

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.

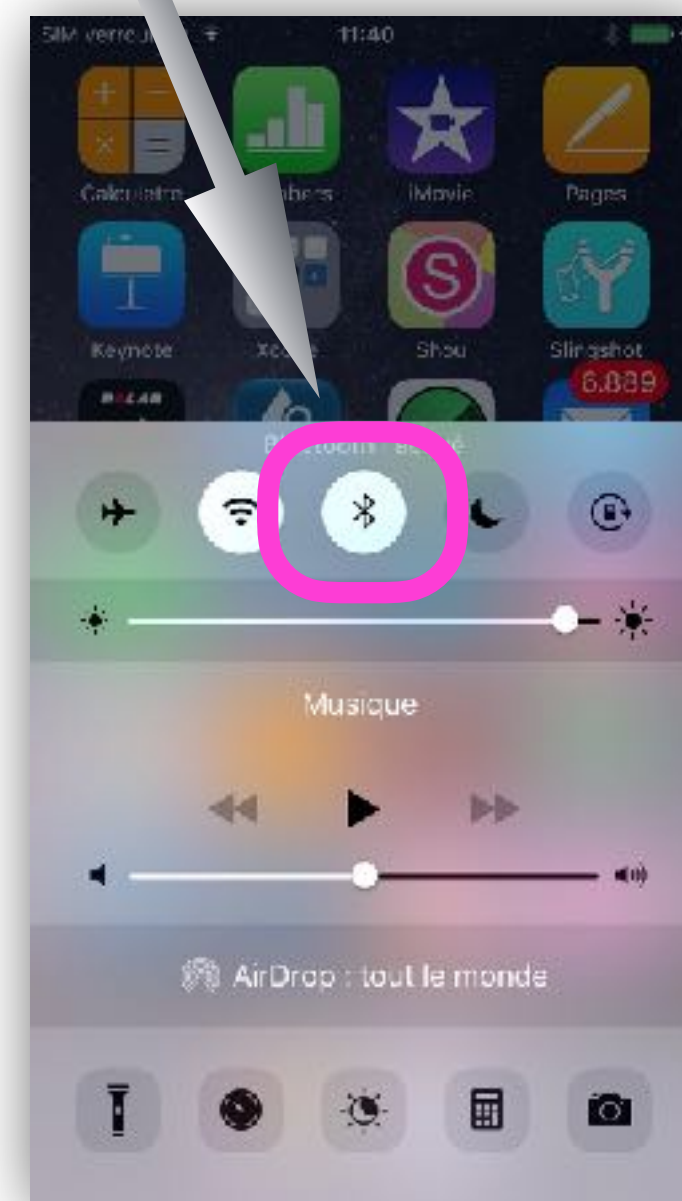
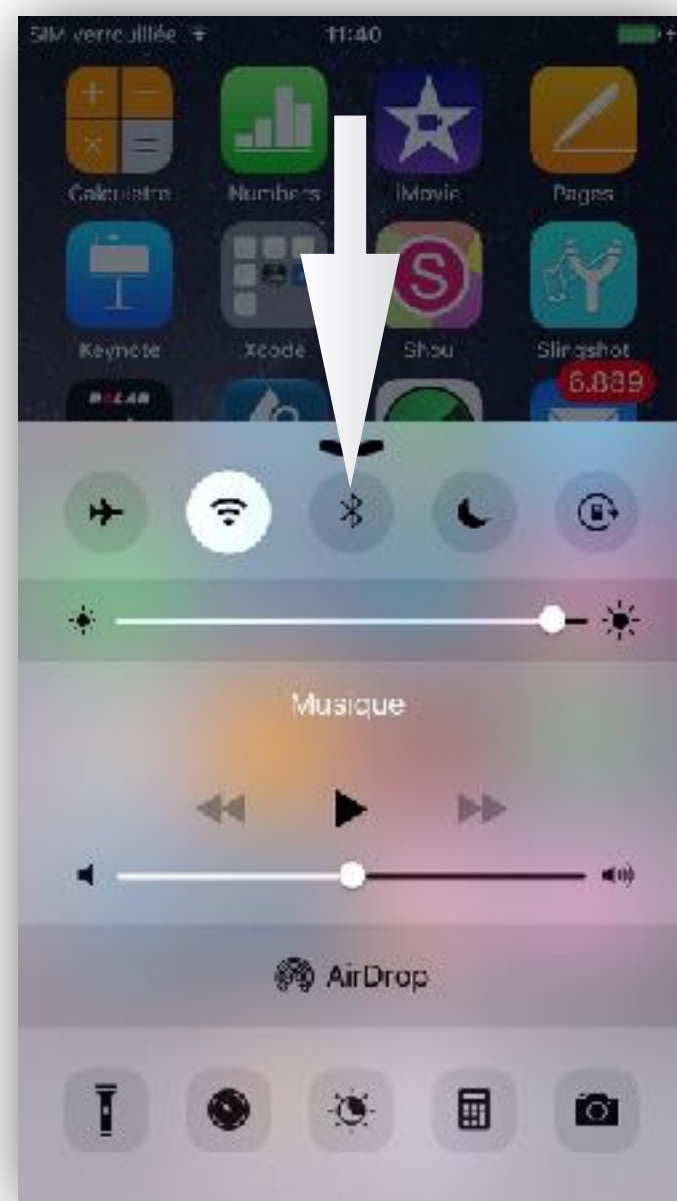
See « How to wear a hear rate sensor »:

