Polar Unisex's H10 Heart Rate Sensor Pro Chest Strap Specifications

Compatibility

iOS mobile devices: iPhone 5 and later, with iOS 11 or later; Android mobile devices with Bluetooth 4.0 capability and Android 5.0 or later.

Updates

Via mobile phone using Polar Beat app or Polar Flow app.

Memory

One training session

Battery life

400 hours with BLE and 5 kHz transmission active

Battery type

CR 2025

Connector size

34x65x10 mm

Weight

Connector 21 g (0.74 oz), strap 39 g (1.38 oz)

Materials

Connector: ABS, ABS + GF, PC, Stainless steel. Strap: 38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester, Silicone prints.

Water resistance

30 m (Suitable for swimming)

Operating temperature

-10 °C to +50 °C / 14 °F to 122 °F

Connectivity

ANT+, Bluetooth Smart, 5 kHz