



POLAR OH1

Getting Started Guide

MANUFACTURED BY

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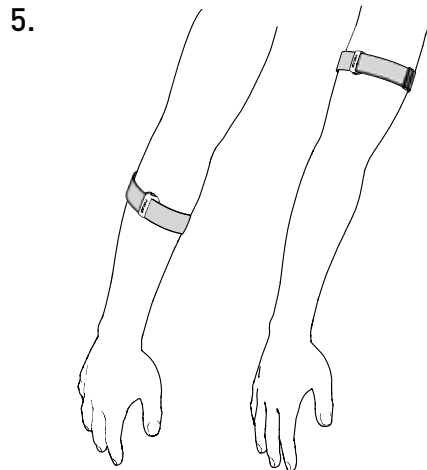
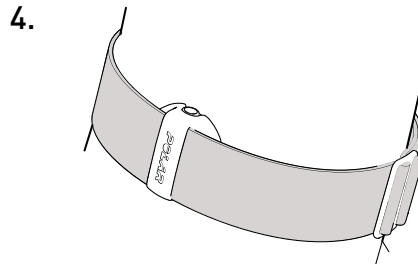
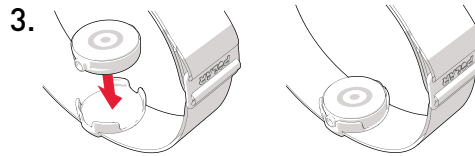
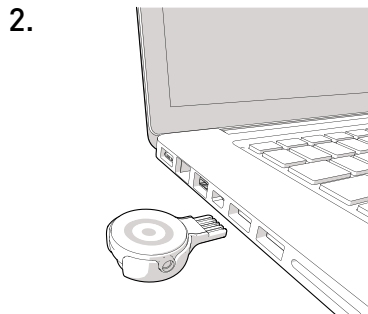
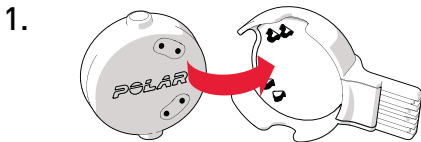
www.polar.com

COMPATIBLE WITH



Model: 2L

support.polar.com/en/OH1



ENGLISH

This guide will help you get started with Polar OH1. For more help, product information and materials see support.polar.com/en/OH1. Polar OH1 can be used as a training device that records and stores data or as a heart rate sensor with a Polar wrist unit.

Charge

Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and USB adapter meet (picture 1). Plug the USB adapter into a computer USB port or USB power wall outlet (picture 2). Do not charge the device when the charging contacts are wet.

Use with Polar Wrist Unit or Polar Beat

Pair OH1 with your Polar wrist unit or Polar Beat, and you're ready to go. Turn OH1 on by pressing the button until the lights are switched on, and see support.polar.com for device-specific pairing instructions.

Use as Training Device

First, take OH1 into use with a **computer via FlowSync** or with a **mobile device and Flow app**.

Option 1: Computer via FlowSync:

1. Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and USB adapter meet (picture 1).
2. Plug the USB adapter into your computer USB port (picture 2), and go to flow.polar.com/start and install Polar FlowSync data transfer software to your computer.
3. Sign in with your Polar account or create a new one. We'll walk you through the sign-up and setup within the web service.

Option 2: Mobile device with Flow app:

1. Download the Polar Flow app onto your mobile device.
2. Turn Bluetooth® on, and open Flow app on your mobile device.
3. Turn OH1 on by pressing the button until the lights are switched on, Flow app then prompts you to start pairing. Accept the pairing request and follow the on-screen instructions.

Wear and Train

Place the sensor into the armband holder with the lens facing up (picture 3). Wear the armband so that the sensor is on the underside of the armband firmly against your skin (picture 4). Wear the OH1 around your lower or upper arm, not around your wrist (picture 5).

Turn OH1 on by pressing the button until the lights are switched on. When you're done training press and hold the button until the lights are switched off.

Maintenance

See the armband care label for washing instructions. Treat the sensor with care.

Materials

Sensor: ABS, ABS+GF, PMMA, SUS 316 (Stainless steel).



This product is not a toy. Do not allow children or pets to play with this product. This product contains small components that can be a choking hazard.

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 2.0 mW maximum power.