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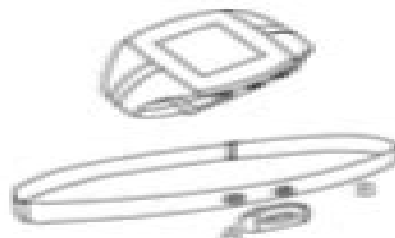
Conozca cómo funciona tu training computer Polar FT7

El **training computer** registra y muestra su frecuencia cardíaca y otros datos durante el entrenamiento.

El transmisor **WearLink®** es el encargado de transmitir la señal de frecuencia cardíaca al **training computer**. El transmisor **WearLink®** está formado por un transmisor (A) y una banda (B).

Puede descargarse la última versión del manual del usuario desde www.polar.fi/support.

También podrás encontrar tutoriales en vídeo en la página http://www.polar.fi/en/support/Video_tutorials.



Botones y menú del Polar FT7

■ ARRISA:

- Acceder al menú.
- Ajustar valores.
- Moverse por las listas de selección.
- Cambiar el aspecto del reloj con una pulsación larga en el modo de hora.

■ OK:

- Confirmar las selecciones.
- Seleccionar el tipo de entrenamiento o los ajustes del entrenamiento.

■ ABAJO:

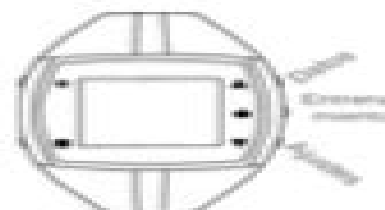
- Acceder al menú.
- Moverse por las listas de selección.
- Ajustar valores.

■ ATRÁS:

- Salir del menú.
- Volver al nivel anterior.
- Cancelar la selección.
- Dejar los ajustes sin modificar.
- Volver al modo de hora con una pulsación larga.

■ LUZ:

- Iluminar la pantalla.
- Acceder al menú rápido con una pulsación larga en el modo de hora y bloquear botones, ajustar alarmas o seleccionar la zona horaria.
- Durante el entrenamiento, una pulsación larga permite **activar/desactivar** los sonidos de entrenamiento o bloquear los botones.
- Modo nocturno durante el entrenamiento: Pulsa el botón LUZ una vez.



Polar Ft7 Manual De Usuario

TD Snyder



Polar Ft7 Manual De Usuario:

The book delves into Polar Ft7 Manual De Usuario. Polar Ft7 Manual De Usuario is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Polar Ft7 Manual De Usuario, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Polar Ft7 Manual De Usuario
 - Chapter 2: Essential Elements of Polar Ft7 Manual De Usuario
 - Chapter 3: Polar Ft7 Manual De Usuario in Everyday Life
 - Chapter 4: Polar Ft7 Manual De Usuario in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Polar Ft7 Manual De Usuario. This chapter will explore what Polar Ft7 Manual De Usuario is, why Polar Ft7 Manual De Usuario is vital, and how to effectively learn about Polar Ft7 Manual De Usuario.
 3. In chapter 2, this book will delve into the foundational concepts of Polar Ft7 Manual De Usuario. This chapter will elucidate the essential principles that must be understood to grasp Polar Ft7 Manual De Usuario in its entirety.
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 6. In chapter 5, the author will draw a conclusion about Polar Ft7 Manual De Usuario. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Polar Ft7 Manual De Usuario.

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