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## Polar F6 User Manual

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INTRODUCTION TO THE F6

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Enter Basic Settings 1. Press OK twice to activate your Polar F4. 2. SETTINGS is displayed. Press OK. 3. TIME MODE? Select 24 h or 12 h time mode by pressing SET. Press OK to confirm your

## Polar F4 User Manual

The Polar F6 heart rate monitor is a great choice for using in large groups where other exercisers might be using wireless training gear that could interfere with your own signal. The F6's coded transmission prevents crosstalk with other monitors so you'll get a personalized workout--even in a class environment. It's packed with innovative training features to help you

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User Manual ENG 1. How to Put Your Heart Rate Monitor On The elastic strap holds the transmitter in the correct position. The Polar F5™ wrist unit displays your heart rate during exercise.

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