

**POLAR®**

**POLAR OH1**



**USER MANUAL**

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# POLAR OH1 USER MANUAL

This user manual helps you get started with your new OH1. For OH1 video tutorials and FAQs, go to [support.polar.com/en/OH1](https://support.polar.com/en/OH1).

## INTRODUCTION

Congratulations on your new Polar OH1!

Polar OH1 is a compact optical heart rate sensor that measures heart rate from your arm or temple. It's versatile and offers a great option to heart rate chest straps and wrist-based heart rate devices. With Polar OH1 you can broadcast your real-time heart rate to your sports watch, smart watch or Polar Beat or other fitness app via Bluetooth, and simultaneously to ANT+ devices. Polar OH1 has an inbuilt memory so you can start your workout with OH1 alone and transfer the training data to your phone afterwards. It comes with a comfortable machine-washable armband and a swimming goggle strap clip (in Polar OH1 + product package).

It can also be used with Polar Club, Polar GoFit and Polar Team app.



## GET CONNECTED TO THE POLAR ECOSYSTEM AND GET THE MOST OUT OF YOUR OH1

Get the [Polar Flow app](#) or Polar Beat from the App Store® or Google Play™. Sync your OH1 with one of the apps after training, and get an instant overview and feedback of your training results and performance.

Sync your training data to the [Polar Flow web service](#) with the FlowSync software on your computer or via the mobile apps. In the web service you can plan your training, track your achievements, get guidance and see detailed analysis of your training results. Let all your friends know about your achievements, find fellow exercisers and get motivation from your social training communities. Find all this at [flow.polar.com](http://flow.polar.com).

## SETTING UP YOUR OH1

We recommend that you charge the battery before you start using your OH1. If the battery is completely empty, it may take a moment for the charging to start. See [Batteries](#) for detailed information on charging the battery.

**i** Note that when your OH1 battery has enough power it will advertise itself to all compatible receivers nearby.

### CHOOSE ONE OPTION FOR SETUP

A. Wired computer setup is quicker and you can charge your OH1 at the same time, but you need a computer available. This method requires an internet connection.

B&C. Mobile setup is convenient if you don't have access to a computer with a USB port, but it might take longer. This method requires an internet connection.

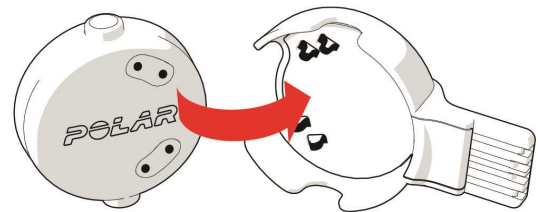
**i** Fill in all the physical details required for accurate training data at once, and get the latest firmware for your OH1.

### OPTION A: SET UP WITH YOUR COMPUTER VIA FLOWSYNC

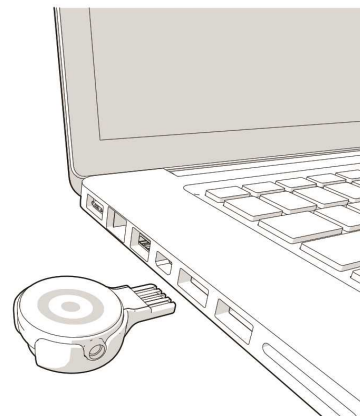
1. Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and the USB adapter meet (picture 1).
2. Plug the USB adapter into your computer USB port (picture 2), and go to [flow.polar.com/start](https://flow.polar.com/start) and install Polar FlowSync data transfer 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.

After the setup is done, you're ready to go. Have fun!

1.




2.



### OPTION B: MOBILE SETUP WITH POLAR FLOW APP WHEN YOU HAVE A POLAR WRIST UNIT

Polar OH1 connects to the Polar Flow mobile app wirelessly via Bluetooth and ANT+, so remember to have Bluetooth turned on in your mobile device.

 *ANT+ is by default on when you train and sends your HR signal to compatible devices nearby. You can turn off ANT+ in the Polar Beat app settings if you want.*


Check the Polar Flow app compatibility at [support.polar.com](https://support.polar.com).

