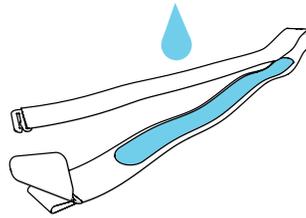


Polar H7

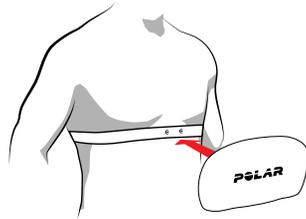
Getting Started Guide



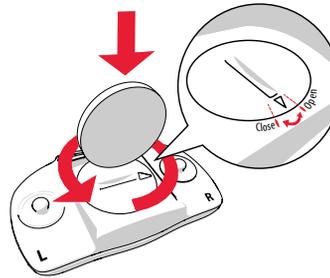
1.



2.



3.



Find product support



http://www.polar.com/en/support/H7_heart_rate_sensor

Compatible with



Manufactured by

Polar Electro Oy
Professorintie 5
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ENGLISH

Thanks for choosing Polar! In this guide we'll walk you through the basics of using H7, your choice for all-round training, even for swimming.

You can download the full-length user manual and the latest version of this guide at polar.com/support. For more help, there are some great video tutorials at 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.

GETTING STARTED

You can use your Polar H7 with dozens of leading fitness apps including Polar Beat, as well as with many Polar products and gym equipment. Polar H7 is compatible with a number of smart phones, such as iPhone 4S and later and selected Android devices. Check all the compatible products and devices at polar.com/support.

To get started with your H7, please pair it with the app or the Polar product first. For more detailed instructions, see the app manufacturer's manual or the user guide of your Polar product.

Please note that the heart rate signal your H7 sends doesn't pass through the human body. Therefore you shouldn't keep the receiving device in a backpack, for example, but somewhere in front of you.

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.

CHANGING THE BATTERY IS EASY

1. Using a coin, open the battery cover by turning it counterclockwise to OPEN (picture 3).
2. Insert the battery (CR2025) inside the cover with the positive (+) side against the cover. Make sure the sealing ring is in the groove to ensure water resistance.
3. Press the cover back into the connector.
4. Use the coin to turn the cover clockwise to CLOSE.

For more detailed instructions, see the full user manual at polar.com/support.

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

MATERIALS

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