



# Polar H1 Polar H2

## Getting Started Guide



Find product support



[http://www.polar.com/en/support/H1\\_heart\\_rate\\_sensor](http://www.polar.com/en/support/H1_heart_rate_sensor)



[http://www.polar.com/en/support/H2\\_heart\\_rate\\_sensor](http://www.polar.com/en/support/H2_heart_rate_sensor)

Polar H1 is compatible with



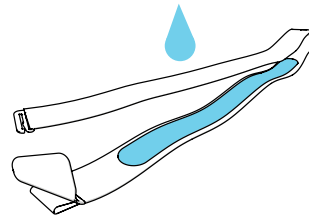
Manufactured by

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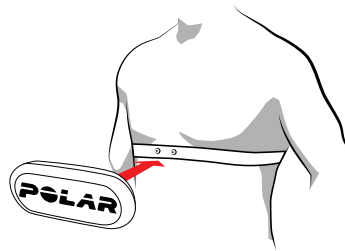
Polar H2 is compatible with



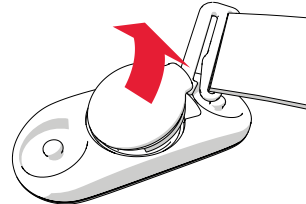
1.



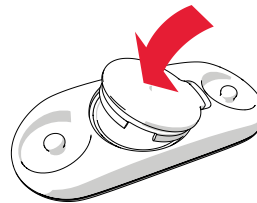
2.



3.



4.




### ENGLISH

Thanks for choosing Polar! In this guide we'll walk you through the basics of using your brand new heart rate sensor, the perfect match for your Polar training device.

You can download the full-length user manual and the latest version of this guide at [polar.com/support](http://polar.com/support). For more help, there are some great video tutorials at [polar.com/en/polar\\_community/videos](http://polar.com/en/polar_community/videos) you may want to check out.

### WEARING THE HEART RATE SENSOR

1. Moisten the electrode area of the strap (picture 1).
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the connector (picture 2).

 After training, detach the connector and rinse the strap under running water to keep it clean.

### USING THE HEART RATE SENSOR

You can use your H1 and H2 with many Polar training devices. Check the compatible devices at [polar.com/support](http://polar.com/support). Wear your heart rate sensor at the gym and you can see real-time heart rate while training with compatible gym equipment. Look for the Polar logo next time you go!

If your training device is using W.I.N.D. technology, please pair your new H2 with it before your first training session. For detailed instructions, see the user manual of the device.

### CARING FOR YOUR HEART RATE SENSOR

**Connector:** Detach the connector from the strap after every use and wipe it dry with a soft towel. Clean with mild soap and water when needed.


**Strap:** Rinse under running water after every use. Wash regularly. Check the label on your strap for detailed washing instructions.

For more detailed caring instructions, see the full user manual at [polar.com/support](http://polar.com/support).

### CHANGING THE BATTERY IS EASY

1. Lever the battery cover open by using the clip on the strap (picture 3).
2. Remove the old battery from the battery cover.
3. Insert the new battery (CR2025) inside the cover with the negative (-) side outwards.
4. Align the ledge on the battery cover with the slot on the connector and press the battery cover back into place (picture 4). You should hear a snap.

For more detailed instructions, see the full user manual at [polar.com/support](http://polar.com/support).

 For safety reasons, please make sure you use the correct battery.

### MATERIALS

Connector	ABS
Strap	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester