



Caring for H10 Polar Monitor:

After use, detach the connector from the strap and dry the connector with a soft towel. Rinse the strap under running water after every use and hang to dry. Clean the strap with a mild soap and water when needed, but do not leave strap to soak. When storing the monitor, dry the strap and the connector separately to maximize the heart rate sensor battery lifetime.

Battery Life:

The battery life of your connector is located on the receiving device. All connectors have changeable batteries that you can change yourself.

Polar Beat:

To use this device outside of the gym, download the app “Polar Beat” on your cell phone. After logging into your Polar Account, you have to register your connector to your phone. To do so, click “Settings” on the bottom right corner. Then click “HR sensor” and there you will pair your device.

To do a workout from your phone, you click “Training” in the lower left corner, pick what activity you are doing (Walking, Running, Circuit Training, etc.), and then click “Start”.

Why isn't my heart rate monitor showing up on the screen?

Your battery could be dead. Remove the battery from the sensor for 10-15 minutes to reset the unit. Put the battery back into your monitor, wet the strap and try it out. If it is still not working your battery life may be dead, it is possible that you need a replacement battery. If the issue continues, the problem may lie in the chest strap. To prevent this from happening, it is recommended that you wash the strap with mild soap and water after every use so your sweat doesn't erode the electrodes on the strap. If this is the case, then you will need to buy a replacement strap.