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Manual Do Polar Ft7 Em

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. 1.
 Language: Select
 Deutsch, English,
 Espa\u00f1ol, Fran\u00e7ais,
 Italiano, Portugu\u00eas,
 Suomi or Svenska with
 UP/DOWN. Press OK. 2.
 Please enter basic
 settings is displayed.
 Press OK. 3. Select
 Time format. 4. Enter
 Time. 5. Enter Date. 6.

Polar FT7 User Manual

Start With Basic
 Settings. To activate
 your Polar FT7 heart
 rate monitor, press and
 hold any button for one
 second. Once the FT7
 is activated, it cannot

be switched off.
 Language: Select
 Deutsch, English,
 Español, Français,
 Italiano, Português,
 Suomi or Svenska with
 UP / DOWN. Press OK.

2. GET STARTED |

Polar FT7 User Manual | English

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User manual for Polar FT7 in English | Polar Global

O FT7 tem uma função
 de memória do ecrã,
 que recorda o último
 ecrã (o ecrã calorias,
 por exemplo) que
 utilizou durante a
 sessão de treino. Da
 próxima vez que iniciar
 uma sessão de treino o
 ecrã selecciona
 automaticamente o

Polar FT7 Manual do utilizador

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. 1.

Language: Select
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 Español, Français,
 Italiano, Português,
 Suomi or Svenska with
 UP/DOWN. Press OK. 2.
 Please enter basic
 settings is displayed.
 Press OK. 3. Select

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System Requirements: Intel Mac OS X 10.5 or newer
The Polar FT7 training computer applies the following

patented technologies, among others:
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Polar FT7 User Manual.
1. BENEFITS OF YOUR POLAR FT7 HEART RATE MONITOR; 2. Get Started. Get to Know Your Polar FT7 heart rate monitor

Index | Polar FT7 User Manual | English

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1. BENEFITS OF YOUR POLAR FT7 HEART RATE MONITOR. 2. Get Started. ... If you have not continued recording in five minutes, the FT7 will automatically remind you to do so by a sound. You will hear the sound every ten

minutes until session recording is either continued or stopped.

3. TRAINING | Polar FT7 User Manual | English

through the basics of FT7, your guide to achieving your goals. You can download the full-length user manual and the latest version of this guide at support.polar.com/en/support/FT7. For more help, there are some great video tutorials at

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