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POUR UNE
CARTE RÉGULIÈRE
D'UTILISATION

POLAR.

Illustration inspirée de l'ouvrage de l'Institut de la Santé de la Région de la Santé

INSTRUCTIONS RAPIDES

1. Signal lumineux



- **OK**
 - Sort du mode affiché.
 - Retour à l'écran d'affichage de l'heure.
 - Démarre la mesure de la fréquence cardiaque.
 - Réinitialise votre sélection.

Comment démarrer la mesure de votre fréquence cardiaque

1. Attachez le capteur autour de la poitrine sous les muscles pectoraux et humidifiez les électrodes sèches.
2. Appuyez sur le bouton OK en le gardant enfoncé pour démarrer la mesure. Le chronomètre et les autres calculs de l'exercice démarrent. Le symbole du cœur se met à clignoter et votre fréquence cardiaque apparaît dans les 10 secondes maximum.

Comment arrêter la mesure de votre fréquence cardiaque

1. Appuyez sur le bouton OK, le chronomètre et les autres calculs s'arrêtent. La mesure de votre fréquence cardiaque continue jusqu'à ce que les données de l'exercice ne soient plus enregistrées.
2. Appuyez sur le bouton Flèche haut, l'heure s'affiche sur l'écran du chronomètre.

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