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 LED is switched on, Flow app then prompts you to start pairing. Accept the pairing request and follow the on-screen instructions.

After the setup is done, you're ready to go. Have fun!

## **OPTION C: MOBILE SETUP WITH POLAR BEAT WHEN YOU DON'T HAVE A POLAR WRIST UNIT**

Polar OH1 connects to the Polar Beat mobile app wirelessly via Bluetooth and ANT+, so remember to have Bluetooth turned on in your mobile device.

 *ANT+ is by default on when you train and sends your HR signal to compatible devices nearby. You can turn off ANT+ in the Polar Beat app settings if you want.*

Check the Polar Beat app compatibility at [support.polar.com](https://support.polar.com).

1. Download the Polar Beat app onto your mobile device.
2. Turn Bluetooth on, and open Beat app on your mobile device.
3. Turn OH1 on by pressing the button until the LED is switched on, find your sensor in the Beat app settings under HR sensor and tap Pair. Follow the on-screen instructions.

After the setup is done, you're ready to go. Have fun!

## **BUTTON FUNCTIONS AND LEDS**

OH1 has one button that has different functions depending on the situation of use, and how long it is pressed. The LED on the device indicates different modes. See below what functions the button has in different modes, and what the different colored LEDs mean.

### **Quick Instructions Inside Armband Holder**

The following markings are visible inside the sensor holder in the armband. The markings explain the OH1 basic button functions.

**1X = ON** (Set power ON: Short button press)

**2X = REC** (Set training recording ON - Use as an independent training device: Press button twice when OH1 is on)



1X LONG - OFF (Set power OFF: Long button press)

## **BUTTON FUNCTIONS**

Set power ON:	Short button press
Set training recording ON (Use as an independent training device):	Press button twice when OH1 is on
Set power OFF:	Long button press

## **LED GUIDE**

### **DURING CHARGING**

Charging:	Yellow LED blinks slowly
Battery full:	Green LED continuously on

### **AFTER SETTING POWER ON**

Battery status normal:	Green LED blinks five times
Battery status low:	Red LED blinks five times

### **WHEN USED AS A SENSOR**

Heart rate not detected:	White LED blinks once every two seconds
Heart rate detected:	Green LED blinks once every two seconds

### **WHEN USED AS AN INDEPENDENT TRAINING DEVICE**

Training recording set on but first time use not done:	Red LED blinks three times
Heart rate not detected:	White LED blinks quickly twice
Heart rate detected:	Green LED blinks quickly twice
Battery low:	Green and Red LED alternate every other second
Battery critical:	Red LED blinks quickly

## DURING FITNESS TEST

Heart rate not detected:	White LED blinks once every two seconds
Heart rate detected:	Purple LED blinks once every two seconds

## OTHER

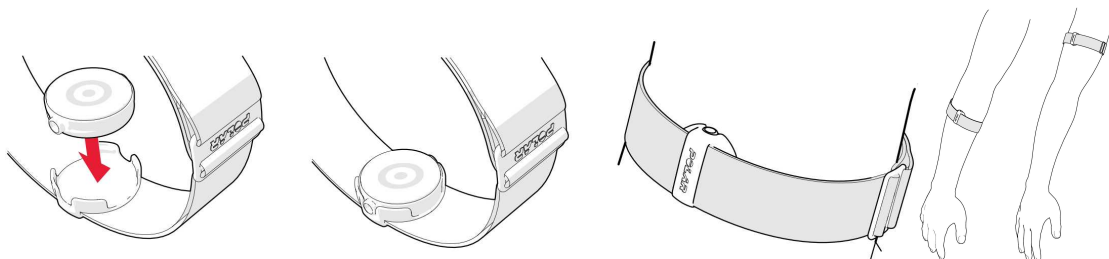
Connecting, Syncing or Pairing:	Blue LED blinks
Searching or waiting for confirmation:	Blue LED blinks quickly
Updating firmware:	Blue LED continuously on
Error:	Red LED continuously on

## WEARING YOUR OH1

### WHEN MEASURING HEART RATE FROM YOUR FOREARM OR UPPER ARM

To measure heart rate accurately, you need to wear the OH1 snugly on your forearm or upper arm, not on your wrist.

