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6 VIDEOS



Polar Flow
The free, online
training platform



Roll over image to zoom in

**-18%** **\$81.48**

List Price: \$99.95

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Get \$50 off instantly: Pay \$31.48
~~\$81.48~~ upon approval for Amazon
Visa. No annual fee.**200+**
Trainings
M-XXL: 26-36"

Brand Polar

Material Silicone

Color Black

Compatible Devices iOS mobile devices:
iPhone 5 and later, with
iOS 11 or later; Android

Screen Size 0.96 Inches[See more](#)**About this item**

- 38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester
- Made in the USA or Imported
- WORKS WITH EVERYTHING: Polar HRM works with many sports and smart watches (Polar, Garmin, Apple, Suunto, etc.), Polar Beat, fitness apps such as Strava and Nike, and ALL HRM compatible Cardio Equipment
- SUPREME ACCURACY: Widely recognized for its top precision by many sources, Polar H10 is the most accurate heart rate sensor in Polar's history. Polar H10 provides top quality heart rate measurement and it's the choice of many pro athletes.

**Heart Rate
Monitor
Chest Strap -
with
HR Sensor
for Women**

3,700 ratings



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FREE Returns

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- **CONNECTIVITY:** Bluetooth, ANT+ and 5 kHz provide an excellent variety of connection options (e.g. with Peloton). You can use Bluetooth and ANT+ connections simultaneously as well as two Bluetooth connections simultaneously.
- **POLAR PRO CHEST STRAP:** With improved electrodes, an easy-to-use buckle and silicone dots, the strap is comfortable and interference-free, and stays put when you're on the move.
- **VERSATILITY:** Wear Polar HR monitor when rowing, cycling, running, training indoors or swimming. Polar H10 is fully waterproof and it has internal memory for one training session.

[▼ Show more](#)

There is a newer model of this item:



Polar H10 Heart Rate Monitor Chest Strap - ANT + Bluetooth, Waterproof HR Sensor for Men and Women

\$87.49

(19,700)

In Stock

\$87.50

& FREE Shipping. [Details](#)

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698

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Total price: \$116.43

Add both to Cart

This item: Polar H10 Heart Rate Monitor Chest Strap - ANT + Bluetooth, Waterproof HR Sens...

\$81⁴⁸

Polar Pro Chest Strap - Heart Rate Monitor Belt

\$34⁹⁵

4 stars and above

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Subtotal

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From the brand

Who is

A collectiv
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Where i

Polar HQ

Today, Po
26 subsid
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It all began in 1977.

This is the year we launched an entire industry.

We had the foresight to see the incredible potential in wearable devices, and we've led the charge ever since – developing the most advanced, trusted, and innovative technology that can be worn by anyone who wants to understand their bodies better.

From the manufacturer

Subtotal

\$9.45

Brighten your training with a new colorful strap for your Polar H10.

Polar H10 - Dual Bluetooth/ANT+ (Latest Version)

Heart rate sensor

Polar H10 is a supremely precise heart rate sensor that comes with the Polar Pro chest strap. Providing top-quality heart rate measurement, Polar H10 is considered the most accurate heart rate sensor by many sources.

- Connects with Bluetooth, ANT+ and 5 kHz
- Several connections can be active simultaneously
- Built-in memory for one training session
- Waterproof up to 30 m
- Software updates
- Machine-washable textile strap

Key Features

The Power of Accuracy

The most accurate heart rate sensor in Polar's history, Polar H10 is polished to the max in all aspects and gets software updates as well. It's widely recognized for its top precision by many sources.

Connectivity: Training Devices, Apps & on Its Own

Polar H10 connects and transfers data via Bluetooth, ANT+ and 5 kHz to bring an excellent variety of connection options with compatible sports and smart watches, gym equipment and leading training apps on both iOS and Android phones.

Polar Pro Strap

Polar H10 comes with Polar Pro strap, a soft textile strap with high quality electrodes to make sure your heart rate is measured accurately and without interference. The strap is machine-washable.

More Highlights

Internal Memory

When you want to focus on your workout, Polar H10 will save the session to its memory so you can access the data when you want it.

Polar H10 & Polar Beat app

Try Polar H10 with Polar Beat, Polar's free fitness and training app to get real-time heart rate on the screen of your phone during your workouts and live voice guidance towards your chosen training target.


