

## Polar User Manual F11

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### Polar F11 user manual

Page 1 BUTTONS USER MANU AL Polar F11™ Fitness Heart Rate Monitor Light Back Press OK to enter the menu. Press the buttons to move forward in the menus. Press and hold the Back button to return to the Time of Day... Page 2 The Polar F11 heart rate monitor helps you to achieve your personal fitness goals.

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### POLAR FT1 POLAR FT2 - Support | Polar Global

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