1. Place the sensor into the armband holder with the lens facing up.
2. Wear the armband so that the sensor is on the underside of the armband firmly against your skin.
3. Wear the OH1 around your forearm or upper arm.



The sensor must be in firm skin contact, but not too tight to prevent blood flow. For most accurate heart rate measurement, we advise you to wear your OH1 for a few minutes prior to starting the heart rate measurement.

### WHEN MEASURING HEART RATE FROM YOUR TEMPLE IN SWIMMING

OH1 + package includes two swimming goggle strap holders you can use while swimming.



Try both to see which one fits your swimming goggles better and keeps the sensor securely in place on your temple.

1. Put the sensor inside the holder with the leds facing your skin and the button facing up.
2. Push the holder as far as it goes so that it sits snugly on the strap.
3. Wear the sensor on your left temple if you breathe in from your left side when swimming freestyle, and vice-versa if you breathe in from your right side.



The sensor must constantly touch the skin of your temple.

## PAIRING

### PAIR A MOBILE DEVICE WITH YOUR OH1

If you've done the setup for your OH1 with a mobile device as described in chapter "Setting up your OH1" on page 7, your OH1 has already been paired with your mobile device.


If you did the setup with a computer, and would like to use your OH1 with Polar Flow app you need to perform one training session with OH1 as an independent training device before it can be paired with Flow app. See detailed instructions below.

Before pairing make sure:

- You have a Polar account and Flow app.
- Your mobile device has Bluetooth turned on, and airplane mode/flight mode is not turned on.
- You have performed at least one training session with OH1 as an independent training device. For details, see "Start a training session" on page 14

Once all the criteria above is met:

1. Sign in to Flow app with your Polar account.
2. On OH1, press the button until the LED is switched on, and release. OH1 is now on.
3. Flow app automatically prompts you to pair your OH1 with it if it is within Bluetooth range.

 *Your OH1 syncs with the Flow app automatically if your phone is within the Bluetooth range. When your OH1 syncs with Flow app, your training data is also synced automatically via an internet connection to the Flow web service.*

### PAIR OH1 WITH A POLAR WRIST UNIT

On OH1, press the button until the LED is switched on, and release. OH1 is now on.


Check the user manual of your Polar wrist unit at [support.polar.com](https://support.polar.com) for specific pairing instructions.

### PAIR OH1 WITH POLAR BEAT

1. Download Polar Beat onto your mobile device from the App Store® or Google Play™.
2. Make sure your mobile device has Bluetooth turned on, and airplane mode/flight mode is not turned on.
3. On your mobile device, open Polar Beat and sign in with your Polar account, which you have created when setting up your OH1 or create a new account if you don't have one.
4. On OH1, press the button until the LED is switched on, and release. OH1 is now on.
5. On Beat, go to **Settings > HR sensor** and tap **Pair** next to your OH1 under **Found sensor**.


## UPDATING THE FIRMWARE

You can update the firmware of your OH1 yourself to keep it up to date. You'll be notified via Flow when a new version is available. Firmware updates are performed to improve the functionality of your OH1. They can include improvements to existing features, completely new features or bug fixes. We recommend that you update the firmware of your OH1 every time a new version is available.

 *You won't lose any data due to the firmware update. Before the update begins, the data from your OH1 is synced to the Flow web service.*

### WITH MOBILE DEVICE OR TABLET

You can update the firmware with your mobile device if you're using the Polar Flow mobile app to sync your training and activity data. The app will let you know if there's an update available and will guide you through it. We recommend that you plug the OH1 into a power source before starting the update to ensure flawless update operation.

 *The wireless firmware update may take up to 20 minutes, depending on your connection.*

### WITH COMPUTER

Whenever a new firmware version is available, FlowSync will notify you when you connect the OH1 to your computer. The firmware updates are downloaded via FlowSync.

#### To update the firmware:


1. Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and the USB adapter meet.
2. Plug the USB adapter into your computer USB port.
3. FlowSync starts syncing your data.
4. After syncing, you are asked to update the firmware.
5. Choose **Yes**. New firmware is installed (this may take up to 10 minutes). Please wait until the firmware update has been finalized before you detach the OH1 from your computer.

