Wissen ist Macht

Dieser Pulsratenmonitor wurde in Zusammenarbeit mit Jay Blahnik entwickelt, einem international anerkannten Fitness-Trainer, Autor und Fachmann.

In seiner mehrjährigen Arbeit mit Pulsrabenmonitoren hat er die Erfahrung gemacht, dass viele Leute sich auf eine Zahl konzentrieren, die sie aus einer Pulsrabentabelle abgelesen oder mit einer Pulsrabenformel errechnet haben.

Zwar sind diese Zahlen für einige Leute genau richtig, oft sind sie jedoch sehr unpräzise, weil sie oft dem subjektiven Körperempfinden nicht Rechnung tragen.

Aufgrund von Jays Beiträgen hat NIKE den ersten Monitor entwickelt, der eine tatsächliche Verbindung zwischen dem subjektiven Körpergefühl und der Herzfrequenz herstellt. Anstatt sich auf das Erreichen eines bestimmten Wertes zu konzentrieren, können Sie jetzt die Zahlen ermitteln, die für Sie genau richtig sind.

Wenn die c6-Uhr richtig eingesetzt wird, kann Sie Ihnen helfen, wirksamer zu trainieren, Überlästung zu vermeiden und Ihre Fortschrifte zu messen.

triax c6 Merkmale

- · Der persönliche Zone Finder
- · Vier verstellbare Pulsratenzielzonen
- Echtzeitkalorienzähler
- · Diagrammanzeige
- Daten: Zeit innerhalb der Zonen, Trainingsdiagramm, Trainingszeit
- Zeit/Tag/Datum/Alarm







Putsraten-Transmitter

Der Pulsraten-Transmitter erkennt die elektrischen Impulse Ihres. Herzens und überträgt die Daten an Ihre Uhr. Dies ist eine der präcisesten Methoden zur Messung der Pulsrate. Wenn der Transmitter korrekt angelegt und nicht mehr als einen Meter von der Uhr entfernt ist, funktioniert er automatisch. Der Transmitter ist ergonomisch konzipiert und sollte bei jeder Art korperlicher Betätigung bequem getragen werden können.

ACHTUNG: Were Sie Antänger sind, sallten Sie vor der Aufhahme eines Trainingsprogramms Iganz besonders wehn Sie einen Herzuchrittmacher bzw. ein anderes Inglantat tragent einen Arzt zurafe ziehen, ehr Sie den Publingtenmonder benutzen.

Nike Trimax C6 User Manual

JL Elias

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