instantly after training, you need to enable Facebook in iPhone's Settings.

< Back

POLAR

Found sensors



POLAR H7
ID: 3EF5021E

PAIR

Make sure that you are wearing the sensor correctly and that you have moistened the electrodes.



REMOVE POLAR HEART RATE SENSOR PAIRING FROM IOS SETTINGS

1. Close Polar Beat app.
2. Go to Settings > Bluetooth > MY DEVICES.
If the sensor is mentioned on the list, tap 'i' icon and select 'Forget This Device'.

If you can't see 'i' after Connected/Not connected

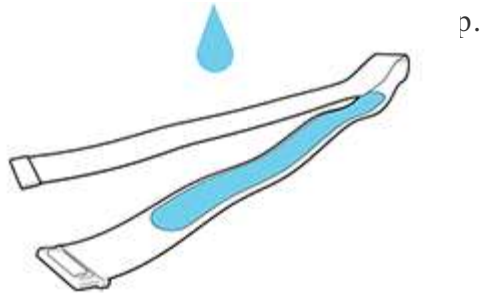
1. Disable Bluetooth on your iOS.
2. REBOOT THE IOS DEVICEPRESS HOME AND POWER BUTTON UNTIL APPLE LOGO APPEARS ON SCREEN.
3. Enable Bluetooth and follow the steps above.

HOW CAN I PAIR H7/H10 HEART RATE SENSOR WITH MY POLAR DEVICE?

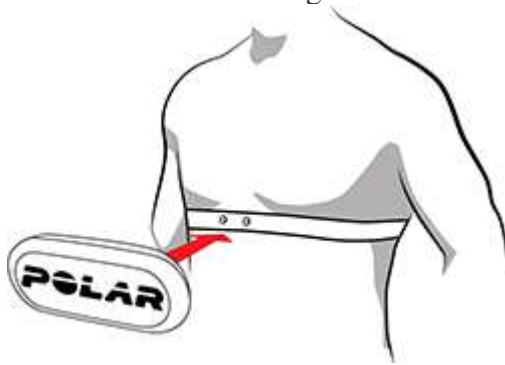
Follow these guidelines to pair H7/H10 heart rate sensor with your Polar device. Please refer to product specific user manuals for detailed pairing instructions.

You need to **moisten the heart rate sensor strap**, and **wear the heart rate sensor** to be able to pair it with your Polar device or Polar Beat mobile app.

1. Wear the heart rate sensor.



Fasten the strap around your chest and adjust the strap to fit snugly.
Attach the connector to the strap.
Check that the moist electrode areas are firmly against your skin.
Check that the Polar logo of the connector is in a central and upright position.



2. Enter the pre-training mode on your Polar device.

A300/M400/M430/M450/M460/V800: press START in time view

A360/A370: tap TRAINING

M200: press and hold the RIGHT button

M600: press the front button, tap TRAINING

3. Touch the heart rate sensor with your Polar device, and wait for it to be found.

4. Accept pairing if asked.

5. Pairing completed or H10/H7 connected is shown when you are done.

WATER RESISTANCE OF POLAR PRODUCTS

Most Polar products can be worn when swimming. They are not, however, diving instruments. To maintain water resistance, do not press the buttons of the product under water. When measuring heart rate in water with a **GymLink compatible Polar device and heart rate sensor**, you may experience interference for the following reasons:

- Pool water with high chlorine content, and seawater are very conductive. The electrodes of the heart rate sensor may short-circuit, preventing ECG signals from being detected by the heart rate sensor.
- Jumping into water or strenuous muscle movement during competitive swimming may shift the heart rate sensor to a location on the body where ECG signals cannot be picked up.
- The ECG signal strength is individual and may vary depending on the individual's tissue composition. Problems occur more frequently when measuring heart rate in water.

Polar devices with wrist-based heart rate measurement are suitable for swimming and bathing. They will collect your activity data from your wrist movements also when swimming. In our tests, however, we found that the wrist-based heart rate measurement doesn't work optimally in water, so we cannot recommend wrist-based heart rate measurement for swimming.

In the watch industry water resistance is generally indicated as meters of water pressure, which means the static water pressure of that depth. Polar uses this same indication system. Water resistance of Polar products is tested according to International Standard **ISO 22810** or **IEC60529**. Every Polar device that has water resistance indication is tested before the delivery to stand water pressure.

Polar products are divided into four different categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

When performing any underwater activity, the dynamic pressure generated by moving in water is greater than the static pressure. This means that moving the product under water subjects it to a greater pressure than if the product were stationary.

HOW TO PAIR A HEART RATE SENSOR WITH POLAR BEAT APP ANDROID


Polar Beat is compatible with Polar Bluetooth heart rate sensors: H6, H7, H10 and OH1.

The heart rate sensor needs to be paired directly in the Polar Beat app.

Please make sure you have GPS enabled on the phone and location permission is allowed for Polar Beat. Due to Google's permission requirements for Bluetooth syncing, you must turn on location services to use your Polar sensor with the Beat app. Android 6.0 and later requires applications to request permission before the app can use system data and features. The Location permission is required not only to track GPS routes but also to scan for Bluetooth devices.

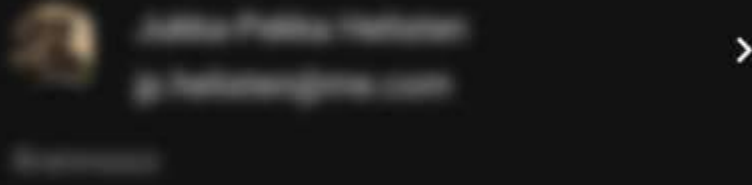
If you have paired the heart rate sensor in the mobile device settings, Beat app is unable to use it. Remove the sensor pairing from the device settings and pair the sensor directly in the Beat app.

TO PAIR A HEART RATE SENSOR WITH POLAR BEAT APP ANDROID

1. Wear the sensor.
2. Open Polar Beat app on your Android device.
3. Go to  > **Settings** > **HR sensor**. Pair the sensor.

☰ Settings

User



General

Units

Metric

HR sensor

Not paired

Voice guidance



Google Fit



Share

Facebook



Twitter



Details

About

← HR sensor

Searching...



Polar H7
ID:2D2C2816

PAIR

Make sure that you are wearing the sensor correctly and that you have moistened the electrodes.



HOW TO REMOVE POLAR HEART RATE SENSOR PAIRING FROM ANDROID SETTINGS

1. Close Polar Beat app.
2. Go to Settings > Bluetooth and to the list of paired devices.
3. Tap the icon after the name of your Polar heart rate sensor and select 'Forget'.