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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.

Polar FT7 User Manual - support.polar.com

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 ...

2. GET STARTED | Polar FT7 User Manual | English

While training, the Polar FT7 displays your optimal training intensity for burning fat and improving fitness. These intensities may vary depending on your daily physical and mental condition. When you start recording a training session, the FT7 analyses your current condition and, if necessary, will adjust the intensities accordingly.

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Polar F7 User Manual

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