# HEART RATE TRAINING

Although there are many subjective clues as to how your body is doing during exercise (perceived exertion, breathing rate, physical sensations), none of them are as reliable as measuring heart rate. It is objective and affected by both internal and external factors—meaning that you will have a dependable measure of your physical state.

## MEASURING HEART RATE WITH YOUR OH1

To measure heart rate accurately you need to wear your OH1 snugly around your forearm or upper arm or with the swimming goggle strap holder on your temple. The sensor must be in constant touch with your skin, but the armband should not be too tight to prevent blood flow. The sensor in the swimming goggle strap holder should be attached as far as you can on your temple without getting your hair between the sensor and your skin. For most accurate heart rate measurement, we advise you to wear your OH1 for a few minutes prior to starting the heart rate measurement.

 *Do not press the sensor button while under water to maintain water resistance.*

If you have tattoos avoid placing the sensor right on them as it may prevent accurate readings.

Also it's a good idea to warm up the skin if your hands and skin get cold easily. Get the blood going before starting your session!

For detailed instructions on wearing OH1, see "Wearing your OH1" on page 10

To see a video of swimming with OH1, click on the following link:

[Polar OH1 | Swimming With Heart Rate](#)

## START A TRAINING SESSION


Wear the OH1 around your forearm or upper arm, for details see "Wearing your OH1" on page 10

### START A TRAINING SESSION AS AN INDEPENDENT TRAINING DEVICE

**Before using OH1 as an independent training device, it needs to be registered and linked to a Polar Flow account.** For details, see "Setting up your OH1" on page 7.

1. Switch OH1 on by pressing the button until the LED is switched on and release.
2. OH1 is now on, press the button shortly twice to switch recording on.
3. When your heart rate is detected, the green LED will blink rapidly, and you can start your session.

After your training session, you can stop the recording by pressing the button until the LED is switched off. Then sync your training session to the Flow app and web service to view the details of your session. See "Syncing" on page 18 for more information.


 When used as an independent training device training sessions are stored under the **Other indoor** Sport Profile. The memory capacity is up to 200 hours of training.


## **START A TRAINING SESSION WITH A POLAR WRIST UNIT**

Before starting, make sure the OH1 is paired with your Polar wrist unit. For details see "Pairing" on page 12

1. Switch OH1 on by pressing the button until the LED is switched on and release.
2. OH1 is now on, and can be used as a heart rate sensor with a Polar wrist unit.
3. When your heart rate is detected, the green LED blinks once every two seconds.
4. Start the session from your Polar wrist unit.

After your training session, you can stop the recording from your Polar wrist unit. Then sync your training session to the Flow app and web service to view the details of your session. See "Syncing" on page 18 for more information.

 Note that the Polar Fitness Test and Orthostatic Test available on certain Polar wrist units and bike computers cannot be performed with Polar OH1.

 When using OH1 with a Polar wrist unit your training session may in some cases be shown twice in Polar Flow web service and app. This can happen if the OH1 recording is accidentally switched on when starting your session. The duplicate session can be deleted in the Flow web service and app.

## **START A TRAINING SESSION WITH POLAR BEAT**

Before starting, make sure the OH1 is paired with Polar Beat. For details see "Pairing" on page 12

1. Switch OH1 on by pressing the button until the LED is switched on and release.
2. OH1 is now on, and can be used as a heart rate sensor with Polar Beat.
3. When your heart rate is detected, the green LED blinks once every two seconds.
4. Start the session from Polar Beat.

After your training session, you can stop the recording by tapping the stop button in Polar Beat.

# POLAR FLOW APP

In the Polar Flow mobile app, you can see an instant visual interpretation of your training data.

## TRAINING DATA

With the Polar Flow app, you can easily access the information of your past and planned training sessions.

Get a quick overview of your training, and analyze every detail of your performance right away. See weekly summaries of your training in the training diary. You can also share the highlights of your training with your friends with the image sharing function.

