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User Manual

- Watch face: Select Time only, Time and logo or Birthday logo (Selectable only on birthday).
- To change the Watch face quickly, press and hold UP. Watch face changed is displayed.

Training Settings Select Settings > Training settings.

- Training sounds: Select Off or On.

Polar FT4 User Manual

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Polar A370 User manual

recording a training session, the FT7 analyses your current condition and, if necessary, will adjust the intensities accordingly. This intelligent training computer can detect your body's daily state from your heart rate and heart rate

Polar FT7 User Manual

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Polar M430 User Manual

User Manual POLAR ELECTRO CE0537 - This User Manual - also called owner's manual or operating instructions - contains all information for the user to make full use of the product. This manual includes a description of the functions and capabilities and presents instructions as step-by-step procedures.

POLAR ELECTRO CE0537 User's guide, Instructions manual ...

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Fitness trackers and watches | Polar USA

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6 Press the Mode button (lower left) until you have the current time displayed, but something is blinking. Press the Reset button (lower right) to advance what is blinking to the field you want to change. Minutes and hours are set separately. To add 1 to the field, press the Start button (upper right).

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Other Watch WR30M Please help find the manual for this ...

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