

ポラールF6クイックガイド

現在の日の運動情報を
見る。



▲を押す

OK

運動中に心拍数や
消費カロリーなど
の情報をモニター
する。



▼を押す

OK



過去の運動に
関するくわしい
情報、および
運動に関する
長期的な情報を
見る。



▼を押す

OK



アラーム、時刻、
その他の設定を
変更する。



OK



Polar F6 Owners Manual

Hugh Chisholm



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