[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)

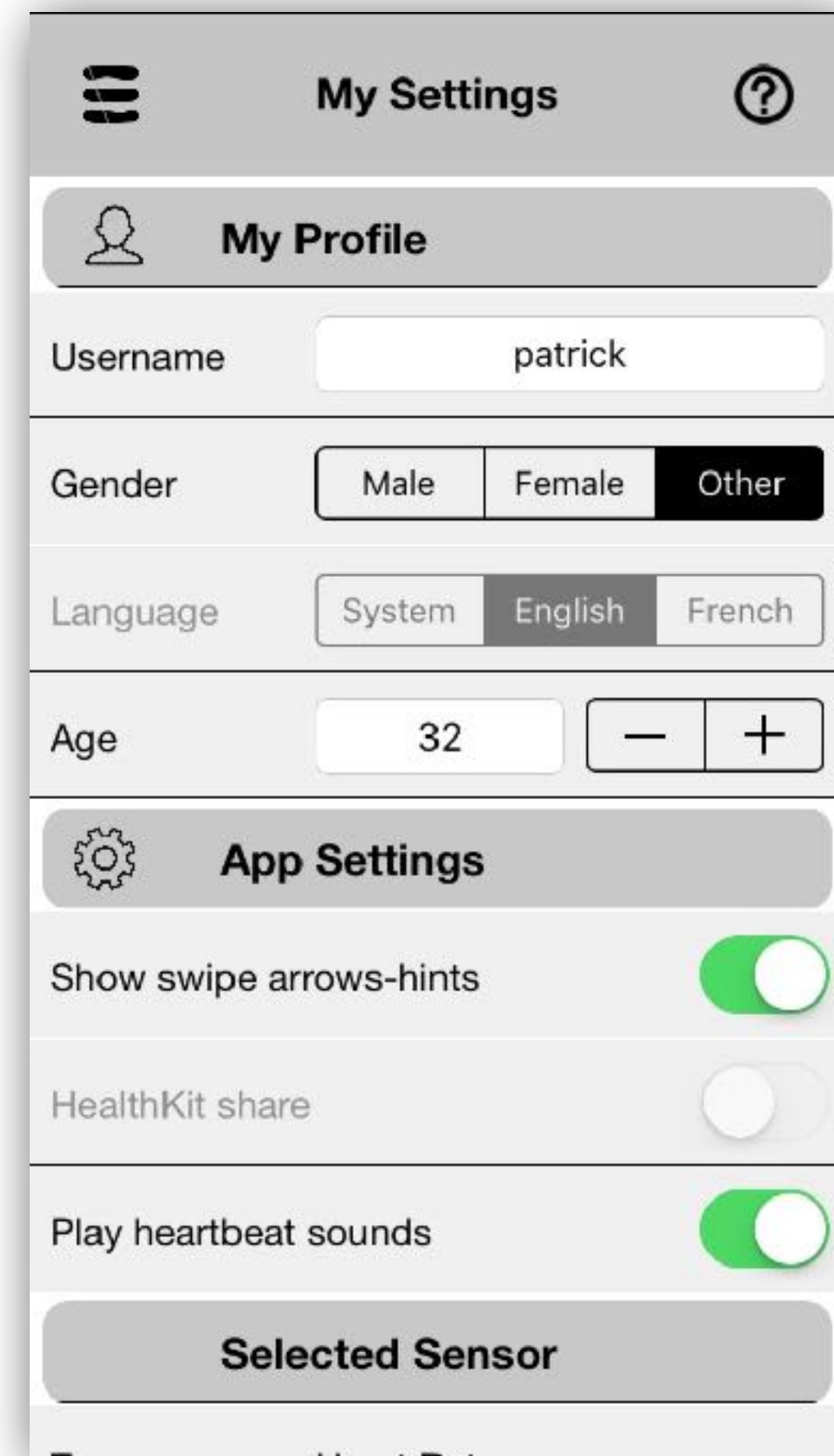
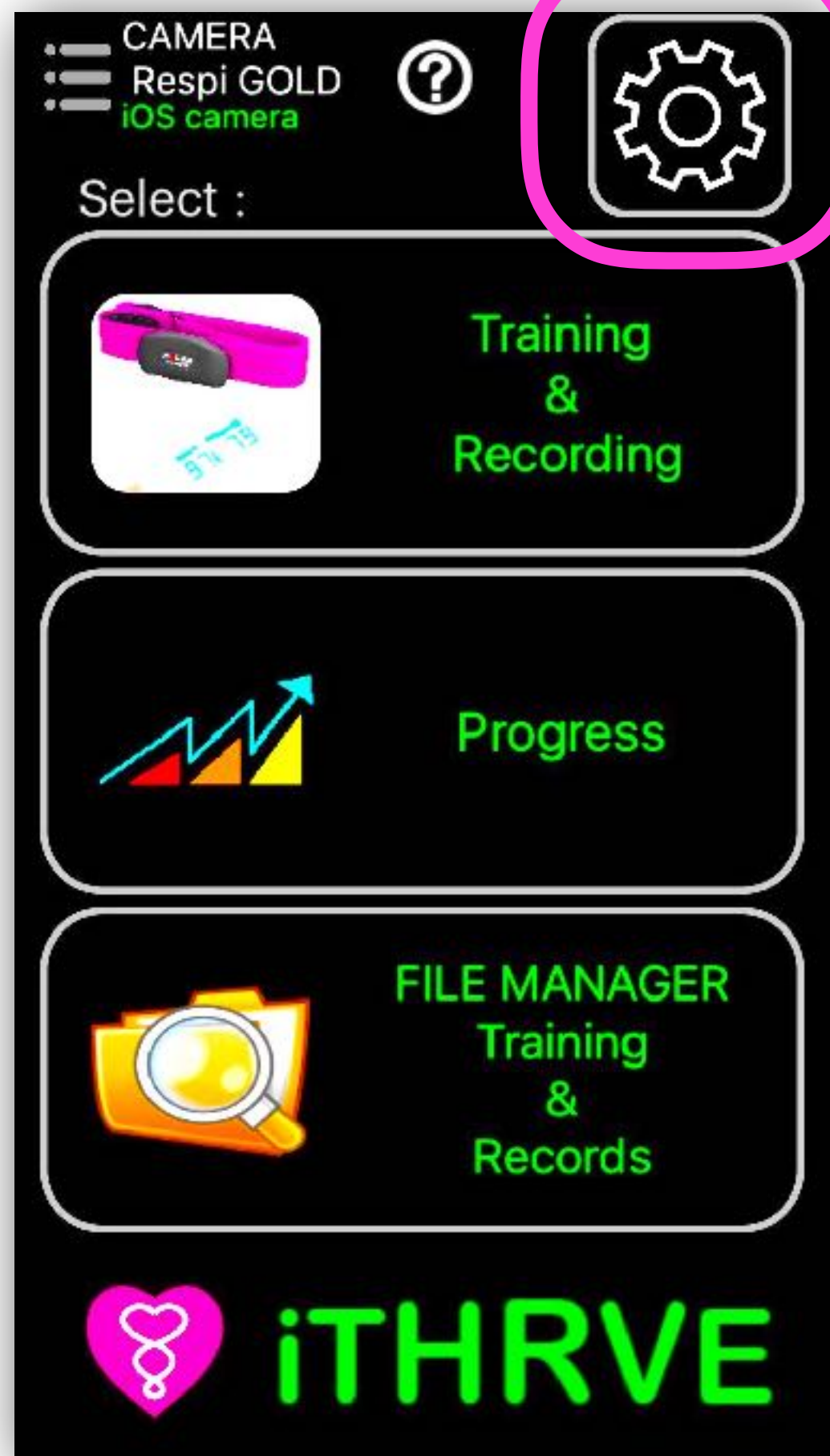
