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Summary:

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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 Polar FT7 User Manual ENGLISH. ... The Polar FT7 displays a training summary after each training session: DURATION The duration of your training session CALORIES. POLAR ELECTRO FT7 USER MANUAL Pdf Download. View and Download Polar Electro FT7 user manual online. FT7 Heart Rate Monitor pdf manual download.

3. TRAINING | Polar FT7 User Manual | English Moisten the electrode area of the strap. Clip the strap around your chest and adjust the strap to fit snugly. Attach the connector. Detach the connector from the strap after every use, to maximize the heart rate sensor battery lifetime. Sweat and moisture may keep the electrodes wet and the heart. Polar FT7 Quick Guide - YouTube A Quick Guide to get started using the FT7. For a complete manual visit www.polar.com [Facebook.com/polarglobal](https://www.facebook.com/polarglobal) [Twitter.com/polarglobal](https://twitter.com/polarglobal). Polar Heart Rate Monitor FT7 User Guide | ManualsOnline.com Fitness manuals and free pdf instructions. Find the personal fitness user manual you need at ManualsOnline.

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