

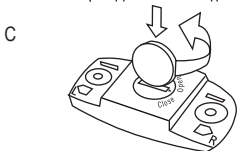
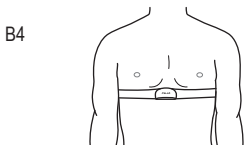
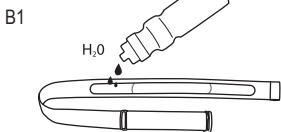
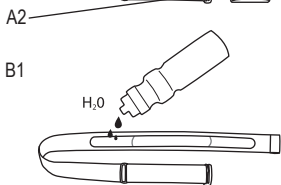
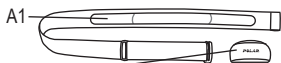
**POLAR**<sup>®</sup>  
LISTENS TO YOUR BODY

# POLAR H7



User Manual  
Gebrauchsanleitung  
Manuel d'Utilisation  
Manuale d'uso  
Gebruiksaanwijzing  
Manual del Usuario  
Manual do utilizador  
Brugervejledning  
Käyttöohje  
Brukerveiledning  
Bruksanvisning  
使用説明書  
快捷使用指南  
快捷使用指南

 **Bluetooth**<sup>®</sup>  
SMART



## 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.com/support](http://www.polar.com/support). For video tutorials, go to [www.polar.com/en/polar\\_community/videos](http://www.polar.com/en/polar_community/videos).

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

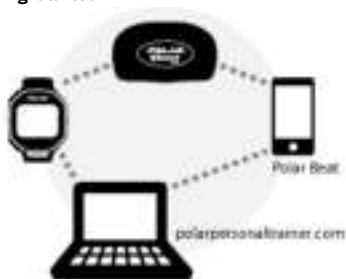
1. Moisten the electrode areas of the strap. Picture B1.
2. Attach the connector to the strap. Picture B2.
3. Adjust the strap length to fit tightly but comfortably.
4. Tie the strap around your chest, just below the chest muscles, and attach the hook to the other end of the strap. Picture B3.
5. Check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

See detailed washing instructions in the Caring for Your Heart Rate Sensor section or at [www.polar.com/support](http://www.polar.com/support).

## Getting Started



Polar H7 heart rate sensor is compatible with *Bluetooth*<sup>®</sup> smart ready devices that support heart rate service. A separate application is required to view heart rate data on the receiving device (for example, a smartphone). It is recommended to use the Polar Beat application but it is also possible to use other applications. If you have a [polarpersonaltrainer.com](http://polarpersonaltrainer.com) account Polar Beat automatically synchronizes your training files to it. Please note that you must sign in to your [polarpersonaltrainer.com](http://polarpersonaltrainer.com) account when starting Polar Beat for the synchronization to work.

**When using the Polar H7 for the first time, you need to pair the heart rate sensor with your receiving device. For more information on pairing, see the mobile application manufacturer's instructions.**

Polar H7 heart rate sensor is also compatible with Polar training computers using GymLink technology. For more information, go to [www.polar.com/support](http://www.polar.com/support).

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 GymLink technology can be used in water activities, but *Bluetooth*<sup>®</sup> 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.



*Check the label on your strap to see if it is machine washable. Never put the strap or the connector in a 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](http://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.com/support](http://www.polar.com/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**

**CE 1909**

This product is compliant with Directives 93/42/EEC, 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at [www.polar.com/support](http://www.polar.com/support).

## **Compliance Statement**

### **Canada**

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approuvé aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

### **Industry Canada (IC) regulatory information**

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

## **Avis de conformité à la réglementation d'Industrie Canada**

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### **Class B digital device notice**

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

### **USA**

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

## **FCC regulatory information**

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/ TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.



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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[www.polar.com](http://www.polar.com)



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