

1. GETTING STARTED

Get to Know Your Polar F11

Wrist Unit displays and records your heart rate and other exercise data during exercise. Buttons:

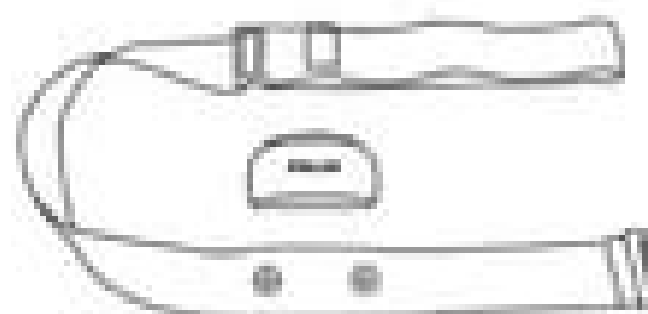
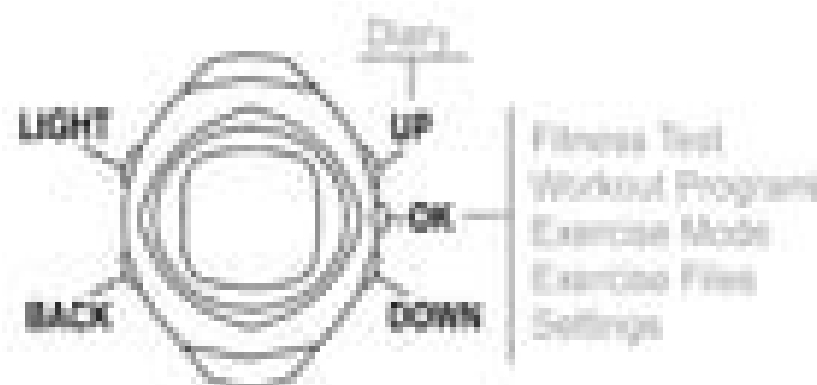
UP/DOWN: Move thru menu and selection lists, and adjust values.

OK: Enter menu and confirm selections.

LIGHT: Illuminate display.

BACK: Exit menu and return to previous level. Cancel selection and leave setting unchanged.

Transmitter sends the heart rate signal to the wrist unit. The transmitter consists of a connector and strap.



Polar F11 Manual

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Polar F11 Manual:

The Enigmatic Realm of **Polar F11 Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Polar F11 Manual** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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