

HELLO THERE

There's something special about the way you think about your fitness. It's all about you.

GETTING STARTED

Before you start your first workout, make sure you're ready to go. Get your heart rate up and your mind in the zone. It's all about you.

GETTING STARTED

Before you start your first workout, make sure you're ready to go. Get your heart rate up and your mind in the zone. It's all about you.



For an accurate heart rate reading, the heart rate monitor must be worn correctly. The heart rate monitor must be worn correctly.

GET TO KNOW YOUR P14

LEFT

- Heart rate sensor
- Heart rate strap

RIGHT

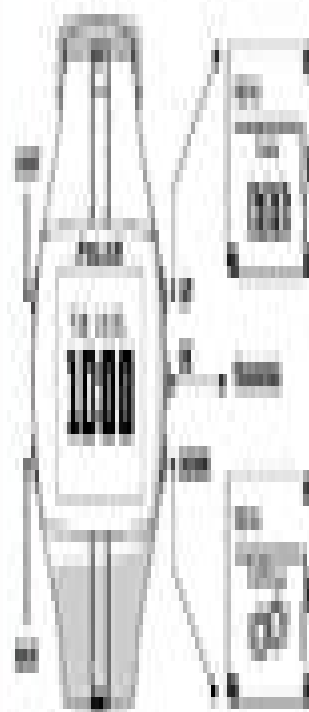
- Heart rate sensor
- Heart rate strap

UPPER

- Heart rate sensor
- Heart rate strap

DOWN

- Heart rate sensor
- Heart rate strap



GET THE MONITOR

There's a lot of information about the P14 heart rate monitor. It's all about you.

GET STARTED

Before you start your first workout, make sure you're ready to go. Get your heart rate up and your mind in the zone. It's all about you.

Before you start your first workout, make sure you're ready to go. Get your heart rate up and your mind in the zone. It's all about you.

WEAR THE HEART RATE MONITOR

- Heart rate sensor
- Heart rate strap
- Heart rate strap
- Heart rate strap

Before you start your first workout, make sure you're ready to go. Get your heart rate up and your mind in the zone. It's all about you.



TRAINING WITH YOUR P14

GET THE MONITOR

- Heart rate sensor
- Heart rate strap
- Heart rate strap
- Heart rate strap

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GET THE MONITOR

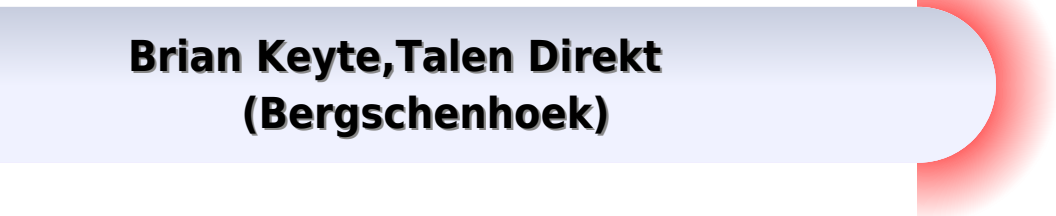
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- Heart rate sensor
- Heart rate strap
- Heart rate strap
- Heart rate strap

Polar Ft4 Instruction Manual

**Brian Keyte, Talen Direkt
(Bergschenhoek)**



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