



EN

1. Attach one end of the transmitter to the elastic strap.

2. Adjust the transmitter's strap length so it is snug and comfortably loops the strap around your chest, just below the chest muscles, and buckle the strap to the transmitter.

3. Lift the transmitter off your chest and restrain the two-pronged electrode areas on the back.

4. Check that the wet electrode areas are firmly against your skin and that the Polar logo is in a central, upright position.

DE

1. Befestigen Sie den Sender am elastischen Gurt.

2. Stellen Sie die Gurtlänge so ein, dass der Gurt fest, jedoch nicht zu straff sitzt. Legen Sie den Gurt knapp über den Brustmuskeln an und schließen Sie den Gurt am Sender.

3. Heben Sie den Sender leicht von der Haut ab und beschränken Sie die Elektroden (die zwei prägten, ovalen Zonen auf der Rückseite des Senders) richtig.

4. Stellen Sie sicher, dass die befeuchteten Elektroden direkt auf Ihrer Haut aufliegen und das Polar Logo des Senders nach außen zeigt sowie richtig und aufrecht sitzt.

FR

1. Fixez l'émetteur à une extrémité de la ceinture élastique.

2. Ajustez la longueur de la ceinture élastique de manière à ce qu'elle soit confortable. Placez la ceinture au niveau de la poitrine, juste en dessous des muscles pectoraux et boucle l'autre extrémité de la ceinture à l'émetteur.

3. Soulevez l'émetteur de votre poitrine et maintenez les deux électrodes humides sur la face inférieure l'émetteur.

4. Les électrodes humides doivent adhérer à la peau et le logo Polar doit être vertical et bien aligné.

ES

1. Sujete un extremo del transmisor a la banda elástica.

2. Ajuste la longitud de la banda de manera que sea cómoda. Coloque la banda alrededor del pecho justo debajo de los músculos pectorales y sujete la banda al otro extremo del transmisor.

3. Separe el transmisor del pecho y manténgalo en una zona húmeda de las electrodos localizadas en la parte posterior de la misma.

4. Compruebe que las zonas húmedas de las electrodos estén firmemente adheridas a la piel y que el logotipo de Polar se encuentre en posición vertical y centrada.

IT

1. Agganciare un'estremità del trasmettitore all'elastico.

2. Regolare la lunghezza dell'elastico, in modo che sia abbastanza stretto da agganciare il cavo fissato.

Indossare l'orologio intorno al polso, al di sotto dei muscoli pettorali, e agganciarlo all'altra estremità del trasmettitore.

3. Anziché tenere il trasmettitore dal petto e munire le due zone bagnate degli elettrodi sul retro.

4. Verificare che gli elettrodi bagnati aderiscano alla pelle e che il logo Polar si trovi al centro dell'orologio e sia ben visibile.

Polar T34 Manual

Xiang Xie



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