

1. GETTING STARTED

Get to Know Your Polar F11

Wrist Unit displays and records your heart rate and other exercise data during exercise. Buttons:

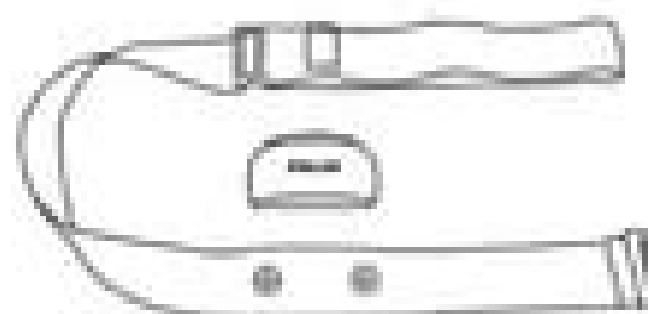
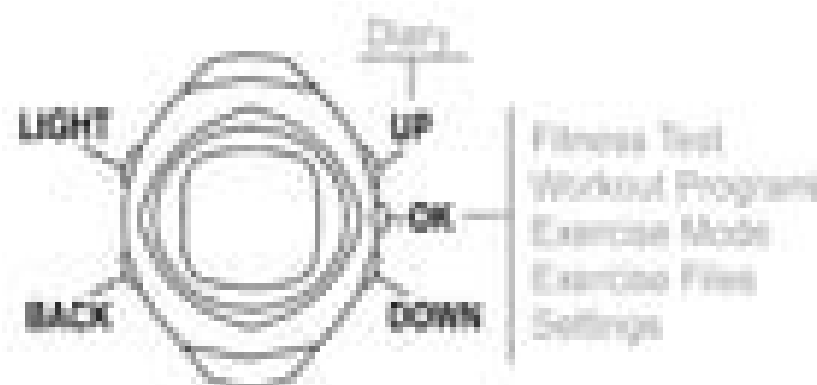
UP/DOWN: Move thru menu and selection lists, and adjust values.

OK: Enter menu and confirm selections.

LIGHT: Illuminate display.

BACK: Exit menu and return to previous level. Cancel selection and leave setting unchanged.

Transmitter sends the heart rate signal to the wrist unit. The transmitter consists of a connector and strap.



Polar F11 Owners Manual

L Darling-Hammond



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