



المرحلة التمهيدية: توصيل الساعة بتطبيق POLAR Flow والتحقق من أن الخطوات يتم عدّها حقًا من داخل الساعة.

لمستخدمي Android -



مزامنة Google Fit و POLAR Flow

1. يجب فتح تطبيق POLAR Flow
2. دخول General Settings
3. تشغيل مفتاح Google Fit
4. ستظهر بعد قليل نافذة لاختيار حساب Gmail لغرض منح الأذونات. ويجب الحرص على اختيار حساب البريد الإلكتروني الذي يتم من خلاله الاتصال بـ Google Fit ومتجر التطبيق بالجهاز، غالبًا البريد الإلكتروني الأول ضمن القائمة.



لمستخدمي (Apple) iOS



مزامنة Apple Health و POLAR Flow

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3. تشغيل مفتاح Apple Health
4. الضغط فوق Sync now



فأول الحصول على معلومات النض من الساعة لغرض حساب النشاط البدني المكثف يجب بدء ممارسة النشاط البدني من خلال الساعة نفسها (Training > تحديد نوع النشاط الذي تتم ممارسته). دون تشغيل النشاط البدني لن يتم قياس النض.

Polar Manual Rs1

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business he served as vice dean for mba programs and for executive programs during 2009 2016 as faculty

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