

# ポラールF6クイックガイド

現在の日の運動情報を  
見る。



▲を押す

OK

運動中に心拍数や  
消費カロリーなど  
の情報をモニター  
する。



▼を押す

OK

START  
▼  
SETTINGS  
Back

過去の運動に  
関するくわしい  
情報、および  
運動に関する  
長期的な情報を  
見る。



▼を押す

OK

EXERCISES  
▼  
TOTALS  
▼  
DIARY  
▼  
SEND  
Back

アラーム、時刻、  
その他の設定を  
変更する。



▼を押す

OK

WATCH  
▼  
HR SET  
▼  
USER  
▼  
GENERAL  
Back

# Polar F6 Owners Manual

**M Woodhall**



**Polar F6 Owners Manual:**

*Technical Abstract Bulletin* ,1981      **Scientific and Technical Aerospace Reports** ,1994      **Limited Scientific and Technical Aerospace Reports** ,1976      Popular Photography - ND ,1947-01      Electronics Buyers' Guide ,1967  
Surviving the War ,1998      **Astronomy** ,1997      *Popular Photography* ,1992-03      **The National Union Catalog, Pre-1956 Imprints** Library of Congress,American Library Association. Committee on Resources of American Libraries.  
National Union Catalog Subcommittee,1971      *National Union Catalog* ,1973      **Popular Photography** ,1992-12  
**Films and Other Materials for Projection** Library of Congress,1973      *Radio-electronics* ,1983      Library of Congress Catalog Library of Congress,1955      **Electronics World + Wireless World** ,1993      **Whitaker's Books in Print** ,1990      Library of Congress Catalogs Library of Congress,1960      Library of Congress Catalog Library of Congress,1955 A cumulative list of works represented by Library of Congress printed cards      **Government reports annual index** ,199?      *Whitaker's Cumulative Book List* ,1979

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