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Mens du træner, viser Polar FT7 din optimale træningsintensitet for forbrænding af fedt og forbedring af konditionen. Disse intensiteter kan variere alt efter din daglige fysiske og psykiske tilstand . Når du DANSK 6 Træning

Polar FT7

Tryk på en vilkårlig knap og hold den nede i et sekund for at aktivere din Polar FT7 pulsmåler. Når FT7 er aktiveret, kan der ikke slukkes for den. Language (Sprog): Vælg tysk, engelsk, spansk, fransk, italiensk, portugisisk, finsk eller svensk med UP / DOWN (Op/Ned). Tryk på OK.

2. KOM I GANG | Polar FT7 Brugervejledning | Dansk

While training, the Polar FT7 displays your optimal training intensity for burning fat and improving fitness. These intensities may vary depending on your daily physical and mental condition. When you start recording a training session, the FT7 analyses your current condition and, if necessary, will adjust the ENGLISH 6 Training

Polar FT7 user manual

View the manual for the Polar FT7 here, for free. This manual comes under the category Sport Watches and has been rated by 1 people with an average of a 6.5. This manual is available in the following languages: English, German. Do you have a question about the Polar FT7 or do you need help? Ask your question here

User manual Polar FT7 (40 pages)

Polar FT7, user manual, user guide, user assistance, quick guide, getting started guide, instructions, help, Kasutusjuhend Created Date 1/28/2010 10:42:26 AM

Polar FT7 Kasutusjuhend - Keilar

Polar Ft7 Manual Dansk Start With Basic Settings To activate your Polar FT7 training computer, press and hold any button for one second. Once the FT7 is activated, it cannot be switched off. 2. GET STARTED | Polar FT7 User Manual | English Get POLAR FT7 User Manual.

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