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POLAR.

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POUR UNE
CARTE RÉGULIÈRE
D'UTILISATION

POLAR.

Illustration inspirée de l'ouvrage de la Société de la Santé de la Femme (S.S.F.)

INSTRUCTIONS RAPIDES

1. Signal lumineux



- 2. ON**
- Sortir du mode affiché.
 - Passer à l'écran d'affichage de l'heure.
 - Démarrer la mesure de la fréquence cardiaque.
 - Terminer votre sélection.

Comment commencer la mesure de votre fréquence cardiaque

1. Attachez le capteur autour de la poitrine sous les muscles pectoraux et humidifiez les électrodes sèches.
2. Appuyez sur le bouton ON en le gardant enfoncé pour commencer la mesure. Le chronomètre et les autres calculs de l'exercice démarrent. Le symbole du cœur se met à clignoter et votre fréquence cardiaque apparaît dans les 10 secondes maximum.

Comment arrêter la mesure de votre fréquence cardiaque

1. Appuyez sur le bouton ON, le chronomètre et les autres calculs s'arrêtent. La mesure de votre fréquence cardiaque continue jusqu'à ce que les données de l'exercice ne soient plus enregistrées.
2. Appuyez sur le bouton Flèche haut, l'heure s'affiche sur l'écran du chronomètre.

Polar M91ti User Guide

**Alfred-Wegener-Institut für Polar- und
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