

Polar Electro Inc.
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USA

Polar Service Center
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Polar Electro Canada
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1875 St-Lacharrie
Quebec, Canada
Tel: 888-878-0040

www.polarusa.com

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Polar Coach

HEART RATE MONITOR • USER'S MANUAL



USA

QUICK REFERENCE GUIDE

IN THE HEART RATE MEASUREMENT MODE (INT OFF)

FUNCTION	BUTTON
Turns off the display	SIGNAL/LIGHT
Turn the target zone sound signal on/off	SIGNAL/LIGHT (press and hold)
Starting the stopwatch	SET/START/STOP
Check the secondary measurement display	Bring the monitor close to the Polar logo of the transmitter
Swap the heart rate limits	SELECT (when the stopwatch is running)
Store split and lap times	STOP/LAP/RECOVERY
Start recovery calculation	SET/START/STOP (to stop the stopwatch) → STOP/LAP/RECOVERY
Start the timer	automatic
Pause the stopwatch	SET/START/STOP (to stop the stopwatch) → SET/START/STOP (press and hold)
Stop the heart rate measurement and return to the Time of day display	SET/START/STOP (to stop the stopwatch) → SELECT → SELECT → SELECT

IN THE INTERVAL TRAINING MODE (INT ON)

FUNCTION	BUTTON
Enter interval training mode (stopwatch is running)	SELECT
Swap the heart rate limits	automatic
Start recovery calculation	automatic
Pause an interval	SET/START/STOP
Interrupt an interval	STOP/LAP/RECOVERY
Stop interval training	automatic (Time Out → SELECT)

Nike Watch Instruction Manual

WJ Hussar



Nike Watch Instruction Manual:

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