Battery Life

Dry and store the heart rate sensor strap and the connector separately to maximize the heart rate sensor battery life.

| | Polar H10 | Polar H9 | Polar Verity Sense |
|--|----------------------------|----------------------------|------------------------|
| Product placement | Chest | Chest | Arm and temple |
| Operation time | 400h (replaceable battery) | 400h (replaceable battery) | 30h |
| Rechargeable | | | ✓ |
| Compatible with 3rd party apps | ✓ | ✓ | ✓ |
| Built-in memory | 1 training session | | Up to 600h HR training |
| ANT+ and Bluetooth Low Energy connectivity | ✓ | ✓ | ✓ |
| Dual Bluetooth channels | ✓ | | ✓ |
| 5 kHz transmission (Gymlink) | ✓ | ✓ | |
| Waterproof | 30 m | 30 m | 50 m |

Subtotal

\$9.45



Product information

Technical Details

| | |
|-----------------------------------|---|
| Brand | Polar |
| Material | Silicone |
| Color | Black |
| Compatible Devices | 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 |
| Screen Size | 0.96 Inches |
| Product Dimensions | 2.59"L x 1.29"W x 0.4"H |
| Item Weight | 1.41 Ounces |
| Sensor Type | Temperature |
| Battery Description | Lithium |
| Item Package Dimensions L x W x H | 5.04 x 3.7 x 1.85 inches |
| Package Weight | 0.12 Kilograms |
| Item Dimensions LxWxH | 1.3 x 2.6 x 0.4 inches |
| Brand Name | Polar |
| Warranty Description | Yes |

Additional Information

| | |
|----------------------|---|
| ASIN | B07PM54P4N |
| Customer Reviews | 4.4 ratings 4.4 out of 5 stars |
| Best Sellers Rank | #300 in Sports & Outdoors (See Top 100 in Sports & Outdoors) #3 in Heart Rate Monitors (Sports & Outdoors) |
| Date First Available | March 12, 2019 |


Feedback

Would you like to [tell us about a lower price?](#)

| | |
|---------------------|---|
| Model Name | H10 |
| Suggested Users | unisex-adult |
| Number of Items | 1 |
| Manufacturer | Polar |
| Part Number | 92075957 |
| Model Year | 2019 |
| Style | H10 |
| Included Components | Polar H10; pro strap; getting started guide |
| Size | M-XXL: 26-36" |
| Sport Type | Wireless |

Subtotal

\$9.45



Product guides and documents

[Installation Manual \(PDF\)](#)

[Specification Sheet \(PDF\)](#)

Videos

Videos for this product

2:21

Customer Review: Just doesn't work
Dave S.

1:12

Great Heart Sensor. Here's Why
The Gil's Fun Finds

1:2

A Chest Strap Heart Rate Monitor That Is Waterproof!
Product Pals

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Important information

To report an issue with this product or seller, [click here](#).

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EZON Heart Rate Monitor and Chest Strap, Exercise Heart Rate Monitor, Sports Watch ...

90

\$99.99



COROS Heart Rate Monitor, Comfort, Easy to wear, Auto-wear Detection, Advanced...

85

#1 New Release

\$79.00



COOSPO Heart Rate Monitor Chest Strap H6M, Bluetooth ANT+ Heart Rate Monitor...

2,666

\$29.99

Save 20% with coupon (some sizes/colors)




Smart Watch for Men,2.02" Fitness Watch(Answer/Make Call),24H Heart Rate...

24

\$39.99

Save 10% with coupon



ZURURU Fitness Tracker with Blood Pressure Heart Rate Sleep Health Monitor for Men ...

9,143

Limited time deal

\$25.49

List: ~~\$39.99~~ (36% off)

Subtotal


\$9.45



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Powr Labs Bluetooth and ANT+ Heart Rate Monitor Chest Strap - Compatible...

1,883

\$33.49

VPSTAY

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VPSTAY Smart Watch Fitness Tracker with Heart Rate Sleep Blood Oxygen Monitor...

343

\$39.99

Wearable4U

Shop the Store >



Looking for specific info?

Customer reviews

4.4 out of 5

19,700 global ratings



How customer reviews and ratings work

Customers say

Customers like the heart rate monitor for its accuracy and ease of use. They say it monitors their vitals immediately and gives a continuous readout. However, some customers have concerns about the connectivity, quality, performance, app, accuracy, ease of usage, and battery life.

AI-generated from the text of customer reviews

☒ Heart rate monitor

Performance

Connectivity

Accuracy

Ease of use

Quality

Battery life

App

Reviews with images

See all photos >



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Top reviews

Top reviews from the United States

Lectrichead

VINE VOICE

Super accurate HR Sensor Strap!

Reviewed in the United States on December 27, 2022

Size: M-XXL: 26-36" Color: Black **Verified Purchase**

I went looking and while others were really good choices too; when it comes to accuracy Polar heart rate sensors and straps are highly rated across the board, compatible with pretty much everything, and are durable.

