

Polar Ft7 User Manual

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Polar Ft7 User Manual

Polar FT7 User Manual

Start With Basic Settings To activate your Polar FT7 training computer, press and hold any button for one second Once the FT7 is activated, it cannot be switched off

Polar FT7 - Outdoors

switched off when the FT7 goes back to Time mode Start With Basic Settings To activate your Polar FT7 training computer, press and hold any button for one second Once the FT7 is activated, it cannot be switched off 1 Language: Select Deutsch, English, Español, Français, Italiano, Português, Suomi or Svenska with UP/DOWN Press OK 2

Polar FT7 Manual do utilizador

nocturno é desligado quando o FT7 regressa ao modo Hora Iniciar com as Definições Básicas Para activar o seu computador de treino Polar FT7, prima qualquer botão durante pelo menos um segundo Uma vez activado, o FT7 não pode ser desligado 1 Idioma: Seleccione Alemão, Inglês, Espanhol, Francês, Italiano, Português, Finlandês ou

Polar FT7™ Getting Started Guide Polar XXXX™ Start Guide ...

The username for your Polar Account is always your email address The same username and password are valid for Polar product registration, polarpersonaltrainer.com, Polar discussion forum and Newsletter registration Caring for Your FT7 Training computer: For complete care and maintenance instructions, see the full user manual at www.polar.fi

hELLO thErE, gEt to Know your Ft7

instructions, see the full user manual at polar/support training with your Ft7 to gEt you going 1 Wear your heart rate monitor and the heart rate sensor 2 In time mode, press oK once to open the wait mode Wait until your heart rate monitor finds your heart rate and press oK again to start

recording your training session

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