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GERÄTEANLEITUNG
USER MANUAL
MANUEL D'UTILISATION
GERBÜCHSEANLEITUNG
MANUAL DEL USUARIO
MANUAL DO UTILIZADOR
MANUALE D'USO

How to Use
English Instructions, Monitors
English Heart Rate Monitor
Deutschsprachige Anleitung
Español Instrucciones
Manual do Utilizador
Manual de l'Utilizzatore
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Congratulations on your purchase of a new Polar F1/F2/F3™ fitness heart rate monitor!

The Polar F1/F2/F3 heart rate monitor is an easy-to-use, entry-level heart rate monitor that is ideal for many reasons:

- Prompts you to exercise at least 30 minutes per day
- Shows your heart rate and elapsed time during exercise
- Enables you to check your average heart rate and total time after each session
- Large easy-to-read display
- Compact design
- One-button functionality

"Recommendations from experts agree that for better health, physical activity should be performed regularly. The most recent recommendations advise people of all ages to include a minimum of 30 minutes of physical activity of moderate intensity (such as brisk walking) on most, if not all, days of the week. It is also acknowledged that for most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or of longer duration."

U.S. Department of Health and Human Services, Physical Activity and Health: A Report of the Surgeon General, Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Control, 1996: 216.

Why should you use a heart rate monitor?

- Training at your own ideal pace is made possible with a heart rate monitor.
- The ability to monitor and measure your progress motivates you.
- A heart rate monitor maximizes the benefits of exercise in a limited amount of time.
- A heart rate monitor provides you with objective information. Are you on the right track? Are you improving?
- A heart rate monitor provides you with immediate feedback; this is why it is an ideal training partner for you!

The Polar F1/F2/F3 heart rate monitor is a reliable and convenient way to measure your heart rate. It is as accurate as using an electrocardiogram (ECG). You can use the wrist unit to conveniently to view your heart rate while walking, swimming, cross-country skiing, or any other exercise without disturbing your exercise rhythm. In addition professional athletes and amateurs alike have relied on the information provided by their heart rate monitor for decades, so why shouldn't you?

Read on to find out how to get the best benefit of your new training buddy!

ENGLISH 21

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Information specific to the F2 and F3 products only is marked in gray.

Information specific to the F3 product only is marked in blue.

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Polar F1 Manual

H Kauffman



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