USER GUIDE

Polar T31/T31C Transmitter Maintenance

With good care your T31 / T31C heart rate sensor last longer. Dirt impairs the elasticity and functioning of the heart rate sensor.

Wash the heart rate sensor regularly after use. T31 / T31C heart rate sensors should be washed with a mild soap and water solution. After washing, dry the heart rate sensor carefully with a soft towel.

If the electrodes appear discolored, you may use a gentle brush. Do not use any alcohol or a solvent based detergent.

Rinse the elastic strap with water after every use and wash it regularly in a washing machine at 40ºC/104ºF. This ensures reliable measurement and maximizes the life span of the heart rate sensor. Use a washing pouch. Do not soak, spin-dry, iron, dry clean or bleach the strap. Do not use detergent with bleach or fabric softener. Hang the elastic strap up to dry.

Wash the elastic strap in a washing machine before long-term storage, and always after use in pool water with high chlorine content. Never put the heart rate sensor in the washing machine or drier!

Never store the heart rate sensor wet, in a damp environment or in any kind of non-breathing material, such as a plastic bag or a sports bag. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will shorten the battery life. Keep in a cool and dry place.

Do not bend or stretch the heart rate sensor. This may damage the electrodes.

How does a Polar Training Computer measure heart rate?

Heart rate is like a window into your physical condition. It tells you your body's exertion level. The harder you train, the higher amount of oxygen you consume and the higher your heart rate is. By listening to your heart rate, by peering through that window into your physical condition, you get real-time guidance during training that is specific to you.

A Polar training computer helps you to listen to your body. Each training computer has two parts: the training computer itself and a heart rate sensor to read your heart rate.

The heart rate sensor is attached around the chest with an elastic strap. It detects your heart beat, the electric signal of the heart, at the accuracy and reliability of the electrocardiogram (ECG). It then gives a timing reference for the heart beat occurrences and transmits the information to the training computer. The training computer reads this transmission from the heart rate sensor and calculates the number of beats per minute your heart is working at.

By listening to your heart, the training computer can tell you exactly how hard you need to exercise and for how long so that you get the most out of each exercise session.

Polar training computers offer a variety of different features, all based on your individual heart rate. To find out what Polar features your training computer supports, please see your product user manual.

How do I change the battery to my heart rate sensor?

Your heart rate sensor battery may need replacing if:

- training computer does not show heart rate reading
- heart rate reading is erratic or stays unchanged for a long time
- heart symbol does not blink.

For information on possible sources for transmission interference, see Abnormal heart rate readings during the exercise.

When changing the battery of your training computer at Polar Service Center, have your heart rate sensor battery checked as well.

Sensor pairing is needed after update / battery replacement, if you use H10 with Polar A360, M400, A300, M450, V650, V800, M200, M600 or 3rd party app / device.

I have a heart rate sensor with a textile strap

Average battery lifetime of a heart rate sensors can be found in the product user manual.

You can change the sensor battery yourself. If you'd like help, please contact your closest Polar Service Center to have it changed for you.
To change battery yourself, see the instruction video for H7 and WearLink or

H1/H2/H3/H6/H10 or check out your sensor user manual for instructions.

If your heart rate sensor is under warranty, we recommend that the battery be changed by a Polar Service Center.

With good care your heart rate sensor lasts longer. Washing the heart rate sensor regularly ensures reliable measurement and maximizes its life span. See here for product-specific care and maintenance instructions.

I have a Polar T31 / T31C transmitter

The average battery lifetime of Polar T31 and T31C Transmitter is 2500 hours of use.

When the battery dies, you will need to replace the whole heart rate sensor (structure of the transmitter is sealed). Find nearest Polar retailer from Polar Service Finder.

With good care your T31/T31C Transmitter will last longer. Washing the heart rate sensor regularly and never storing it wet ensures reliable measurement and maximizes its life span. See here for detailed care and maintenance instructions.

Do not dispose of this product as unsorted municipal waste. To minimize possible effects of waste on the environment, please follow local waste disposal regulations and, where possible, utilize separate collection of electronic devices.

Interference caused by fitness equipment

Some exercise equipment with electronic or electrical components such as LED displays, motors, and electrical brakes may cause interfering stray signals. However, this type of interference can usually be overcome by relocating the Training Computer.

1. Remove the heart rate sensor from your chest and use the exercise equipment as you would normally.
2. Move the Training Computer around (still in recording mode) until you find an area in which it displays no stray reading from the exercise equipment or does not flash the heart symbol. Interference is often worst directly in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.

3. Place the heart rate sensor back onto your chest and keep the Training Computer in this interference-free area as much as possible.

If the Training Computer still does not work with the exercise equipment, it may be electrically too noisy for wireless heart rate measurement.

What sensors and accessories is my Polar training computer compatible with?

Compatible heart rate sensors

All Polar heart rate sensors can be worn in water. Only sensors with GymLink transmission detect heart rate while swimming. Only GymLink compatible wrist units (marked with 

in the table below) show heart rate in water, if other requirements are met.

