



EN

1. Attach one end of the transmitter to the chest strap.
2. Adjust the transmitter's strap length to fit snugly and comfortably. Ensure the strap around your chest, just below the chest muscles, and buckle the strap to the transmitter.
3. Lift the transmitter off your chest and position the two ground electrodes against the back.
4. Check that the wet electrodes make uniform contact against your skin and that the finger loop is in a central, upright position.

DE

1. Befestigen Sie den Sender am Brustgurt-Strap.
2. Stellen Sie die Gurtlänge so ein, dass der Gurt fest, jedoch nicht zu eng anliegt. Legen Sie den Strap so um das Brust, dass er das meiste untere Brustmuskel, das Darm unter dem Brustharnpfad schneidet.
3. Heben Sie den Sender leicht von der Haut ab und berühren Sie die Elektroden die Haut gegen, achten Sie auf den Rückstand des Senders, sehr gut.
4. Stellen Sie sicher, dass die befeuchteten Elektroden direkt auf Ihrer Haut aufliegen und das Polster Länge des Senders nach außen zeigt sowie richtig ausgerichtet ist.

FR

1. Fixez fermement l'une extrémité de la ceinture électrique.
2. Ajustez la longueur de la ceinture électrique de manière à ce qu'elle soit confortable. Placez la ceinture au niveau de la poitrine, juste en dessous des muscles pectoraux et sous l'aisselle extérieure de la ceinture de l'émission.
3. Soulevez fermement l'autre extrémité et appuyez les deux électrodes humides sur la face externe de l'émission.
4. Les électrodes humides doivent adhérer à la peau et le loop Polster doit être vertical et bien aligné.

ES

1. Ajuste un extremo del strap a la banda elástica.
2. Ajuste la longitud de la banda de manera que sea cómoda. Ajuste la banda eléctrica bajo el pecho debajo de los músculos pectorales y sobre la banda elástica externa del transmisor.
3. Levante el otro extremo del strap y presione las dos áreas húmedas de las electrodos húmedas en la parte posterior de las mismas.
4. Compruebe que las áreas húmedas de las electrodos estén bien adheridas a la piel y que el bucle de Polster se encuentre en posición vertical y centrada.

IT

1. Agganciare un'estremità del trasmettitore all'elastico.
2. Aggiustare la lunghezza dell'elastico, in modo che sia confortevole. Avvicinare la banda elettrica benposta sotto l'ascella dei muscoli pettorali e sopra la banda elastica esterna del trasmettitore.
3. Alzare l'altra estremità del strap e premere le due zone umide degli elettrodi sul retro.
4. Verificare che gli elettrodi umidi aderiscano alla pelle e che il loop Polster sia ben allineato e centrato e che non sia capovolto.

Polar T34 User Manual

Huangqi Zhang



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