

1. GETTING STARTED

Get to Know Your Polar F11

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

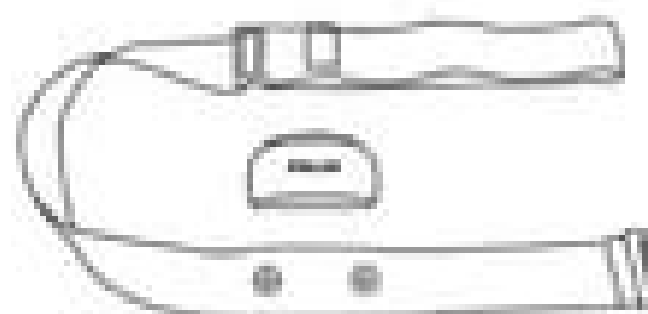
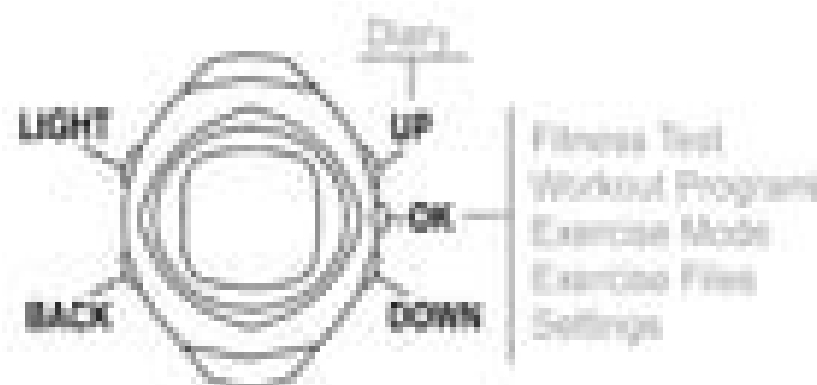
UP/DOWN: Move thru menu and selection lists, and adjust values.

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.



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PT Brinkman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the PT Brinkman text.

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Government Reports Annual Index ,1993 *New Scientist and Science Journal* ,1997

POLAR User's Manual ,1989 **Polar User's Manual** John R Lilley (Jr),David L. Cooke,Gary A. Jongeward,Ira Katz,S-CUBED LA JOLLA CA.,1985 This report documents the physical principles and computational algorithms of the POLAR Code POLAR models in three dimensions the interactions of large spacecraft with the plasma environment in low polar orbit It includes models of space charge limited particle collection satellite wakes the polar auroral environment magnetic field effects spacecraft surface charging particle beam effects and sheath ionization The Polar Planimeter William Cox,1915

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