## IMAGE SHARING

With Flow app's image sharing function you can share images with your training data on them to most common social media channels, like Facebook and Instagram, with your training data on them. You can either share an existing photo or take a new one and customize it with your training data. If you had GPS recording on during your training session, you can also share a snapshot of your training route.

To see a video, click on the following link:

[Polar Flow app | Sharing training results with a photo](#)

## START USING THE FLOW APP

You can "Setting up your OH1" on page 7 using a mobile device and Flow app.

To start using the Flow app, download it from the App Store® or Google Play™ onto your mobile device. For support and more information about using Polar Flow app, go to [support.polar.com/en/support/Flow\\_app](https://support.polar.com/en/support/Flow_app).

Before taking a new mobile device (smartphone, tablet) into use, it has to be paired with your OH1. See "Pairing" on page 12 for more details.

Your OH1 syncs your training data to the Flow app automatically after your session. If your phone has an internet connection, your activity and training data are also synced automatically to the Flow web service. Flow app is the easiest way to sync your training data from your OH1 with the web service. For information on syncing, see "Syncing" on page 18.

For more information and instructions on Flow app features, visit [Polar Flow app product support page](#).



## **POLAR FLOW WEB SERVICE**

In the Polar Flow web service, you can plan and analyze your training in detail and learn more about your performance. You can also share the highlights of your training with your friends in the Flow community, sign up for your club's classes and get a personalized training program for a running event.

The Polar Flow web service also shows your daily activity goal completion percentage and the details of your activity, and helps you understand how your daily habits and choices affect your well-being.

You can "Setting up your OH1" on page 7 with your computer at [flow.polar.com/start](https://flow.polar.com/start). There you are guided to download and install the FlowSync software for syncing data between your OH1 and the web service, and to create a user account for the web service. If you did the setup using a mobile device and Flow app, you can log into the Flow web service with the credentials you created in the setup.

### **FEED**

In **Feed** you can see what you and your friends have been up to lately. Check out the latest training sessions and activity summaries, share your best achievements, comment and like your friends' activities.

### **EXPLORE**

In **Explore** you can browse the map and see other users' shared training sessions with route information. You can also relive other people's routes and see where the highlights happened.

To see a video, click on the following link:

[Polar Flow web service | Explore](#)

### **DIARY**

In **Diary** you can see your daily activity, sleep, planned training sessions (training targets), as well as review past training results.

### **PROGRESS**

In **Progress** you can follow your development with reports.

Training reports are a handy way to follow your progress in training over longer periods. In week, month and year reports you can choose the sport for the report. In custom period, you can choose both the period and the sport. Choose the time period and sport for report from the drop-down lists, and press the wheel icon to choose what data you want to view in the report graph.

With the help of the activity reports, you can follow the long-term trend of your daily activity. You can choose to view either daily, weekly or monthly reports. In the activity report you can also see your best days regarding daily activity, steps, calories and sleep from your chosen time period.

The Running Index report is a tool to help you monitor your long term Running Index development, and estimate your success in running 10K or a half marathon for example.

## COMMUNITY

In the **Flow Groups, Clubs** and **Events** you can find fellow exercisers who train for the same event or in the same health club as you do. Or you can create your own group for the people you want to train with. You can share your exercises and training tips, comment other members' training results and be part of the Polar Community. In Flow Clubs you can view class schedules and sign up for classes. Join in and get motivation from your social training communities!

To see a video, click on the following link:

[Polar Flow Events](#)

## PROGRAMS

The Polar Running Program is tailored for your goal, based on Polar heart rate zones, taking your personal attributes and training background into account. The program is intelligent, it adapts along the way based on your development. The Polar Running Programs are available for 5 k, 10 k, half marathon and marathon events, and consist of two to five running exercises per week depending on the program. It's super simple!

For support and more information about using the Flow web service, go to, [support.polar.com/en/support/flow](https://support.polar.com/en/support/flow).

## SYNCING

You can transfer data from your OH1 to the Polar Flow app wirelessly via the Bluetooth connection. Or, you can sync your OH1 with the Polar Flow web service by using a USB port and the FlowSync software. To be able to sync data between your OH1 and the Flow app you need to have a Polar account. If you want to sync data from your OH1 directly to the web service, in addition to a Polar account, you need the FlowSync software. If you've set up your OH1, you have created a Polar account. If you set up your OH1 using a computer, you have the FlowSync software on your computer.