The most accurate data acquisitions are done with the use of « Heart Rate Monitor Electrode Cream » like :

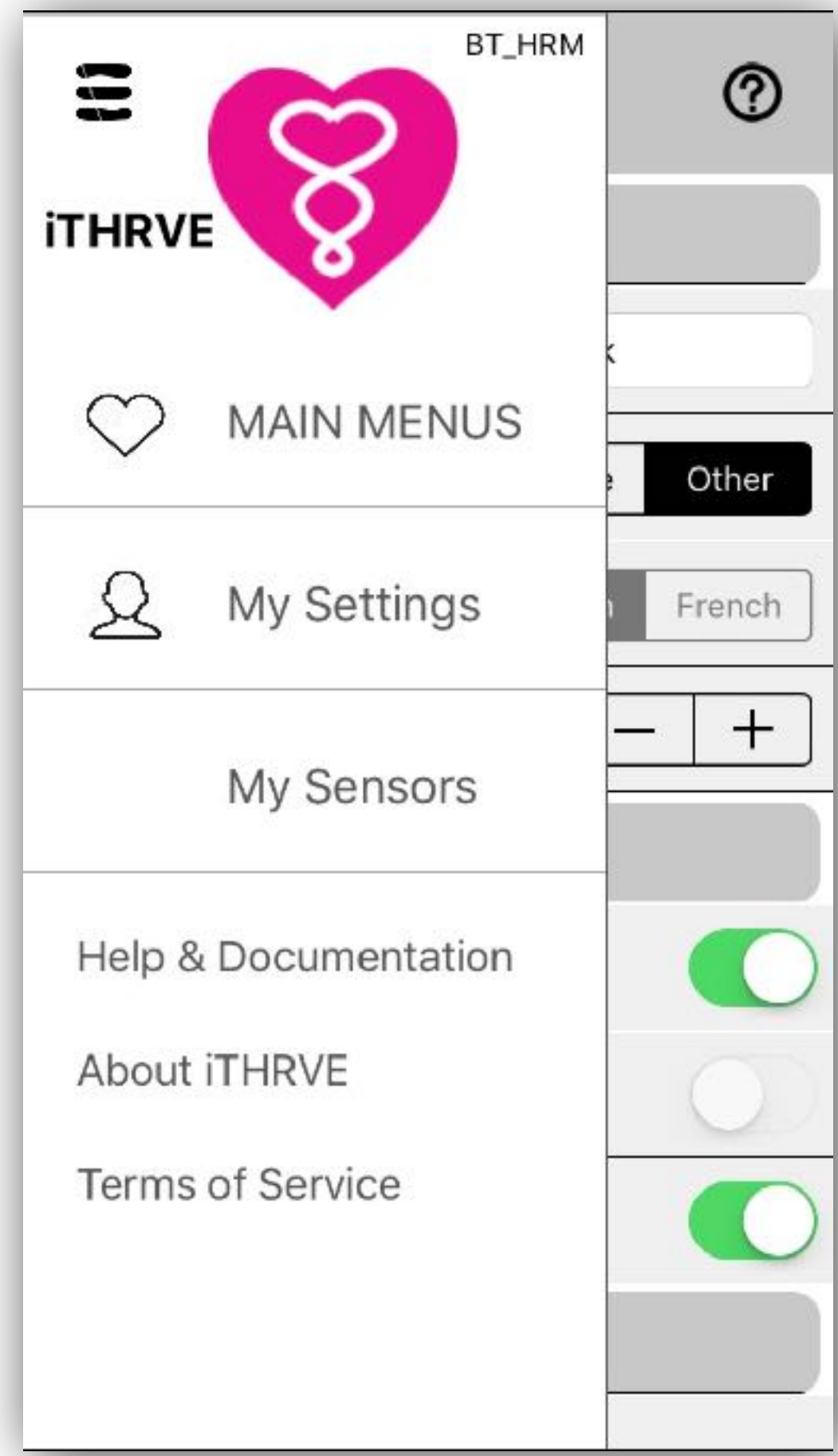
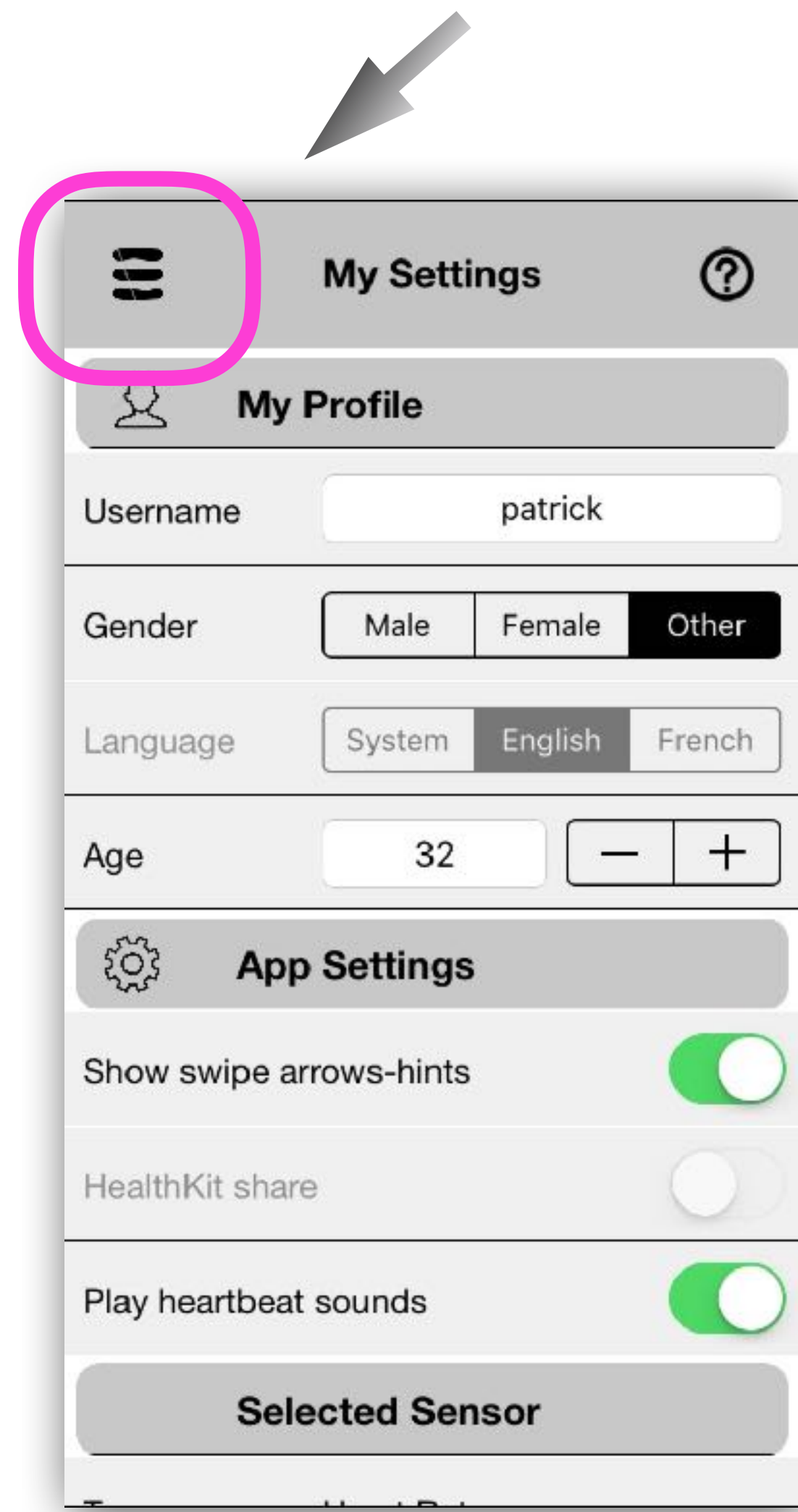
