

The chest strap is **NOT** powered on if not in contact with your body.

To add a new Bluetooth Polar Chest Strap, you must wear the chest strap and place it correctly on your body.

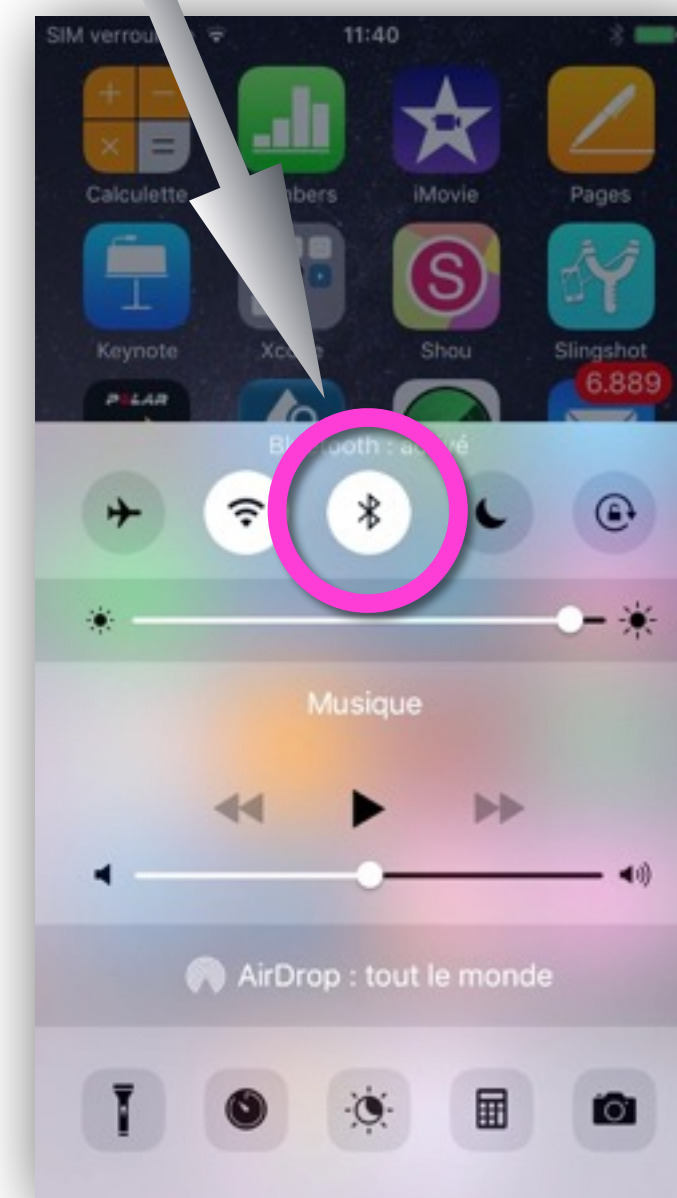
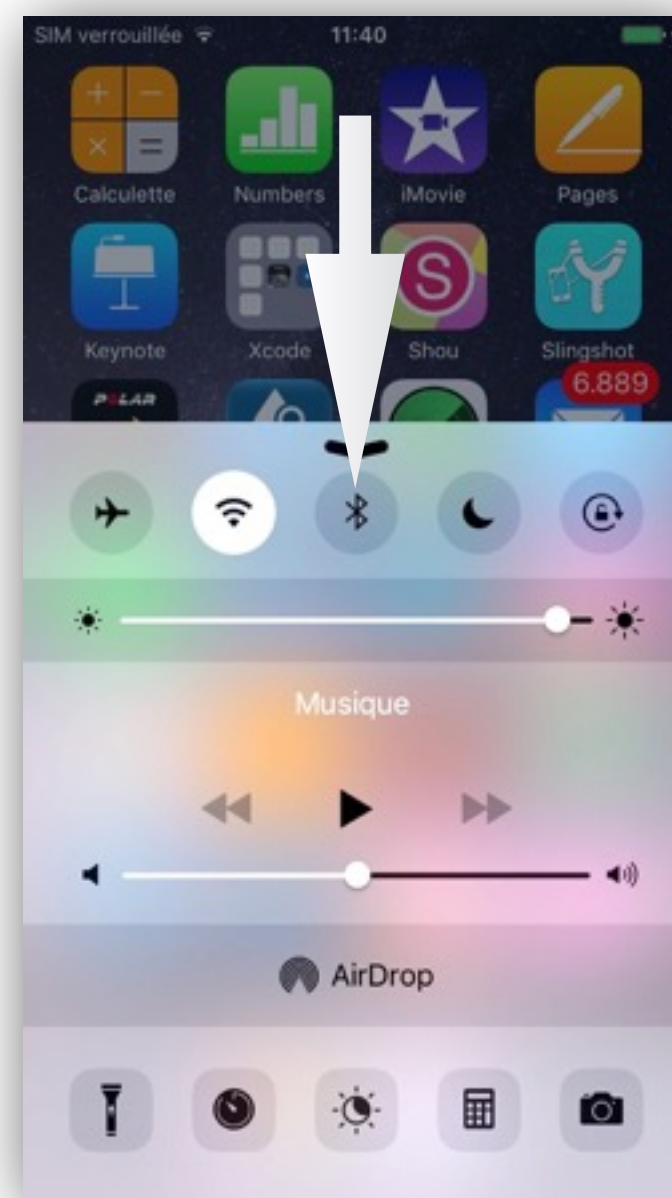
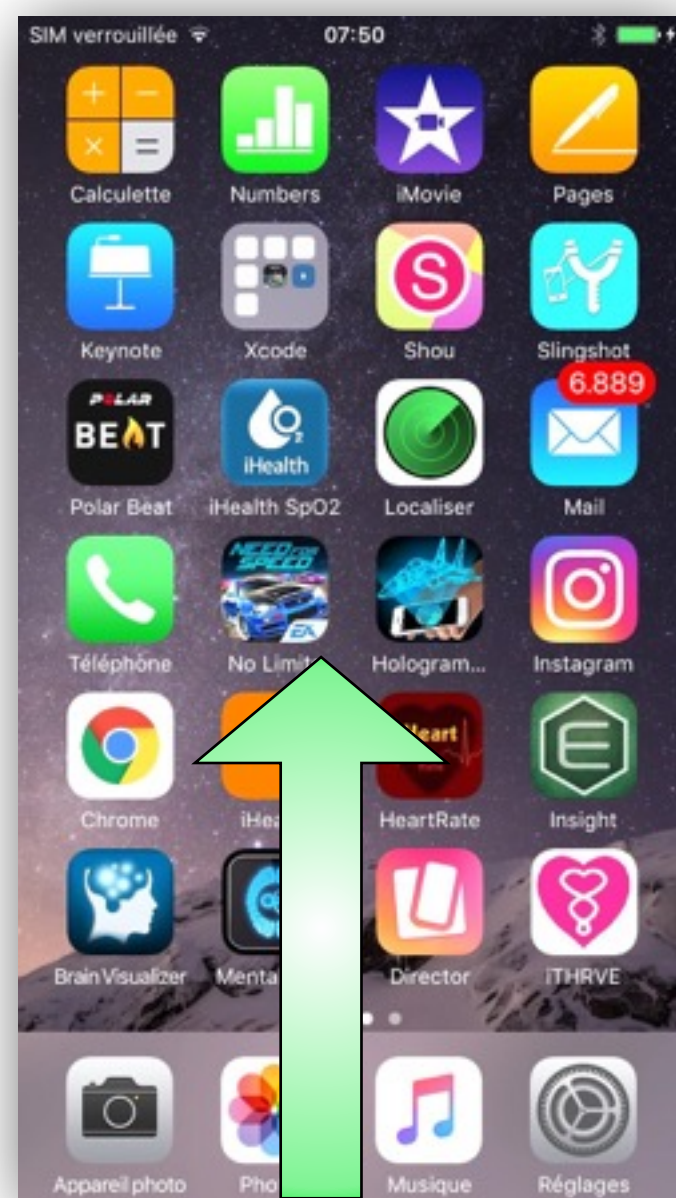
See « How to wear a hear rate sensor »:

