

POLAR TEAM² QUICK GUIDE

This is Quick guide for the Polar Team². Please read Quick guide through before beginning to work with Team². Quick guide gives you the basic information on Team². For more information, see Team² software help.



POLAR TEAM² INCLUDES

■ POLAR TEAM² BASE STATION

- Connects the transmitters with your PC
- Allows you to monitor up to 80 players in real time
- Ethernet, Wi-Fi, Bluetooth
- Rechargeable battery with up to 12 hours stand-alone use
- Operating temperature: 0°C to +60°C (32°F to +140°F)
- Water-resistant if the plug is in place

NOTE: During charging the legs of the base station must be used because the bottom heats up. The bottom of the base station heats up to 60°C (140°F). During charging, the maximum operating temperature is 40°C (104°F).

■ 10 POLAR TEAM² TRANSMITTERS AND TRANSMITTER STRAPS

- Transmitter compatible with most Polar wrist units
- Transmitter strap exclusively designed for Team² transmitters
- Transmitter memory can record 48 hours of data in online mode and up to 360 hours of data in off-session mode
- Bluetooth, Polar magnetic communication technology transmitter, re-chargable battery
- Water-resistant

■ POLAR TEAM² CHARGER

- Not water-resistant, only for indoor use

USB CABLE

- Secondary option for downloading data from the transmitters' memory
- Bluetooth

POLAR TEAM² PC SOFTWARE

- Installation instructions included in Quick guide
- Download the latest software updates to get the newest features for your Team²

Polar Team Manual

Leslie Dierauf, Frances M.D. Gulland



Polar Team Manual:

Polar Team Manual Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Polar Team Manual**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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