Remember to sync and keep your data up-to-date between your OH1, the web service and the mobile app wherever you are.

### SYNC WITH FLOW MOBILE APP


Before syncing make sure:

- You have a Polar account and Flow app.
- Your mobile device has Bluetooth turned on, and airplane mode/flight mode is not turned on.
- You have paired your OH1 with your mobile. For more information, see "Pairing" on page 12.

Sync your data:

1. Sign in to Flow app with your Polar account.
2. On OH1, press the button until the LED is switched on, and release. OH1 is now on.

3. Your OH1 syncs with Flow app automatically if your phone is within Bluetooth range.

 *Your OH1 syncs with the Flow app automatically after you finish a training session if your phone is within the Bluetooth range. When your OH1 syncs with the Flow app, your training data is also synced automatically via an internet connection to the Flow web service.*


For support and more information about using the Polar Flow app, go to [support.polar.com/en/support/Flow\\_app](https://support.polar.com/en/support/Flow_app).

## **SYNC WITH FLOW WEB SERVICE VIA FLOWSYNC**

To sync data with the Flow web service you need the FlowSync software. Go to [flow.polar.com/start](https://flow.polar.com/start), and download and install it before trying to sync.

1. Place the sensor into the USB adapter with the lens facing up so that the contacts on the sensor and USB adapter meet.
2. Plug the USB adapter into a computer USB port. Make sure FlowSync software is running.
3. The FlowSync window opens on your computer, and the syncing starts.
4. Completed is displayed when you are done.

Every time you plug in your OH1 to your computer, the Polar FlowSync software will transfer your data to the Polar Flow web service and sync any settings you may have changed. If the syncing does not automatically start, start FlowSync from the desktop icon (Windows) or from the applications folder (Mac OS X). Every time a firmware update is available, FlowSync will notify you, and request you to install it.

 *If you change settings in the Flow web service while your OH1 is plugged into your computer, press the synchronize button on FlowSync to transfer to the settings to your OH1.*

For support and more information about using the Flow web service, go to [support.polar.com/en/support/flow](https://support.polar.com/en/support/flow).

For support and more information about using FlowSync software, go to [support.polar.com/en/support/FlowSync](https://support.polar.com/en/support/FlowSync).

# BATTERY

At the end of the working life of the product Polar encourages you to minimize possible effects of waste on the environment and human health by following local waste disposal regulations and, where possible, utilizing separate collection of electronic devices. Do not dispose of this product as unsorted municipal waste.

## CHARGING OH1 BATTERY

The OH1 has an internal, rechargeable battery. Rechargeable batteries have a limited number of charge cycles. You can charge and discharge the battery over 300 times before a notable decrease in its capacity. The number of charge cycles also varies according to use and operating conditions.

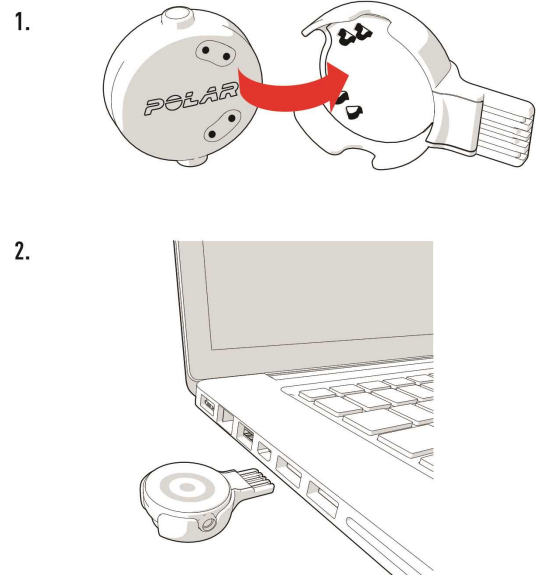
**i** Do not charge the battery in temperatures under 0 °C/+32 °F or over +40 °C/+104 °F or when the charging contacts are wet.

