



Displays your heart rate anytime and % of  $HR_{max}$ , average heart rate and exercise duration.



Allows you to set 8 exercise goals for interval training with HR target zones and recovery timer. Records complete time of the activities.



Predicts your maximal oxygen uptake.



Reduces possible interference from other heart rate monitors.



Sports watch features.

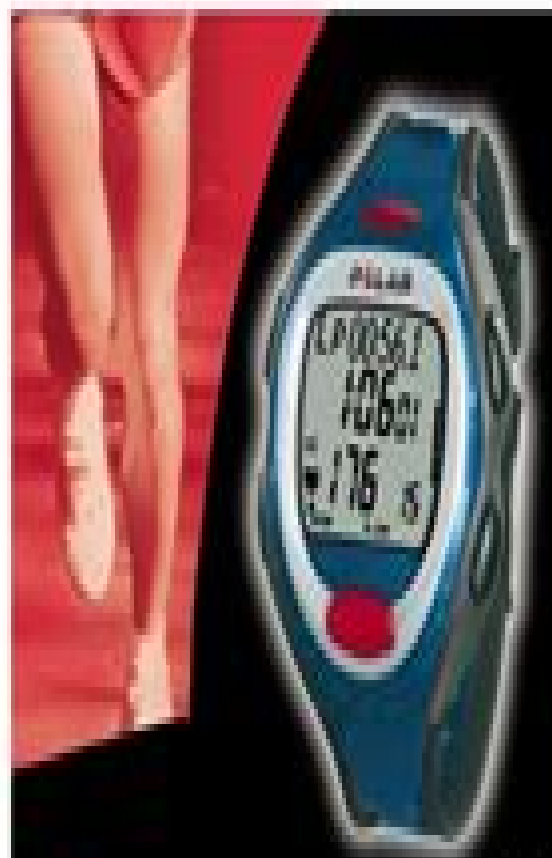


Intelligent communication allows a two-way exchange of settings and exercise data with a PC.

**S610i**

HEART RATE MONITOR

**POLAR.**



USA/GBR

USER'S MANUAL

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## Quick Guide



### How to Start Measuring Your Heart Rate (HeartRate)

1. Place the transmitter around your chest and set the electrodes. Place the receiver in your wrist.
2. Press and hold the ON button to start the measurement. The stopwatch and the exercise recording start. Your heart rate will appear in about 15 seconds.

### How to Stop Measuring Your Heart Rate

1. Press the stop button. The stopwatch and other calculations stop. Heart rate measurement continued recorded exercise data is not recorded into a file anymore.
2. Press the stop button again. The receiver returns to Time of Day display.

# Polar S610 Manual

**Lingsheng Yao**



## **Polar S610 Manual:**

## **Polar S610 Manual** Book Review: Unveiling the Power of Words

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