

Polar Ft7 Manual Pdf

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## Summary:

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2. GET STARTED | Polar FT7 User Manual | English The heart rate monitor records and displays your heart rate and other data during training. The Polar H1 heart rate sensor transmits the heart rate signal to the heart rate monitor. The heart rate sensor consists of a connector (A) and strap (B). For the latest version of this user manual and video. Polar FT7 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. 3. TRAINING | Polar FT7 User Manual | English Polar FT7 User Manual. 1. BENEFITS OF YOUR POLAR FT7 HEART RATE MONITOR. 2. Get Started. ... The FT7 has an exercise duration timer, which enables you to just record exercise time without using the heart rate sensor. To time your exercise press OK twice Started is displayed.

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