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ENGLISH Service Your Polar F11 Heart Rate Monitor is designed to help you achieve personal fitness goals, indicate the level of physiological strain and intensity during an exercise session. No other use is intended or implied.

User Manual for F1/F2/F3 in English | Polar Global

Below you will find a list of user manuals in English for older Polar products whose support and repair services have been discontinued. These user manuals are no longer actively updated and are provided as they are. ... F11 User Manual F55 User Manual F7 User Manual F92ti User Manual FA20 User Manual Favor User Manual Fitwatch User Manual FS1 ...

POLAR FT1 POLAR FT2 - Support | Polar.com

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Polar FT4 User Manual

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User manuals for older products | Polar Global

2. GET STARTED Get to Know Your Polar FT4 Training Computer Training computer records and displays your heart rate and other data during training. WearLink® transmitter transmits the heart rate signal to the training computer.

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Polar Heart Rate Monitor F11 User Guide | ManualsOnline.com

Check out Polar's high quality fitness trackers, heart rate monitors for running, triathlon and cross training & GPS-enabled cycling computers and sports watches for endurance training.

2. GET STARTED | Polar FT1/FT2 User Manual | English

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Polar FT1, FT2 User Manual - Support | Polar.com

1. BENEFITS OF YOUR POLAR FT1/ POLAR FT2 TRAINING COMPUTER Heart Rate -Based Training Your heart rate is a convenient, reliable, and personal indicator of the intensity of your training. Knowing your heart rate helps you decide whether to increase or decrease the intensity of your training, based on your goals and fitness level.

Polar F11 user manual - MAFIADOC.COM

When you have adjusted the value, wait until OK? is displayed, and press the button to confirm your selection.. ZONE SET is displayed. Your age-based heart rate limits have been set. The upper limit is 85% and the lower limit is 65 % of your maximum heart rate.

Polar Polar-F11-Users-Manual- Polar-f11 ... - User Manual Wiki

Polar F11 Heart Rate Monitor User Manual. Open as PDF. of 2 A5 USA GBR C 27/3/02 9:44 Page 1 . 179335 USA/GBR C. Heart Rate Monitor. User's Manual. USA/GBR. 1. How to Put Your Heart Rate Monitor On. The elastic strap. holds the transmitter in. the correct position.

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F11 Quick Start Guide Performing the Fitness Test NOTE: Before you can perform the polar fitness test, you need to enter your personal user information and long term physical activity level in the USER SETTING. You will also need to have your Wearlink transmitter on and ready as if you were to begin exercising.