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Polar FT7 User Manual

Mens du træner, viser Polar FT7 din optimale træningsintensitet for forbrænding af fedt og forbedring af konditionen. Disse intensiteter kan variere alt efter din daglige fysiske og psykiske tilstand . Når du DANSK 6 Træning

Polar FT7

To activate your Polar FT7 heart rate monitor, press and hold any button for one second. Once the FT7 is activated, it cannot be switched off. Language: Select Deutsch , English , Español , Français , Italiano , Português , Suomi or Svenska with UP / DOWN .

2. GET STARTED | Polar FT7 User Manual | English

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Polar FlowLink and Polar WebSync 2.1 (or newer) PC MS Windows (7/XP/Vista), 32 bit, Microsoft .NET Framework Version 2.0 System Requirements: Intel Mac OS X 10.5 or newer The Polar FT7 training computer applies the following patented technologies, among others: Important Information...

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Alarm: Stil alarm på Off (Fra) eller On (Til). Hvis du vælger On (Til), skal du indstille timerne og minutterne. Tryk på BACK (Tilbage) for at standse alarmer eller UP/DOWN/OK (Op/Ned/OK) for at slumre i 10 minutter. Alarmer kan ikke anvendes under træning. Time (Tid): Vælg Time 1 (Tid 1), og indstil tidsformat, timer og minutter. Vælg Time 2 (Tid 2) for at indstille tiden til en anden ...

5. INDSTILLINGER | Polar FT7 Brugervejledning | Dansk

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.

3. TRAINING | Polar FT7 User Manual | English

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3. TRÆNING | Polar FT7 Brugervejledning | Dansk

Hvis du har en pacemaker, defibrillator eller andre indopererede elektroniske apparater, bruger du Polar FT7 på egen risiko. Før du går i gang, bør du få foretaget en test, hvor du anstrænger dig maksimalt under overvågning af en læge. Testen skal godtgøre, at det er sikkert at anvende pacemakere og Polar FT7 samtidig.

6. VIGTIGE OPLYSNINGER | Polar FT7Brugervejledning | Dansk

Después de configurar el Polar FT7, en este vídeo les presento algunos datos importantes de utilización de este pulsómetro.

Pulsómetro Polar FT7-Datos útiles - YouTube

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