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Polar FT2 Heat Rate Monitor review  
[Polar RS300X Heart Rate Monitor: Getting Started](#)  
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Your Polar F6 offers two means of data communication with a PC:

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Polar F6 User Manual

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Page 1: User Manual **BUTTONS USER MANUAL** Polar F6™ Fitness Heart Rate Monitor Light Back Press OK to enter the menu. Press the buttons to move forward in the menus. Press and hold the Back button to return to the Time of Day display. Page 2 It measures the electrocardiogram (ECG). You can use the wrist unit to conveniently view your heart rate ...

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PRODUCT ELEMENTS; 4 1.

INTRODUCTION TO THE F6

HEART RATE MONITOR. Wrist Unit ;

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fitness level, the training computer gives you training

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Enter Basic Settings 1. Press OK twice to activate your Polar F4. 2. SETTINGS is displayed. Press OK. 3. TIME MODE?



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Select 24 h or 12 h time mode by pressing SET. Press OK to confirm your

## Polar F4 User Manual

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User Manual ENG 1. How to Put Your Heart Rate Monitor On The elastic strap holds the transmitter in the correct position. The Polar F5™ wrist unit displays your heart rate during exercise. The transmitter detects your heart rate continuously and transmits it to the wrist unit. 1. How to Put Your Heart Rate Monitor On 3. How to Start and Stop After Exercising 4. 8. Target Heart Rate Zone 7 ...

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