Use the USB adapter included in the product set to charge it via the USB port on your computer. You can also charge the battery via a wall outlet. When charging via a wall outlet, use a USB power adapter (not included in the product set). If you use a USB power adapter, make sure that the adapter is marked with "output 5Vdc" and that it provides a minimum of 500mA. Only use an adequately safety approved USB power adapter (marked with "LPS", "Limited Power Supply" or "UL listed").

**i** Before charging, make sure there's no moisture, hair, dust or dirt on the OH1 or OH1 USB adapter connectors. Gently wipe off any dirt and blow off the dust. Do not use any sharp tools for cleaning to avoid scratching.

To charge with your computer, just plug your OH1 to your computer, and at the same time, you can have it synced it with 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 a computer USB port or USB power wall outlet (picture 2).



## CARING FOR YOUR OH1

Like any electronic device, the Polar OH1 should be kept clean and treated with care. The instructions below will help you fulfill the guarantee obligations, keep the device in peak condition and avoid any issues in charging or syncing.

### KEEP YOUR OH1 CLEAN

Wipe any dirt or mud off OH1 after each training session with a soft towel.

**Keep the OH1 and OH1 USB adapter charging contacts clean to ensure smooth charging and syncing.**

Before charging, make sure there's no moisture, hair, dust or dirt on the OH1 or OH1 USB adapter charging contacts. Gently wipe off any dirt and blow off any dust. Do not use any sharp tools for cleaning to avoid scratching.

Keep the OH1 contacts clean to protect it from oxidation and other possible damage caused by dirt and salt water (e.g. sweat or sea water). **Do not charge the OH1 when the charging contacts are wet or sweaty.**

### TAKE GOOD CARE OF THE OPTICAL HEART RATE SENSOR

Keep the optical sensor area clean and scratch-free. However, small scratches should not affect the performance of optical heart rate measurement.

### STORING

Keep your training device in a cool and dry place. Do not keep it in a damp environment, in non-breathable material (a plastic bag or a sports bag) nor with conductive material (a wet towel). Do not expose the training device to direct sunlight for extended periods, such as by leaving it in a car. It is recommended to store the training device partially or fully charged. The battery slowly loses its charge when it is stored. If you are going to store the training device for several months, it is recommended to recharge it after a few months. This will prolong the battery lifetime.

**Do not leave the device in extreme cold (below  $-10\text{ }^{\circ}\text{C}/14\text{ }^{\circ}\text{F}$ ) and heat (above  $50\text{ }^{\circ}\text{C}/120\text{ }^{\circ}\text{F}$ ) or under direct sunlight.**

### SERVICE

During the two-year guarantee/warranty period we recommend that you have service 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 further information, see Limited International Polar Guarantee.

For contact information and all Polar Service Center addresses, visit [support.polar.com](https://support.polar.com) and country-specific websites.

## PRECAUTIONS

The Polar OH1 is designed to measure heart rate. No other use is intended or implied.

The training device should not be used for obtaining environmental measurements that require professional or industrial precision.

We recommend that once in a while you wash the device and the armband to avoid any skin problems from a dirty armband.

## INTERFERENCE DURING TRAINING

### Electromagnetic Interference and Training Equipment

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with the training device. To avoid erratic reading or misbehavior, move away from possible sources of disturbance.

Training equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals.

If the training device still does not work with the training equipment, it may be electrically too noisy for wireless heart rate measurement. For further information, see [www.polar.com/support](http://www.polar.com/support).

## MINIMIZING RISKS WHEN TRAINING

Training may include some risk. Before beginning a regular training program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.


- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?


Note that in addition to training intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during training. **If you feel unexpected pain or excessive fatigue when training, it is recommended that you stop the training or continue at a lighter intensity.**

**Note!** If you are using a pacemaker, you can use Polar products. In theory interference to pacemaker caused by Polar products should not be possible. In practice no reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications.

 *The combined impact of moisture and intense abrasion may cause color to come off the heart rate sensor's surface, possibly staining clothes. If you use perfume, suntan/sunscreen lotion or insect repellent on your skin, you must ensure that it does not come into contact with the training device or the heart rate sensor. Please avoid clothing with colors that might transfer onto the training device (especially training devices with light/bright colors) when worn together.*

 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.