[https://www.amazon.com/Buh-Bump-2-5-Ounce-Electrode-Chamois-Buttr/dp/B01AKFG67A/ref=sr\\_1\\_9?ie=UTF8&qid=1470895470&sr=8-9&keywords=electrode+cream](https://www.amazon.com/Buh-Bump-2-5-Ounce-Electrode-Chamois-Buttr/dp/B01AKFG67A/ref=sr_1_9?ie=UTF8&qid=1470895470&sr=8-9&keywords=electrode+cream)

**Make sure Bluetooth is ON**

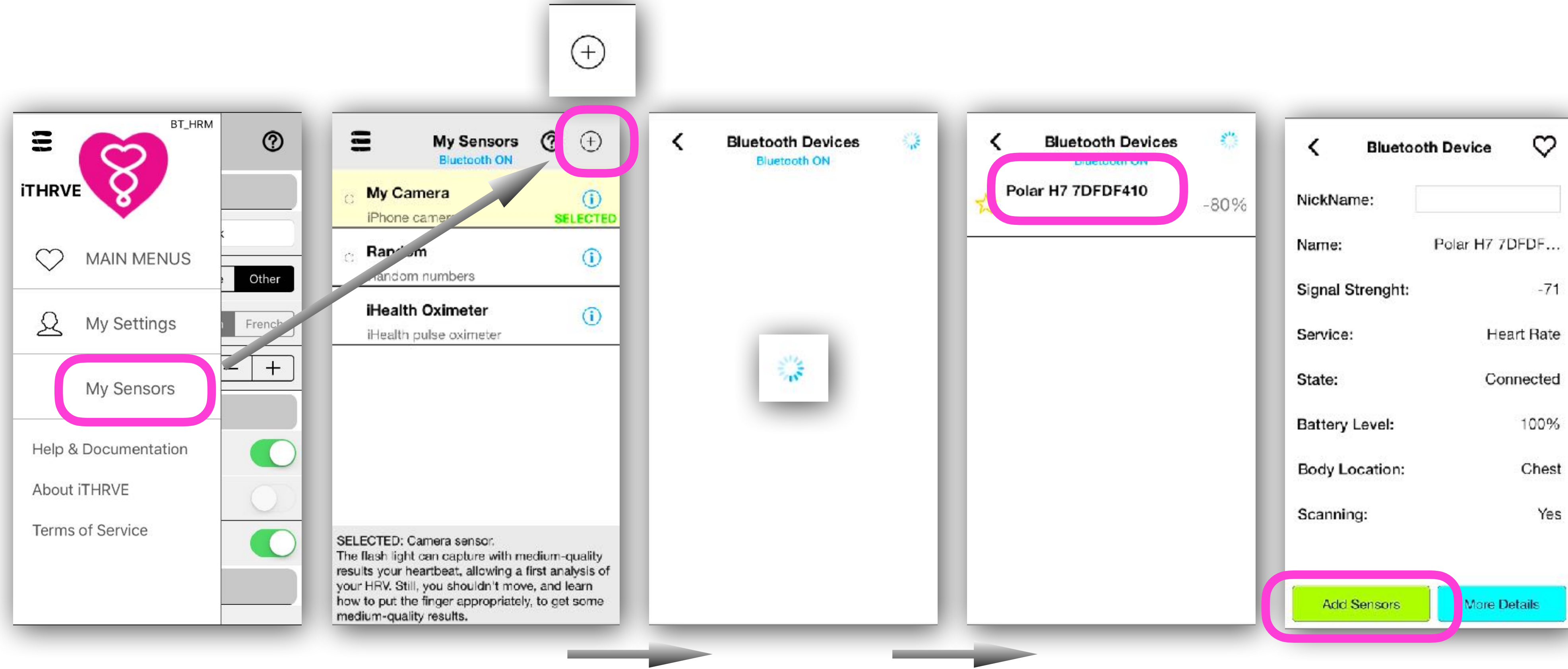








# Selecting a new HRV Bluetooth sensor





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