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Congratulations on your purchase of a new Polar F1/F2/F3™ fitness heart rate monitor!

The Polar F1/F2/F3 heart rate monitor is an easy-to-use, entry-level heart rate monitor that is ideal for many reasons:

- Prompts you to exercise at least 30 minutes per day
- Shows your heart rate and elapsed time during exercise
- Enables you to check your average heart rate and total time after each session
- Large easy-to-read display
- Compact design
- One-button functionality

"Recommendations from experts agree that for better health, physical activity should be performed regularly. The most recent recommendations advise people of all ages to include a minimum of 30 minutes of physical activity of moderate intensity (such as brisk walking) on most, if not all, days of the week. It is also acknowledged that for most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or of longer duration."

U.S. Department of Health and Human Services, Physical Activity and Health: A Report of the Surgeon General, Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Control, 1996: 216.

Why should you use a heart rate monitor?

- Training at your own ideal pace is made possible with a heart rate monitor.
- The ability to monitor and measure your progress motivates you.
- A heart rate monitor maximizes the benefits of exercise in a limited amount of time.
- A heart rate monitor provides you with objective information. Are you on the right track? Are you improving?
- A heart rate monitor provides you with immediate feedback; this is why it is an ideal training partner for you!

The Polar F1/F2/F3 heart rate monitor is a reliable and convenient way to measure your heart rate. It is as accurate as using an electrocardiogram (ECG). You can use the wrist unit to conveniently to view your heart rate while walking, swimming, cross-country skiing, or any other exercise without disturbing your exercise rhythm. In addition professional athletes and amateurs alike have relied on the information provided by their heart rate monitor for decades, so why shouldn't you?

Read on to find out how to get the best benefit of your new training buddy!

ENGLISH 21

TABLE OF CONTENTS

Information specific to the F2 and F3 products only is marked in gray.

Information specific to the F3 product only is marked in blue.

1. INTRODUCTION TO THE F1, F2 AND F3 HEART RATE MONITORS	23
1.1 HEART RATE MONITOR ELEMENTS	23
1.2 WRIST UNIT SIDE BUTTON AND DISPLAY SYMBOLS	24
2. HOW TO ACTIVATE YOUR HEART RATE MONITOR FOR THE FIRST TIME	25
2.1 MEASURING YOUR HEART RATE	25

Polar F1 Manual

Yan Bai



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Table of Contents Polar F1 Manual

1. Understanding the eBook Polar F1 Manual
 - The Rise of Digital Reading Polar F1 Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Polar F1 Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Polar F1 Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Polar F1 Manual
 - Personalized Recommendations
 - Polar F1 Manual User Reviews and Ratings
 - Polar F1 Manual and Bestseller Lists
5. Accessing Polar F1 Manual Free and Paid eBooks

- Polar F1 Manual Public Domain eBooks
 - Polar F1 Manual eBook Subscription Services
 - Polar F1 Manual Budget-Friendly Options
6. Navigating Polar F1 Manual eBook Formats
 - ePub, PDF, MOBI, and More
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 - Polar F1 Manual Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Polar F1 Manual
 - Highlighting and Note-Taking Polar F1 Manual
 - Interactive Elements Polar F1 Manual
 8. Staying Engaged with Polar F1 Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Polar F1 Manual
 9. Balancing eBooks and Physical Books Polar F1 Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Polar F1 Manual
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Polar F1 Manual
 - Setting Reading Goals Polar F1 Manual
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Polar F1 Manual
 - Fact-Checking eBook Content of Polar F1 Manual
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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