



Monitor your heart rate in bpm and % of HR_{max} , average heart rate and monitor duration.



Allows you to set 3 exercise goals for interval training with 30 target zones and recovery calculation. Records complete time of the function.



Records your swimming strokes/minute.



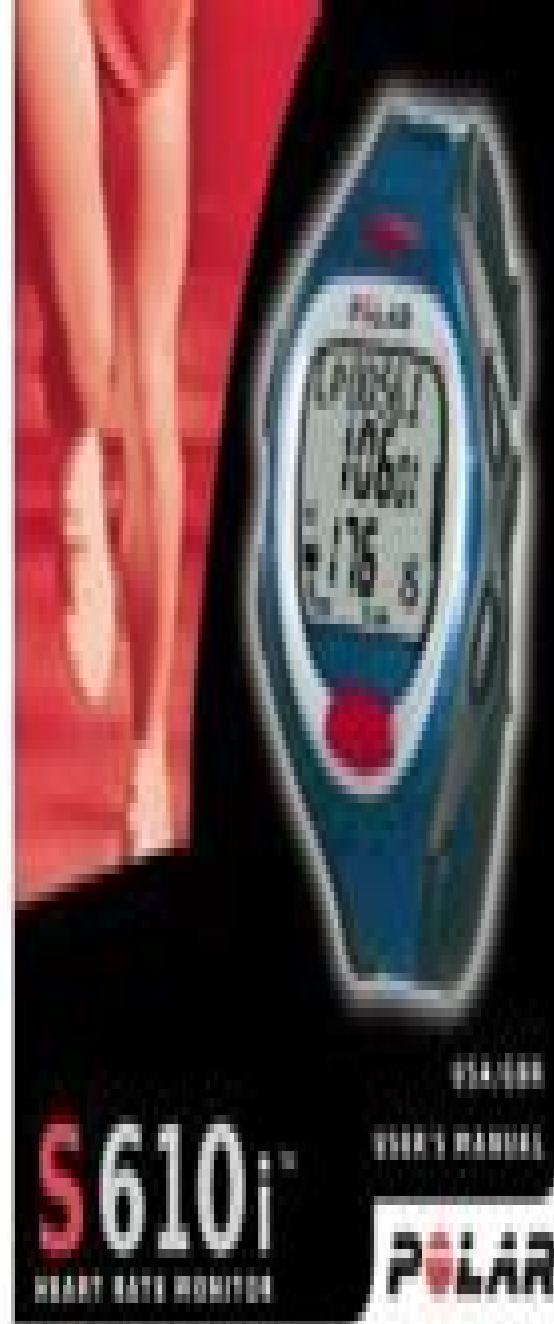
Reduces possible interference from other heart rate monitors.



Ignite walk feature.



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



S610i™

HEART RATE MONITOR

USER'S MANUAL

POLAR

Quick Guide



How to Start Measuring Your Heart Rate (Baseline)

1. Place the transmitter around your chest and put the electrodes. Place the receiver on your wrist.
2. Press and hold the HR button to start HR measurement. The display will show the current recording start. Your heart rate will appear in about 20 seconds.

How to Stop Measuring Your Heart Rate

1. Press the stop button. The display will show the calculation of the heart rate from selected and recorded exercise data and record time of the exercise.
2. Press the stop button again. The monitor returns to Time of Day display.

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Polar S610i Manual

Brendan G. Carr



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Table of Contents Polar S610i Manual

1. Understanding the eBook Polar S610i Manual
 - The Rise of Digital Reading Polar S610i Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Polar S610i Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Polar S610i Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Polar S610i Manual
 - Personalized Recommendations
 - Polar S610i Manual User Reviews and Ratings
 - Polar S610i Manual and Bestseller Lists
5. Accessing Polar S610i Manual Free and Paid eBooks
 - Polar S610i Manual Public Domain eBooks
 - Polar S610i Manual eBook Subscription Services
 - Polar S610i Manual Budget-Friendly Options
6. Navigating Polar S610i Manual eBook Formats

- ePub, PDF, MOBI, and More
- Polar S610i Manual Compatibility with Devices
- Polar S610i Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Polar S610i Manual
 - Highlighting and Note-Taking Polar S610i Manual
 - Interactive Elements Polar S610i Manual
- 8. Staying Engaged with Polar S610i Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Polar S610i Manual
- 9. Balancing eBooks and Physical Books Polar S610i Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Polar S610i Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Polar S610i Manual
 - Setting Reading Goals Polar S610i Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Polar S610i Manual
 - Fact-Checking eBook Content of Polar S610i Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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