I was particularly impressed with the in-depth research and testing they do with their equipment, neutral comparisons that they make with other comparable HR sensors as well as certified medical heart rate monitoring.

I started leaning toward the Polar H10 , which are the 5th generation of Polar's Heart Rate tech, which started in 1977.

According to Polar's testing against medical-grade heart rate equipment and other heart rate sensors - the ECG H10 sensor detects HR within 2 ms accuracy at 92.9% for running, 99.3%

Read more

152 people found this helpful

Helpful

Report

Eva

You need this if you want to work out properly!

Reviewed in the United States on May 21, 2020

Verified Purchase

UPDATE after one year: Over time, the unit started to eat through batteries MUCH faster. No idea why. As an experiment, I tried removing the battery after each use, and this solved the problem. So from now on, I just pop out the battery when I'm done, which isn't too inconvenient. You can always check the battery level in Settings, within the app. Overall, after one year, I am still very pleased with the unit.

What I use this for - I'm a rower. I primarily use this with my Concept 2 rowing machine, and it connected right away with the PM5 on my machine. It also works flawlessly with Concept2's app for this, called ErgData, which records your workouts on your phone and then uploads them to the Concept2 Logbook online.

The "Polar Beat" App, and website profile - To use this HR monitor, you'll need to download Polar's "Polar Beat" app, and create an account which will automatically sync your workouts

Read more

338 people found this helpful

Helpful

Report


Amazon Customer

Accurate, Great App, Long battery Life.

Reviewed in the United States on December 30, 2023

Subtotal

\$9.45



https://www.amazon.com/Polar-Heart-Rate-Monitor-Women/dp/B07PM54P4N/ref=asc_df_B07PM54P4N/?tag=hyprod-20&linkCode=df0&hvadid=24... 8/11

Size: M-XXL: 26-36" Color: Black **Verified Purchase**

After trying a few different watches that track heart rate, steps, etc, and being disappointed, I decided to find something better. The Polar H10 Heart Rate Monitor, was the perfect solution. The heart rate monitor is way more accurate and reliable. The mobile app is free, and can be used without creating an account, and it tracks your movement via GPS, providing accurate distance data on a map overlay, which can be replayed to see how your heart rate change along the route. Those who are complaining about poor battery life, prob didn't read the instructions thoroughly--All you have to do is remove the device from the strap to ensure that it shuts down. Very simple. I couldn't be happier with this purchase.

7 people found this helpful

Helpful

Report

[See more reviews >](#)

Top reviews from other countries

Translate all reviews to English

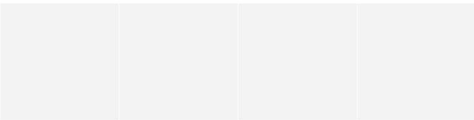
Cliente Kindle

Ideal para treinos indoor

Reviewed in Brazil on October 16, 2023

Size: M-XXL: 26-36" Color: Black **Verified Purchase**

Maior precisão na aferição dos batimentos. Ideal para utilizar nos treinos mais intensos. No meu caso patins (polar flow) pois o protetor de punho não permite o uso do relógio.



One person found this helpful

Report

[Translate review to English](#)

Amazon Customer

Compatible con caminadoras

Reviewed in Mexico on October 7, 2023

Size: M-XXL: 26-36" Color: Black **Verified Purchase**

Funciona muy bien con los Caminadoras que hay en el gimnasio al que voy y además, llevo el registro en mi teléfono de mis rutinas.

Report

[Translate review to English](#)

Armando

Llegó más pronto de lo que dijeron

Reviewed in Mexico on July 31, 2023

Size: M-XXL: 26-36" Color: Red **Verified Purchase**

Excelente producto

Report

Martin Ignacio

todo perfecto

Reviewed in Mexico on February 10, 2023

Verified Purchase

todo perfecto

Report

[Translate review to English](#)

Dr. Wayne Nadler

Subtotal

\$9.45



Excellent Product, Easy to Set up

Reviewed in Canada on July 10, 2022

Verified Purchase

The Polar H10 was easy to fasten to my chest and stayed there. I used a small amount of electrode gel rather than water so the connection was excellent with little "noise" when I connected to the ELITE HRV app which has an array of useful readings and training information. HR and HRV data appears accurate when compared to other medical grade devices. If accuracy while in motion is important, this is a very good product. However, I would caution a buyer to read the size of the strap to make sure that it will fit properly. I am 6'1" and about 200, the strap fit well but I can see that this M-XXL size strap may not fit larger users with chests more than 50". The choice of App is also important. The Elite HRV app came to my attention as there was a connection with Mindfulness practices as well as exercise. I have not explored other Apps yet, but I am pleased so far.

2 people found this helpful

Report

Subtotal

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