	Polar T31 transmitter	Polar T31 coded transmitter		Polar H2	Polar H3	Polar H6	Polar H7	Polar H10	Polar OH1
			Polar WearLink transmitter Nike+	Polar WearLink Hybrid					

Transmission technology	GymLink non-coded	GymLink	GymLink Works with NIKE+	GymLink w.i.n.d	w.i.n.d	Bluetooth ***	GymLink Bluetooth ***	GymLink Bluetooth ***	Bluetooth ***
A300 *** GymLink	-	-	-	-	-	x	x	x	x
A360, A370 ***	-	-	-	-	-	x	x	x	x
CS500+, CS600X	-	-	-	x	x	-	-	-	-
FA20**	-	-	-	-	-	-	-	-	-
FT1, FT2 GymLink	z	x	x	x	-	-	x	x	-
FT4, FT7, FT40, FT60, FT80 GymLink	-	x	x	x	-	-	x	x	-
M200 ***	-	-	-	-	-	x	x	x	x
M400 ***	-	-	-	-	-	x	x	x	x
M430 ***	-	-	-	-	-	x	x	x	x
M450 ***	-	-	-	-	-	x	x	x	x
M460 ***	-	-	-	-	-	x	x	x	x

(Polar app on the) M600	-	-	-	-	-	x	x	x	x
Polar Active **	-	-	-	-	-	-	-	-	-
Polar Loop***	-	-	-	-	-	x	x	x	x
Polar Loop 2 ***	-	-	-	-	-	x	x	x	x
Polar Loop Crystal***	-	-	-	-	-	x	x	x	x
Polar Move	-	x	x	x	-	-	x	x	-
RC3 GPS	-	-	-	x	x	-	-	-	-
RCX3	-	-	-	x	x	-	-	-	-
RCX5 	-	x	x	x	x	-	x	x	-
RS100 	z	x	x	x	-	-	x	x	-
RS300X 	-	x	x	x	-	-	x	x	-
RS400 	-	x	x	x	-	-	x	x	-
RS800CX	-	-	-	x	x	-	-	-	-
V800*** 	-	-	-	-	-	x	x	x	x
V650***	-	-	-	-	-	x	x	x	x
Vantage M						x	x	x	x
Vantage V						x	x	x	x

x Compatible

Incompatible

z This training computer uses GymLink transmission. You can use a non-coded GymLink transmission with this training computer, too, but then Polar OwnCode® feature is not supported. If the training computer does not find the GymLink heart rate signal at the beginning of the exercise (in approx. 30 seconds), the non-coded GymLink heart rate signal is used instead.

** This activity computer is used for activity measurement. It does **not** support heart rate monitoring functionality.

*** The Bluetooth Smart transmission which H10, H7 and H6 heart rate sensors use, is compatible with Bluetooth Smart and Bluetooth Smart Ready devices and applications that fully supports standardized Bluetooth Smart heart rate functionality.

You can use a GymLink compatible Polar Bluetooth Smart sports watch (A300 or V800) together with a GymLink heart rate sensor to measure heart rate in water sports. If a GymLink heart rate sensor is used with other than the water sport profiles, the heart rate value is not shown in pre-training mode and it is shown in grey during training recording. If you are wearing H7 or H10 in water, the Bluetooth Smart signal is ignored by A300/V800.

Other compatible sensors and accessories

Training Computer	Data transfer device	Stride sensor	GPS	Speed sensor	Cadence sensor	Bike Mount	Power Sensor	Scale
A300	USB port					Universal		Polar Balance scale
A360, A370								Polar Balance scale
FA20	FlowLink					Universal		
FT1 / FT2						Universal		
FT4						Universal		
FT7	FlowLink					Universal		
FT40	FlowLink					Universal		

FT60	FlowLink	s1	G1			Universal		
FT80	FlowLink	s1	G1			Universal		
CS500+	DataLink			CS W.I.N.D.	CS W.I.N.D.	Dual Lock	W.I.N.D. / Kéo Power	
CS600X	IrDA USB		G3 / G5	CS W.I.N.D.	CS W.I.N.D.	Twist Lock	W.I.N.D. / Kéo Power	
M400	USB Cable	Stride Sensor Bluetooth Smart				Universal		Polar Balance scale
M430	USB Cable	Stride Sensor Bluetooth Smart				Universal		Polar Balance scale
M450, M460	USB Cable			Speed Sensor Bluetooth Smart	Cadence Sensor Bluetooth Smart	Polar Adjustable Bike Mount	Kéo Power Bluetooth Smart	
(Polar app on the) M600								*
Polar Loop								Polar Balance scale
Polar Loop 2								Polar Balance scale
Polar Loop Crystal								Polar Balance scale
RC3 GPS	USB Cable	s3 / s3+		CS W.I.N.D.	CS W.I.N.D.	Universal		
RCX5 / RCX3	DataLink	s3 / s3+	G3 / G5	CS W.I.N.D.	CS W.I.N.D.	Universal		
RS100						Universal		
RS300X	FlowLink	s1	G1			Universal		

RS400	IrDA USB	s1				Universal		
RS800CX	IrDA USB	s3 / s3+	G3 / G5	CS W.I.N.D.	CS W.I.N.D.	Universal		
V800	USB Cable	Stride Sensor Bluetooth Smart		Speed Sensor Bluetooth Smart	Cadence Sensor Bluetooth Smart	Universal	Kéo Power Bluetooth Smart	Polar Balance scale
V650	USB Cable			Speed Sensor Bluetooth Smart	Cadence Sensor Bluetooth Smart	Polar Adjustable Bike Mount	Kéo Power Bluetooth Smart	
Vantage M	USB Cable	Stride Sensor Bluetooth Smart		Speed Sensor Bluetooth Smart	Cadence Sensor Bluetooth Smart	Bike mount for Polar sports watches	Kéo Power Bluetooth Smart	
Vantage V	USB Cable	Stride Sensor Bluetooth Smart		Speed Sensor Bluetooth Smart	Cadence Sensor Bluetooth Smart	Bike mount for Polar sports watches	Kéo Power Bluetooth Smart	

* You can pair the Balance scale with your Polar Flow account and use the activity tracking data from the Polar app on your M600 to get personalized guidance on how to maintain or lose weight.