

HELLO THERE

There's something special about the way you think about your fitness. It's all about you.

GETTING STARTED

Before you start your first workout, make sure you're ready. Get your heart rate up and your mind focused. It's all about you.

GETTING STARTED

Before you start your first workout, make sure you're ready. Get your heart rate up and your mind focused. It's all about you.



For an accurate heart rate reading, the heart rate monitor must be worn correctly. The heart rate monitor must be worn correctly.

GET TO KNOW YOUR P14

LEFT

- Heart rate sensor
- Heart rate strap

RIGHT

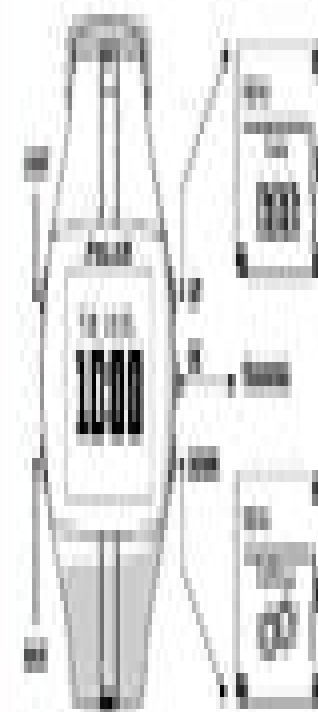
- Heart rate sensor
- Heart rate strap

LEFT

- Heart rate sensor
- Heart rate strap

RIGHT

- Heart rate sensor
- Heart rate strap



GET THE MONITOR

There's a heart rate monitor for every fitness level. It's all about you.

GET STARTED

Before you start your first workout, make sure you're ready. Get your heart rate up and your mind focused. It's all about you.

Before you start your first workout, make sure you're ready. Get your heart rate up and your mind focused. It's all about you.

WEAR THE HEART RATE MONITOR

- Heart rate sensor
- Heart rate strap
- Heart rate strap

Before you start your first workout, make sure you're ready. Get your heart rate up and your mind focused. It's all about you.



TRAINING WITH YOUR P14

GET THE MONITOR

- Heart rate sensor
- Heart rate strap
- Heart rate strap

Before you start your first workout, make sure you're ready. Get your heart rate up and your mind focused. It's all about you.

GET THE MONITOR

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- Heart rate sensor
- Heart rate strap
- Heart rate strap

Polar Ft4 Owner Manual

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