



Displays your heart rate at top and bottom of VO_{2max} , average heart rate and exercise duration.



Allows you to set 3 exercise zones for improved training and set target zones and recovery calculations. Records complete list of the exercises.



Predicts your maximal oxygen uptake.



Reduces possible interference from other heart rate monitors.



Sports watch features.



Cycling functions: speed, altitude and temperature. Optional cadenceTM and power output sensorsTM.



Radio and communication allows for easy exchange of settings and records data with a PC.

S720r/S710r
HEART RATE MONITOR

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USER'S MANUAL

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Quick Guide



How to Start Measuring Your Heart Rate (Baseline)

1. Place the transmitter around your chest and set the electrodes. Place the monitor on your wrist.
2. Press and hold the ON button to start the measurement. The display and the monitor beeping start. Your heart rate will appear in about 15 seconds.

How to Stop Measuring Your Heart Rate

1. Press the stop button. The display and other information stop. Heart rate measurement continues for several days & is not recorded into a file system.
2. Press the stop button again. The monitor returns to the Top of Day display.

Polar Target Manual

SB Merriam

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the 'SB Merriam' text.

Polar Target Manual:

Manuals Combined: U.S. Marine Corps Basic Reconnaissance Course (BRC) References , Over 5 300 total pages
MARINE RECON Reconnaissance units are the commander s eyes and ears on the battlefield They are task organized as a highly trained six man team capable of conducting specific missions behind enemy lines Employed as part of the Marine Air Ground Task Force reconnaissance teams provide timely information to the supported commander to shape and influence the battlefield The varying types of missions a Reconnaissance team conduct depends on how deep in the battle space they are operating Division Reconnaissance units support the close and distant battlespace while Force Reconnaissance units conduct deep reconnaissance in support of a landing force Common missions include but are not limited to Plan coordinate and conduct amphibious ground reconnaissance and surveillance to observe identify and report enemy activity and collect other information of military significance Conduct specialized surveying to include underwater reconnaissance and or demolitions beach permeability and topography routes bridges structures urban rural areas helicopter landing zones LZ parachute drop zones DZ aircraft forward operating sites and mechanized reconnaissance missions When properly task organized with other forces equipment or personnel assist in specialized engineer radio and other special reconnaissance missions Infiltrate mission areas by necessary means to include surface subsurface and airborne operations Conduct Initial Terminal Guidance ITG for helicopters landing craft parachutists air delivery and re supply Designate and engage selected targets with organic weapons and force fires to support battlespace shaping This includes designation and terminal guidance of precision guided munitions Conduct post strike reconnaissance to determine and report battle damage assessment on a specified target or area Conduct limited scale raids and ambushes Just a SAMPLE of the included publications BASIC RECONNAISSANCE COURSE PREPARATION GUIDE RECONNAISSANCE RECON TRAINING AND READINESS T R MANUAL RECONNAISSANCE REPORTS GUIDE GROUND RECONNAISSANCE OPERATIONS GROUND COMBAT OPERATIONS Supporting Arms Observer Spotter and Controller DEEP AIR SUPPORT SCOUTING AND PATROLLING Civil Affairs Tactics Techniques and Procedures MAGTF Intelligence Production and Analysis Counterintelligence Close Air Support Military Operations on Urbanized Terrain MOUT Convoy Operations Handbook TRAINING SUPPORT PACKAGE FOR CONVOY SURVIVABILITY Convoy Operations Battle Book Tactics Techniques and Procedures for Training Planning and Executing Convoy Operations Urban Attacks *Operator's and Organizational Maintenance Manual (including Repair Parts and Special Tools List)* ,1985 , **Manuals Combined: U.S. Navy SEABEE COMBAT HANDBOOK Volumes 1 & 2, SEABEE OPERATIONS IN THE MAGTF And Seabee Quarry Blasting Operations and Safety Manual** , PREFACE By enrolling in this self study course you have demonstrated a desire to improve yourself and the Navy Remember however this self study course is only one part of the total Navy training program Practical experience schools selected reading and your desire to succeed are also necessary to successfully round out a fully meaningful training program COURSE OVERVIEW In

