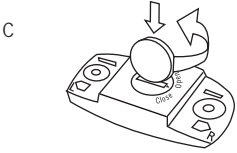
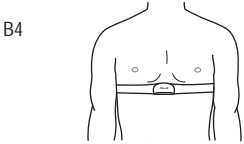
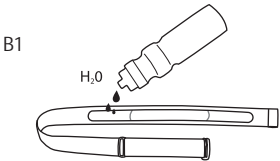
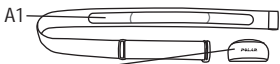


Polar H7 Heart Rate Sensor



User Manual

POLAR[®]
LISTENS TO YOUR BODY



Polar H7 Heart Rate Sensor

This user manual contains instructions for Polar H7 heart rate sensor.

The latest version of this user manual can be downloaded at www.polar.fi/support.

Register your Polar product at <http://register.polar.fi> to ensure we can keep improving our products and services to better meet your needs.

Please follow the pictures on the front cover.

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 receiving device. Picture A2.

Polar H7 heart rate sensor enables training in a group without interference from other heart rate sensors.

Wear the Heart Rate Sensor

1. Moisten the electrode areas of the strap. Picture B1.
2. Attach the connector to the strap. Picture B2.
3. Adjust the strap length to fit tightly but comfortably.
4. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap. Picture B3.
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 transmitter activated. This will reduce the transmitter battery life.

See detailed washing instructions in the Caring for Your Heart Rate Sensor section or at polar.fi/support.

Getting Started

Polar H7 heart rate sensor is compatible with *Bluetooth*® smart and *Bluetooth*® smart ready devices. A separate application may be required to view heart rate data on the receiving device (for example, a mobile phone). Polar H7 heart rate sensor is also compatible with Polar training computers using 5 kHz transmission technology. For more information, go to www.polar.fi/support.

When using the Polar H7 for the first time, you need to pair the heart rate sensor with your receiving device.

To ensure sufficient transmission range from your Polar H7 heart rate sensor to the receiving device, keep the device in front of you. A good place is in a front pocket or fixed on a belt. Do not wear the receiving device on your back (for example, in a back pocket or backpack).

Using Your Heart Rate Sensor in Water

Polar H7 heart rate sensor is water resistant. The 5 kHz transmission can be used in water activities, but *Bluetooth*® wireless technology will not work in water. 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.

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 (e.g. 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!

Batteries

The battery level of your heart rate sensor is displayed on the receiving device.

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. Using a coin, open the battery cover by turning it counterclockwise to OPEN.
2. Insert the battery (CR 2025) 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.

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

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.



Keep batteries away from children. If swallowed, contact a doctor immediately. Batteries should be disposed of in compliance with local regulations.

Caution: Risk of explosion if battery is replaced by an incorrect type. Dispose of batteries according to the instructions.

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 and country-specific websites.

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 1.0 Material FPM
Battery lifetime	200 h
Operating temperature	14 °F to 122 °F / -10 °C to +50 °C
Connector material	Polyamide
Strap material	38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

The Polar H7 heart rate sensor applies the following patented technologies, among others:

- OwnCode® coded transmission

Limited Polar International 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

CE1909

This product is compliant with Directives 93/42/EEC and 1999/5/EC. The relevant Declaration of Conformity is available at 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.

Bluetooth QD ID: B018857

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