[http://support.polar.com/us-en/support/tips/How\\_to\\_wear\\_a\\_heart\\_rate\\_sensor\\_with\\_textile\\_strap](http://support.polar.com/us-en/support/tips/How_to_wear_a_heart_rate_sensor_with_textile_strap)

The most accurate data acquisitions are done with the use of  
« Heart Rate Monitor Electrode Cream » like :

[https://www.amazon.com/Buh-Bump-2-5-Ounce-Electrode-Chamois-Buttr/dp/B01AKFG67A/ref=sr\\_1\\_9?ie=UTF8&qid=1470895470&sr=8-9&keywords=electrode+cream](https://www.amazon.com/Buh-Bump-2-5-Ounce-Electrode-Chamois-Buttr/dp/B01AKFG67A/ref=sr_1_9?ie=UTF8&qid=1470895470&sr=8-9&keywords=electrode+cream)

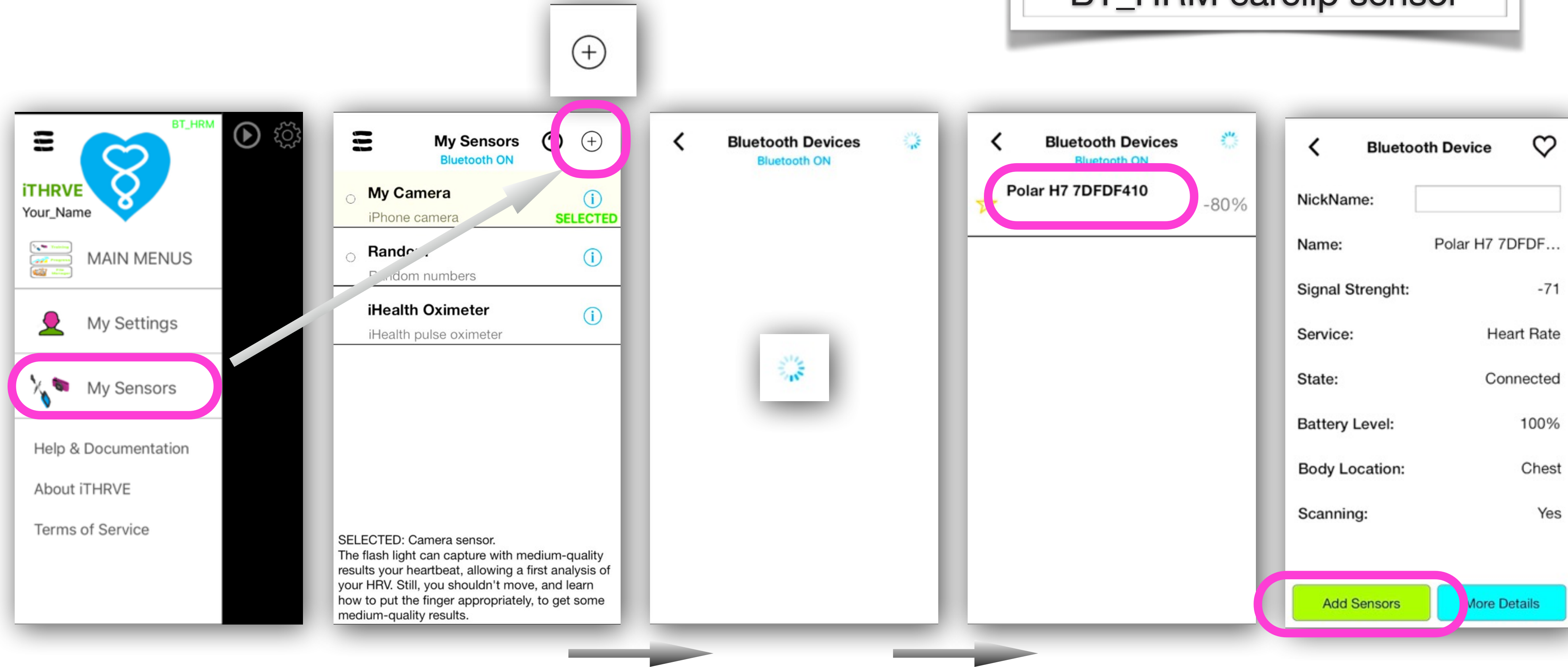
**Make sure Bluetooth is ON**





To add a new HRV Bluetooth sensor

Also for Polar compatible  
HRV Bluetooth sensors  
like  
BT\_HRM earclip sensor



## Selecting a new HRV Bluetooth sensor