## TECHNICAL SPECIFICATION

### OH1

Operating time:	Up to 12 hours of continuous training
Battery type:	45 mAh Li-pol rechargeable battery
Memory capacity:	Up to 200 hours training
Operating temperature:	-10 °C to +50 °C / 14 °F to 122 °F
OH1 sensor materials:	ABS, ABS+GF, PMMA, SUS 316 (Stainless steel)
Armband materials:	Black armband: 53% Nylon, 27% Elastane, 20% Polyester. Grey, orange and turquoise armband: 70.5% Polyester, 29.5% Elastane.
USB adapter materials:	PC+ABS, SUS 301 (Stainless steel) Gold plated

Water resistance:

30 m (suitable for bathing and swimming)

Uses wireless Bluetooth® and ANT+™ technology.

## POLAR FLOWSYNC SOFTWARE

To use FlowSync software you need a computer with Microsoft Windows or Mac operating system with an internet connection and a free USB port.

Check the latest compatibility information from [support.polar.com](https://support.polar.com).

## POLAR FLOW MOBILE APPLICATION COMPATIBILITY

Check the latest compatibility information from [support.polar.com](https://support.polar.com).

## WATER RESISTANCE OF POLAR PRODUCTS

Most Polar products can be worn when swimming. They are not, however, diving instruments. To maintain water resistance, do not press the buttons of the device under water.

**Polar devices with wrist-based heart rate measurement** are suitable for swimming and bathing. They will collect your activity data from your wrist movements also when swimming. In our tests, however, we found that the wrist-based heart rate measurement doesn't work optimally in water, so we cannot recommend wrist-based heart rate measurement for swimming.

In the watch industry, water resistance is generally indicated as meters, which means the static water pressure of that depth. Polar uses this same indication system. Water resistance of Polar products is tested according to International Standard **ISO 22810** or **IEC60529**. Every Polar device that has water resistance indication is tested before the delivery to stand water pressure.

Polar products are divided into four different categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

When performing any underwater activity, the dynamic pressure generated by moving in water is greater than the static pressure. This means that moving the product under water subjects it to a greater pressure than if the product were stationary.

Marking on the back of the product	Wash splashes, sweat, raindrops etc.	Bathing and swimming	Skin diving with snorkel (no air tanks)	SCUBA diving (with air tanks)	Water resistant characteristics
Water resistant IPX7	OK	-	-	-	Do not wash with a pressure washer. Protected against



					splashes, raindrops etc. Reference standard: IEC60529.
Water resistant IPX8	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: IEC60529.
Water resistant Water resistant 20/30/50 meters Suitable for swim- ming	OK	OK	-	-	Minimum for bathing and swimming. Reference standard: ISO22810.
Water resistant 100 meters	OK	OK	OK	-	For frequent use in water but not SCUBA diving. Reference standard: ISO22810.

## LIMITED INTERNATIONAL POLAR GUARANTEE

- Polar Electro Oy issues a limited international guarantee for Polar products. For products which have been sold in the USA or Canada, guarantee is issued by Polar Electro, Inc.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of the Polar product that the product will be free from defects in material or workmanship for two (2) years from the date of purchase, with the exception of wristbands made of silicone or plastic, which are subject to a guarantee period of one (1) year from the date of purchase.
- The guarantee does not cover normal wear and tear of the battery, or other 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, textile armband or textile or leather wristband, elastic strap (e.g. heart rate sensor chest strap) and Polar apparel.
- The guarantee does also not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Guarantee does not cover products which have been purchased second hand.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Central Services regardless of the country of purchase.
- Guarantee issued by Polar Electro Oy/Inc. 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.

- You should keep the receipt as a proof of purchase!
- Guarantee with respect to any product will be limited to countries where the product has been initially marketed by Polar Electro Oy/Inc.

Manufactured by Polar Electro Oy, Professorintie 5, 90440 KEMPELE, Finland [www.polar.com](http://www.polar.com).

Polar Electro Oy is a ISO 9001:2015 certified company.

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