

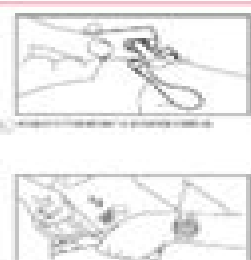
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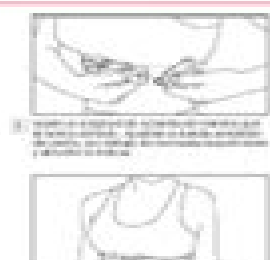
1. Instrucciones del monitor de ritmo cardíaco



El monitor de ritmo cardíaco debe usarse siempre en la parte superior del brazo izquierdo. No debe usarse en la parte superior del brazo derecho, ya que puede interferir con el funcionamiento del monitor. No debe usarse en la parte superior del brazo izquierdo si hay un tatuaje o un dispositivo médico en la zona.



El monitor de ritmo cardíaco debe usarse siempre en la parte superior del brazo izquierdo. No debe usarse en la parte superior del brazo derecho, ya que puede interferir con el funcionamiento del monitor. No debe usarse en la parte superior del brazo izquierdo si hay un tatuaje o un dispositivo médico en la zona.



El monitor de ritmo cardíaco debe usarse siempre en la parte superior del brazo izquierdo. No debe usarse en la parte superior del brazo derecho, ya que puede interferir con el funcionamiento del monitor. No debe usarse en la parte superior del brazo izquierdo si hay un tatuaje o un dispositivo médico en la zona.



2. Funcionamiento del Polar a3

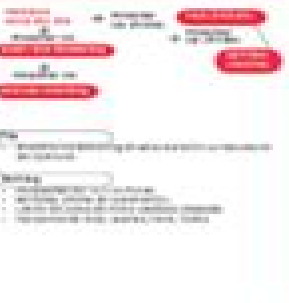
El Polar a3 mide el ritmo cardíaco mediante un sensor de ritmo cardíaco que se coloca en la parte superior del brazo izquierdo. El sensor mide el tiempo que tarda la luz infrarroja en viajar a través de la piel y volver al sensor. Este tiempo se utiliza para calcular el ritmo cardíaco.

Modo de uso:

- El monitor de ritmo cardíaco debe usarse siempre en la parte superior del brazo izquierdo.
- El monitor de ritmo cardíaco debe usarse siempre en la parte superior del brazo izquierdo.
- El monitor de ritmo cardíaco debe usarse siempre en la parte superior del brazo izquierdo.

Modo de uso:

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- El monitor de ritmo cardíaco debe usarse siempre en la parte superior del brazo izquierdo.



3. Cómo ponerse en marcha y pararlo

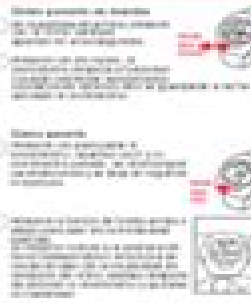
Para poner el monitor de ritmo cardíaco en marcha, presione el botón de encendido. Para pararlo, presione el botón de apagado.

Botón de encendido:

- Presione el botón de encendido para poner el monitor de ritmo cardíaco en marcha.
- Presione el botón de encendido para poner el monitor de ritmo cardíaco en marcha.
- Presione el botón de encendido para poner el monitor de ritmo cardíaco en marcha.

Botón de apagado:

- Presione el botón de apagado para poner el monitor de ritmo cardíaco en marcha.
- Presione el botón de apagado para poner el monitor de ritmo cardíaco en marcha.
- Presione el botón de apagado para poner el monitor de ritmo cardíaco en marcha.



4. Respuestas después de la medición de la agitación

Después de la medición de la agitación, el monitor de ritmo cardíaco mostrará el ritmo cardíaco en la pantalla. El ritmo cardíaco puede ser alto debido a la agitación.

Respuesta de recuperación:

- El ritmo cardíaco puede ser alto debido a la agitación.
- El ritmo cardíaco puede ser alto debido a la agitación.
- El ritmo cardíaco puede ser alto debido a la agitación.



