

Polar RS100™

User Manual



RS100 QUICK GUIDE

Time mode
Standby mode
Recording mode

View detailed
information on your
latest exercise
sessions.

View long-term
information on your
exercise sessions.

Change alarm,
time and other settings.



Polar Rs100 Manual English

Roman Wölfel



Polar Rs100 Manual English:

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POLAR User's Manual ,1989

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