



Monitor your heart rate in bpm and % of HR_{max} , average heart rate and monitor duration.



Allows you to set 3 exercise goals for interval training with 30 target zones and recovery calculation. Records complete time of the function.



Records your swimming strokes/minute.



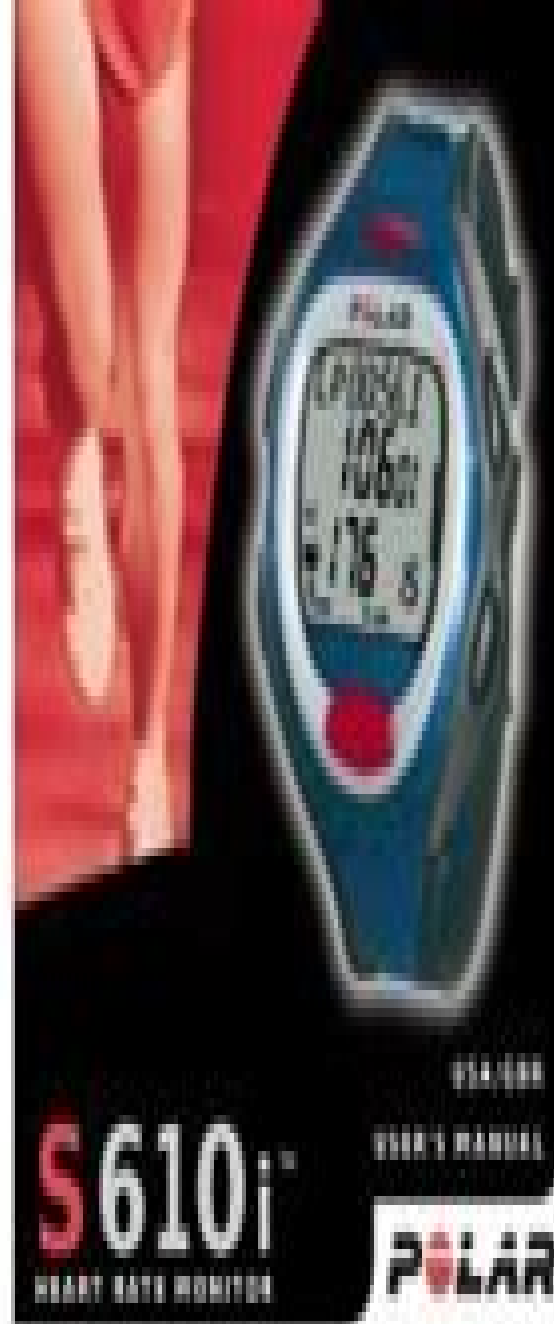
Reduces possible interference from other heart rate monitors.



Ignite walk feature.



Info and communication allows two-way exchange of settings and exercise data with a PC.



S610i™

HEART RATE MONITOR

USER'S MANUAL

POLAR

Quick Guide



How to Start Measuring Your Heart Rate (Baseline)

1. Place the transmitter around your chest and put the electrodes. Place the receiver on your wrist.
2. Press and hold the **HR** button to start HR measurement. The display will show the current recording data. Your heart rate will appear in about 20 seconds.

How to Stop Measuring Your Heart Rate

1. Press the **stop** button. The display will show the calculation of your heart rate. Press and hold the **stop** button to stop the calculation and exit the display.
2. Press the **stop** button again. The monitor returns to Time of Day display.

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