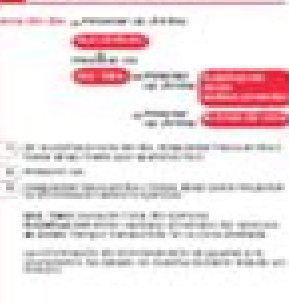
5. Desgaste del sensor

El sensor de ritmo cardíaco puede desgastarse con el tiempo. Si el sensor no funciona correctamente, el monitor de ritmo cardíaco mostrará un mensaje de error.

Desgaste del sensor:

- El sensor de ritmo cardíaco puede desgastarse con el tiempo.
- El sensor de ritmo cardíaco puede desgastarse con el tiempo.
- El sensor de ritmo cardíaco puede desgastarse con el tiempo.

6. Respuestas del sensor



7. Bateria



El monitor de ritmo cardíaco puede funcionar durante un tiempo limitado sin necesidad de recargar la batería. Si la batería se agota, el monitor de ritmo cardíaco mostrará un mensaje de error.

Batería:

- El monitor de ritmo cardíaco puede funcionar durante un tiempo limitado sin necesidad de recargar la batería.
- El monitor de ritmo cardíaco puede funcionar durante un tiempo limitado sin necesidad de recargar la batería.
- El monitor de ritmo cardíaco puede funcionar durante un tiempo limitado sin necesidad de recargar la batería.

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Batería:

- El monitor de ritmo cardíaco puede funcionar durante un tiempo limitado sin necesidad de recargar la batería.
- El monitor de ritmo cardíaco puede funcionar durante un tiempo limitado sin necesidad de recargar la batería.
- El monitor de ritmo cardíaco puede funcionar durante un tiempo limitado sin necesidad de recargar la batería.

8. Zona de ritmo cardíaco deseado

La zona de ritmo cardíaco deseado es el rango de ritmo cardíaco que se desea mantener durante el ejercicio. El monitor de ritmo cardíaco puede mostrar la zona de ritmo cardíaco deseado en la pantalla.

Zona de ritmo cardíaco deseado:

- La zona de ritmo cardíaco deseado es el rango de ritmo cardíaco que se desea mantener durante el ejercicio.
- La zona de ritmo cardíaco deseado es el rango de ritmo cardíaco que se desea mantener durante el ejercicio.
- La zona de ritmo cardíaco deseado es el rango de ritmo cardíaco que se desea mantener durante el ejercicio.

9. Bateria



10. Respuesta de recuperación después de la agitación

Después de la medición de la agitación, el monitor de ritmo cardíaco mostrará el ritmo cardíaco en la pantalla. El ritmo cardíaco puede ser alto debido a la agitación.

Respuesta de recuperación:

- El ritmo cardíaco puede ser alto debido a la agitación.
- El ritmo cardíaco puede ser alto debido a la agitación.
- El ritmo cardíaco puede ser alto debido a la agitación.

11. Respuestas de recuperación

Después de la medición de la agitación, el monitor de ritmo cardíaco mostrará el ritmo cardíaco en la pantalla. El ritmo cardíaco puede ser alto debido a la agitación.

Respuestas de recuperación:

- El ritmo cardíaco puede ser alto debido a la agitación.
- El ritmo cardíaco puede ser alto debido a la agitación.
- El ritmo cardíaco puede ser alto debido a la agitación.

12. Señales de alerta de riesgo

El monitor de ritmo cardíaco puede mostrar señales de alerta de riesgo si el ritmo cardíaco es demasiado alto o demasiado bajo. Estas señales de alerta de riesgo pueden indicar un problema de salud.

Señales de alerta de riesgo:

- El monitor de ritmo cardíaco puede mostrar señales de alerta de riesgo si el ritmo cardíaco es demasiado alto o demasiado bajo.
- El monitor de ritmo cardíaco puede mostrar señales de alerta de riesgo si el ritmo cardíaco es demasiado alto o demasiado bajo.
- El monitor de ritmo cardíaco puede mostrar señales de alerta de riesgo si el ritmo cardíaco es demasiado alto o demasiado bajo.

13. Respuestas de recuperación de riesgo

Después de la medición de la agitación, el monitor de ritmo cardíaco mostrará el ritmo cardíaco en la pantalla. El ritmo cardíaco puede ser alto debido a la agitación.

Respuestas de recuperación de riesgo:

- El ritmo cardíaco puede ser alto debido a la agitación.
- El ritmo cardíaco puede ser alto debido a la agitación.
- El ritmo cardíaco puede ser alto debido a la agitación.

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