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2. GET STARTED | Polar FT7 User Manual | English The heart rate monitor records and displays your heart rate and other data during training. The Polar H1 heart rate sensor transmits the heart rate signal to the heart rate monitor. The heart rate sensor consists of a connector (A) and strap (B). For the latest version of this user manual and video. Polar FT7 2. GET STARTED Get to Know Your Polar FT7 Training Computer Training computer records and displays your heart rate and other data during training. WearLinkÂ®+ transmitter transmits the heart rate signal to the. 3. TRAINING | Polar FT7 User Manual | English While training, the Polar FT7 displays your optimal training intensity for burning fat and improving fitness. These intensities may vary depending on your daily physical and mental condition. When you start recording a training session, the FT7 analyses your current condition and, if necessary, will adjust the intensities accordingly.

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Polar F7 User Manual Enter Basic Settings 1. To activate your Polar F6, press OK twice. Once activated, it cannot be switched off! 2. WELCOME TO POLAR FITNESS WORLDis displayed. Press OK. Polar FT7: Heart Rate Monitors | eBay Polar FT7 Fitness & Cross Training Computer 90039176 Red FAST SHIP! F82 New open package, First Quality Complete with all manuals and accessories, new FAST USA Shipper! Get a Great Deal! Thanks!. Genuine Polar FT7 Training Computer Watch Displays Workout Summary -Black/Silver. \$69.99. Products | Polar USA Shop Polar fitness watches, sport watches and heart rate monitors and choose the right one for your fitness goals. Read more about our world-renowned heart rate monitor technology, famed for its accuracy and durability.

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