

# COMPARE POLAR HEART RATE SENSORS



**POLAR H10**

HEART RATE SENSOR



**POLAR H9**

HEART RATE SENSOR



**POLAR OH1**

OPTICAL HEART RATE SENSOR



**POLAR VERITY SENSE**

OPTICAL HEART RATE SENSOR

<b>HR measurement method</b>	ECG	ECG	Optical heart rate (6 LED solution)	Optical heart rate (6 LED solution)
<b>Product placement</b>	Chest	Chest	Arm and temple	Arm and temple
<b>Operation time</b>	400 h (replaceable battery)	400 h (replaceable battery)	12 h (rechargeable battery)	20 h
<b>Rechargeable</b>	⊖	⊖	⊕	⊕
<b>Waterproof</b>	30 m	30 m	30 m	50 m
<b>Strap</b>	Polar Pro Strap	Polar Soft Strap	Armband	Armband & swimming goggle strap clip
<b>Compatible with 3rd party apps</b>	⊕	⊕	⊕	⊕
<b>Built-in memory</b>	For 1 training session	No	Up to 200 h of HR training	Built-in memory - Up to 600 hours of HR training
<b>ANT+ connectivity</b>	⊕	⊕	⊕	⊕
<b>Bluetooth Low Energy connectivity</b>	⊕	⊕	⊕	⊕
<b>Two simultaneous Bluetooth connections</b>	⊕	⊖	⊖	⊕
<b>5 kHz transmission (Gymlink)</b>	⊕	⊕	⊖	⊖
<b>Weight</b>	Connector 21 g, Strap 39 g	Connector 21 g, strap 39 g	Sensor 5 g, Armband 12 g, Clip 3,5 g	Sensor 5 g, Armband 12 g, Clip 2 g