completing this nonresident training course you will demonstrate a knowledge of the subject matter by correctly answering questions on the following History and Organization of the Seabees and Laws of War Special Clothing and Equipment Service Rifle and Pistol Marksmanship Combat Maneuvers Formations Patrols and Ambushes Land Navigation Evasion Survival and Escape Individual Protective Measures Entanglements Chemical Biological and Radiological CBR Defense First Aid and Field Sanitation Grenades Land Mines and Booby Traps Organic Support Weapons M203 and Machine Guns and Organic Support Weapons 60 mm Mortar and AT4 THE COURSE This self study course is organized into subject matter areas each containing learning objectives to help you determine what you should learn along with text and illustrations to help you understand the information The subject matter reflects day to day requirements and experiences of personnel in the rating or skill area It also reflects guidance provided by Enlisted Community Managers ECMs and other senior personnel technical references instructions etc and either the occupational or naval standards which are listed in the Manual of Navy Enlisted Manpower Personnel Classifications and Occupational Standards NAVPERS 18068 THE QUESTIONS The questions that appear in this course are designed to help you understand the material in the text VALUE In completing this course you will improve your military and professional knowledge Importantly it can also help you study for the Navy wide advancement in rate examination If you are studying and discover a reference in the text to another publication for further information look it up CONTENTS Volume 1 CHAPTER PAGE 1 History and Organization of the Seabees and Laws of War 1 1 2 Special Clothing and Equipment 2 1 3 Service Rifle and Pistol and Marksmanship 3 1 4 Combat Maneuvers Formations Patrols and Ambushes 4 1 5 Land Navigation 5 1 6 Evasion Survival Escape 6 1 7 Individual Protective Measures 7 1 8 Entanglements 8 1 9 Chemical Biological and Radiological CBR Defense 9 1 10 First Aid and Field Sanitation 10 1 11 Organic Communications Equipment 11 1 12 Hand Grenades Land Mines and Booby Traps 12 1 13 Organic Support Weapons M203 and Machine Guns 13 1 14 Organic Support Weapons 60 mm Mortar and AT4 14 1 APPENDIX I Glossary of Common Military Terms AI 1 II References used to develop the TRAMAN AII 1 INDEX INDEX 1 CONTENTS Volume 2 CHAPTER PAGE 1 Organization and Operation of the Combat Operations Center 1 1 2 Organization and Operation of the Company Command Post 2 1 3 Setup and Control of Medical Evacuation MEDEVAC 3 1 4 Planning and Development of Defense Tactics 4 1 5 Counter Ambush Techniques 5 1 6 CBR Decontamination 6 1 APPENDIX I Glossary of Common Military Terms AI 1 II Overlay Techniques AII 1 III Characteristics of TOA Weapons for an NMCB AIII 1 IV Decontaminants AIV 1 V Decontamination of Specific Items AV 1 VI Work Rest Table AVI 1 VII Acronyms AVII 1 VIII References Used to Develop This TRAMAN AVIII 1 INDEX INDEX 1

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of Naval Weapons Systems, Satellites And Radar Fundamentals , Over 3 400 total pages Includes Electronic Warfare and Radar Systems Engineering Handbook 2013 455 pages Electronic Warfare and Radar Systems Engineering Handbook 2012 399 pages Electronic Warfare and Radar Systems Engineering Handbook 1999 287 pages Electronic Warfare and Radar Systems Engineering Handbook 1997 602 pages Electronic Warfare Fundamentals 2000 351 pages Radar Fundamentals Student Guide Volume II no date 355 pages Principles of Naval Weapons Systems no date 351 pages Electronic Warfare U S Marine Corps 2002 73 pages Marine Corps Warfighting Publication MCWP 6 22 Communications and Information Systems 1999 146 pages Marine Corps Warfighting Publication MCWP 6 22D Field Antenna Handbook 1999 146 pages 192 pages Plan Design Layout Of Satellite Communication Systems 1994 169 pages **ERDA Energy Research Abstracts** United States. Energy Research and Development Administration,1976 **Operations specialist 3 & 2** Pat H. Williams,1982 **Manual of Surveying for Field and Office** Raymond Earl Davis,1915 Fire Control Technician G 3 & 2 Allen R. Bergeron,1981 Manuals Combined: SEABEE CONSTRUCTION BATTALION BATTLE SKILLS GUIDE BOOKS 1, 2, 3 and 4 , Over 700 total pages Contains the following publications CONSTRUCTION BATTALION BATTLE SKILLS GUIDE P 1161 BOOK1 All Hands E1 and Above Individual Skills CONSTRUCTION BATTALION BATTLE SKILLS GUIDE BOOK 2 E4 E6 Individual Skills CONSTRUCTION BATTALION BATTLE SKILLS GUIDE BOOK 3 E 7 and Above Individual Skills CONSTRUCTION BATTALION BATTLE SKILLS GUIDE BOOK 4 Crew Team Skills Water and Life in Tonle Sap Lake Chihiro Yoshimura,Rajendra Khanal,Uk Sovannara,2022-06-24 This book describes the water wildlife and livelihood of Tonle Sap Lake and its basin in Cambodia the largest freshwater lake in Southeast Asia It comprehensively elucidates the processes underlying the dynamic productive and unique ecosystem covering the major environmental and administrative components such as climate water flow and storage sediment nutrient flora fauna floating villages management and governance Anthropogenic impacts including climate change on the lake are also highlighted This book serves as a guidebook to multiple audiences including professionals and academicians It is beneficial to the university students and lecturers researchers freelancers and policymakers in analyzing interpreting and taking action for the environmental conservation of the lake environment In addition this is the first comprehensive book on evidence based research and policy relevant experience and knowledge about Tonle Sap Lake For instance the content will assist the policymakers and researchers in setting management policies and practices especially for large shallow lakes and developing countries It can also be used as a textbook in environmental science and engineering at undergraduate and graduate levels worldwide in understanding and synthesizing new research directions relevant to the water environment

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