



EN

1. Attach one end of the transmitter to the elastic strap.

2. Adjust the transmitter's strap length so it is snug and comfortably fits over the strap around your chest, just below the chest muscles, and buckle the strap to the transmitter.

3. Lift the transmitter off your chest and restrain the two-pronged electrode areas on the back.

4. Check that the wet electrode areas are firmly against your skin and that the Polar logo is in a central, upright position.

DE

1. Befestigen Sie den Sender am elastischen Gurt.

2. Stellen Sie die Gurtlänge so ein, dass der Gurt fest, jedoch nicht zu eng sitzt. Legen Sie den Gurt knapp über den Brustmuskeln an und schließen Sie den Gurt am Sender.

3. Heben Sie den Sender leicht von der Haut ab und beschränken Sie die Elektroden (die zwei gezackten, ovalen Zehen auf der Rückseite des Senders) saftig gut.

4. Stellen Sie sicher, dass die befeuchteten Elektroden direkt auf Ihrer Haut aufliegen und das Polar Logo des Senders nach außen zeigt sowie richtig und aufrecht steht.

FR

1. Fixez l'émetteur à une extrémité de la ceinture élastique.

2. Ajustez la longueur de la ceinture élastique de manière à ce qu'elle soit confortable. Placez la ceinture au niveau de la poitrine, juste en dessous des muscles pectoraux et sous l'aisselle extérieure de la ceinture à l'émetteur.

3. Soulevez l'émetteur de votre poitrine et maintenez les deux électrodes humides sur la face inférieure l'émetteur.

4. Les électrodes humides doivent adhérer à la peau et le logo Polar doit être vertical et bien aligné.

ES

1. Sujete un extremo del transmisor a la banda elástica.

2. Ajuste la longitud de la banda de manera que sea cómoda. Coloque la banda alrededor del pecho justo debajo de los músculos pectorales y sobre la banda del otro extremo del transmisor.

3. Separe el transmisor del pecho y fírmelo sobre las dos zonas húmedas de las electrodos localizadas en la parte posterior de la misma.

4. Compruebe que las zonas húmedas de las electrodos estén firmemente adheridas a la piel y que el logotipo de Polar se encuentre en posición vertical y centrada.

IT

1. Agganciare un'estremità del trasmettitore all'elastico.

2. Regolare la lunghezza dell'elastico, in modo che sia abbastanza stretto da stringere il corpo facendolo indossare l'elastico sopra al torace, al di sotto dei muscoli pettorali, e agganciarlo all'altra estremità del trasmettitore.

3. Alzare il trasmettitore dal petto e munire le due zone umidificate degli elettrodi sul retro.

4. Verificare che gli elettrodi umidificati aderiscano alla pelle e che il logo Polar si trovi al centro dell'orologio e sia ben visibile.

Polar T34 Manual

H Kauffman



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