

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

START
▼
SETTINGS
Back

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

EXERCISES
▼
TOTALS
▼
DIARY
▼
SEND
Back

アラーム、時刻、
その他の設定を
変更する。



OK

WATCH
▼
HR SET
▼
USER
▼
GENERAL
Back

Polar Watch Manual F6

Hussin A.Rothana



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