



Displays your heart rate at top and bottom of VO_{2max} , average heart rate and exercise duration.



Allows you to set 3 exercise zones for improved training and set target zones and recovery calculations. Records complete list of the exercises.



Predicts your maximal oxygen uptake.



Reduces possible interference from other heart rate monitors.



Sports watch features.



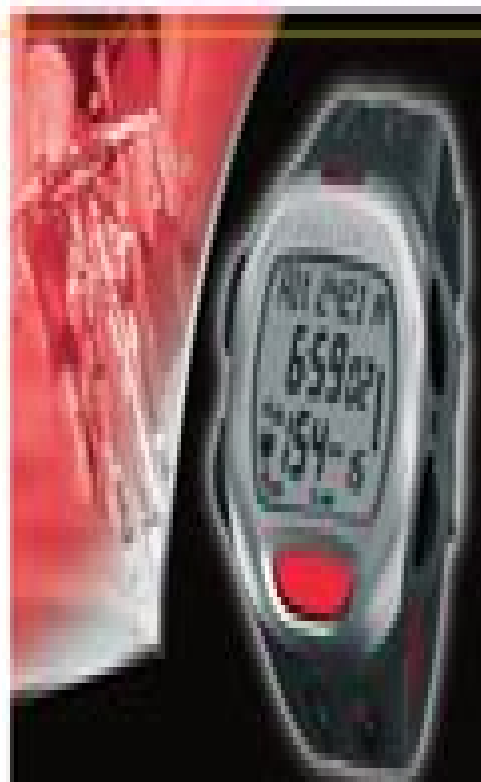
Cycling functions: speed, altitude and temperature. Optional cadenceTM and power output sensorsTM.



Radio and communication allows for easy exchange of settings and records data with a PC.

S720r/S710r
HEART RATE MONITOR

POLAR



S720r/S710r
HEART RATE MONITOR

USER'S MANUAL

POLAR

Quick Guide



How to Start Measuring Your Heart Rate (Basical)

1. Place the transmitter around your chest and set the electrodes. Place the monitor on your wrist.
2. Press and hold the ON button to start the measurement. The display and the monitor beeping start. Your heart rate will appear in about 15 seconds.

How to Stop Measuring Your Heart Rate

1. Press the stop button. The display and other calculations stop. Heart rate measurement continues for several days & is not recorded into a file anymore.
2. Press the stop button again. The monitor returns to the Top of the display.

Polar Target Manual

**United States. Energy Research and
Development Administration**



Polar Target Manual:

Manuals Combined: U.S. Marine Corps Basic Reconnaissance Course (BRC) References , Over 5 300 total pages MARINE RECON Reconnaissance units are the commander s eyes and ears on the battlefield They are task organized as a highly trained six man team capable of conducting specific missions behind enemy lines Employed as part of the Marine Air Ground Task Force reconnaissance teams provide timely information to the supported commander to shape and influence the battlefield The varying types of missions a Reconnaissance team conduct depends on how deep in the battle space they are operating Division Reconnaissance units support the close and distant battlespace while Force Reconnaissance units conduct deep reconnaissance in support of a landing force Common missions include but are not limited to Plan coordinate and conduct amphibious ground reconnaissance and surveillance to observe identify and report enemy activity and collect other information of military significance Conduct specialized surveying to include underwater reconnaissance and or demolitions beach permeability and topography routes bridges structures urban rural areas helicopter landing zones LZ parachute drop zones DZ aircraft forward operating sites and mechanized reconnaissance missions When properly task organized with other forces equipment or personnel assist in specialized engineer radio and other special reconnaissance missions Infiltrate mission areas by necessary means to include surface subsurface and airborne operations Conduct Initial Terminal Guidance ITG for helicopters landing craft parachutists air delivery and re supply Designate and engage selected targets with organic weapons and force fires to support battlespace shaping This includes designation and terminal guidance of precision guided munitions Conduct post strike reconnaissance to determine and report battle damage assessment on a specified target or area Conduct limited scale raids and ambushes Just a SAMPLE of the included publications BASIC RECONNAISSANCE COURSE PREPARATION GUIDE RECONNAISSANCE RECON TRAINING AND READINESS T R MANUAL RECONNAISSANCE REPORTS GUIDE GROUND RECONNAISSANCE OPERATIONS GROUND COMBAT OPERATIONS Supporting Arms Observer Spotter and Controller DEEP AIR SUPPORT SCOUTING AND PATROLLING Civil Affairs Tactics Techniques and Procedures MAGTF Intelligence Production and Analysis Counterintelligence Close Air Support Military Operations on Urbanized Terrain MOUT Convoy Operations Handbook TRAINING SUPPORT PACKAGE FOR CONVOY SURVIVABILITY Convoy Operations Battle Book Tactics Techniques and Procedures for Training Planning and Executing Convoy Operations Urban Attacks *Operator's and Organizational Maintenance Manual (including Repair Parts and Special Tools List)* ,1985 , **Manuals Combined: U.S. Navy SEABEE COMBAT HANDBOOK Volumes 1 & 2, SEABEE OPERATIONS IN THE MAGTF And Seabee Quarry Blasting Operations and Safety Manual** , PREFACE By enrolling in this self study course you have demonstrated a desire to improve yourself and the Navy Remember however this self study course is only one part of the total Navy training program Practical experience schools selected reading and your desire to succeed are also necessary to successfully round out a fully meaningful training program COURSE OVERVIEW In

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