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POLAR.

FRA

POUR UNE
CARDIOFRÉQUENCIMÈTRE
GUIDE D'UTILISATION

POLAR.

INSTRUCTIONS RAPIDES

☞ Signal Lumière



F1 Flèche haut
• Passer du mode
attente
• Augmenter la valeur
actuellement

F2 Flèche bas
• Répondre du mode
précédent
• Diminuer la valeur
actuellement

- **OK**
 - Sortir du mode affiché.
 - Passer à l'écran d'affichage de l'heure.
 - Démarrer la mesure de la fréquence cardiaque.
 - Terminer votre sélection.

Comment démarrer la mesure de votre fréquence cardiaque

1. Attachez le capteur autour de la poitrine sous les muscles pectoraux et humidifiez les électrodes sèches.
2. Appuyez sur le bouton OK en le gardant enfoncé pour démarrer la mesure. Le chronomètre et les autres calculs de l'exercice démarrent. Le symbole du cœur se met à clignoter et votre fréquence cardiaque apparaît dans les 10 secondes maximum.

Comment arrêter la mesure de votre fréquence cardiaque

1. Appuyez sur le bouton OK, le chronomètre et les autres calculs d'arrêtent. La mesure de votre fréquence cardiaque continue jusqu'à ce que les données de l'exercice ne soient plus enregistrées.
2. Appuyez sur le bouton Flèche haut, l'heure s'affiche sur l'écran du chronomètre.

Polar M91ti User Guide

Marco Cascella



Polar M91ti User Guide:

Whispering the Techniques of Language: An Emotional Journey through **Polar M91ti User Guide**

In a digitally-driven earth wherever monitors reign great and quick connection drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within phrases frequently get unheard. Yet, nestled within the pages of **Polar M91ti User Guide** a interesting fictional treasure blinking with fresh emotions, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, that enchanting opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the mental depths of the emotional evaluation, we can embark upon a genuine exploration of the book is key subjects, dissect its captivating writing type, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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