

1. GETTING STARTED

Get to Know Your Polar F11

Wrist Unit displays and records your heart rate and other exercise data during exercise. Buttons:

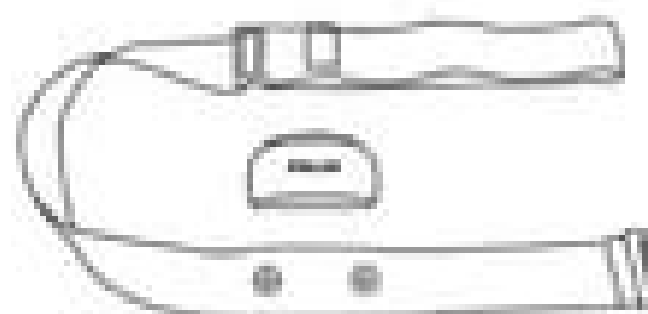
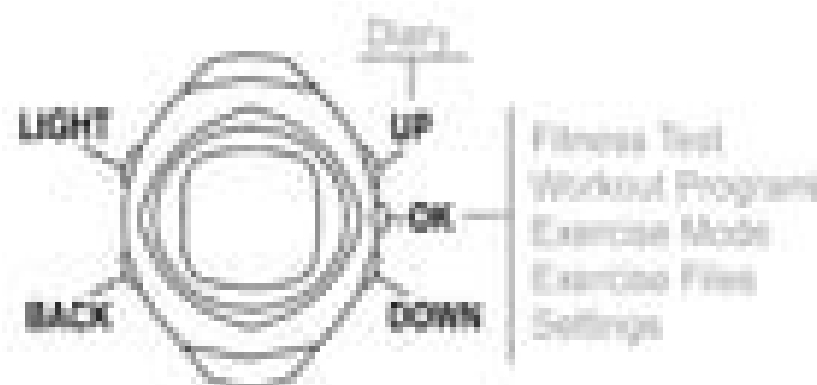
UP/DOWN: Move thru menu and selection lists, and adjust values.

OK: Enter menu and confirm selections.

LIGHT: Illuminate display.

BACK: Exit menu and return to previous level. Cancel selection and leave setting unchanged.

Transmitter sends the heart rate signal to the wrist unit. The transmitter consists of a connector and strap.



Polar Watch Manual F11

Clemens Wendtner



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The Power of OS/2 Judi N. Fernandez, Ruth Ashley, 1989 **Limited Scientific and Technical Aerospace Reports**
,1976 *ABAQUS/Explicit* ,1998 **INIS Atomindex** ,1983 **Publications of the Geological Survey** Geological
Survey (U.S.),1991 *Bibliography and Index of Geology* ,1992 **New Scientist and Science Journal** ,1997 **POLAR**
User's Manual ,1989 **Polar User's Manual** John R Lilley (Jr),David L. Cooke,Gary A. Jongeward,Ira Katz,S-CUBED LA
JOLLA CA.,1985 This report documents the physical principles and computational algorithms of the POLAR Code POLAR
models in three dimensions the interactions of large spacecraft with the plasma environment in low polar orbit It includes
models of space charge limited particle collection satellite wakes the polar auroral environment magnetic field effects
spacecraft surface charging particle beam effects and sheath ionization

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