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continuously
analyzes your
progress If you are
following the
weight loss
program, the and

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The FT60 training
computer and the
Polar H1 heart rate
sensor both have a
user changeable

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battery. To change the battery yourself, please follow the instructions carefully as instructed in chapter Change Batteries Yourself.

6. IMPORTANT
INFORMATION |
Polar FT60 User

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Manual | English

Make sure the foot pod function in the Polar FT60 is on.

Select Settings > Training settings >

Speed sensor >

Footpod and press

OK. To calibrate the footpod during

training, choosing either alternative:

Stop running, stand still, and press and

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hold LIGHTto go to
Quick menu.

5. SETTINGS | Polar
FT60 User Manual |
English

Conozca cómo
funciona su Polar
FT60 La training
computer Polar
FT60 muestra y
graba su
frecuencia cardiaca

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y otros datos durante el entrenamiento. El H1 HR Sensor Polar transmite la señal de frecuencia cardíaca al training computer. El HR Sensor se compone de un conector y una correa. Puede descargarse la última versión del manual del ...

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product contain
nickel? Stainless
steel is a
combination of iron
along with
elements such as
nickel and
chromium. What
sensors and

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accessories is my
Polar training
computer
compatible with? If
heart rate is not
found with Polar
heart rate sensor If
you get 'Check
WearLink!/ Check
heart rate
transmitter!'
message when
starting the ...

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Der Polar FT60
Trainingscomputer
zeigt und speichert
während des
Trainings Ihre
Herzfrequenz und
andere
Trainingsdaten.
Der Polar H1 Herzfr
equenz-Sensor
sendet die Herzfreq

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uenz-Signale EKG-
genau an den
Trainingscomputer.
Der Herzfrequenz-
Sensor besteht aus
einer Sendeeinheit
und einem
elastischen Gurt.

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registrerar och visar din puls och andra data under träning. Polar H1 pulssensor överför pulssignalen till träningsdatorn. Pulssensorn består av en sändarenhet och ett elektrodbräda. Den senaste versionen av denna användarhandbok

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kan laddas ner från

Polar FT60
Användarhandbok
The Polar FT60
creates a training
program based on
your user
information
(weight, height,
age, sex), fitness
level, activity level,
and training goal.

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training week. If
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Polar FT 60 Men's Heart Rate Monitor could change all that. I found it while researching products that would work for medical situations like my husband's while still making it possible for him to do something interesting. It was one of my first

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encounters with a
smart fitness
tracker ...

Polar FT60 Review
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Author:

JocelynHeard,

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training computer
getting started
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